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Montrose Mirror

FOUR RE-1J SEATS UP FOR ELECTION IN NOVEMBER

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By Caitlin Switzer

MONTROSE- On Monday, July 10, the Montrose County School District RE-1J Board of Education held a special meeting online. Present for the meeting were board President Sarah Fishering, District G Director Stephen Bush, District C Director Alice Murphy, and District D Director Tom West. Also in attendance were Secretary to the Board of Education Laurie Laird, Public Information Officer Matt Jenkins, and RE-1J Superintendent Carrie Stephenson.

Board of Education Vice President Eric Kelley, District A Director Erik Westesen, and District B Director Jacob Suppes were absent.

President Fishering called the special meeting to order, asking each director to state their name and location (all were in Montrose). Fishering led in saying the Pledge of Allegiance.

The Board voted to approve the agenda as present-

Continued pg 11



On Monday, July 10, the Montrose County School District RE-1J Board of Education held a special meeting online. Present for the meeting were board President Sarah Fishering, District G Director Stephen Bush, District C Director Alice Murphy, and District D Director Tom West. Fishering led in saying the Pledge of Allegiance. Meeting screen capture.

INDEPENDENT ETHICS COMMISSION HEARING SET FOR JULY 18

Mirror Staff Report

MONTROSE-On July 6, 2020, Montrose restauranteur Janece Culver and the Western Slope Advocate (Scott Damman) filed a complaint with the Colorado Independent Ethics Commission concerning actions taken by then Mayor of Montrose, Dave Bowman. The complaint alleges that on July 5, Aug. 2, and Sept. 6 of 1019, "Then Montrose Mayor and current City Councilor Dave Bowman dictated a fee to be paid by Janece Culver's business, Divot's restaurant, during the City of Montrose sponsored Montrose Summer Music Series (MSMS). Bowman used his position and power of office for monetary gain. In addition, as Mayor, Bowman dictated payment terms in a fashion that was considered intimidating by Culver..."



Divot's restaurant. Photo by Paul Arbogast.

The Complaint can be read in its entirety here. On Tuesday, July 18, 2023, the matter will come before the Commission for a public hearing at 9:30am. The hearing will be conducted by web conference at https://judicial.webex.com/meet/Colo.IEC.

Lauren Hall Ruddell: Your Brain on Nature-When to Modify Your Outdoor Activities!

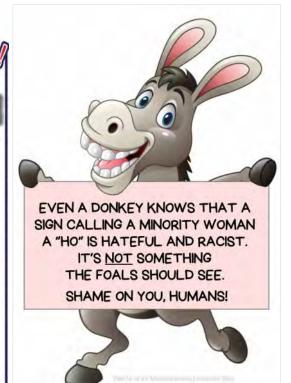
Rev. Dr. Arlyn Macdonald: Celebrating Our Freedoms in July!

Rotary Clubs sponsor event: **Protecting Our Children!**

https://thehiddenlakecommunity.com/

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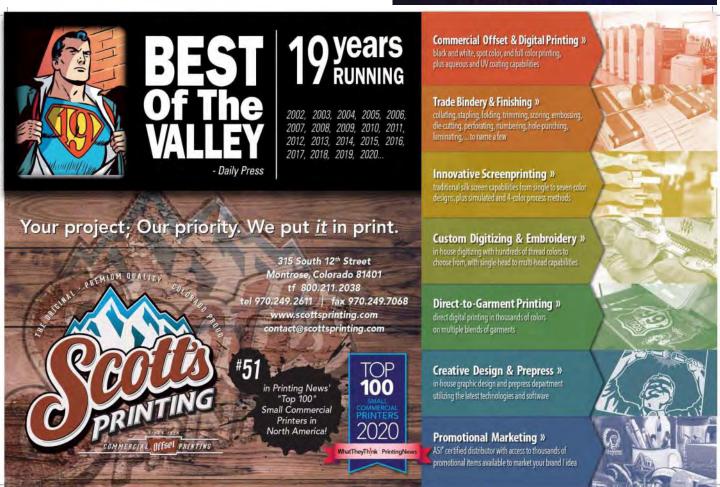
ChildrenFirst of Montrose is excited to announce the launching of its official website:

WWW.CHILDRENFIRSTMONTROSE.ORG

Our website will provide a wide variety of important information regarding many facets of education in Montrose, as well as national items of interest in the field of education. As ChildrenFirst is committed to fostering excellence in education, we will be focusing on introducing alternative educational opportunities for students in Montrose, while still maintaining an interest in current Montrose County School District Board issues.

PLEASE CHECK US OUT!





OPINION/EDITORIAL: LETTERS

HATE HAS NO PLACE FOR MONTROSE CHILDREN

Editor:

Towns have a reputation, whether deserved or not. Montrose has always had a reputation as a good place to raise kids. When asking a young couple why they moved to Montrose, it usually starts with that premise. Youth Appreciation Day begins the school year and is followed by worthy organizations that work hard to develop a positive and growing place for children: Montrose County School District, Montrose Recreation District, Black Canyon Boys & Girls Club, Partners of Delta, Montrose & Ouray, Hilltop Family Resource Center, PEER kindness, CASA of the 7th Judicial District, Montrose Recreation

Center, Montrose Academic Booster Club, as well as multiple youth dance, martial arts, and all churches. "Children are the world's most valuable resource and its best hope for the future," John F. Kennedy. It, therefore, is very distressing that all these places where children learn positive character traits are ignored by a lewd and degrading political sign. Children don't know the slang of demeaning or hostile words. Most infants do not know how to hate, but all can learn when prompted to go that way. The same group that wanted the library to ban certain books because of language should be in the forefront of taking away this exposure to the degrada-

tion of a prominent woman. It would be hypocrisy to not. One can and should have own political views. But lewd language never has a place in a town geared toward children.

The banner on Main and Hillcrest absolutely sends the wrong message about Montrose, CO. "The greatest legacy one can pass on to one's children and grand-children is not money or other material things accumulated in one's life, but rather a legacy of character and faith," Billy Graham.

AJ Smith

Mother of 9 children, Grandmother of 13, Former foster parent, teacher



REGIONAL NEWS BRIEFS

BEAR CREEK NATIONAL RECREATION TRAIL RECONSTRUCTION BEGINS



Bear Creek National Recreation trail photo is by Neil Perry, GMUG NFs .

Special to the Mirror

MONTROSE — The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests in collaboration with the National Forest Foundation announce the implementation of a large-scale trail maintenance and reconstruction project on Bear Creek National Recreation trail, located on the Ouray Ranger District just south of Ouray, Colorado. The project, funded by the Great American Outdoors Act (GAOA) and a non-motorized trail grant from Colorado Parks and Wildlife, aims to enhance the visitor experience, ensure safety and promote the long-term sustainability of the trail system. Contractor crews will begin work on Monday, July 17 and work will continue through October as conditions allow.

The project will involve extensive reconstruction of various portions of the trail, including the construction of stone retaining walls, drainage structures and low water crossings. The primary objectives of the project are to restore a single way travel for all sections of the trail, reestablish a minimum of 24" tread on the trail, reduce erosion and rehabilitate impacted areas with localized plant communities.

"Bear Creek trail is a historic mining route dating back to the 1800s with stunning views and steep, unnerving exposure," said Neil Perry, Ouray Ranger District Recreation Management Specialist. "I am thrilled this project will protect the trail's long standing history and the opportunity for recreators to enjoy these beautiful and unique resources."

While the project is underway, visitors may experience delays of up to 45 minutes in sections where the work is concentrated, particularly in confined and exposed

areas. Crews may be present seven days a week. Signs will be located at the main trailhead and upper access points to inform hikers about the ongoing trail work. For more information on the trail reconstruction project, contact the Ouray Ranger District at 970-240-5300.

For more information on current fire restrictions, conditions and recreation opportunities, visit the <u>forest website</u> or <u>www.westslopefireinformation.com</u>.
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ROTARY CLUBS SPONSOR PRESENTATION, 'PROTECTING OUR CHILDREN'

By Caitlin Switzer

MONTROSE-Parents often warn their children to watch out for strangers. Still, the most familiar faces may also pose a risk, experts say.

According to the <u>Colorado Department of</u> <u>Human Services (CDHS)</u>, "Movies and media often portray young people as being kidnapped into child sex trafficking. More commonly, vulnerable young people are identified, groomed and recruited by traffickers over time. Child sex traffickers can be any gender, race and or age. The majority of traffickers are known to the victim (parents, relatives, friends, boyfriends/girlfriends). Traffickers frequently use social media to identify, groom and recruit victims."

On Aug. 10, Author Anna Sonoda LCSW will

share new information on safeguarding Montrose youth in a seminar, "Protecting Our Children," to be held in the Montrose Pavilion Auditorium beginning at 10:30am. Sonoda is the author of Duck Duck Groom: Understanding How a Child Becomes a Target. She is also a podcaster.

Sponsors of "Protecting Our Children" include the Rotary Clubs of Montrose and Delta as well as the Montrose Interact Club. Said Rotarian Lynn Schneider of Montrose, "This is for everyone. From the D.A.'s office to hospital workers, nurses, and agencies, to mom and pop, grandma and grandpa."

The presentation and resources offered are cutting edge, Schneider said, and are tailored for the age of social media. "Our community needs to hear this."



Page 6



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The Pavilion auditorium seats up to 500, and organizers hope to fill the space, Schneider said. The presentation will be translated into Spanish, and there will be opportunities to work in small groups.

Lunch break will include food trucks. Registration is required to attend. To sign up please visit https://

<u>events.ourtownmatters.net/e/protecting-</u> our-children.

For more information call Lynn Schneider at 505-670-4552.

10:30am.

<u>Sonoda</u> is the author of *Duck Duck Groom: Understanding How a Child Becomes a Target.* She is also a <u>podcaster</u>.

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'ATTEND AND ENJOY THE PUBLIC DISPLAY, AND BE VERY, VERY PATRIOTIC'

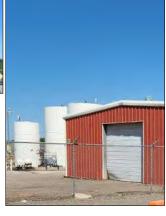
By Caitlin Switzer

MONTROSE-This year, just as in years past, the official Fourth of July fireworks show in Montrose drew enthusiastic crowds, not only in the parks but anywhere in town with a decent view.

Unofficial fireworks were also well represented on the Fourth, with young and old alike celebrating Independence Day with everything from sparklers and bottle rockets to actual off-the-ground firework displays. How safe are citizen fireworks in town, given that a number of locations store flammable materials? We asked the City of Montrose whether the municipality tracks the locations of storage tanks and were referred to the Montrose Fire Protection District. Mayor Barbara Bynum said that she too had seen some unofficial fireworks this year, "With a red flag warning issued from our local Sheriff, it sure is frustrating to see folks making poor decisions about safety."



Stray fireworks pose very little risk to the various storage tanks around Montrose, which are code compliant and heavily regulated by the State, Montrose Fire Protection District Chief Tad Rowan said. Still, Rowan advises leaving fireworks to the professionals.



Montrose Fire Protection District Chief Tad Rowan said that the fire protection district does keep track of storage tanks containing hazardous materials but also said that stray fireworks pose very little risk to such facilities. "They are very safe, and code compliant," Rowan said, noting that all tanks are inspected and permitted through the state. "They are heavily regulated."

Still, Rowan said that he did see a lot of unofficial fireworks throughout the community this year. "The fire chief in me just wishes that people would attend and enjoy the public display, and be very, very patriotic," he said. "And leave the fireworks to the professionals."



MISTAKES ARE EXPENSIVE. FIDUCIARY ADVICE ISN'T.



OPINION/EDITORIAL: LETTERS

'THE WAY PEOPLE GIVE AWAY THEIR POWER IS BY THINKING THEY HAVE NONE'... Alice Walker

Editor:

The city Council of Montrose has agreed to a NEW collaborative approach to their meetings.

AN INTERACTIVE protocol, wherein, a citizen of Montrose may ASK A QUESTION and the council will verbally respond in real time.

THIS progressive platform is being drafted and fine tuned in the month of July and is

scheduled to be implemented in August. The finished product will probably go thru some revisions, as the council AND the public (YOU, the citizens of Montrose) "beta test" this process.

I would like to commend the council for its forward-thinking mode and the effort to "reach out" in real time and address issues that are front and center in the minds of the citizens of Montrose.

The increase of Montrose's population has been rapid and head spinning and an INTERACTIVE communication with our gov. representatives is a step in the right direction, as we become MORE attractive to the populous that are seeking a "small and simpler" way of life.

Lynn Stockton,

3rd generation Coloradan, 8 yr. resident of Montrose



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FOUR RE-1J SEATS UP FOR ELECTION IN NOVEMBER From pg 1

NEW BUSINESS

Secretary Laird introduced Resolution 12-2023. The law requires that the Board of Education designate an election official within the district to act in coordination with county election officials. The resolution names Mrs. Laird as the designated election official for the Nov. 2023 General Election.

