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Coach Brett Mertens' Red Hawks were roughed up early but righted the ship. The Red Hawks finished with a seven game win streak to compile an 8-2 overall record and 4-0 in league action to claim the Southwestern League title and a berth in the CHSAA 4A playoffs.

By Cliff Dodge

MONTROSE-The first of two seasons of football have come to an end and Coach Brett Mertens' Red Hawks were roughed up early but righted the ship. The Red Hawks finished with a seven game win streak to compile an 8-2 overall record and 4-0 in league action to claim the Southwestern League title and a berth in the CHSAA 4A playoffs. Coach Mertens talked about the start of the season. "We were disappointed to lose close games early to Palmer Ridge and Erie. We knew our team was capable of playing with both of those teams, and our win streak allowed us to capture our league title and qualify for the playoffs. As it turned out, those two teams are the top ranked teams in 4A so we have an opportunity to meet one or both somewhere down the road in the playoffs." The members of the Red Hawks team did not allow the two early season losses to dent their spirits. Mertens said, "Our kids are

Continued pg 23

BOCC REJECTS BIDS FOR CULVERT INSTALLATION

By Caitlin Switzer

MONTROSE-BOCC Vice Chair Roger Rash was absent, while Chair Sue Hansen and Commissioner Keith Caddy were present for the regular Montrose Board of County Commissioners (BOCC) meeting of Wednesday, Nov. 1. Hansen called the meeting to order, all joined in saying the Pledge of Allegiance.

Pastor Curt Mudgett of Cedar Creek Church delivered the invocation. "Father thank you for creating us, for the opportunities we have each to interact with others who are made in your image...thank you for the commissioners and the staff that serve our community, we ask that you bless them this holiday season..."

PUBLIC COMMENT PERIOD

There were no comments heard from the public.

COUNTY MANAGER

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

CONSENT AGENDA

Commissioners voted to accept the Consent Agenda, with Resolution No. 53-2023

With BOCC Vice Chair Roger Rash absent and no Planning & Development items, the meeting of the Montrose Board of County Commissioners (BOCC) on Nov. 1 took less than five minutes. Meeting screenshot.

Continued pg 2

<u>Lauren Hall Ruddell-Your Brain on</u> Nature: Social Media Addiction!

City Council to Hear 3rd **Quarter Police Statistics!**

"I'm No One To Gossip But..." By Historian Bob Cox!

Coach's Corner: Shane Forrest-Volleyball!

BOCC REJECTS BIDS FOR CULVERT INSTALLATION <u>From pg 1</u>



assigned to Item 9.

GENERAL BUSINESS & ADMINISTRATIVE ITEMS

Commissioners voted to reject <u>all bids for the Installation</u> of Concrete Box Culverts on Carnation Road and 5900 Road.

When the work was put out for bid, seven bids were received, and the low bid was \$1,473,262.50. Public Works Director Keith Laube said, "The low bid was substantially more than we anticipated and budgeted...The dirt work and installation of the box, we feel we could have substantial savings if we do that in-house...we'll go out for bid on the concrete work..."

ADJOURNMENT

With no Planning & Development items on the meeting agenda, commissioners voted to adjourn after four minutes and 16 seconds. "We're done," Hansen said.



THE MONTROSE MIRROR

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REGIONAL NEWS BRIEFS

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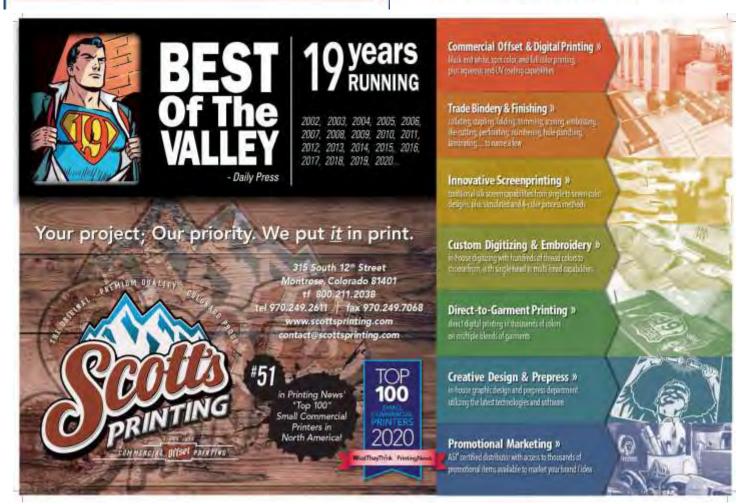
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REGIONAL NEWS BRIEFS

SAN JUAN HEALTHCARE FOUNDATION AWARDS 2023 SCHOLARSHIPS

Special to the Mirror

REGIONAL-The San Juan Healthcare Foundation (SJHF) proudly announces three scholarships were awarded for 2023. Hadley Greiner is pursuing a degree in nursing from Regis University, Loretto Heights School of Nursing and Danielle Bishop is also working towards her nursing degree at Colorado Mesa University. In addition, the Foundation sponsors a scholarship in honor of Jean Balderston, RN who served on the Foundation for many years and was a strong supporter of nursing. This scholarship was combined with a SJHF scholarship and awarded to Cora Goodwin whose goal is to earn a Bachelor of Science in Nursing at CMU.







Above from left, San Juan Healthcare Foundation 2023 Scholarship Winners include Cora Goodwin, Danielle Bishop, and Hadley Greiner. Courtesy photos.

The San Juan Healthcare Foundation is a non-profit entity that was created in 1982 to support healthcare services in our region. The Foundation helps obtain and upgrade healthcare facilities, education, and equipment. The scholarship is open to any student who has been accepted and is participating in a health-related program. Preference is given to applicants from the Montrose area intending to return to this area to offer their healthcare talents to the residents of Montrose and the surrounding communities. For more information go to www.sanjuanhf.org.



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NOV 1 - DEC 5



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REGIONAL NEWS BRIEFS

VOLUNTEERS OF AMERICA TO HOST MEDICARE MONDAY SESSION NOV. 13

Special to the Mirror

MONTROSE-Join the Colorado Gerontological Society for a Medicare Monday session, hosted by Volunteers of America, to learn about Medicare Parts A, B, and D changes, and to learn what Medicare Advantage, Medicare Supplement, and Medicare Prescription Drug Plans are available in 2024.

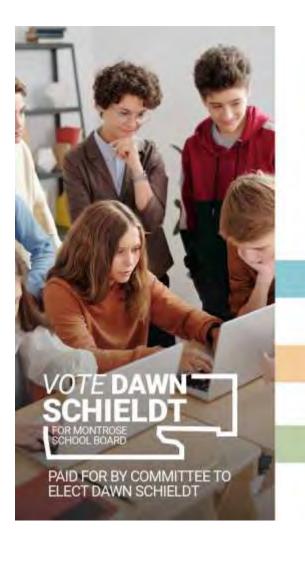
Nov. 13, 2023 9:30am at the Ute Indian Museum, 17253 Chipeta Road Montrose.

Medicare Monday will feature Medicare experts answering your questions about changes, updates, and things you need to know! Medicare's Open Enrollment Period runs October 15 to December 7, 2023 for changes effective January 1. Make sure you have all of the information you need to choose your health care options for next year. Bring your questions!

Virtual sessions also available. Register at www.senioranswers.org

Oct. 30, 2023

9:30 AM 2024 Medicare Changes 6:30 PM New to Medicare Questions - call 303-333-3482



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Tomo, Stormi & Nori (companion kitties) Hi! I'm Tomo, here with my sisters

Stormi and Nori.

My sisters and I

are nearly 5 months old. My sisters are beautiful and

not to brag, I am



some lucky humans. We are very similar

in personality. We don't meow, hiss or growl, but love to purr. We are laid back, sweet and never cause trouble. We play, but not excessively. We are spayed, neutered and vaccinated. For more information about one, two or all three of us, please call our foster mom, Shanda at (970)901-8828. To donate go to www.katmandupaonia.org.