Seats in director districts A, B, D and F will be up for election in November.

The Board voted to approve Resolution 12-2023.

Also approved was <u>Resolution 13-2023</u> for Cancellation of School Board Election Contingent on Number of Candidates per District. Laird said the resolution is a housekeeping measure, averting a last-minute scramble if no seats are contested in the general election. State law authorizes the Board of Education by resolution to cancel the election and declare the candidates elected if there are not more candidates than offices to be filled.

The Board held a brief discussion before voting to ratify the purchase of Benchmark Workshop in an amount not to exceed \$340,000. Individual Quotes for each school are included in the meeting packet. Superintendent Stephenson said, "It is our primary resource...this is something that teachers began to pilot last year...this is one of the few approved programs, resources that CDE has, due to the READ act...there are very few choices..."

"...I look forward to seeing them in my own kids' backpacks," Fishering said.
District C Director Alice Murphy said she has spoken with teachers. She asked whether teachers will still be able to use the current phonics program. Stephenson affirmed that they will. "...This is a resource...We are using lots of different resources to meet kids' needs..."

Murphy said that primary teachers (K-2) wanted more phonics, while upper grades (3-5) seem "pretty pleased" with Benchmark. "They especially like the writing part and the test taking part that comes with the program...they also liked the differentiated levels...I guess there's a magazine that the kids really liked...the one concern was, is there going to be any training or inservicing with this?"

Stephenson said there will be continual training for Benchmark Workshop. **Background**-the Board of Education meeting agenda states, "This resource is in its second year of implementation. We adopted this new resource this school year (2022-2023), allowing teachers to choose if they wanted to be part of the pilot. This resource is on the approved CDE list of Core Programing aligning with the Read Act. We would like to purchase kits for each grade level throughout the district. These materials will come with 4 years of consumables. The kindergarten and 1st grade kits include extra fluency and decodable readers that include multiple titles

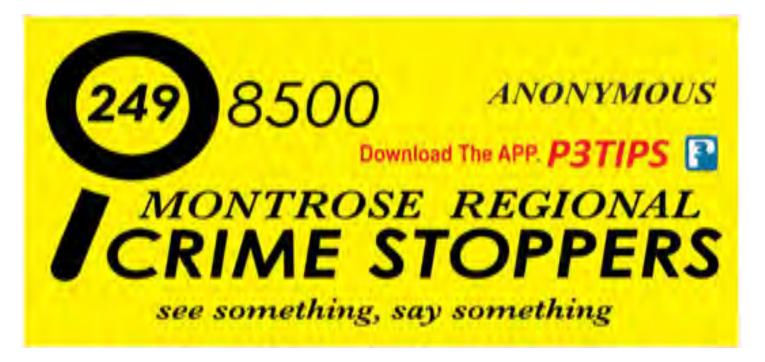
(39 titles in kindergarten and 72 titles in first grade) giving more levels for differentiation. We will also have access to Benchmark Universe where all teachers can gain the same access to these titles and give all students the same opportunities to read at their level. We would also like to purchase more Benchmark Intervention kits for levels 3 & 4 which gives reading interventionist(s) more access to higher levels for intervention. This is on the approved list from CDE for use of intervention. In addition to kits, there is a reading resource we would like to purchase that goes along with Benchmark. Teachers can check these books out from their libraries to use as extra support in their classroom. Breakdowns per grade level: Kindergarten: 5 kits @ \$7,850 per kit 1st grade: 8 kits @ \$10,370 per kit 2nd Grade: 0 kits (this is because all of 2nd grade have already adopted district wide) 3rd Grade: 9 kits @ \$5,575 per kit 4th Grade: 6 kits @ \$5,575 per kit 5th Grade: 9 kits @ \$5,575 per kit

Added books for library (6 sets) (360 books per set) @ \$3,875 per school
Quotes are by school. We will use ESSER and C&I funds."

Level 3 and 4 Intervention: @ \$9,125 per

school

With no further business, the Board of Education voted to adjourn. The next meeting will take place on Tuesday, Aug. 8 at 6:30 pm.



REGIONAL NEWS BRIEFS

MONTROSE REPUBLICAN WOMEN LUNCH. PROGRAM. & MEETING

Special to the Mirror

MONTROSE-Please join us for the Montrose Republican Women Lunch, Program, & Meeting Friday, July 21 at Hampton Inn Montrose. Local Bob Bell will present a History of the American Flag from the 1700s to present. Enjoy our ice cream sundae bar, too!



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REGIONAL NEWS BRIEFS

COLORADO PARKS AND WILDLIFE COMMISSION TO MEET JULY 20 - 21

Special to the Mirror

GUNNISON— At a hybrid meeting in Gunnison, the Commission will consider extending pilot testing of the timed-entry reservation system at Eldorado Canyon State Park and updating the property specific regulations for Fishers Peak as the park is developed.

The Commission will also receive a Draw

Process Working Group update and discuss the 2024 Commission meeting schedule.

On the consent agenda is a cleanup of personal floatation requirements for river outfitters, a cleanup of season dates for over-the-counter hunt code BE087U6R, and Southeast region pronghorn herd management plans.

The meeting is scheduled to begin at 8:30 a.m. on Thu., July 20 and adjourn at 1:30 p.m. for a Commission field trip. The commission will recon-



vene at 8:30 a.m. on Fri., July 21 and adjourn at 10 a.m. <u>The meeting will be streamed live on CPW's YouTube page</u>. Additional agenda items include: Department of Natural Resources Update Department of Agriculture Update Financial Update GOCO Update

GOCO Update Legal Update Crawford Complex Update

to the commission at

A complete agenda along with all materials for this meeting can be found on the CPW website for public review. The public is encouraged to email written comments

dnr cpwcommission@state.co.us. Details on providing public comments for hybrid meetings are available on the CPW website.

The Commission meets regularly and travels to communities around the state to facilitate public participation. Anyone can listen to commission meetings through the CPW website. This opportunity keeps constituents informed about the development of regulations and how the commission works with Colorado Parks and Wildlife staff to manage the parks, wildlife and outdoor recreation programs administered by the agency. Find out more about the commission on the CPW website.



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REGIONAL NEWS BRIEFS

8TH ANNUAL FUNC FEST AUG. 12-13

Special to the Mirror

MONTROSE— Water sports enthusiasts, competitors, and the fun-loving Montrose community are invited to enjoy the <u>Eighth Annual FUNC Fest (Fun on the UNCompahgre River Festival)</u> at the Montrose Water Sports Park, WSP, in Riverbottom Park on Saturday, Aug. 12 and Sunday, Aug. 13.

FUNC Fest is one of the City of Montrose's tivities, and live music taking place in premier summer events designed to showcase and celebrate the WSP, which is one of the largest whitewater parks in the American West.

The event, hosted by the City of Montrose Office of Business and Tourism (OBT), will feature a full lineup of river and land events from 9 a.m. to 9 p.m. on Saturday, August 12, and from 9 a.m. to 6 p.m. on Sunday, August 13.

Each day will feature water competitions, kid's activities, vendor booths, a food and beer garden, and live music.

"FUNC Fest is one of the city's largest summer events where we plan for a large community celebration and this year will be no different," said Kathryn Schroer, City of Montrose Pavilion and Community Events Manager. "We are planning two full days of fun in Riverbottom Park and on the Uncompahgre River, and we are excited to bring back a Prince tribute band to perform Saturday night in Cerise Park."

Open to all levels, water competitions will include a downriver sprint for kayakers, stand-up paddle, SUP, boarders, and recreational crafts.

The boatercross event targets kayakers and SUP'ers. Boatercross is a blend of downriver racing and roller derby and is available to all levels of paddlers.

In between competitions, the community is invited to jump in the river and enjoy the cool Colorado runoff through the park. Personal flotation devices, or PFDs, a.k.a life jackets, are required.

After the water competitions conclude at 5 p.m. Saturday afternoon, the party transitions to the Rotary Amphitheater where food and beer vendors will be ready to provide food and libations for two sets of

live music beginning at 6 p.m.

At 7:30 p.m. headliner Phillip Lamar & Paizley Park, a Prince tribute band, will perform. Phillip Lamar & Paizley Park performed at the 2019 FUNC Fest and are returning following public demand to bring the group back to Montrose.

On Sunday the water competitions resume along with vendor booths, kid's activities, and live music taking place in

Riverbottom Park. The music and event conclude at 6 p.m. Sunday evening.
The WSP, located on the Uncompany River in Riverbottom Park in the heart of Montrose's premier Baldridge Regional Park complex, was completed in 2015.
Consisting of 1,000 feet of river channel, the park is one of the largest in the state of Colorado and one of the few in the U.S. to be fully accessible by ADA standards.

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Save the Date MONTROSE COUNTY FAIR & RODEO Fr. Livestock Auction JULY 29TH Buyers Lunch & Registration - 11AM Jr. Livestock Auction - 1PM Montrose County Event Center 1036 n. 7th St. Montrose, CO

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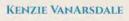


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REGIONAL NEWS BRIEFS

DELTA COUNTY NEARS COMPLETION OF PLANNING PROCESS FOR NEW PLAYGROUND AREA AT FAIRGROUNDS

Special to the Mirror

DELTA- Delta County is thrilled to announce that the planning process is nearing completion for the development of a new playground area at the Delta County Fairgrounds in Hotchkiss, CO. With the support of a Colorado Health Foundation grant awarded to the county in the fall of 2022, Delta County has engaged in a comprehensive re-imagining of the Fairgrounds playground, prioritizing community input and following the equitable development and built environment planning tool kit provided by The Colorado Health Foundation.

In collaboration with organizations such as The Nature Connection, Delta County Libraries, Partners of Delta County, and Delta County Human Services, Delta County assembled a diverse group of residents to provide valuable input on the design of the new playground area. This inclusive approach ensures that the space will cater

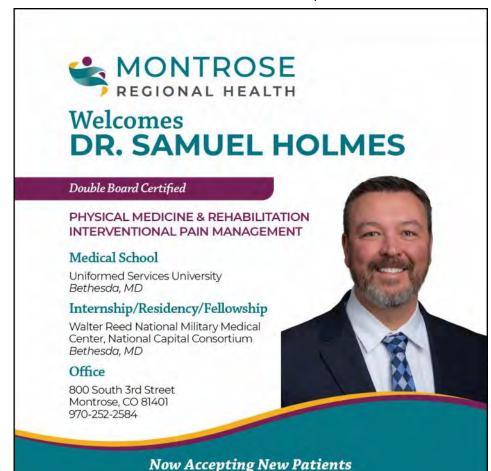
to the needs and preferences of Delta County's diverse population of residents. Sean Dollard, Program Officer with The Colorado Health Foundation, expressed excitement about supporting Delta County's focus on equitable design and community engagement practices: "This funding opportunity has a compelling trajectory toward ensuring all physical activity spaces are designed with community members' intent top of mind, which will always culminate toward the most equitable activation of public spaces."

Lindsay Mitchell, Public Information Specialist for Delta County, highlighted the progress made during the planning meetings, stating, "Beginning in April, we have sometimes held more than one focus group each month. The group of local citizens, volunteering their time, came together to design a space suited for Delta County and very well deserved in our community."

Matt Jennings, the grant writer for Delta County and responsible for securing the planning grant, said, "Lindsay and I worked hard to create an environment at each meeting that ignited creativity and fun, providing dinner, games, toys, giveaways, interpreters, childcare, and mileage reimbursement. Our ultimate goal was to get people to the table who normally are not invited into processes like these. We needed to eliminate any perceived barriers for our group participants, so they would come and enjoy the experience and feel comfortable enough to contribute their opinions and ideas. We encouraged diverse perspectives and had representatives from the library, fairgrounds, and schools involved."

"We have all become friends, and no one was upset or left feeling like their voices were not heard or their opinions were not validated. The Colorado Health Foundation's process with this tool kit taught us a lot about how to come together from all walks of life, make strong group decisions, and walk away smiling and with friends. There has to be something said for that!" After completing several steps of the planning process, the Co-Creators, the dedicated volunteer group, collaborated with a playground specialist, Kerry White from Urban Play Studio, to finalize their ideas. Renderings of the proposed playground, created by Urban Play Studio, will be showcased during a Community Night event on July 28th at the Fairgrounds. At the event, members of the public will have the opportunity to comment and put input on the design to the group participants that will be present to engage with the community and provide insights into why specific choices were made. It is important to note that while the choices made by the group are not guar-

It is important to note that while the choices made by the group are not guaranteed by the grant, they represent the recommendations put forth by Delta County. The official application, including the selected playground design concept, will be submitted to The Colorado Health Foundation and other funding sources for consideration of a full grant that could fund the construction costs of the new playground area.