REGIONAL NEWS BRIEFS

SAN MIGUEL COUNTY PUBLIC HEALTH NOW CARRIES RSV VACCINE

Special to the Mirror

SAN MIGUEL COUNTY — San Miguel County's Public Health Department has announced that it is now carrying the Abrysvo RSV vaccine. The RSV (Respiratory Syncytial Virus) vaccine is available to anyone 60 years and older or pregnant individuals at 32 to 36 weeks of gestational

RSV is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious. Infants and older adults are more likely to develop severe RSV and need hospitalization. The vaccine helps prevent lower respiratory disease from RSV, which annually in the U.S. has led to: 2.1 million outpatient (nonhospitalization) visits among children younger than five years old; 58,000-80,000 hospitalizations among children younger than five years old; 60,000-160,000 hospitalizations among adults 65 years and older; 6,000-10,000 deaths among adults 65 years and older; 100-300 deaths in children younger than five years old.

"It is well worth considering receiving this vaccine, particularly for those 60 years of age and older," said Public Health Director, Grace Franklin. "Though it will incur a steep out-of-pocket cost, some regional pharmacies in Durango and Montrose can provide this vaccine at no cost to people with Medicare Part D."

Private insurance does not currently cov-

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pointment call at 970-728-4289 or vaccine at Public Health it would be an out email publichealth@sanmiguelcountyco.g <u>ov</u>.



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YOUR BRAIN ON NATURE: SOCIAL MEDIA ADDICTION



By Lauren Hall Ruddell, Ph.D.

Greetings Mirrorites,

While I generally try to keep my columns on nature and the brain seasonally appropriate and without a lot of references embedded, goings on in our state capital have made me reconsider that for this installment.

I read that on Oct. 24th, our Attorney General Phil Weiser was foremost among many AGs in the nation in suing Meta for their deliberate actions to create SNS addiction in our youth. Social Network Site dependency is now recognized as a genuine addiction after scientists haggled over it for years. I have addressed this in past articles, and of course the situation is now worse rather than better, as any thinking person might expect.

"The deceptive and unfair practices used by Meta have deeply harmed our youth," said AG Weiser. "We must address the insidious impact the compulsive use of Meta's platforms has had on our young generation. Just like Big Tobacco and vaping companies have done in years past, Meta chose to maximize its profits at the expense of public health, specifically harming the health of the youngest among us. We will work tirelessly to hold the company accountable for the harm it has and continues to inflict." As I have followed this story over the years, and being the age that I am, I too thought this was very much like the fight against Big Tobacco. I can even remember their campaigns that stressed that smoking was



Instead of interacting with each other, young teens prefer the more addictive, more instantly rewarding, and much more harmful interactions with social media. Courtesy photo.

cool, the Marlborough man and all of that. envy and inadequacy inside the develop-And now here we are again. ing brains of teenagers. Social media com

We now know that the algorithms engineered by the company have been designed to make and keep users unhappy. Referred to in journalism as 'negativity bias', the company has been doing what it knows will keep users engaged, even if it literally kills them. Our brains are hard wired to pay the most attention to events that are threatening or horrible. It's an adaptive trait with survival implications. But it can be hijacked. Last year, a coroner in Britain ruled that Instagram had contributed to the death of a teenager who took her own life after seeing thousands of images of self-harm on that platform. And it's not just Facebook.

The nonprofit Center for Countering Digital Hate found that users could be served content related to suicide less than three minutes after downloading TikTok. Instagram is awash with soft-core pornography that acts as a gateway to hard-core material on other sites (which are often equally lax about age verification). And plastered all over social media are highly curated fake lives, breeding a sense of

envy and inadequacy inside the developing brains of teenagers. Social media companies know that content that generates negative feelings holds our attention longer than that which makes us feel good. It's the same reason local news leads with the shooting or the house fire, not the local food drive. If you are a teenager feeling bad about yourself, your social media feed will typically keep delivering you videos and pictures intended to exacerbate negative feelings.

The teen brain lacks full development in areas that are helpful in impulse control. While there is really no such thing as 'teen brain' there are indications in modern research that indicate that a certain sort of pleasurable impulsivity is truer of teens than adults. "It is a form of impulsivity that is insensitive to risk due to acting without thinking. In this form of impulsivity, the excitement of impulsive urges overshadows the potential to learn from bad experience. For example, persons with this form of impulsivity have trouble controlling their use of drugs, something that others learn to do when they have unpleasant experiences after using a drug.

YOUR BRAIN ON NATURE: SOCIAL MEDIA ADDICTION From previous pg

Youth with this characteristic often display this tendency early in childhood, and it can become heightened during adolescence." So says Smithsonian magazine. Now imagine a teen with impulsivity issues using a social media app with infinite scrolling and algorithms guaranteed to bring out the worse in him or her.

This suit has been years in the making and has been undertaken because all previous attempts at legislative remedies failed. Meta plans to fight it tooth and nail. You can read about this federal and state suit here. In the meantime, is there anything concerned parents, teachers, counselors, and social workers can do? Limiting social media access is plainly one of those things. But this has been going on for so many years that youth and young adult addict

brain structure has already been changed. Exploration, creativity, trial and error discovery have all been radically affected. But ant scenery was non-significant if the parthere are ways to begin the reversal. It will take time, lots of it. Gray matter volume in areas responsible for impulse control are likely diminished compared to nonaddicted kids. Time in nature can begin the repairs needed. It has been shown that one hour per day of time in restorative landscapes is associated with increased gray and white matter in people of all ages in less than three months' time. So, a two-pronged approach can help: Reduce or eliminate social media access for yourself or loved ones and increase greatly mindful time in nature. I say mindful because a very recent study showed that deliberate attention to natural sur-

roundings is critical, while mindless background absorption of even the most pleasticipant is trying to focus on something more pressing. It is the mindful immersion in nature that increases brain volume. For hard core addicts who feel tremendous distress at lack of social media immersion, going cold turkey is definitely not recommended. Weaning away safely may take a year or more. Carrying a phone with no internet is a good plan to start, and turning off all notifications during nighttime hours is another one. Getting outdoors as much as humanly possible is another good step. Readers who want more information on time in nature and SNS addiction can contact me at agescapesnow@gmail.com.

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REGIONAL NEWS BRIEFS

DEPUTY PETERS, K9 TIGO TEAM UP TO FIGHT CRIME

By Vanessa Gurule

MONTROSE-Let me introduce you to Sheriff's Deputy Peters and K9 Tigo. Deputy Peters has a long history working with K9's. He served in the Air Force for 12 ½ years where he worked with explosive detection dogs. He served two tours in Afghanistan, one in Iraq and one in Qatar as a Technical Sargent.

After he was out of the Air Force, he served eight years with the National Guard and retired from the Guard in February 2023. He and his family moved to Montrose in 2015 where he became a Montrose County Sheriff's Deputy. In 2019, K9 Tigo came into his life. Tigo was born in Czechoslovakia in 2017 and is a Dutch Shepard whose commands are given to him in Dutch or German. Tigo did his

original training certification at Right Hand Canine in Utah. He and Deputy Peters are continuously training and train 16 hours per month. The team has two certifications, one with Colorado Police Association and one with the National Police K9 Association. Deputy Peters and K9 Tigo's duties include education for our schools and community, finding drugs, locating missing persons and finding the bad guys. As part of their community education, they did a presentation for the Morningstar Therapy Dogs Group in September so the group could learn more about the K -9 program and to observe Tigo in action. Joy Styer, Morningstar Therapy Dogs Membership Deputy, says, "Deputy Peters hid drugs under a rock. When he gave the command to locate the drugs, Tigo found

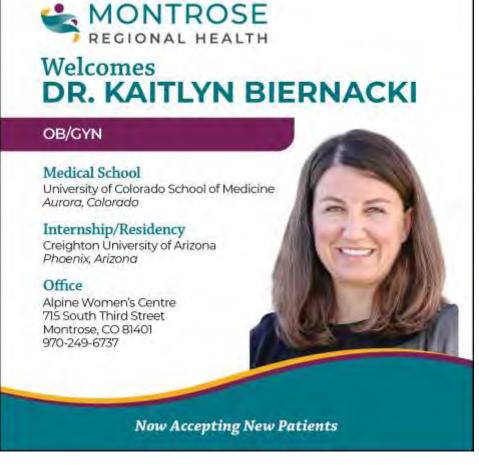


Sheriff's Deputy Peters and K9 Tigo. Courtesy photo.

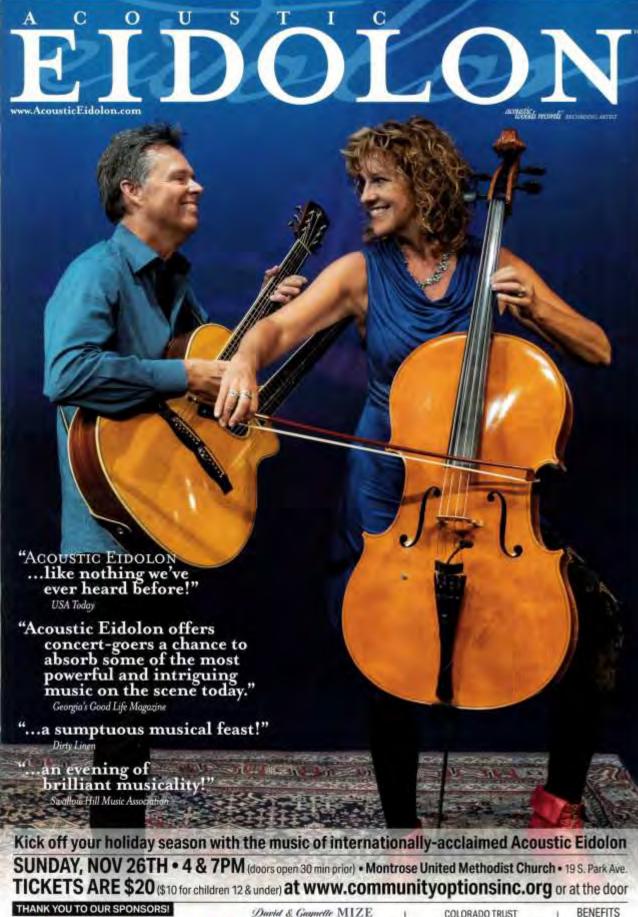
them immediately. It is really fascinating how impressive this K9 team is! They do so much for our community, and we appreciate them so much."

Deputy Peters says the best thing about working with Tigo is seeing him succeed at getting drugs off the street and finding both the good and the bad guys. Tigo has helped locate many missing people and once found three kidnapping suspects hiding in a corn field, for which the team won an award. "Tigo knows when it's time for work." Deputy Peters says. "When I start putting on my uniform, Tigo hops into action and knows it is time to get to work. I think he loves the work as much as I do."

The average work life of a K9 is about 10 years. Deputy Peters and his family hope that when Tigo's call of duty is over, he can spend the rest of his life with them as Tigo has become part of the family. Special thanks to Deputy Peters for serving our country and our community!









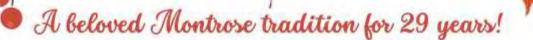






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OPINION/EDITORIAL: LETTERS

OUR SCHOOL SYSTEMS ARE ANYTHING BUT FINE

Editor:

I found the paid advertisement from the Colorado Democratic Party in the 10/30 Mirror particularly interesting. The Democrat ad lists all the reasons Coloradans have to fear "the most extreme Speaker of the House in history" Mike Johnson. My wife and I had to chuckle because some of what was listed as "a deeply unpopular MAGA agenda" and "an absolute disaster for Colorado families" are some of the things we totally agree with and support. For example, the ad repeats the Democrat talking point that Republicans want to "slash Social Security and Medicare". This is the oft-repeated "Republicans want to throw your grandma off the cliff" lie. Democrats know fully well that the Social Security trust fund is on life support and the end is around the corner (by 2033). Simply put, the money young people are currently paying into SS is being used to pay those already on SS, not to some fund they can draw from when they hope to retire. Medicare is in similar straits. Rather than do anything about it, Democrats are focused on destroying the economy, continuing the invasion at our souther border, etc. --at the same time they demonize any Republican who dares attempt any reform. We need more Republicans like Mike Johnson who have the intestinal fortitude to withstand the inevitable slander coming from the left, and to actually address the problem.

Colorado Democrats should be careful about who they call extremists. In spite of the opposition of a clear majority in their own party to unrestricted abortion througout the nine months of pregnancy, that is exactly what is included in their party's platform.

The ad calls Johnsom "an anti-LGBT+ extremist", which, like the term "racist", Dems like to apply to anyone not in agreement with their policies. I personally disagree with many of those policies. For example, I find it absurd that Democrats

support men identifying as women dominating women's sports and using your daughter's locker room. I find it strange that transvestites seem to crave audiences with young children in libraries. Those things, in my way of thinking, are extreme. Good for Johnson for opposing such absurdities.

These same Colorado Democrats are attempting to disenfranchise Coloradans from voting for the most popular Republican in the country – who is also soundly beating Biden in the polls. Those efforts to keep the Republican frontrunner off the ballot are run by deep-pocketed left-wing groups. The election is turning out to be a match between Trump and Biden's weaponized and corrupt Department of Justice. The radical left has remade the DOJ, FBI, CIA, ATF, etc. into enemies of law -abiding American citizens. So, I am finding it rather absurd when Democrats attempt to paint Johnson as someone who "fought to overturn an election" while it is obvious to everyone who is really "subverting our democracy."

Elsewhere, the liberal media and Democrats are warning against Speaker Johnson for being a Christian. The New York Times, MSNBC, and Politico are just some of the media that have cautioned Americans to be wary of Johnson because of his belief in God.

didates, Angeles' words indicate total in norance of our Constitution and other founding legislation. Perhaps she might want to read Kelly Ray's excellent lette "Separation of Church and State" in the same Mirror issue. And for the record, none of the people objecting to inappropriate total in norance of our Constitution and other founding legislation. Perhaps she might want to read Kelly Ray's excellent lette "Separation of Church and State" in the same Mirror issue. And for the record, none of the people objecting to inappropriate total in norance of our Constitution and other founding legislation. Perhaps she might want to read Kelly Ray's excellent lette "Separation of Church and State" in the same Mirror issue. And for the record, none of the people objecting to inappropriate total in norance of our Constitution and other founding legislation. Perhaps she might want to read Kelly Ray's excellent lette "Separation of Church and State" in the same Mirror issue. And for the record, none of the people objecting to inappropriate total in norance of our Constitution and other founding legislation. Perhaps she might want to read Kelly Ray's excellent lette "Separation of Church and State" in the same founding legislation.

Hamas has exposed the anti-Semitism of the American left. Perhaps the Colorado Democrat Party can run an ad helping us understand how, after the most horrific massacre of Jewish people since the Holocaust, millions of American leftists, particularly on our elite college campuses, rushed to defend Hamas and blame Israel. They can explain why Democrats (the "squad") in our Congress jumped to Hamas's defense and no Democrat called them out for it. While Biden pretends to support Israel, he works to sabatoge the tiny Jewish nation. After sending billions to Hamas sponsor Iran, Biden wants to send

millions in "humanitarian aid" to Gaza, knowing full well that Hamas will take whatever aid arrives there. Who knew so many democrats, in and out of Congress, would support Hamas over Israel? Now we know.