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REGIONAL NEWS BRIEFS

FLEX REC NOW OPEN AT 1309 MAYFLY DRIVE

Special to the Mirror

MONTROSE— The Montrose Recreation District is growing with the community! The MRD has opened its third facility, joining the Community Recreation Center and the Field House to help bring new and exciting services to the north end of Montrose. The new site known as Flex Rec is located at 1309 Mayfly Drive and offers functional and performance fitness options, as well as outdoor recreation programming and community meeting space. In this facility at the Colorado Outdoors campus along the Uncompahgre River, the MRD has also partnered with Movement Medicine, a chiropractic and physical rehabilitation service focused on helping clients get "back in the saddle" and enjoy the active life they crave.

Dr. Don Funke focuses on the long term, using sustainable and research-based methods to improve physical and mental resiliency for his clients. He is also a trainer and fitness coach helping to run several of the MRD weekly fitness class offerings at Flex Rec. Classes are offered Monday – Friday, mornings and early evenings, to safely guide participants in their uses of various and fun equipment to build strength, performance, and solid movement patterns for an active lifestyle. Movement Medicine services are available by appointment.

The adult-focused facility provides a full XULT functional fitness rig complete with Olympic bumper plates, barbells, kettlebells, steel maces, steel clubs, tires, battle ropes, horizontal climbing ropes, adjustable sleds, slam balls, wall balls, rowers, skiergs, air bikes, and so much more! Fitness on Demand virtual fitness classes are also available on the large screen and offer premier, world-class fitness classes in numerous modalities to fit your workout needs. In partnership with Weehawken Arts, aerial classes are also available for both youth and adults, covering silks, lyra, Yoga, flexibility and conditioning and more using the specialized aerial rigging!

"At the Montrose Recreation District, we're all about working hard to offer services, facilities, and programs to help make our entire community active, healthy, and vibrant. This is a truly unique space where we have the flexibility to offer new and different activities in new ways to more residents and visitors to Montrose to connect them with our active and outdoor lifestyle," says Mari Steinbach, Executive Director of the MRD.

The team of Movement Medicine and Montrose Recreation District is excited to connect with you at the new facility to help you be fit and active, and live your best Montrose life! Stop in or call 970-497-8590 during normal business hours, Monday – Friday!

MIRROR IMAGES...BLACK CANYON QUILTS







Photos from Black Canyon Quilt Show by B. Switzer.



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UNITED STATES NEWS BRIEFS

US AND MEXICAN LAW ENFORCEMENT TAKE SIGNIFICANT ACTIONS AGAINST TRANSNATIONAL DRUG TRAFFICKING ORGANIZATION

Special to the Mirror

UNITED STATES-On July 7, U.S. and Mexican law enforcement announced significant enforcement actions against a prolific transnational drug trafficking organization operating in Nogales, Sonora, along the U.S.-Mexico border.

After extensive bilateral cooperation between the United States and Mexico, Mexico's Attorney General's Office, Fiscalía General de la República (FGR) – conducted a significant enforcement operation on June 23, 2023, to dismantle a prolific transnational drug trafficking organization operating in Nogales, Sonora, along the U.S.-Mexico border. The operation resulted in the arrest of five people and the seizure of 120,000 fentanyl pills, 15 pounds of methamphetamine, 17 pounds of heroin, 15 pounds of cocaine, three assault rifles, one 9mm handgun, and a vehicle. In addition, seven U.S.-based coordinators and operators with alleged ties to the same drug-trafficking organization have

been arrested and indicted in the United States. Gerardo Bernal-Mazon, 29, Ashley Bernal, 31, Jessica Yesenia Valenzuela, 32, and Delyanira Lovio, 29, all of Nogales, Arizona, Juan Murillo, 48, of Rio Rico, Arizona, and Lilian Sugey Siegfried, 38, of Tucson, Arizona, were indicted by a federal grand jury on drug trafficking charges on Feb. 2. George Armenta-Vasquez, 45, of Nogales, Sonora, Mexico, was indicted by a federal grand jury on Jan. 25.

"Transnational drug trafficking organizations pose an unprecedented public safety threat to both the United States and Mexico," said Attorney General Merrick B. Garland. "These coordinated law enforcement actions demonstrate the success our countries can have when we work together to meet that threat."

This effort is part of an Organized Crime Drug Enforcement Task Forces (OCDETF) operation. OCDETF identifies, disrupts, and dismantles the highest-level criminal organizations that threaten the United

States using a prosecutor-led, intelligencedriven, multi-agency approach. Additional information about the OCDETF Program can be found at www.justice.gov/OCDETF. Drug Enforcement Administration (DEA) -Nogales led the investigation in the United States, in concert with the DEA Mexico City Country Office, Homeland Security Investigations (HSI) - Nogales, U.S. Customs and Border Protection's U.S. Border Patrol, U.S. Customs and Border Protection's Office of Field Operation, and the Bureau of Alcohol, Tobacco, Firearms and Explosives - Tucson. Support from DEA-Mexico City Country Office and FGR's Agencia de Investigación Criminal (AIC) was critical in providing coordination between United States and Mexican law enforcement agencies.

The U.S. Department of Justice's Office of International Affairs provided assistance. The U.S. Attorney's Office, District of Arizona, Tucson, is prosecuting the seven individuals named above.

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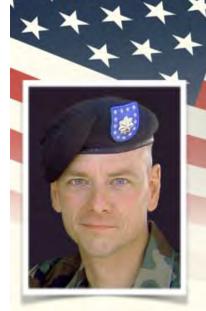
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REGIONAL NEWS BRIEFS

SLOPE STABILIZATION ONGOING CO 133 NORTH OF PAONIA

Special to the Mirror

GUNNISON COUNTY — The Colorado Department of Transportation (CDOT) and contractor Williams Construction began work on Colorado Highway 133 north of Paonia on July 10. The highway is open and will continue to be open during work on this project. Work will take place from Mile Point 24.55 to MP 25.77. The project consists of slope stabilization using a soil nail wall to improve the integrity of the slope and function of the roadway as well as culvert replacement. The soil nail walls will be constructed at four sites along the corridor. The roadway will have to be repaired after the construction of the soil nail wall is complete. The project is expected to be complete in the fall of 2023. The project is not related to the permanent repairs to road and culvert damage that took place on CO 133 in May and

The slope stabilization project will significantly improve the safety and functionality of the highway. The work being done ensures motorists can move safely and reliably through this section of the roadway for years to come by making it more stable and reducing the erosion potential.

Traffic Impacts

After July 10, motorists will encounter work on CO 133 north of Paonia. The highway will continue to be open when work is underway. Traffic impacts include:

- -Working times will be from 7 a.m. to 7 p.m., Monday through Friday.
- -Within the work zone there will be short delays with alternating single lane traffic as well as shoulder closures.
- -Speeds reduced to 40 mph.
- -Traffic fines will be doubled in the work

Motorists should slow down as they approach the work zones, drive with caution, allow extra space between vehicles, and give themselves extra travel time.

Visit the project website at: www.codot.gov/projects/co133paoniagunnisonslope

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REGIONAL NEWS BRIEFS

NEW FRIENDS SOUGHT FOR FRIENDS OF RIVER UNCOMPAHGRE (FORU)

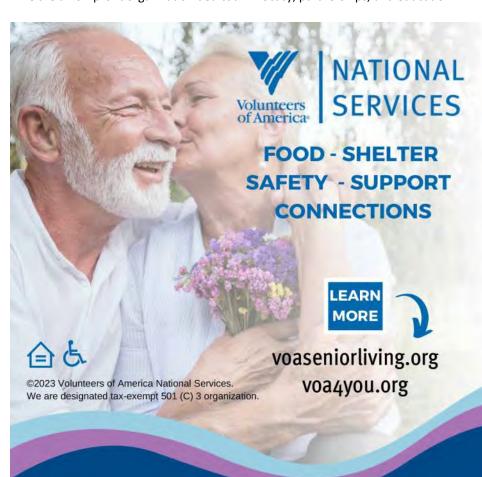
Special to the Mirror
REGIONAL-Friends of the River Uncompangre (ForU) announces its comeback.
We are a non-profit organization dedicat-

ed to restoring, enhancing, and protecting the Uncompandere River corridor in the Montrose area through stewardship, advocacy, partnerships, and education. Originally formed in 2006, ForU accomplished much through hard work and financial support in its first decade including:

- -Adoption of a River Corridor Overlay Zone in 2009.
- -Completion of the Riverway Master Plan in 2011.
- -Initiation of the FUNC Festival.
- -Acquisition of land for boating access, trails and habitat protection
- -Organization of cleanups and restoration projects.

A new board is now continuing with much of the same mission as the original founders. Our first major project is riparian restoration starting in two areas: the southern section including the Chipeta Lake boat ramp area and along the Colorado Outdoors river corridor. RiversEdge West, a nonprofit based in Grand Junction, will bring crews to Montrose this fall and next year to remove invasive Russian olives and Tamarisks. ForU will raise funds to purchase native trees and shrubs and recruit volunteers for revegetation.

For-U's other ongoing activities include serving as river caretakers and guardians as needs arise and organizing cleanups and trail maintenance. This winter we will be planning our future work and would value input from the community on how we should devote our time and resources. We are seeking Friends, a no-cost way to learn more about our river and opportunities to volunteer. We are also seeking tax deductible donations from business supporters and people who appreciate our river and recognize its contribution to our community and economy. Please visit our website to become a Friend, volunteers for one of several opportunities or make a donation. foru-montrose.org



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Special to the Mirror

SOUTHWEST COLORADO— On July 17, the Colorado Department of Transportation will begin maintenance operations to reinforce culverts and highway shoulders along a 13-mile stretch of US Highway 550 between Purgatory and Molas Pass. Motorists traveling between Durango and Silverton, Mile Points 49

-62, can expect 10-15 minute delays, flaggers and onelane alternating traffic.

This two-week maintenance work will take place from 6:30 a.m. to 5 p.m., Monday through Thursday, July 17-27. Work is weather permitting.



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- ✓ Wear long sleeves and pants
- ✓ Stay indoors at dusk and dawn
- ✓ Empty and clean water containers
- ✓ Repair holes in screens

GOT A MOSQUITO BITE?

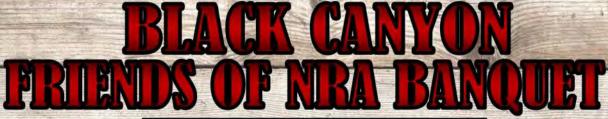
- ✓ Fever
- √ Headache
- ✓ Muscle Aches
- ✓ Fatigue

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https://cdphe.colorado.gov/animal-related-diseases/west-nile-virus









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REGIONAL NEWS BRIEFS

T-MOBILE PRESENTS \$50,000 DONATION FOR PLAYGROUND



Special to the Mirror

MONTROSE-In late June, T-Mobile announced Montrose as one of its latest 25 Hometown Grant recipients. The \$50,000 grant will go toward constructing a playground at Riverside Landing, adjacent to the new Ambulatory Care Center (target construction completion Feb. 2024), to provide play for patients and families awaiting care.

Launched in April 2021, T-Mobile Hometown Grants is a \$25 million, five-year initiative to support the people and organizations who help small towns across America thrive and grow by providing funding to kickstart vital community development projects. Since the program's start, T-Mobile has given nearly nine million dollars to 200 communities across 42 states. Courtesy photo of ribbon cutting event July 14.



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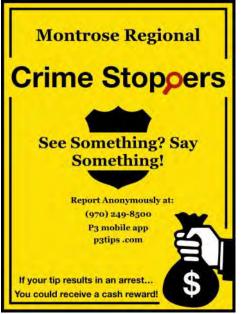
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MIRROR IMAGES: DOUBLE RAINBOW AT SUNSET



WD C

Last week's double rainbow, captured by B. Switzer.





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68303 HWY. 50, MONTROSE, CO 81401

There is lots of room on this sustainable, covenant-free property. 7 acres with 3 shares of irrigation water, a chicken coop with fenced area, and lots of room for animals, pets, and a garden. The year-round creek flows and a pond that fills from an underground pipe enhance the features of this property and that is only the outside. This large home with over 3,000 sq. ft. of heated living space offers as much space as you have ideas to use it. The kitchen is conveniently arranged, and the dining area and living room flow nicely with amazing views to be had at every window. The living room features a large amount of windows for mountain viewing. A lovely loft area with timber beams would be the perfect place for cozy alone time, and the front deck off the living room calls to you to sit and relax. One main-level bedroom has its own little balcony area. The home is complete with six well-sized bedrooms, linen closets, and storage space. Easily be in downtown within a few minutes, but the quietness of your property will be waiting. A nicely fenced area by what was a dog kennel could easily be kept for your own pets or converted to a flower/potting shed area. The possibilities for the piece of Colorado paradise are endless. Take your own tour, and let your imagination go wild







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OPINION/EDITORIAL: LETTERS

FAMINES ARE COMING THANKS TO DEMOCRAT LEFT-WING GREEN MOVEMENT

Editor;

The master of "Bidenomics" has embarrassingly gone public again with his pedophilic-like attack on a frightened young girl and his demonstration of being the one and only tripper-in-chief. These displays happened as he was leaving Finland. Biden was seen with his mouth on a little girl's left shoulder blade and making odd motions with his jaw. He then blew into her hair and left ear. The little girl held by her mother was terrified and wanted none of his advances. And all this in front of the whole world and her mother! But she appeared to be amused. Taking a trip down memory lane he talked about kids rubbing his legs when he was an adult lifeguard and how he "loved kids jumping on my lap". He talked about a little girl who was about six years old "looked like she was about 19." Describing when he met a 12 year old girl in an audience when he was 30, he told her he hoped to see her back in Delaware while sniffing her hair. Here's a sick guy who will hang a Christmas stocking for his dog, but won't acknowledge his four-year-old grand daughter! But knowing his sick behavior toward children, she and her mother don't realize how lucky she is.

The famines are coming thanks to our Democrat Left-wing Green movement. The Piedmont Environmental Council (PEC) admits that farmland lost is farmland lost forever. Sounds innocent enough doesn't it? But digging into it reveals they are only concerned about land lost to housing developers. Meanwhile, thousands of farmers and ranchers are losing their land to radical environmental policies supported and promoted by such groups as the PEC. Obviously honesty is not one of the policies of the Democrat radical Green Left. Farming is under attack across

the nation and worldwide from the guise of "climate change". Green activists preach we must pursue, "sustainable development" or we are sunk. That cute little phrase determines how food will be grown, processed, packaged, and marketed and how much of your own land can be used for that purpose. And at the same time they force much of a farm's property into open space for habitat, wetlands, and supposedly, "endangered species". Everything they propose is a weapon against free Americans and freedom worldwide.

Enter Biden's blissful, useless Energy Czar, John Kerry. He accuses farms and ranches of being "significant emitters" of nitrogen. These people just cannot get past their hate for food growers and the poor cattle who are just trying to survive by eating, burping, farting and eliminating manure--just like they do. But their "Climate Smart" hatred for farmers and ranchers along with Biden's massive inflation is making it impossible for some to stay afloat. While Biden and his cabal are working furiously to destroy farms, he melds perfectly into the World Economic Forum (WEF) and its Great Reset agenda. The WEF has launched the, "New Vision for Agriculture (NVA) initiative. Sounds innocent enough doesn't it? Oh no, they're launching a plan called "the road map for stakeholders". That sounds innocent also doesn't it? Oh no, those stakeholders are not farmers or ranchers. They are organizations who have been working with the United Nations to direct climate change policy. Those people are not protectors of the environment. They intend to change the entire food production system of the nation and the world. They will target farm and ranch land for their solar and wind power to replace coal and gas power plants. This

will eliminate thousands of acres of prime farm land for food production. Their solar panels are made of plastic--which takes oil to produce. Much of the material is purchased from China. Underneath those solar panels that run end to end, row by row, for thousands of acres are the miles of electrical wires. Nothing can grow under them to feed any animals.

Wind power needs enormous amounts of oil for the turbines to turn. And they are not degradable when they no longer work. Then picture thousands of acres of those turbines, the death of peaceful land and in the air nothing will be flying. Millions of birds and endangered species will be destroyed.

Asked how many birds are killed yearly by turbines the Interior Department said that's classified! Remember the "Tree Huggers?"

Where are they now? Why are they not standing up to stop wind and solar from destroying the environment? The Wind industry has destroyed 14,000,000 trees on over 17,283 acres in Scotland for wind farms---to save the planet!! If all other sources of fuels were banned and all power was to come from wind and solar, estimates are that it would only provide between 4% and 12% of the energy we need to run the country. Yet millions of acres of vital farmland are targeted to be buried under this insanity! And on top of all that China is buying up as much of America's prime farm land they can. But don't worry, our Kacklin' Kamala vice president revealed their plan is to reduce the population, so we won't need as much food! She didn't volunteer to be the first victim of population reduction, though. Continued next week with the lunatic plan to capture CO2.

Jerry Bartholome, Montrose

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OPINION/EDITORIAL: LETTERS

THIS PRESIDENT HAS SOWED HATRED AND DIVISION FROM DAY ONE

Fditor:

I never cease to be astonished at what some people choose to be offended by, and how selective they are in deciding what is deplorable. Michael Ambrose (MM 7/10) takes offense to a sign in Montrose that evidently said: "Joe and the Hoe gotta go." He feels that to slander our country's VP shows a lack of common decency and asks the question "How low can you go?" Jo Clugg (MM 7/10, MDP 7/8) also took offense and indicated "It is OK to promote your own candidate of choice. It is not OK nor necessary to denigrate the opposition." Gwen Vaughn (MM 7/10, MDP 7/12) found the sign deplorable and offensive and indicated the banner "has underlying tones of racism, misogyny, and encourages hatred." Here are some thoughts on all of that.

Has no one noticed that this president created a complex structure of shell companies to illegally and surreptitiously funnel millions of dollars from the Biden family influence peddling racket down even to one of the president's grand-children? Is no one concerned about this nationalsecurity compromising scheme to monetize the office of the vice president and then president for tens of millions of dollars from corrupt nations led by Ukraine, and adversarial nations led by China and Russia? (How low can you go?)

Does no one care about the blatant coverup of those scandals by the DOJ, FBI, and the rest of the Biden regime and their systematic subversion and sabotaging of any investigation, not only giving son Hunter criminal preferential treatment, but covering up for father Joe's crimes at every turn? Does no one care about Democrats implementing a two-tiered legal system and their attempts to make any political

opposition a crime? Is it OK to ignore attacks against pregnancy resource centers and the burning of our cities by BLM and Antifa, but send twenty armed FBI swat team members in the middle of the night to the homes of peaceful abortion protestors? (More than deplorable.)

Has no one noticed that this president has consistently sowed hatred and division from the first day of his presidency? Following Biden's call for unity in his inaugural address came 2 ½ years of relentless attacks on half the country --- labeling them "semi-fascist," parents protesting at school board meetings "terrorists," and anyone concerned about election integrity "insurrectionists." Now our kids are being taught that America remains an irredeemably racist country, and that if you are white you are an evil oppressor, and if you are black you are oppressed and totally helpless. Police are now innately racist and randomly hunting down black males, and therefore should be demonized and defunded? It is suddenly OK to magically take mediocre male athletes and make them champions in women's sports by their simply identifying as women? The Democrat platform unapologetically demands abortion up to the very point of birth, in spite of the opposition of even the majority of their own party to late-term abortions. The FBI investigates the threat of "white supremacy" among traditional Catholics with no explanation of how these traditional Christians somehow pose a "threat". (Deplorable, and scary).

I find everything this administration has done to be totally corrupt and despicable. It offends me deeply. Would I put a banner referring to the VP as a whore, or an "FJB" flag in my yard? Of course not. But I can only laugh at the very selective "outrage"

coming from those people telling us how hateful those signs are. There are many things going on in Biden's administration more deserving of your outrage. Since these writers brought up hatred, here is a new word for you: Misology --- a Greek word meaning the hatred or fear of reasoning. I am not suggesting that this applies to these writers, but the term seems to apply to too many of today's Democrats who cannot admit to themselves what their party is actually "accomplishing". For the record, if I had a young child asking about the VP sign, I would explain to the child that there are more appropriate ways to express any disgust one might have for our VP.

Depending on the age of the child, I would indicate that a better response would be to point out that Kamala Harrris had an extramarital sexual relationship with powerful California Democrat Willie Brown, thirty years her senior, and that Brown has verified he boosted her political career by appointing her to well-paid commission assignments and connecting her with rich campaign donors, even though Harris was only a few years out of law school. I would then let others decide for themselves about our VP's moral character. I would also tell the child that many of history's greatest people had early moral failures that they were able to overcome to achieve great things. King David and Martin Luther King Jr. are two great examples. Unfortunately, our VP is not in that category.

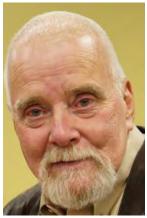
Her abject failures as VP have nothing to do with what she may or may not have done in her California years, but are due to her being in a position at least several levels above her competence level.

Ed Henrie, Montrose

The Mirror: many views, one newspaper.



DAVID EDWARD MCOMIE "HOMIE" August 8, 1949- July 12, 2023



DAVID EDWARD
MCOMIE
"HOMIE" age 73,
died July 12,
2023, at his
Olathe, CO
home with his
family by his
side. Dave was
born August 8,
1949, in Salt
Lake City to Doris and Edward
McOmie.

He was the only son of four children. In 1969, the U.S. Army called on Dave, and he served in Vietnam until honorably discharged in 1971.

Dave married Janay Koch in 1972 and was blessed with their daughter Daniele in

1975. They were later divorced, and Dave met Kathy Jones; they were married in 1986. With Kathy's two children April and Max and Dave's daughter Dani, they had three children. As a wonderful family they enjoyed horses, many camping and boating trips, and many more fun activities. Dave worked 35 years in the Industrial Insulation/Construction industry then later worked for Dugway Proving Grounds where he met many friends along the way. Many would say "Homie" was a stubborn man. But all would say he was knowledgeable, fun, and kind.

As a young boy, Dave was introduced to the country life by his Uncle Tony in Vernon, Utah, which he called his "home away from home." He was an avid horseman and hunter and enjoyed doing this with his family and friends. More than

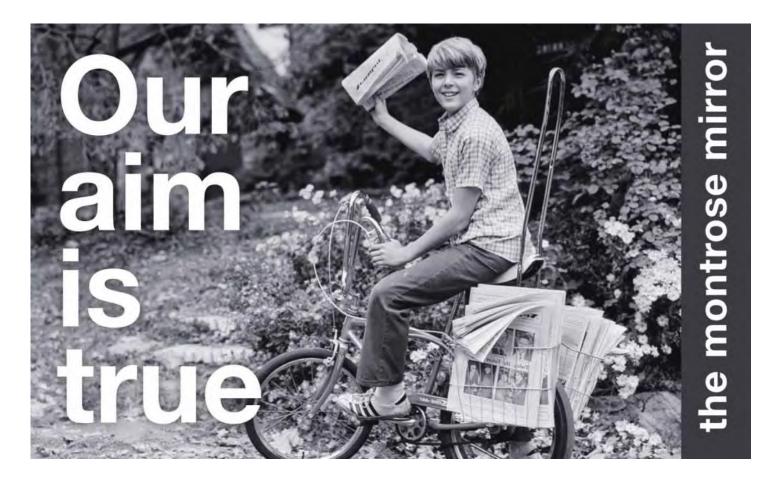
anything else, Dave's grandchildren were his pride and joy. Being a Grandpa was his biggest reward.

Dave is survived by his wife Kathy; children, April (Derrick) Sutherland, Max (Kimberly) Wahlberg, and Dani (Arthur) Peasnall; eight grandchildren, two great grandchildren; sisters, Neta Mcomie, Kay (Gary) Hill, Kathleen (Robert) Hartman; best friend Mike Morrison and many nieces and nephews who adored him. He is preceded in death by his parents Edward & Doris McOmie; father and

Dave will be remembered for his wit, strength, wisdom and hard work. "Happy trails to you...until we meet again." Crippin Funeral Home and Crematory is assisting Mr. McOmie's family.

mother in-law Joseph and Dele Jones, and

Uncle Tony.



GLORIA JEAN HOLLEY October 28, 1943 - July 9, 2023

Gloria was born in Mesa, AZ on October 28, 1943, to Carter Glade and Myrtle Ellen Matthews. She was the last of five children and the only daughter.

At the age of 21, in 1964, she married the love of her life, Dennis Wayne Holley. In 1967, they made the move to Montrose, Colorado with their oldest child (that's ME) in tow. They added two more children to the family. A daughter in 1971 and a son in 1979. Gloria and Dennis were sealed for all eternity in the Mesa, AZ Church of Jesus Christ of Latter-Day Saints temple in 1979. Gloria lost her only son, Patrick, in 2008 and her one and only love, Dennis, in 2017. What a joyous reunion they are having.

Gloria began her career with the Forest Service in August of 1967 and gave 30 years of service before retiring in 1997. She made the transition to Wildland Fire Dispatching where she became "famous". Gloria's faith was a very big part of who she was — which translated into who she was a human. Not only did she have an unshakable faith and strong belief, but she also actually physically and visually lived it. She set the example for everyone she met. I have heard several times, from ALL sorts of people, that she was the example of exactly what it meant to be Christian and

human. The world views never touched her or shook her faith.

Gloria spent 20+ years in the Wildland Fire Dispatch community. Along with her strong faith that shined wherever she went, her name in the fire community is also spoken in reverence. She traveled all over the country working fires or for FE-MA. She went to Puerto Rico to teach the official dispatching system, she worked with NASA in Atlanta to recover space shuttle debris, she went to South Carolina to work during hurricane Katrina and stayed for several months to assist – just to name a few.