I also found several of the letters in the 10/30 Mirror of interest. Writer Ellen Angeles was rather forthright in her opinions about the school board candidates. Angeles writes: "Balleck was quite vocal about her concern over inappropriate books at our public library. Banning books is never a good thing." "Balleck is using Colorado West Christian School, Victory Baptist Church, Life Choices, and other organizations to garnish votes to serve on the board" And regarding Dawn Schieldt: "As a kindergarden teacher at Colorado West Christian School we have to question what is her motive to be on the school board." I have a hard time interpreting those words to mean anything other than: "Oh my gosh. We can't vote for these people. They are Christians!" Aside from her blatant bias and disrespect for these candidates, Angeles' words indicate total ignorance of our Constitution and other founding legislation. Perhaps she might want to read Kelly Ray's excellent letter on "Separation of Church and State" in that none of the people objecting to inappropriate material being made available to young children in our library advocated for "book banning," (but I am sure those who make such accusations know that). Former school superintendent George Voorhis (MM 10/30) suggested we vote for school board candidates who are "more traditional" and not for people who "espouse hard line partisan political positions." In other word, "Don't rock the boat. Everything is fine." Parents across this country are coming to realize our school systems are anything but fine, and it is past time to rock the boat. Ed Henrie, Montrose

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OPINION/EDITORIAL: LETTERS

HOLD ON TO YOUR WALLETS FOLKS BECAUSE THIS IS THE SOCIALIST PLAYBOOK IN FULL VIEW

Editor:

We are now ten weeks into the twelve week scheduled process of Unify Montrose leading "discussions " / " deliberations " on Montrose's alleged" child care desert crisis. As has been the case for me when I first started vetting into Unify America / Unify Montrose, RED FLAGS continue to pop up as things have progressed.

More Unify Montrose delegates continue to realize they have been craftily manipulated down the Yellow Brick Road of deception! As I noted early on, the manner in which delegates were divided into small groups of eight with interaction among groups forbidden and guided by non residents with psychology backgrounds provided with professional scripts and videos was fertile ground for manipulating unsuspecting delegates toward a predetermined conclusion of a greater tax burden on Montrose citizens.

64 Montrose citizens were selected to "deliberate" the child care issue but early on that all thought was to be focused on what was called the "shared goal" that being that every citizen had a RIGHT to affordable child care. That socialist goal was thrust upon the delegates by Unify Montrose and no deliberation on it was allowed!

Suddenly perceptive delegates began to realize they were sold the proverbial pig in a poke and being craftily manipulated and herded down the afore mentioned Yellow Brick Road.

More delegates, realizing they have been duped with snake oil are beginning to publicly have their voices heard in The Montrose Mirror. Two weeks ago, one delegate wrote that "All of a sudden we began realize that this process was not about deliberation, it was about persuasion". Also noted was the concern that the shared goal was "likely to lead to an additional social program or entitlement that will ultimately lead to higher taxes". He further noted that his small group of delegates "found the research conducted to be fraud and the numbers they are providing to be sloppy and the people involved to have an agenda ".. Another delegate previously noted that "I find that the data in the Assessment and the presentation of that data to the delegates is clearly sloppy and perhaps purposely misleading." She further noted Einsteins quote that "Whoever is careless with the truth in small matters cannot be trusted with important matters." Now that delegates are publicly voicing concerns about Unify methods, the small eight person groups that previously were not allowed to interact have been shuffled, presumably to balance those groups between the perceptive and less perceptive delegates.

Unify Montrose was invited into town to solve what an increasing number of taxpayers see as a false premiss., that being the conclusion by Root Policy that Montrose had a severe shortage of child care options. Root claimed that Montrose had three times more children than child care spots, but now we know that was misleading. Unify has noted publicly that with 26 existing child care facilities providing 912 spots, our community is only short 148 spots, hardly a child care "desert". After 10 weeks of being herded down that Yellow Brick Road by Unify Montrose, absent sufficient delegate deliberation the delegates have been manipulated to arrive at four potential actions to solve the problem of being short 148 child care spots, all are expensive! The first is called Camp Montrose at a cost of \$270,000. The second is called the Kids Connector Program at \$230,000. The third is The Child Care Providers Fund at a mere \$ 1.4 million. The fourth is Care Bucks at a whopping \$2.3 million! Each of those options assumes revenue offsets that seem overly optimistic. The bottom line is that all options are extremely expensive for only 148 needed child care slots. No concern or consideration was shown regarding adverse affects on existing facilities. All options are nothing but another entitlement program that if implemented will never go away.

In my very first letter about Unify Montrose I predicted the conclusion to what was sold as a child care dilemma had been predetermined. All that was required was to convince unsuspecting delegates to arrive at those conclusions by hook or crook. It certainly seems as though my prediction was on track. Each of the four actions noted above are dependent on public tax dollars, so hold on to your wallets folks because this is the socialist playbook in full view for all to see!

Dee Laird, Montrose



MONTROSE CITY COUNCIL WILL HEAR 3RD QTR POLICE STATS, HOLD EXECUTIVE SESSION ON CITY ATTORNEY APPLICANT INTERVIEW

Mirror staff report

MONTROSE-The Montrose City Council will hold a work session and a special meeting on Monday, Nov. 6, with a regular council meeting on Tuesday, Nov. 7.

WORK SESSION

The <u>City of Montrose web site</u> states that the Municipal Animal Shelter is no-kill, "We have been a 'No-Kill' or 'Adoption-Only' facility for several years...The shelter makes every effort to find homes for pets through adoptions, transfers, foster care, and reclaims."

Still, Third Quarter statistics to be presented by the Montrose Police Department during the work session show that both this year and last, a small number of animals have been euthanized by the shelter between July and September. Statistics show that during the third quarter of 2022, 172 animals were adopted from the shelter, while 160 animals were adopted in 2023. There were 304 strays reported during the third quarter of 2022, with 256 strays reported during the third quarter of 2023. And three dogs and five cats were euthanized during the third quarter of 2022, with two dogs and six cats euthanized during the third quarter of 2023. Police statistics also show a rise in certain crimes year over year. The third quarter of 2022 saw a reported 54 assaults and 22 sexual assaults, while 79 assaults and 33 sexual assaults were reported during the third quarter of 2023.

During the third quarter of 2022, there was one Driving while Under the Influence (DUI)-related Accident reported; in 2023 there were five DUI-related accidents. Officer-observed DUI's rose from 15 during the third quarter of 2022 to 32 during the third quarter of 2023.

Traffic accidents in general rose from 223 during the third quarter of 2022 to 263 during the third quarter of 2023, while traffic contacts also rose, from 571 in 2022 (3rd quarter) to 856 during the third quarter of 2023.

Total felony crimes rose from 78 reported during the third quarter of 2022 to 102 reported during the third quarter of 2023.

These and other police department statistics will be presented at the Montrose City Council work session during Staff Reports on Monday, Nov. 6.

In addition to Staff reports, Council will consider Historic Preservation Commission Applicant Interviews during the Monday work session. Applicants include Darlene Mora; John Eloe; Kenn Huff; Kent Kinsey; Marleen Gravitz; and Peg Evanoika.

Work Session Discussion items will also include the Otter Pond Water and Sewer Relocation Special Improvement District; Proposed Municipal Code Update to Title I, Section 14, Municipal Court Rules of Procedure and Sentencing; the Niagara-Hillcrest Roundabout Construction Contract Award; and a Phase 2 Land Development Code Update Contract with Plan Tools, LLC.

SPECIAL MEETING

Council will meet for an Executive Session, to discuss a personnel matter under C.R.S. Section 24-6-402(2)(f); and the following additional details are provided for identification purposes: city attorney applicant interview.

REGULAR MEETING

The <u>regular Council meeting</u> of Tuesday, Nov. 7 will include a proclamation in support of Colorado Gives/Uncompahgre Gives Day, and an Acknowledgement of City Attorney Ben Morris.

Items to be considered include:
Approval of a new Fermented Malt Beverage and Wine license at 113 W. Main
Street for S & F Market LLC, doing business as El Patron Mexican Grocery, Beer,
Wine, and Smoke Shop for consumption off of the licensed premises.