Anyone who met her remembers the first time they met or worked with her and the impact she had on them. In her final months, she received hundreds of cards and letters from all over the United States. Mom said at one time that she couldn't believe how many people were reaching out and telling her what an impact she had on them. This was the best thing about her – she was who she was without judgement or realizing her impact. She was inclusive, happy, friendly, loving, caring regardless of how anyone differed from her. Anyone who met or worked with her has been "Gloria-fied" Gloria was proceeded in death by her

parents, her four brothers, her husband Dennis and her son Patrick.
Survivors include her daughters Jill Cox (Craig) and Dawn Barlow. Her beloved grandchildren - Braun-



sen Mitchell, Skylar Mitchell (Monica), Tessa Rivera (Andrew), Bethany Robbins (Anthony), Mackenzie Cox, Chantz Barlow (Jasmine), Gannon Barlow and Wiley Harrison. She also has 10 great grandchildren and numerous nieces and nephews. Rest easy mom – your work here on earth

is done and what a fabulous job you did exemplifying your beliefs and your goodness as examples for us all!

Gloria's service will be held at The Church of Jesus Christ of Latter-Day Saints on 21028 Uncompanyer Road Montrose, CO at 11 am on August 12th.

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



The Montrose Mirror July 17, 2023

COMMUNITY OBITUARIES

DALLAS STONER TURLEY September 3, 1955 – July 11, 2023

DALLAS STONER TURLEY, born in Ohio, grew up in Michigan and Iowa and a resident of Montrose, Colorado, passed away on 11 July 2023. He was a devoted father, a respected engineer, and a cherished member of the community. Dallas led a remarkable life, leaving behind a legacy of love, dedication, and professional achievement. Born in Ohio, Dallas had an inquisitive mind and a passion for engineering from a young age. He pursued his dreams at the University of Iowa, where he graduated with a degree in mechanical engineering. During the course of his studies, he was an exceptional collegiate diver. His achievements as a diver demonstrated his determination and commitment to excellence, qualities that defined his personal and professional life. Dallas's greatest joy in life was his family. He was a loving and

devoted father to his four children, and his in eternal presence brought immense happiness and strength to their lives. Dallas's children will forever cherish the memories of their father's guidance, sense of humor, and unwavering support. He was a role model, instilling in them the values of hard work, integrity, and perseverance. Professionally, Dallas excelled as an estimator at Keenan's Heating and Cooling in Montrose, Colorado. Dallas's meticulous attention to detail and his ability to find innovative solutions made him an invaluable asset to the company. Dallas Stoner Turley's passing leaves a void in the hearts of his family, friends, and community. He is survived by his four children, whose lives he enriched beyond treasure, as well as numerous relatives, friends, and colleagues who will carry his memory in their hearts. May his soul rest

peace. A memorial service will be held on 22 July 2023 at Sean Turley's residence to celebrate the remarkable life of Dallas Stoner Turley.

In lieu of

flowers, the

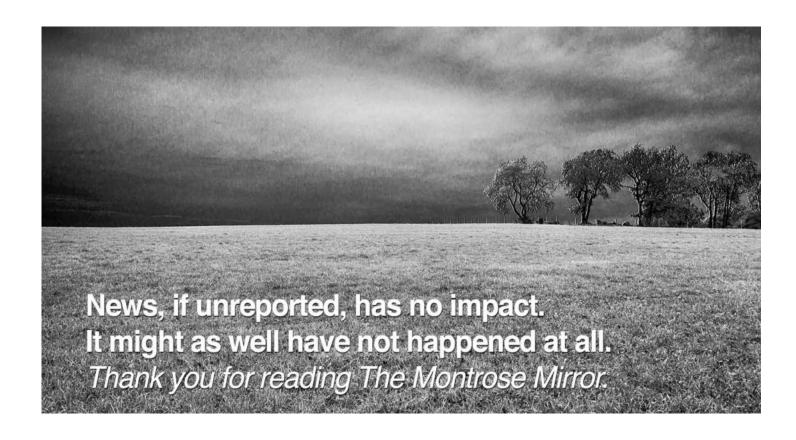
family kindly



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requests donations to be made to a charitable organization close to your heart, in Dallas's name.

Crippin Funeral Home & Crematory of Montrose is assisting the family.



In Loving Memory of JOYCE ELIZABETH CORLEY December 16, 1940 - July 5, 2023

JOYCE ELIZABETH CORLEY, a remarkable woman who touched countless lives with her unwavering dedication and infectious spirit, has peacefully made her transition. Born in Los Angeles, CA, on December 16, 1940, she was the beloved daughter of Moses B. Terry and Liney Terry and the eldest of four cherished siblings.

Joyce's love story began in her mother's cafe in 1957 when she met the love of her life, Ron, shortly after his return from serving in the US Army. On April 5, 1959, they embarked on their lifelong journey together, exchanging vows in a joyous family wedding. Ron made a heartfelt promise to Joyce's father that he would ensure she received a college education, and true to his word, Joyce pursued her dreams, earning multiple degrees with a focus on education.

A woman of extraordinary talent and unwavering determination, Joyce flourished in her illustrious career as an educator, administrator, and passionate advocate for equitable education. Her impact reached far and wide, as she worked tirelessly to empower countless young minds, shaping the future with her visionary ideas and compassionate heart.

Beyond her professional endeavors, Joyce embraced her creative side. Exploring various artistic pursuits, from pottery and macrame to painting and crafts, she found solace and joy in expressing herself. However, it was through the lens of a camera that Joyce discovered her true passion for still art, capturing moments that resonat-

ed with the beauty of life.

Joyce and Ron's love expanded their family as they welcomed two beloved children, Jeffrey and Wendy, into their hearts through adoption. Together, they led a fulfilling life in the serene suburbs of West Covina, CA. While summers were spent creating cherished memories at Pismo and Leo Carillo beaches with dear friends, the family embarked on an extraordinary journey in 1976, the bicentennial year. Traveling across the nation, they explored state monuments and capitals, indulging Joyce's insatiable thirst for history.

Later in life, Ron and Joyce embarked on adventures to Europe, Canada, the Caribbean, and Mexico, savoring the wonders of the world. They held deep gratitude for their upbringing and the opportunity to witness the vast beauty this planet had to offer.

Above all, family held a special place in Joyce's heart. She delighted in gathering with loved ones for holidays and weekends, relishing the bonds that strengthened with each passing year. Their shared faith was a cornerstone of their lives, and they found solace and fellowship at All Nations SDA Church in Monrovia, CA, where their church family embraced them with open arms.

Joyce's warmth and kindness fostered countless lifelong friendships. From her involvement in organizations such as TOPS to the close-knit circle of colleagues in education, her life was enriched by these connections. In Montrose, CO, where she

resided for over two decades, Joyce and Ron found a beautiful community of friends who filled their days with laughter, shared experienc-



es, volunteering, and cherished moments with her dear photography club and book

Joyce Elizabeth Corley's remarkable legacy will forever echo in the hearts of those she touched. She leaves behind cherished memories, a wealth of knowledge, and an indomitable spirit that will inspire those who knew her. She leaves behind her sister, Carol Ann Davis, nieces and nephews, grand nieces and nephews, cousins, a host of others too many to count, her grandson Ethan Virgil and granddaughter Jessica Corley, her two children Jeffrey Corley & Wendy Corley, and countless friends that are like family. As we honor her memory, let us also celebrate the vibrant life she lived and the immeasurable impact she made on the world around her. In lieu of flowers the family requests do-

nations be made to local organizations Ron & Joyce were both fond of. Crippin Funeral Home, Montrose is assisting the family.



LINDA L. KELLY (RASH) November 10, 1951- July 8, 2023



LINDA L. KELLY (RASH) went to be with her Lord and Savior Jesus Christ on July 8, 2023,

after a long and courageous battle with cancer. She was born to Robert L. Kelly and Dolores E. Kelly on November 10, 1951, in Hutchinson, Kansas. She attended Winans Elementary, Sherman Jr. High and graduated from Hutchinson High School in 1969. All through school she excelled in many different sports and was proud of her collection of trophies, ribbons and plagues. She was the state Jr. Bowling champion of Kansas in 1967. She attended Hutchinson Community College for a year then decided to move to Denver, Colorado. After several jobs there she was hired by a Real Estate Firm that owned much of downtown Denver. She worked there from 1971 -1977. Her favorite job was working at a bowling alley part-time while working at the real estate office. It was the "most fun job" she would say. After a buyout of the real estate company, she went to work for United Banks Service Company. This company provided IT reports and information to its 14 subsidiaries all over the State. After about one year she applied at the United Banks of Colorado Corporate Offices, for an accounting position and continued to work there for twenty-five years.



When United Banks was taken over by Wells Fargo many were given the opportunity to work within the company but only if you would move to Seattle. Not being something, she was interested in doing Linda went to work for Colonial Banks as the Assistant VP and Ops Manager

She went out with friends one Friday night to a new "country western" dance hall in Denver and she met her future husband Roger Rash. During this time, she was raising her daughter and her twin nieces and that always proposed a problem for finding the "right guy". She would go on a date and when her date came into the house to pick her up.....well she usually didn't get call backs. Raising three girls alone was tough, but finally Roger was the one who didn't run off and they were married four years later on July 3, 1998, in Ouray, Colorado. They went dancing every chance they got and even took the kids so they could learn to dance too.

Later the opportunity came up for a job with C-DOT in Montrose Colorado where Roger grew up. So, they moved to Montrose in 2006 and never looked back. Linda worked for Wells Fargo of Delta for about a year and then accepted a job working for the Montrose County Treasurer's Office that would last for five years until she retired.

When Linda and Roger moved to Montrose, they enjoyed jeeping, hiking, golf, dancing and riding their Harley Davidson motorcycles. Dance venues were scarce so they looked for another hobby, that being motorcycles.... who knew? They traveled 38 states on their motorcycles and when they went to Hawaii they rented Harley's and rode all over Oahu. It was their passion to ride and even while fighting cancer Linda and Roger traveled on them whenever they could. They met a whole new group of friends, some being lifetime friends.

Linda was preceded in death by her parents, Robert and Dolores.

Linda is survived by her loving husband of 25 years Roger D. Rash, her daughter Kate Kirk (Dustin) of Montrose, her stepdaughter Nikki Browning (Matt), stepson Justin Rash (Katrina) all of Grand Junction. Linda is also survived by her sister Robbi Harris and brother Scott Kelly both of Hutchinson, Kansas. She is survived by her granddaughter, Erin Anne Kelly, step grandchildren Ethan and Ashton Kirk all of Montrose, Charlotte and Lucas Browning, and Opal and Carver Rash all of Grand Junction, nieces Michelle Hansen, Rachelle LeFever and Melinda Voeller, many cousins and two aunts, and a plethora of friends, all of whom she will miss dearly. Romans 10:12 "Be devoted to one another in love. Honor one another above yourselves."

Funeral services to honor and celebrate Linda's life will be held on Saturday July 22, 2023, at 10AM, at Grace Community Church in Montrose, CO. Interment will follow at Grand View Cemetery. Crippin Funeral Home is assisting Linda's family, 970-249-2121.

Contributions may be made in Linda's name to the following:
San Juan Health Care Foundation
800 S. Third St
Montrose, CO 81401
www.sanjaunhf.org/donate

DONALD PETER CRAM November 25, 1960- July 9, 2023

DONALD PETER CRAM died suddenly of natural causes in Montrose on July 9, 2023. He was 62.

Donald was born in Waynesboro, VA on November 25, 1960 to Margaret and Kenneth Cram, and lived for much of his childhood in Syracuse, NY.

He received a B.A. Mathematics from Wesleyan University, an M.B.A. from Yale University, an M.A. Statistics from Stanford, and a Ph.D. Business from Stanford. He was a New York City cabbie, worked as a budget analyst in New York City, taught at MIT, CS-Fullerton and SUNY Oswego, and worked in airport operations in Montrose, Colorado.

Donald moved to Montrose in 2017 when his mother moved to an assisted living residence there. He made many friends

and was involved in many activities; he was passionate about climate change and recycling and became a community activist and advocate. Donald loved to learn, and to teach, and being part of a community. He loved being outdoors.

Donald was an involved member of the Citizens Climate Lobby, Montrose Recycles, and the Black Canyon Audubon Society, and served as Treasurer for the Montrose Botanic Gardens. He started a neighborhood composting program at Northbrook Villas Mobile Home Community as well as a neighborhood Free Library. He was an artist and participated in programs at Montrose Center for the Arts and Montrose Area Woodturners. He was an advanced Go player and played in tournaments in Grand Junction and on-line.

Donald was a prolific Wikipedia editor. He loved going on road trips, stopping at obscure historic locations to photograph and document buildings and talk to anyone around. He assigned his family photographic missions from the Arctic Circle to the American Southwest.

Donald was deeply loved by his surviving sister Jennifer and brother-in-law Paul Pryse (Ridgway), and his brother Bob, sister-in-law Marietta, and nephews Kenneth and Alexander (San Francisco).

There will be a memorial service on Monday July 17 at 6 pm in La Raza Park at N Ute Ave and N 7th St in Montrose. Please bring a lawn chair. We suggest donations in his memory be made to the Montrose Library. Crippin Funeral Home of Montrose is assisting the family.

FRANCES (FRAN) I. AMBOLD April 5, 1934, to July 11, 2023



Fran Ambold peacefully passed away on July 11, 2023, in Montrose CO. Fran was born on April 5, 1934 in Blackwater, Missouri to Wesley Kennedy and Lillie May Lock. The Kennedy family moved to Silverton, CO where Fran grew up and went to school. Fran met her husband John (Jack) Ambold in Silverton in 1950 when Jack was working as an extra on a movie 'A Ticket To Tomahawk'. They were married in Silverton CO. on February 18, 1951. Shortly after their marriage, they relocated to Durango, CO where Fran worked as an administrative assistant for KDGO, a local radio station. Some years later the Ambolds moved from Durango CO to Hereford TX. During Fran's time in Hereford, she was first a mother and homemaker and later owned and operated the Mode-O-Day Clothing store in the Sugarland Mall. In 1992, her husband Jack retired, and they moved back to their beloved Colorado, settling in Montrose where they enjoyed a long and happy retirement. Fran's interests included square dancing; she loved fishing with Jack, she was an avid collector of pewter figurines, but she most enjoyed her trips to Silverton, CO where she perused the shops, and she loved being in the mountains. Fran is survived by John (Bonnie) Ambold of West Boylston, MA, Ed (Tammy) Ambold of Hereford, TX, and Larry (Bev) Ambold of Glenwood Springs, CO as well as her grand-

children Eric Ambold, Zack Ambold, Tonya Urias, Kelli (Wayne) Petner, Christopher Ambold, Deanna (Roger) Flores, and her great granddaughter Ona Urias.

A graveside service in honor of Fran's life will be held at Cedar Creek Cemetery in Montrose Colorado on Friday July 21, 2023, at 10:30am. In lieu of flowers or gifts, please donate to the Hope West Hospice, 725 South 4th. Street, Montrose, CO 81401. Crippin Funeral Home is assisting Fran's family, 970-249-2121.



YOUR BRAIN ON NATURE WHEN TO MODIFY YOUR OUTDOOR ACTIVITIES

Greeting Mirrorites!

We have been blessed with pretty awesome air quality this year so far, but we can all remember times when that wasn't the case. Exercising in bad air has a number of effects, many of which are well studied. But it turns out that bad air quality, either from wildfire smoke or urban pollution, has effects on the brain as well that we are only now finding out about. When you decide you have to get outside to walk a bit and find that the air quality sucks, you should slow way down or even sit on a bench instead, right? That way you won't be inhaling all of that ick so rapidly. Wrong. But first a refresher on what bad air quality is.

Fine particulate matter has been studied the most thoroughly in the past. These tiny particles — 1/30th the width of a human hair — are spewed by power plants, factories, cars and trucks. Due to its known cardiovascular effects, particulate matter is one of six principal pollutants for which the Environmental Protection Agency (EPA) has established air quality standards. The effects on the lungs and cardiovascular system have been well documented. But bad air harms the brain as well. Take wildfire smoke, for instance. Frequent systemic inflammation that results from smoke exposure can increase the permeability—the "leakiness"—of the capillaries that feed the brain, thereby providing a pathway for particulate matter to cross and reach the brain. Inflammation

can cause the tight junctions between endothelial cells to become compromised and more permeable, resulting in an unregulated flow of particulates across the barrier. Wildfire smoke can even access the brain directly through the olfactory neurons in the nose. All of these insults have effects on the brain. Investigators at Rush Medical College in Chicago found that long term and consistent exposure to particulate matter significantly worsened older women's rates of cognitive decline, as measured by tests of cognitive skill. They were surprised to find that both fine and coarse particulate matter had this effect. could travel up axons and wind

up in the brain. What exactly is happening with course particles is still under study (as in, they don't really know why yet). Exposure affects all creatures great and small, and all age groups, although some are more at risk than others. Older dogs in Mexico City have been shown to develop dementia from exposure, and young lab rats and mice have trouble with proper hippocampus development, leading to memory issues. The effects on the brains of human elders and children are just now becoming somewhat understood.

Research is finding air-pollution-related



that both fine and coarse particulate matter had this effect.

The fastest way to an early death and/or early mental
impairment. Tehran from the Saad Abad mountain north
They knew that smaller particles

of the Iranian capital in January. Photo: AFP, 2021

harms to children's cognition. Shakira Franco Suglia, an assistant professor at Boston University's School of Public Health, followed over 200 Boston children from birth to an average age of 10. She found that kids exposed to greater levels of black carbon (diesel exhaust) scored worse on tests of memory and verbal and nonverbal IQ (American Journal of Epidemiology, 2008). And similarly to the dogs, another researcher found that children exposed to urban Mexico City pollution were significantly more likely to have brain inflammation and damaged tissue in

WHEN TO MODIFY YOUR OUTDOOR ACTIVITIES From previous pg

the prefrontal cortex. This can lead to many central nervous system disorders, including Alzheimer's disease and Parkinson's disease. Further, kids from the inner city compared to suburbs there scored lower on tests of memory, cognition, and intelligence (*Brain and Cognition*, 2008). So now that we have established that chronic exposure to air pollution is bad for you, how should you enjoy exercise in nature? The answer is very counterintuitive.

To the amazement of numerous investigators, it appears that moderate to vigorous exercise in polluted air seems to almost completely negate the effects of the particulates being inhaled. This may be partially due to the fact that most vigorous exercise requires breathing through the mouth, and that lungs provide more filtration than the nasal cavity. It has also been shown that so much brain benefit is derived from substantial exercise that it effectively negates (counteracts) the damage from air pollution particulates.

So to conclude, when a person wants to get outdoors for mild exercise, they should check the local air quality report. If the index indicates quality is sketchy, try to schedule walking time for early morning hours before the pollutants have a chance to build up. Right after a rain

shower is also a good time for a leisurely stroll

But if the only window of opportunity to enjoy the outdoors means exposure to bad air, then step up the pace a lot. Sitting quietly outdoors in bad air quality conditions is definitely not recommended, so that is one time this author advises staying indoors.

There are other occasions when time in nature needs to be carefully considered and exercising in heat is one that will be addressed in the next article.

For more details on benefitting from time in nature, the when and the how, contact the author at agescapesnow@gmail.com.

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> Coffee Trader 970-249-6295 970-787-9021

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OPINION/EDITORIAL: LETTERS

RESPONSE TO 'WHY DOESN'T MONTROSE HAVE A CONTROL TOWER?'

Hi Jack,

I have had a pilot's license since the late 1960's. Please take my word for it, there are plenty of people who look at your question regularly. How much would you like to have your ticket price raised to have a tower here? How many people does it take to man a tower? What hours will it be in operation? What will it do to the traffic that already operates out of this airport because there is no tower and thus less fees? Will that have an economic impact on the Montrose area?

I suggest you take ground school and flight lessons. You will find that our airport is very well equipped for its size. In instrument weather, planes properly equipped to land here can do so in some pretty awful conditions. I think it may have more to do with what is happening away from the airport than what is happening here. Is Denver Center busy? Is there a slot for the plane to go to, to let you off? That may get more important as we have the skyways to emplane and the airport gets busier. Are the airlines giving you straight answers? If an airline had to change planes because the original plane was insufficiently equipped, what difference would a tower make? Just what is it that you think a tower will add to this airport and how many days a year will it make a difference?

As your teacher says: Please do your homework.

Rick Bleier, Montrose

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Sat., August 5

4H Event Center, Ridgway 7:00AM - 10:00AM

Walk-ins allowed; make appointment for faster service

Tues., August 8

Olathe High School, Olathe 6:30AM - 9:30AM

Walk-ins allowed; make appointment for faster service

Wed., August 9 - Sat., August 12

Montrose Pavilion, Montrose 6:30AM - 9:30AM

Registration required: No walk-ins on Wednesday, August 9 and Thursday, August 10

HEALTH FAIR

Sat., August 26

Montrose Pavilion, Montrose 6:30AM - 11:00AM

NEW! Walk-ins allowed; make appointment for faster service

MONTROSE REGIONAL HEALTH

800 S. 3rd Street Montrose, CO 81401 970-249-2211

MontroseHealth.com

SCREENINGS

HealthScreen (Chemistry) & Lipid Panel	\$55
Hemoglobin AIC	\$38
PSA for Prostate Health	\$42
CBC (Complete Blood Count)	\$25
Vitamin D	\$45
Vitamin B12	\$45
Male Testosterone	\$45
Advanced Lipid & Heart Health Panel	\$85
hsCardioCRP	\$40
10-110	



Female Testosterone \$45

Female Hormone Panel \$125







MORNINGSTAR THERAPY DOGS: MEET LAYLA



Layla is a registered therapy dog. Courtesy photo.

Morningstar Therapy Dogs MONTROSE-Let me introduce you to Layla. Layla is a registered therapy dog who absolutely loves her job. Layla is a six-year -old, four-pound Yorkshire Terrier who LOVES everyone she meets. In Layla's eyes, there are no strangers, only new friends. Layla and her handler, Vanessa, started out visiting nursing homes, then heard about a therapy dog group in Montrose called Morningstar Therapy Dogs. They went to one of the group's summer trainings in Lions Park and became members.

"Morning Star Therapy Dogs is such a great group," Vanessa says. "The group supports our community in so many ways. We all visit different places and support so many organizations in Montrose." Vanessa loves it so much that she was recently elected to serve as the Community Liaison Officer. Layla and Vanessa go to the library on Wednesdays to participate in the Reading to Rover program that helps kids feel comfortable reading aloud. They also participate in the Therapy Thursday program at Montrose High School. Morningstar Therapy Dog group sends four to five therapy teams to the high school each week. Vanessa says, "It's real-

SEE SOMETHING - SAY SOMETHING 70-249-8500 MONTROSE REGIONAL **CRIME STOPPERS**

ly fun to see the staff and students' reactions to Layla. The smiles she brings to peoples' faces make my heart melt." Although they love every visit they make, their favorite organization to work with is HopeWest. HopeWest is a non-profit organization dedicated to being the region's premier provider of hospice care, bereavement support, guidance with aging, and so much more. Amanda Twamley, the Delta County HopeWest Volunteer Coordinator says, "Our patients who are in hospice care benefit greatly from various types of companionship with the most loved form being a visit from a Therapy Dog. A visit from a Therapy Dog and handler, such as Layla and Vanessa, truly enhances a HopeWest patient's quality of

life. Layla provides comfort, happiness, and companionship with her judgementfree interactions. A visit from Layla provides tactile interactions that are a fun and comforting distraction for a hospice patient. It will positively impact a hospice patient's day and beyond. HopeWest is grateful to have the ongoing support of Layla and her handler, Vanessa." Layla loves her hospice patients and has provided them with loving support during the final chapter of their lives.

If you are interested in information on becoming a therapy dog team or you know of a way that Morningstar Therapy Dogs can help, please visit www.morningstartherapydogs.weebly.co

VIRUS DEL NILO OCCIDENTAL PREVENCIÓN

- ✓ Usa repelente de mosquitos
- √ Use mangas largas y pantalones
- ✓ Quédese adentro al anochecer y al amanecer
- √ Contenedores de agua vacíos y limpios
- √ Reparar agujeros en pantallas

¿TIENES UNA PICADURA DE MOSQUITO? SÍNTOMAS

- ✓ Fiebre
- ✓ Dolor de cabeza
- ✓ Dolores musculares
- √ Fatiga

SI TIENE SÍNTOMAS, CONSULTE A SU MÉDICO.





https://cdphe.colorado.gov/animal-related-diseases/west-nile-virus

The Montrose Mirror July 17, 2023

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NEEKLY CARTOON

SOUR GRAPES



by Tim Jones

I'VE TRIED TO EXPLAIN
TO HER THAT IT'S JUST
WHAT I DO, BUT SHE
JUST CALLS ME A
LAZY BUM.







JULY IS FOR CELEBRATING OUR FREEDOMS

By Rev. Dr. Arlyn Macdonald

MONTROSE-We celebrate freedom during the entire month of July, not just on Independence Day, for it took almost a month for our Founding Fathers to spread the Declaration of Independence to the other colonies. Two of the most important freedoms our Founding Fathers wanted to pass on to future generations are the freedom of religion and the freedom of choice.