Approval of Planning & Development items related to the Osprey Addition Annexation and the Bluff Harbor Lot Addition Annexation.

Approval of Ordinance 2645 on first reading, providing and appropriating funds for defraying the expenses and liabilities of the City of Montrose, Colorado, during the fiscal year beginning Jan. 1, 2024.

Approval of Resolution 2023-21, repealing and replacing Chapters 3-1-1, 3-1-2, and 3-

1-3 of the City of Montrose Regulations Manual and adopting the 2024 fee schedule.

Approval of

Ordinance 2643

on first reading, adding new sections 5, 6, and 7 to Title 1 Chapter 9 of the Official Code of the City of Montrose concerning campaign finance regulations for the City of



The <u>regular Council</u>
<u>meeting</u> of Tuesday, Nov.
7 will include an
Acknowledgement of
City Attorney Ben Morris.
Cit of Montrose photo.

Montrose Municipal Elections. Adoption of Ordinance 2644 on second reading, repealing and replacing Title 6 Chapter 1 Section 21 (6-1-21) regarding unreasonable noise.

Approval of Ordinance 2646 on first reading, amending Section 11-7-12 of the Official Code of the City of Montrose, concerning the zoning of new additions to the City and rezoning parcels already in the City limits.

Adoption of Resolution 2023-22, setting January 2, 2024, as the hearing date for the Blowers Addition annexation.

Approval of the purchase of 16.0± acres near the intersection of Rio Grande Avenue and East Oak Grove Road at a purchase price of \$800,000 to acquire the rights of way necessary for the southern extension of Rio Grande Avenue and for use as the City's new public works facility. Ratification of the purchase of a used 2019 Peterbilt refuse truck from Elliot Equipment in Commerce City, Colorado, for the total purchase price of \$219,800;

Ratification of an emergency repair to a trash and recycle refuse truck for a complete engine replacement performed by Nextran Truck Center in Fruita, Colorado, in the amount of \$42,763.

Access the full <u>meeting packet</u> here.



Gifts of canned goods much appreciated to support Sharing Ministries





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NOVEMBER 2023

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NOVEMBER 2023

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A successful writer of Broadway thrillers, who is struggling to overcome a dry spell, receives a script from a student—a thriller that has the potential to be a Broadway smash. The plan is to offer collaboration to the student for co-credit. Or is it? DEATHTRAP provides devilishly clever twists and turns, keeping audiences spellbound until the very last moment.

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COACH'S CORNER: BRETT MERTENS-FOOTBALL From pg 1

keeping their heads down and working hard, not getting frustrated and disappointed and getting back to work. Hopefully that will pay dividends as we move into the playoffs."

Mertens reiterated that the Red Hawks overall goal was to get better every week and this happened as the season progressed, especially on the defensive side of the ball. "I would say that we have tried to correct things that we need to get better at. The good thing about playing the better teams early is that you find out quickly what you need to get better at. That's a good thing because you have time to make improvements and our kids certainly have done that."

The Red Hawks have been a running team primarily but this team has utilized the strong arm of quarterback Gage Wareham to unbalance opposing defenses. "We have some kids who are pretty good athletes to throw the football to. It's just a matter of us getting our offensive schemes to take advantage of passing opportunities when they present themselves. When I look back to the Erie games, we really

missed some big plays in the passing game. Our kids were a step off and in big games we have to be able to make those plays and not waste opportunities."

Coaching lore says that defense wins championships and statistics seems to bear this out. Coach Mertens has good words for this defense.

"Our defense has gotten better every single week. The kids are really starting to get into their roles and knowing what their jobs are and what they are responsible for. I am proud of those guys who just keep getting better every single week." Montrose is in a tough bracket. Everybody who gets into the playoffs is there for a reason.

"We are looking at the Pueblo West-Longmont game and obviously we just played Pueblo West so we are very familiar with them. They play Longmont and we play the winner. We will probably have a home game which is a good advantage for us. Regardless, we have to be ready to play and understand this is a one and done tournament. Win and we advance, lose and we go home." The biggest lesson the Red Hawks learned from the playoffs last year was in the Golden game.

"We learned that the lower seed can come in here and beat you. Golden had us down and out and yet the Red Hawks came back and won. It helped us understand that even though we were the higher seed, in the playoffs everything you have done in the past is gone and you have to play well enough to win that one game and move on."

The Red Hawks understand the team has to take care of business.

Mertens said, "At some point it would be awesome to play Erie and Palmer again and see if we can change the outcome. In order to win this thing you have to play and beat everybody and hopefully we will have the chance to do just that. Our bye week will give us the opportunity to rest, to heal up all of the nagging injuries every team suffers after 10 games of football. Our playoff game will be played on Saturday, November 11th with the kickoff scheduled to take place at 1 PM at the Montrose.Stadium."

Save the Date: Mon. Nov. 27

Otto Mears' 2 northerly NG Railroads to the San Juan Mines





Questions or reservations, contact Cindy Marino at MRD, 970-252-4884.

1 pm. Mon., Nov. 27, 2023 | Montrose Senior Center, Montrose Pavilion



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Property Features

2 Bedrooms 1,160 sq. ft.

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OPINION/EDITORIAL: LETTERS

RESPONSE TO RAYE HIGHLAND LETTER

Editor:

Responding to Raye Highlander's letter in issue #556. Everyone has a right to their opinion, and I respect that. Here is mine. Raye "Take your blinders off"

Thank you,

Cindy David, Montrose

WOULD YOU CONSIDER SENDING YOUR CHILD TO A COMMUNIST COUNTRY FOR THEIR EDUCATION?

Editor:

Would you consider sending your child to a Communist Country for their education?

Perhaps most, if not all, of the readers of this article would answer with an emphatic; "NO!" If, that is the case, than perhaps a person may want to explore the stance of the Colorado Education Association, which represents 39,000 K-12 teachers in Colorado: https://denvergazette.com/news/government/colorado-teachers-union-anti-capitalism-polemic/article-f31b3b7c-f810-11ed-a540-1f1adeb0fd84.html

"The CEA believes that capitalism inherently exploits children, public schools, land, labor, and resources. Capitalism is in opposition to fully addressing systemic racism (the school to prison pipeline), climate change, patriarchy (gender and LGBTQ disparities), education inequality, and income inequality."

While the RE-1J School Board election is nonpartisan, the Colorado Education Association is DEFINITELY NOT! A person may want to explore if a particular candidate is Left or Right leaning in their political philosophy. To take this one step further, if it were not for Capitalism, our public education system would be a function of the centralized government with a dictated communist curriculum!

There is a group of candidates which support capitalism and the freedoms which are the foundation and purpose for originally establishing this country; Charli Oswald, Ted Valerio, Neisha Balleck and Dawn Schiedt. The future of our education system rests in your Ballot!

Choose wisely!

Richard Harding, Olathe



REGIONAL NEWS BRIEFS

5TH ANNUAL WEST SLOPE WATER SUMMIT: PERSEVERE TO PRIORITIZE

Special to the Mirror

MONTROSE—Join Montrose County, the Colorado River District, and Uncompandere Valley Water Users Association for the fifth annual West Slope Water Summit on Nov. 9 from 9am to 2pm at the Montrose County Event Center (1036 North 7th Street). Doors open at 8:30 a.m., with presentations starting at 9am. The West Slope Water Summit is free and includes lunch—registration is required.

"What impresses me most about the West Slope Water Summit is how knowledgeable the attendees are about water in the Uncompahgre Valley," said Commissioner Sue Hansen. "Our goal is to further

educate those who have lived here forever and also to provide education to new residents in the valley. This year's event highlights climate and energy, streamflow, water/forest issues, and water storage. We must be vigilant with our water, we must understand our water, and we must persevere to prioritize our water." This year's speakers include a virtual update from Andy Mueller with the Colorado River District, a presentation from Roger Pielke Jr., featuring "Five Things Everyone Should Know About Climate and Energy", an update from Connie Woodhouse on "Three-Rings and Colorado River Streamflow: Is the Record of Past Streamflow Useful for

Water Resource Management Today?", a presentation by Tammy Randall Parker of the U.S. Forest Service on "Where Water Meets Forests", and lastly a panel on "Why Water Storage is Critical—Challenges and Opportunities" moderated by Bob Hurford and Aaron Clay.