His Holiness, the Dalai Lama, says, "Every religion emphasizes human improvement, love, respect for others, sharing other people's suffering. On these lines every religion has more or less the same viewpoint and the same goal." We are more alike than we are different.

This is evident in the fact that every religion has a version of what Christianity calls The Golden Rule. There is even a special day for all religions worldwide to celebrate The Golden Rule on April 5th, International Golden Rule Day.

The Golden Rule is such a powerful teaching that we find it even in ancient beliefs. For example, an ancient Egyptian rule says, "Do for one who may do for you, that you may cause him thus to do." And in ancient Rome, the rule says, "The law imprinted on the hearts of all men is to love the members of society as themselves." The ancient Pagans say, "Ain it harm no one, do what thou wilt."

Other countries also have their version of The Golden Rule. In Nigeria the rule says, "One going to take a pointed stick to pinch a baby bird should first try it on himself to feel how it hurts." In Japan the Shinto faith says, "The heart of the person before you is a mirror. See there your own form." The Native American teaching is, "Do not condemn your brother until you have walked a mile in his moccasins."

The major religions of the modern world were founded centuries ago, and they all

contain a version of The Golden Rule. Sufi says, "If you haven't the will to gladden someone's heart, then at least be aware lest you hurt someone's heart, for on our path, no sin exists but this." Buddhists teach, "Hurt not others with that which pains thyself." Islam teaches, "No one of you is a believer until he loves for his brother what he loves for himself."

Hinduism tells us, "This is the sum of duty: do naught to others which would cause you

pain if done to you." Christianity teaches, "Do unto others as you would have them do unto you." Taoism says, "Regard your neighbor's gain as your own gain and your neighbor's loss as your own loss." Judaism says, "Do not unto others what thou wouldst not they should do unto thee." Zoroastrianism, which is an ancient religion still practiced today, teaches, "Do not unto others all that which is not well for oneself." The Baha'i faith teaches, "And if thine eyes be turned towards justice, choose thou for thy neighbor that which thou choosest for thyself." Jainism says, "In happiness and suffering, in joy and grief, we should regard all creatures as we regard our own self."

More modern teachings say the same thing: Humanism says, "...critical intelligence, infused by a sense of human caring, is the best method that humanity has for resolving problems. Reason should be balanced with compassion and empathy and the whole person fulfilled." And from the Unitarian-Universalists, "We affirm and promote respect for the interdependence of all existence of which we are a part."

The Affirmation of Goodwill (Lucis Trust) is a modern-day version of The Golden



Every religion has a version of what Christianity calls The Golden Rule. Photo of MontroseUnited Methodist Church by Harry Switzer.

Rule. It says in part:

We, the people of good will, convinced: that there is potential for good in every human being; that the human family can live together in right relations and at peace; that right relationship between peoples and nations and between humanity and the earth is key to world peace and progress; that practical goodwill is the key to right relationships. The only way to guarantee a future of peace and progress for the whole human race is for enough men and women of goodwill to accept responsibility for the establishing of right relations, and to work actively with the principles of unity and goodwill.

Our freedom of religion is intertwined with our freedom of choice. We are free to choose to follow The Golden Rule from our religion, or simply choose to follow the precepts because they establish right relationships. All religions are working toward the same end – unity and goodwill among all beings. Exercise your right to choose by making everyday choices to uplift and sustain humanity and the world and practice The Golden Rule. It's golden because it is an ancient and precious teaching from the foundation of all religious beliefs in the world.



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, Interim Priest Worship Service Times: Sunday, 9AM, Holy Eucharist. Wednesdays, 11AM Holy Eucharist

with prayers for healing.

Wednesday, Noon, Multi-denominational Community 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. Children's Christian Education Program is conducted

during the 9AM service. This is a family-sized church that welcomes all individuals and families. We are currently comprised of families and singles, ages 13 to 90. Fellowship time follows each Sunday Service with a fellowship meal following the service on the 3d Sunday. Welcome home to a family celebrating Christ, in fellowship, growing in the truth of God's Word, with worship in the Anglican tradition.

BIBLE BAPTIST CHURCH

Independent Baptist 112Main St. P.O. Box 262 Olathe, Co 81425

Tuesday-Friday Phone: 970-808-1021 www.biblebaptistchurcholathe.com

Pastor Gabe Skillo

Sunday School 9:15 a.m. Sunday 10:30 a.m. Sunday 6 p.m.

Wednesday Bible Study/Prayer 7 p.m.

CELEBRATION CHURCH

Denomination: Southern Baptist Church (SBC – Southern Baptist Convention) **Address:** 2900 Sunnyside Road, Montrose,

O 81401

Office Hours: By appointment

Phone: (970) 497-4925

Email: celebrationmontrose@gmail.com

Website: https://celebrationmontrose.org/

Senior Pastor:

Pastor Brandon Mathis

Church Description/Mission: Celebration Church makes disciples that make disciples. Our core values include the Scripture, discipleship, community, service, prayer, love, and unity.

Demographics: Multi-generational **Celebration Kids:** Nursery (Birth-4 years

old) 8am, 9:30am & 11am

Celebration Kids (Ages 5 – 10) 9:30am &

L1am

Discipleship: Students (Ages 11-

18) 9:30am Sundays

Adult D2 Classes: 9:30am & 11am Sundays

Other Discipleship Opportunities:

Youth Night: First & Third Wednesdays of

month 6pm

Celebration Groups (all ages): Sundays – Fridays various times & locations

Seasons Young Adult (Ages 18-26) Celebration Group: Thursdays @ 5:30pm off cam-

pus location

Celebrate Recovery: Friday nights @

6:30pm

CHRIST LUTHERAN CHURCH

Denomination: Christ Lutheran Montrose **Affiliation:** Lutheran Church Missouri Syn-

Amiliation: Lutheran Church Wissouri

od

Address: 1980 N. Townsend Ave., Mont-

rose, CO 81401 Contact: 970-633-0226 Website: www.montroselutheran.org Email: montroselutheran@gmail.com

Pastor: Tim Onnen
Worship: Sundays at 9 AM

Sunday School and Adult Bible Class at 10:15 AM; Women's Bible Study Fridays at 9 AM. At Christ Lutheran Montrose you will

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

FIRST CHURCH OF THE NAZARENE

Denomination: Church of the Nazarene **Address:** 705 South 12th Street **Office Hours:** Monday - Thursday 9 am-

Noon and by Appointment

Contact Information: Office Phone 970 249

-9213, mncfirst@gmail.com, www.montrosenazarenechurch.org

Pastor: Buddy Cook

Services Sunday: Worship 10 AM, Adult Bible Study 11:30 AM Worship includes age -appropriate children's ministry during adult worship.

Wednesday: Prayer Boot Camp - 7 PM

Mission Statement: Montrose First Church of the Nazarene exists to make Christlike

disciples in Montrose Colorado and around the world.

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

FIRST PRESBYTERIAN CHURCH MONTROSE

Affiliation: Presbyterian

Address: 1840 E Niagara Rd. Montrose CO.

81401 **Office Hours:** M-Thu 9AM - 12PM **Contact**: 970-249-4732, <u>in-</u>

form@fpcmontrose.com, www.fpcmontrose.com Pastor: Jesse Mabanglo

Worship Service times: 9:30AM,

Student Worship at 6PM. We strive to encourage, challenge and support one anoth-

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.

MIRROR CHURCH DIRECTORY From previous pg

HILLCREST CONGREGATIONAL UNITED CHURCH OF CHRIST

Denomination affiliation: United Church

of Christ

Address: 611 South Hillcrest Drive, Mont-

rose, CO 81401

Office hours: By appointment

Contact information:

Phone number: (970) 249-9047 Email address: office@montroseucc.org

Website: montroseucc.org

Current Pastor: Rev. Wendy Kidd

Worship service times: Sunday, 10 a.m.

Hillcrest Congregational UCC is a welcoming, open and affirming church, open to all no matter who you are or where you are

on life's journey.

Church demographics: HCUCC welcomes

all ages to worship with

us. (predominately family, youth, seniors,

singles)

We offer inter-generational worship with a children's "prayer-ground" and activity packets. A cry room is also available.

MONTROSE UNITED METHODIST CHURCH

Denomination Affiliation: United

Methodist

Address: 19 S. Park Avenue Montrose CO.

81401

Office Hours: M-Thu, 9 a.m. - 2 p.m. Contact Information: 970-249-3716, office@montroseumc.org, mont-

roseumc.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-Thurs, 9am-4pm

Contact information: Phone: 970.249.4887

website: www.RosemontBaptist.org email: office@rosemontbaptist.org Senior Pastor: Rolland Kenneson

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

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

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

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

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

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

SPIRITUAL AWARENESS CENTER

Denomination affiliation: Independent

Address: Meeting at Lions Park Communi-

ty Building, 602 N. Nevada, Montrose
Office hours: Tues-Fri, 9 am to 4 pm,

Home Office – 970-252-0908

Contact information: Rev. Dr. Arlyn Mac-

donald, 970-252-0908, arlyn@spiritaware.org, www.spiritaware.org

Name of current pastor: Rev. Dr. Arlyn

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

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

come. The Spiritual Awareness Center is an interfaith spiritual community welcoming spiritual seekers and people of all faiths, providing a safe place to explore and nurture the individual's unique connection to the Divine through Unity services, classes, family and community projects, including the Great Community Giveaway 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:<u>summitchurchmontrose@gmail.com</u> website: <u>www.summitchurchmontrose.org</u>

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

6874; email at info@vbcmontrose.org;

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 in-

website: vbcmontrose.org

clude childcare)

Current Pastor: Roland Kassales

VICTORY BAPTIST CHURCH OF MONTROSE

Denomination Affiliation: Independent

Baptist

Address: 2890 N Townsend Ave., Mont-

rose, CO 81401

Church Directory

Mirror Editorial Staff

Office Hours: Monday-Friday 8am-12pm

Contact Information: Phone (970) 249-

MONTROSE-As a way of serving the faith

community in Montrose, the Montrose

Mirror is in the process of establishing a

fellowship would like to be included in

Church Directory. If your congregation or

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

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.

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?



The Montrose Mirror July 17, 2023

COMMUNITY NEWS BRIEFS

GRIEFSHARE SUPPORT GROUP

Special to the Mirror

MONTROSE-GriefShare Support Group for anyone who has lost a loved one. Join at any time. When: Meets every Tuesday from 6:30-8:30pm for 13 weeks beginning Aug. 1st. (Aug. 1 thru Oct. 24) At Rosemont Baptist Church 1598 E. Niagara Rd. Montrose, CO 81401 Register at: RosemontBaptist.org/events/griefshare or call at (970)249-4887

JULIA BESHOAR NAMED TO SPRING 2023 DEAN'S LIST

Special to the Mirror

IRVING, TX-- Julia Beshoar of Montrose, CO, was named to the spring 2023 Dean's List at the University of Dallas for earning a semester GPA of 3.5 or higher. Beshoar is a Sophomore Undeclared major.

Undergraduate students at the University of Dallas must complete two years of fundamental coursework in the humanities, sciences, politics, mathematics and fine arts. Students must also complete coursework in Ancient Greek, French, German, Italian, Latin or Spanish.



WE HAVE CATERING OPTIONS: WEDDINGS, REUNIONS, FOOTBALL PARTIES, RECEPTIONS, OR YOUR EVENT

Stone House Ji 970-240-8899

Jimmer's Steak & BBQ 970-252-1227

Mimo's 970-249-0616 Fiesta Guadalajara 970-249-2460

Pahgre's 970-249-6442 Alpen Confections 970-648-0609

Rib City 970-249-7427 Remington's at the Bridges 970-252-1119



DineOutMontrose.com

Beer Barn II 970-249-5550







CALLING ALL DEVELOPERS! This is prime development property that is in an "ideal" location. This 40 acres is surrounded by the prestigious Brown Ranch Development in Montrose, Colorado. Beautiful homes line this property on 3 sides. Perfect opportunity to invest and create synergy with a wonderful subdivision in this prime spot. Water and sewer are in the road to the west.

MICHELLE KLIPPERT

Broker/Owner

Cell: 970-275-3016

michelleklippertrealtor@gmail.com

Real Estate



(970) 249-7653 500 E Main St, Montrose, CO the-res.com

COMMUNITY NEWS BRIEFS

ROSEMERRY WAHTOLA TROMMER FEATURED AT NEW LIVE GOURD CIRCLE SERIES

Special to Art & Sol

LONE CONE LIBRARY —With her latest book flying off the shelves, Rosemerry Wahtola Trommer, Bard of the San Miguel, is the featured poet at a new live Gourd Circle series in Norwood this month.

The Telluride Institute's Talking Gourds Poetry Program and the Lone Cone Library have teamed up to offer *Stories & Poems* on the third Wednesday of each month starting this July 19 at 7 pm.

"After several years of Covid-wary avoidance of live events, we're happy to offer a sharing circle for storytellers and poets," said Talking Gourds co-director Art Goodtimes. "Poetry may seem intimidating to some, but everyone tells stories."