The event is free and open to the public. A livestream will also be available at westslopewatersummit.com Lunch is provided with an RSVP.

For more information and to register, visit westslopewatersummit.com or call 970-964-8701.

Local water information and resources are available here.

GMUG HIRING VARIOUS POSITIONS FOR 2024

Special to the Mirror

DELTA— The Grand Mesa, Uncompangre and Gunnison (GMUG) National Forests is hiring approximately 130 temporary, permanent seasonal and permanent employees for entry-to-mid-level positions across the forests. Positions are available in rewarding occupations, including archaeology, business administration, customer service, dispatching, engineering, forestry, geographic information systems, hydrology, information technology, maintenance, physical and biological sciences, fire and fuels management, rangeland management and recreation management. Duty stations include Cedaredge, Grand Junction, Paonia, Gunnison, Norwood, Montrose and Delta, Colorado. Applications are only accepted through www.usajobs.gov. No applications will be

accepted at local Forest Service offices. Visit the GMUG employment page for the list of positions and closing dates for each position. Click on the announcement number to apply or open www.usajobs.gov on your browser and enter/paste the announcement number into the search bar to review the announcement and apply. Review the job announcement carefully for deadlines and required information to include in your application.

How to apply: Apply online at <u>USAJobs</u>. This online application process allows applicants to submit employment information that can be printed for personal use and/or edited on the website for future use. Accounts can be used for other federal job vacancies. Those who wish to be considered must apply to the corresponding announcement number by mid-

night Eastern Standard Time (EST) on the day the vacancy announcement closes. All applicants who have applied to the announcement on or before the listed closing date and are found to be qualified will be referred for consideration.

Make a lasting impact on the world around you and unlock opportunities for professional growth and career advancement. Join the Forest Service, an agency of the U.S. Department of Agriculture, and be a part of an organization that is committed to caring for the land and serving people.

For information on current fire restrictions, conditions and recreation opportunities, visit the <u>forest website</u> or <u>www.westslopefireinformation.com</u>. Connect with us or follow us on social media (<u>Twitter</u> and <u>Facebook</u>).









21 N. Cascade Ave. Downtown, Montrose.

Thur., Nov. 16. 5:30-7:30 pm Accohol Ink Ornaments nk & Drink

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With Kate Burke. All materials, tools, demos & instruction included.

Plus an adult beverage or soft drink. \$45.

Double Deal, \$10 off, two people, same ticket.

Schedule for a group, get a group discount.

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REGIONAL NEWS BRIEFS: BUSINESS

7 BREW COFFEE OPENS IN MONTROSE AND CELEBRATES GRAND OPENING OF THE FIRST STAND IN COLORADO Drive-thru coffee concept opens at 1433 Encanto Place

Special to the Mirror

MONTROSE – <u>7 Brew</u>, the drive-thru coffee concept revolutionizing the coffee industry, celebrated the grand opening of its first location in Colorado today at 1433 Encanto Place, Montrose, CO 81401.

"We strive to be a place where people experience positive energy and kindness while enjoying quality drinks with quality company," said Zac Cockman, director of franchisees for 7 Brew Montrose. "We are thrilled to bring 7 Brew's energy to Montrose and begin expanding the brand's presence across Colorado."

The 7 Brew team presented a check for a \$2,000 donation to The Food Bank of the Rockies and is excited about a community partnership with this impactful organization dedicated to serving communities across Colorado. Representatives from The Food Bank of the Rockies attended the ribbon-cutting ceremony and celebrated 7 Brew's expansion to the Centennial State.

"We are thrilled to partner with 7 Brew as they expand in Colorado," said Gabriela Garayar, Food Bank of the Rockies' development manager. "Food Bank of the Rockies is the largest hunger relief organization in the Rocky Mountain region, igniting the power of community to nourish people experiencing hunger. 7 Brew is helping us ignite the power of community through



Above left to right are Lindsey Wiltse, Development Coordinator for The Food Bank of the Rockies, Olivia VanGundy, Community Engagement Coordinator for The Food Bank of the Rockies, Ted Riley, 7 Brew sites supervisor and Denali Martinez, the 7 Brew regional manager. Courtesy photo.

their donation, which provides 6,000 meals. Communities on the Western Slope, including Montrose, benefit from the generous support of groups like 7 Brew, helping us provide nutritious foods to our neighbors."

More than your standard coffee stand, 7 Brew offers over 20,000 unique drink combinations. From the original Blondie, a caramel and vanilla breve, to 7 Energy, smoothies, shakes and teas, there is something for everyone at 7 Brew. The brand boasts more than 150 stands across the country.

The 7 Brew stand will add 50 jobs to the Montrose area. Those interested in joining the Brew Crew should apply at www.7crew.7brewcareers.com.





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- · 1,155 Sq. Ft.
- 3 Bedroom, 2 Bathroom
- Spacious Open Floor Plan
- · Linoleum Flooring Throughout
- Hidden Laundry with Pantry, Black Appliances
- Master Bedroom offers Built-in Dresser
- Master Bath has Walk-In Shower



\$5,000 OFF & 2 Months Free Lot Rent Through December 31st, 2023



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OPINION/EDITORIAL: LETTERS

VOTE FOR REASONABLE, CONSISTENT, AND EXPERIENCED BOARD MEMBERS WITH A TRACK RECORD OF EXCELLENCE—VOTE ERIK WESTESEN, TOM WEST, AND JODY HOVDE

Editor:

I agree with Ted Valerio, Dawn Schieldt, Charli Oswald, and Neisha Balleck that the school district needs consistency right now, but that's where my agreement ends. The district needs consistency and the opportunity for the programs, curriculum, and professional development that has been initiated to begin to work.

Does it strike anyone else odd that a group of homeschool advocates would want to be on the school board? People who have never attended a school board meeting. And why are outside special interests pumping tens of thousands of dollars of dark money into their campaigns?

It's also interesting that they've tried to hide their radical agenda. If you want to know their actual platform, research Douglas County, which has spent over \$3M of taxpayer's money intended to go to the classroom in legal fees. Fifty percent employee turnover in three years. Look at Elizabeth, where tenured teachers were targeted and ostracized. And the board "chose to lead with fear and manipulation." Even "conservatives with deep roots in Elizabeth were shocked at the board's opinions." If that's not enough, look at Woodland Park, where over 30% of the teachers left at the end of last year because " [they] adopted conservative American Birthright social studies standards after the state rejected them, eliminated 15 mental health and counselor positions, and enacted a policy banning teachers from speaking to the media or posting on social media about district matters.

Just as here, "Individual flyers for 30 school districts are paid for by the Truth and Liberty Coalition, the "Woodland Park nonprofit, which has called for Christians to reclaim the Seven Mountains of societal influence – one of them being schools." YIKES, talk about snake oil.

The MAGA Candidates of Charli Oswald, Ted Valerio, Neisha Balleck, and Dawn Schieldt would like you to think that test scores in Montrose are an isolated case. All elections with Alt-Right candidates have EXACTLY the same platform. They use the same flyers and posters from coast to coast. Even Boulder County, one of the highest-performing districts, has the same messaging. Each answered the same when asked about their plan (DeJa'Vu, 2021). They plan to "look around" and see what's going on. Clue – go to the board meetings and read the website. It's all there. Dawn Schieldt talked about going through the budget if elected. Hint – the entire budget and actuals are on the website. For heaven's sake, do your homework if you want to be a candidate.

Dawn Schieldt, Charli Oswald, Neisha Balleck, and Ted Valerio have superficial campaign promises about CRT and Gender affirming teachings, getting back to basics, and parental control. Parents never lost control. Today, there are more ways to be involved in decision-making than ever - PTO, SAC, DAC, Board meetings, principal visits, and teacher visits are welcome -you have to show up. Dawn Schieldt, who lost two years ago, claimed to be conservative but didn't hesitate to call for a recount, paid for by the district, which took valuable money away from classrooms. The result was the same. No stolen election there. I also wonder if her husband will continue to shout down public speakers as he has on two occasions at candidate forums.

Ted Valerio thinks the recent announcement that MCSD will receive another \$1,000 -per student next year is like winning the lottery. He forgot about the negative factor. The district is a long way from recovering that lost revenue.

Neisha Balleck wants to have an audit of the already external audit. Those only cost about \$85,000.

Charli Oswald thinks the answer is in using gerbils as an incentive.

This is nothing more than an attempted money grab to pump public taxes into religious schools, and force religion on all students to adhere to some fictional history of our past.

If the candidates want to change the law, run for state or national congress. The courts have clearly stated that public funds cannot be diverted to private schools.

Quinn Friberg, who runs another like-minded, dark money organization, states, "all the efforts are on how can we flip a school board, how can we change the leadership get different administrative leaders to where they'll be more friendly to us bringing in these (religious) programs and, we'd be far better off without public education, I'll just leave it right there."

These are dangerous people to public education. They are not telling the whole story about their intentions.

Vote for reasonable, consistent, and experienced board members with a track record of excellence. Vote Erik WESTESEN, Tom WEST, and Jody HOVDE

Edward Lewis, Montrose

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REGIONAL NEWS BRIEFS

MONTROSE REPUBLICAN WOMEN PRESENT 7TH ANNUAL GIVING THANKS CIVIC AWARDS 2023

Special to the Mirror

MONTROSE-Join us for our 7th Annual Giving Thanks Civic Awards 2023, presented by the Montrose Republican Women on Friday, Nov. 17, noon at the Montrose Hampton Inn. Doors Open at 11:30a. Help us recognize and celebrate community members for their volunteer service. Thanksgiving Potluck, bring your favorite side dish or dessert. For information contact Kerri at 970-209-5170.



Alcohol Ink Ornament Class

Saturday, November. 11, 1:30-3:30 pm

Make it a party. Come with friends.



Ornaments, inks, metallics, glitter, decals, and art tools provided. Detailed instructions & demonstrations. Includes a glass of wine. With Kate Burke. \$50.



<u>Doubles Discount.</u> \$10 off when you register for 2 people on same ticket. Register at https://kathrynrburke.com/product/111123xo



REGIONAL NEWS BRIEFS: HEALTH & WELLNESS

FAMILY CAREGIVERS TO GET BRAIN DISEASE QUESTIONS ANSWERED: NOV. 16 MEETING KICKS OFF NEW CAREGIVER SUPPORT SERIES

Special to the Mirror

REGIONAL-After putting on a very successful Family Caregiver Summit event in early October, the Caregiver Support Foundation and the Alzheimer's Association have announced that they will stage regular quarterly support meetings for caregivers. "In polling our attendees after the Summit, we found that many would like to have caregiver gatherings more often," says Caregiver Support Foundation Chair Laird Landon. "Caregivers told us that they would like to have sessions where they can ask questions as well as meet and talk with other caregivers."

The first such Caregiver Support Gathering will be Nov. 16 at the Montrose Public

Library, 320 S. 2nd Street, between 1 and 3 PM. Laird Landon, PhD, will provide a one-hour, plain English talk about Alzheimer's, dementia, and other brain diseases. An open discussion will follow the talk. "We want to make sure to allow plenty of time for questions and answers and for the caregivers to mingle with each other in a safe and congenial atmosphere," says the CSF leader.

Caregivers will be encouraged to suggest topics for future meetings and to ask for help with any issue they are experiencing. For more information about the upcoming event, caregivers may call 970-787-2343 or email Laird@Family-Caregiver.org. The Caregiver Support Foundation is a

three-year-old, Montrose-based nonprofit that works to provide family caregivers the help and emotional support that will empower them to care for and advocate for their loved ones.

"We strive to teach caregivers to keep their loved ones safe, keep them comfortable and to create moments of joy," says Landon, who, along with his late coauthor Glenn Hinshaw, started the foundation after they both had been long-term caregivers for their spouses. They wrote the book, "Caregiving, Journey to a New Horizon," copies of which they have been provided free of charge to hundreds of caregivers. Learn more about the foundation by visiting www.family-caregiver.org.

DELTA HEALTH RECOGNIZES COMPASSIONATE NURSES WITH DAISY AWARD

Special to the Mirror

DELTA— Nine nurses at Delta Health were honored with nominations for The DAISY Award for Extraordinary Nurses ® to recognize the extraordinary, compassionate nursing care they provide patients and families every single day.

The third quarter's DAISY nominees were David Fry, RN, Gloriy Laurie Brown, RN, Vallerie Bucani, RN, Jenna Regenfuss, RN, Amber Gillenwater, RN, Robert Imhoff, RN, Sierra Mathias, RN, and Jody Hyatt, RN. The overall DAISY Award winner for the third quarter of 2023 was Jessica Walters, RN in the ICU. Jessica now works for the Quality Assurance department at Delta Health.

"My Dad was admitted to the ICU after experiencing chest pains overnight," read Jessica's nomination letter. "He is an active 77-year-old who rarely uses the healthcare system and he wasn't feeling well, wasn't himself and was being rather aggressive and disagreeable during much of his stay. We were fortunate to have Jessica Walters as his daytime nurse for four of the six days he was in the hospital. She was kind, approachable, and put my Dad at ease. She found ways to give him

some control, while still making sure he was safe while the doctors treated him and figured out next steps."

The award is part of the DAISY Foundation's mission to recognize nurses who go above and beyond in the care of their patients. Nurses may be nominated by patients, families, and colleagues, and the quarterly DAISY award recipient is chosen through a select Daisy Committee and DCMH's T.E.A.M. M.A.S.H through a scoring rubric recognizing the nurses

P.E.T.A.L.S., (Passion, Empathy, Trust, Admirable attributes, Love and Selflessness). Applications are blinded to these committees and scored. Awards are then presented four times throughout the year to celebrate the nominees.

"The DAISY Awards are a great tradition that we are proud to continue here at Delta Health," said Dawn Arnett, RN, BSN, Director of In-Patient Services at Delta Health. "Each nominee is a model for what it means to provide compassionate, quality healthcare that our community trusts. They go above and beyond and we are



The overall DAISY Award winner for the third quarter of 2023 was Jessica Walters. Courtesy photo.

honored to have the DAISY program where we can honor all of our amazing staff."

The certificate that each honoree receives commends her or him as an "Extraordinary Nurse." The certificate reads: "In deep appreciation of all you do, who you are, and the incredibly meaningful difference you make in the lives of so many people." Honorees also receive a DAISY Award pin and a beautiful and meaningful sculpture called A Healer's Touch, hand-carved by artists of the Shona Tribe in Zimbabwe.



3 bedroom,/ 2 bath, over 1 acre, irrigated in the rural High Chaparral Subdivision. This is truly an idyllic country home with open space inside and out! Check out the oak cabinetry, solid surface counter tops and the abundance of natural light from the windows and covered patio showcasing the delightful views.

the oversized 2 car garage and additional workshop are perfect for DIY enthusiasts and the garden area adds a charming touch the the property. This is indeed a place one will enjoy coming home to.

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REGIONAL NEWS BRIEFS: HEALTH & WELLNESS

DELTA HEALTH WELCOMES NEW CHIEF OPERATING OFFICER



Delta Health is excited to welcome Jonathan
Cohee as its new Chief Operating Officer
(COO). Courtesy photo.

Special to the Mirror

DELTA – Delta Health is excited to welcome Jonathan Cohee as its new Chief Operating Officer (COO). With an impressive 27-year background in the healthcare industry, Delta Health is optimistic that Jonathan will lead their team towards great success.