Stories & Poems will follow a format similar to the Talking Gourds events that happened in Telluride before the pandemic. There will be a featured storyteller or po-

et, followed by a Gourd Circle where everyone will be invited to tell a story, perform a poem (an original or a favorite written by someone else), sing a song, read a short section of prose, or simply pass the gourd to the next person.

Rosemerry's latest book, *All the Honey* (Samsara Press, 2023), sold out its first couple of printings. As American Book Award winner Aaron Abeyta of Antonito has written, "Those fortunate enough to read this woven book of healing will understand what it is to be honest, afraid, overwhelmed and redeemed. It reminds us that we are all part dust and part star." Trommer is a fine writer and a superb performer; her poems are alive with dazzling nuances of body and voice. She is the cohost of the Emerging Form podcast on creative process, Secret Agents of Change (a surreptitious kindness cabal) and Soul

Writer's Circle. Her poetry has appeared on A Prairie Home Companion, PBS News Hour, O Magazine, American Life in Poetry, on Carnegie Hall stage, and on river rocks in public places. Since 2006, she's written



public places. *Poet Rosemerry Wahtola*Since 2006. *Trommer, Courtesy photo.*

a poem a day, which has forged her belief in poetry as a spiritual practice. She lives with her husband and daughter in Placerville, Colorado, on the banks of the wild and undammed San Miguel River.



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!

BE PREPARED BEFORE AN EMERGENCY STRIKES!

SIGN UP FOR MONTROSE COUNTY ALERTS







REGISTER IN ENGLISH

montrose.genasys.com/portal/en

REGISTRARSE EN ESPAÑOL

montrose.genasys.com/portal/es

Please complete all fields:
Name
Physical home address
Cell phone or landline numbers
Email address
Zip code

It is critical that you enter your home address location to receive geo-targeted (location based) messages!

WHOOHOO! RON GETS HIS BIKE FIXED AND SALLY SIGNS HIM UP FOR TIME BANK

By Kathryn R. Burke

REGIONAL-Sally and Ron are standing in front of Stan's Bike Shop. Ron's expensive road bike is broken, and he doesn't have the money to repair it. He's upset and angry. Sally suggests his bike might be fixed with a Time Bank Exchange.

"Yeah, right," Ron snarls. "Stan is gonna fix my bike with a clock? I don't think so." Sally smiles. "Not exactly, but he might fix it for a Time Credit."

Ron hoots and shows her his empty wallet. "What kind of stupid answer is that? I told you I need my bike fixed and I can't afford it. You're telling me Stan will fix it for no money?"

Sally says: "Yep, put your wallet back in your pocket.

"Stan belongs to the Time Bank. Members do stuff to help people, but they get 'paid' with Time Credits (rather than real dollars) that they can later exchange for something else they need...or want. Like a pizza, a guitar lesson, or snaking a clogged drain."

"Huh?" Ron is puzzled, and now intrigued. "What's a Time Credit, and how much does it cost?"

Sally explains. "Time credits are a form of non-monetary currency exchanged by the people who belong to a Time Bank. The one here in the Montrose area is called Time Bank of the Rockies, and it's been around for over 11 years. Have you ever heard of it?"

Ron shakes his head, no.

Sally grins. She's a Time Bank Member whose job is recruiting new members. Ron's a hot prospect.

She tells him that Time Banks, also known as time exchanges, are about people helping each other with their services and skills, like Stan fixing his bike in return for Time Credits Ron can use for something else when he needs it. "One hour you spend helping another member, Ron, creates a one-hour time credit for you. You use your time credits to get help for yourself, like getting your bike fixed. Or for others, like your mom when she needs a ride



Courtesy photo.

to the doctor. She doesn't have to be a member so long as you are. You can share or give credits for someone who needs them."

"But I'm not a Time Bank Member," Ron says. He's near tears as he looks at his busted bike.

"So we get you signed up now," Sally says. "It doesn't take long. Let's go inside and talk to Stan. See how long he thinks it will take to make the repairs; how many Time Credit Hours will be needed. Once your membership is approved, he can work on your bike."

"What if he needs to get any parts?" Ron is still worried.

"Parts can be exchanged for Time Credits, too," Sally says. "But first you and Stan have to agree on the Time Credit value of the part, which he will base on what it costs him to purchase it with actual dollars—unless he traded for it with another Time Bank Member. Even if it costs a few bucks, he might do a Time Exchange with you, or make the part available at a reduced cost."

"But I don't have anything to offer in exchange," Ron says.

"Sure you do," Sally says. "You can offer

to ride with people looking for someone to ride with. You're good at carpentry and could help one of our members put up a pole barn. You've got a cool, well-behaved dog that goes to work with you. You can help someone's dog, like mine, learn good manners."

"OK," Ron says. "I'm convinced. How do I sign up?"

"You can do it online, Sally says, handing him a card with the website and phone number. "I also have some sign-up forms which we can fill out when we get inside." (Sally always carries a membership kit with her.)

Epilogue. Ron got his bike fixed and made new friends to go riding with. Sally's badmannered dog got some training. Stan time-exchanged on the bike part and used his credits to take his wife out to dinner at a fellow Time-Banker's restaurant. Everybody benefits! Mark your calendars and save the date. As part of her Western History Series, Kate will be talking about the History of Time Banking, what it is, how it works, and how it can work for you, Monday, Aug. 7, 1pm at the Montrose Senior Center. She'll have signup forms with her, too!



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 Uncompanyere 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/imm unizations

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 B 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 Pnemococcal
HPV Meningooccal
Shingles Hep A/Hep B

Typhoid Japanese Encephalitis Polio, adult COVID-19 (Pfizer & JJ)

CITY MARKET NORTH

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

Register Online

Flu Shingles
Pneumonia MMR
Tdap Rabies
Meningococcus Polio

Chickenpox Japanese Encephalitis

Hep A Hep B COVID-19

SAFEWAY

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

Register online

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

WALMART

16750 South Townsend Ave Montrose

(970) 249-7742 Walk-in's welcome

Flu Hep A & Hep B

Shingles IPV
Tdap Varicella
Td Pneumococcal
MMR Meningococcal

COVID-19 (Moderna & JJ)

STACIE'S APOTHECARY SHOPPE

112 Village Square West Ridgway

(970) 626-7100

Flu Pneumonia

Shingles Tdap



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

The Montrose Mirror July 17, 2023

\$210,000

MLS #805163

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NEW LISTING



901 6530 RD #1032, MONTROSE COLORADO







DETAILS

3BD. 1620 sq. ft.

2BA Carport



(970) 249-7653 500 E Main St, Montrose, CO the-res.com

FEATURES

Fantastic home with superb location waiting for new owners! Come visit this manufactured home located in the Cimarron Creek Subdivision. A beautiful park area that boasts some of the finest mobile home park living in Montrose! This home is unique to the park area because to the north of the home is open space that gives you the expansive feeling you want so you can enjoy your personal outdoor space and the beauty of the grounds.



MICHELLE KLIPPERT

Broker/Owner Cell: 970-275-3016 michelleklippertrealtor@gmail.com

SAVE THE DATE! LOCAL EVENTS CALENDAR

ONGOING-

GRIEFSHARE SUPPORT GROUP For anyone who has lost a loved one. Join at any time. Meets every Tuesday from 6:30-8:30pm for 13 weeks beginning Aug. 1st. (Aug. 1 thru Oct. 24) at Rosemont Baptist Church 1598 E. Niagara Rd. Montrose, CO 81401 Register at: RosemontBaptist.org/events/griefshare or call at (970)249-4887

FREE THINKERS meet 1st Sunday of the month for information call 970 417-4183

RIDGWAY FARMERS MARKET at Hartwell Park, May 26-Oct. 13-Fridays from 10am to 2pm. Please note that during the second week of August, the market will be held on Thursday, August 10th not Friday, August 11th due to the Ridgway Rendezvous.

RIDGWAY TRUE GRIT WALKING TOUR

Re-live the exciting days in 1968 when Ridgway was transformed into Fort Smith, Arkansas and John Wayne, Henry Hathaway, Robert Duval and Glen Campbell came for the filming of True Grit. A guide will escort you to downtown filming locations and share insights about Ridgway's film history and little-known facts and anecdotes about the Duke. The tour was recognized by True West as Readers Choice for Best Historic Town Tour. Meet at Ridgway's Hartwell Park gazebo. **FREE!** Details: 469.682.9710 (Donations are welcome.) **3 pm every Friday**

from June 2 to Sept 1; 11 am Monday, September 4, 2023; 12 pm and 2 pm Saturday, September 23, 2023

SATURDAY: FREE TRAIN RIDES: Free rides every Saturday through mid-October, 9 am - 3 pm, at the Ridgway Railroad Museum, 200 N. Railroad St, Ridgway.

MONTROSE FARMERS MARKET-Summer market every Saturday May-October from 9 am to 1 pm in Downtown Montrose. Fresh produce, local meats and eggs, baked goods, beautiful artisan crafts, live music, kids' activities. South Uncompanyer Avenue, Centennial Plaza and South First Street.

BOSOM BUDDIES BREAST CANCER SUPPORT GROUP, Wednesdays noon-12:45, 645 S. 5th Street

MONTROSE HISTORICAL SOCIETY meets 1st Wednesday of the month @ Montrose Events Center, 1036 No 7th Street 7 pm (970) 249-2085 www.montrosehistory.org

MONTROSE AREA WOODTURNERS second Saturdays 9 am. 17800 - 6400 Rd in Montrose. Chapter of the American Association of Woodturners. Information: Al Head 970-209-0981 or aheadaviation@outlook.com

GREATER MONTROSE CHAMBER OF COMMERCE BUSINESS AFTER HOURS – May 25.

NURSE FAMILY PARTNERSHIP-Breastfeeding Support Group on the 1st and 3rd Thursday of every month. An infant scale will also be available to check your baby's weight. Breastfeeding Support Group (Bring your questions and your family!) Montrose County Event Center (1036 North 7th Street Room 3) 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. More info call Tom 970 260 8298.

THE HEALING COLLECTIVE OF WESTERN COLORADO welcomes local practitioners, who focus on healing the whole being. Meetings are on the 1st and 3rd Tuesday of the month and both are from Noon-1 pm, upstairs at the Mother Earth store on Main Street. We support one another with our practices, business, and personal needs. For more information please contact Erin Easton at ErinKEaston@gmail.com THE MONTROSE GENEALOGY CENTER at 700 E. Main St. is now open Wednesday and Thursday afternoons, 1-4 p.m. or call for an appointment: 970-240-1755. Free help and resources for your family history research." (The center is sponsored by the non-profit organization, Fore-Kin Trails Genealogical Society.)

MONTROSE 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

July 21 - 29 – Montrose County Fair & Rodeo, Montrose County Fairgrounds.

July 21-Please join us for the: Montrose Republican Women Lunch, Program, & Meeting Friday, July 21 at Hampton Inn Montrose. Local Bob Bell will present a History of the American Flag from the 1700s to present. Enjoy our ice cream sundae bar, too!

July 29-30-Colorado Mountain Club Western Slope Group is hosting two days of Wilderness First Aid, July 29 and 30 in Montrose. Details and registration at: https://www.cmc.org/groups-sections/cmc-state/course-templates/wilderness-medicine-school-wilderness-first-aid/copy6_of_wilderness-first-aid-cmc-state-2023

Questions: WSGofCMC@gmail.com

Aug 2- Sept 6-Mindful Communication-A six-week class teaching you how to use mindfulness to communicate effectively and peacefully so that we can all be heard even if we think differently. Wednesdays 7-8pm \$100/6 week class. Contact: 719-293-4600.newleafmindfulness.com/group-classes

Aug. 7-Montrose Women's Giving Club meets on Monday, August 7 at 5:30 at the Bridges Golf and Country Club. More than \$300K has been awarded to local non-profits. Always open to women, ALL women who have an interest in learning and giving to our community. \$100 plus a \$10 hospitality fee for a 1.5-hour meeting that guarantees to be time well spent. For Information call Phoebe 209-9598. **Aug. 12**-Granny's Attic (Large Yard Sale) Saturday, Aug. 12, 8 am to 1 p.m. Montrose United Methodist Church 19 S. Park Ave, Montrose, (970) 249-3716.

Sept. 16-17-The much-anticipated Tribute to Aviation, the signature event hosted by Montrose Regional Airport, is officially set for Sept. 16-17, 2023. This crowd-favorite event is back this year after a break for a major airport construction and remodel project at Montrose Regional Airport. Tribute to Aviation is one of the largest static displays in the western United States featuring both military and civilian aircraft. To learn more about sponsorship opportunities, please contact Vendla Stockdale at vstockdale@montrosecounty.net or 970-964-2479.



Photographer Deb Reimann captured this vision of a double rainbow over the valley on July 12.