Jonathan will succeed recently retired Chief Clinical Officer (CCO), Jody Roeber. In this newly established position, Jonathan Cohee will be a key member of the senior management team, responsible for overseeing and implementing the daily operations strategy for the entire organization.

His duties include developing strategic plans to improve quality of care, generate revenue, and accomplish organizational objectives, analyzing budgets and financial data to identify opportunities for cost savings, and streamlining operations and managing resource allocation within departments.

"Cohee's expertise, passion, and dedication will undoubtedly strengthen our team and enhance the quality of care we provide to our community," said Julie Huffman, Interim Chief Executive Officer and Chief Legal Officer.

Jonathan holds a Master's degree in Healthcare Administration and a Bachelor's in Occupational Therapy.

As President and Chief Operating Officer, he oversaw a national outpatient therapy provider network and a managed care physical therapy carve-out program. Jonathan's background in optimization operations of nine hospitals across multiple states, spearheading bundled payment initiatives. He established and expanded ten hospital rehabilitation services, outpatient clinics, a wound care clinic, a home health care company, and a hospice program

"As the newly appointed COO of Delta Health, I am thrilled to become a part of this exceptional healthcare organization," said Jonathan. "Delta Health has a strong reputation for delivering high-quality care, and joining this esteemed team is truly a privilege."

Cohee is also a published author and coauthored the book "Mission Matters: Business Leaders (Vol. 9, Ed. 2)" which delves into effective business leadership in to-day's dynamic environment.

Jonathan and his wife Stefanie have chosen to become a part of the Delta County community after spending the last ten years in vibrant downtown Chicago. Stefanie is a Registered Nurse with extensive experience ranging from bedside care across various levels of healthcare to executive nursing positions. She is currently pursuing her certification as a Nurse Practitioner.

Outside of their professional commitments, Jonathan and Stefanie have built a beautiful blended family of four children and two grandchildren. Adding to their loving household is their adorable miniature schnauzer named Addison. While Jonathan grew up in central Michigan, Stefanie hails from Northern Ohio. Together, they find joy and fulfillment in activities such as running, biking, skiing, pickleball, tennis, and golf.

"I am excited to contribute to the continued growth and success of Delta Health, as we strive to provide excellent patient care, foster innovation, and enhance the overall well-being of our community," said Jonathan.

"Together, we will make a positive impact on the lives of our patients and the healthcare landscape as a whole."

To learn more, visit deltahealthco.org.



REGIONAL NEWS BRIEFS

LOW INCOME ENERGY ASSISTANCE PROGRAM (LEAP) ACCEPTING APPLICATIONS

Special to the Mirror

MONTROSE—Montrose County Human Services is now accepting Low Income Energy Assistance Program (LEAP) applications now through April 30th, 2024. LEAP is designed to help low-income households meet their winter home heating costs; it does not pay the entire cost of home heating. LEAP is a federally funded program through the U.S. Department of Health and Human Services and managed locally by Montrose County Human Services.

"Many people may not realize that LEAP funds can be used for variety of heating sources--whether it's propane, gas, electric, wood, or even coal--our goal is to help keep our community warm during the winter," said Mirian Mason, Montrose County Eligibility Program Manager. "We want to make sure that none of our residents are without heat in the cold winter months."

The amount of the energy assistance benefits varies depending on a variety of factors, including the primary heating fuel costs and income. The program does not provide financial assistance for any type of temporary or portable heating. In most cases the energy assistance benefit is paid directly to the household energy supplier. In addition to home heating bill assistance, LEAP recipients may be eligible to receive furnace repair and replacement in heat-related emergencies in addition to weatherization services pending the results of a home energy audit. Currently, LEAP recipients are also eligible for a program that is part of the American Rescue Plan (ARP). The Utility Assistance Program provides funds to assist with paying down past-due accounts for a home's primary heating source and supportive fuel while funding is available.

To be eligible for benefits, households must pay heating costs directly to a utility

company or fuel supplier, or pay heating costs as part of their rent. The program counts your gross monthly income. Household gross income may not exceed 65 percent of the State Median Income--the maximum gross monthly income for a one person household for the 2023-2024 LEAP season is \$3,081.00 If you are interested in receiving LEAP benefits, you must fill out a LEAP application. Applications may be obtained through your local LEAP office at the Montrose County Human Service building at 1845 South Townsend Avenue. Applicants are required to submit a copy of their most recent heating bill or rent receipt (if heat is included in rent) and proof of income. For more information regarding LEAP, call human services at 970-252-5000, visit the LEAP website, stop in to human services offices at 1845 South Townsend Avenue, or call the HEAT HELP Hotline at 1-866-432-8435.



Program Western History with Kate Burke The Silverton Train & Red Mountain Mining District



Related story, https://kathrynrburke.com/silverton-railroad/

8 am. WED., DEC. 06, 2023 | THE FORUM. Cascade Hall, Montrose.



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Situated on a spacious 3.665-acre lot, this custom home offers a serene setting with plenty of wildlife, and features a brick and stone facade with wood-trimmed windows, and a thoughtfully designed layout with 3 bedrooms, 2,5 bathrooms, and an office. The living room boasts a cozy fireplace, and there is also a fireplace in the owner's suite, which is a true retreat with double sinks, a soaking tub, and a walk-in shower (all elegantly tiled), and a large walk-in closet to accommodate your storage needs. The bathrooms and kitchen have granite countertops, and the kitchen is equipped with gas stove top, double ovens, a large pantry, beverage cooler, custom cabinetry, and a beautiful island. Adjacent to the kitchen, you'll find a cozy breakfast nook. The formal dining room provides an elegant space for hosting special occasions. The home is filled with natural light, thanks to the large windows and high ceilings. Lovely hardwood flooring throughout most of the home, with carpeting in select areas and tile. There is a covered back patio surrounded by the beauty of nature. An irrigation and sprinkler system is included, keeping your landscaping lush and vibrant. An attached three-car garage and a 24x30 ft detached shop with a 12 ft door and 220V power and insulation covers all your needs. Check out this beautiful home with its spacious lot and convenient location. Schedule a showing today and make this tranquil oasis your own.



LOT 1, U67 TRAIL MONTROSE, CO 81403

For everyone looking for a view lot and still close to downtown Montrose, the newly expanded airport, medical, and more, this 3.16-acre property is worth the look. There is imigation with Ouray Ditch Company with enough to water the lot and grow a fantastic crop of hay or grass. The lot fronts the seasonal canal and is on a small cui-de-sac. Beautiful views are to be had here offering a beautiful building site. Tri-County water taps are available. Gas and electric are near the lot. Montrose is growing and beautiful lots are few and far between.











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REGIONAL NEWS BRIEFS

ECONOMIC DEVELOPMENT COUNCIL OF COLORADO ANNOUNCES 2023 EDIE AWARD RECIPIENTS

Special to the Mirror

GRAND JUNCTION- The Economic Development Council of Colorado (EDCC) announced the 2023 EDIE Award recipients, recognizing economic development excellence during its annual

Drive Lead | Succeed Conference at the Grand Junction Convention Center in Grand Junction, Colorado, Oct. 18 - 20, 2023.

The most recognized award in economic development in Colorado, the EDIE represents outstanding achievements by its members, organizations, communities, companies, individuals and legislators for their outstanding achievements in economic development in the State of Colorado. Since 1989, EDCC has celebrated the achievements of over 200 award winners. This year, 12 awardees were recognized: Small Community of the Year: Town of Frederick

Medium Community of the Year: Town of Windsor

Large Community of the Year: City of Lakewood

Legislator of the Year: Senator Janice Rich Legislator Lifetime Achievement: Senator Rachel Zenzinger

Legislator Lifetime Achievement: Representative Shannon Bird

Company of the Year: Greeley Hat Works Economic Development Partnership of the Rookie of the Year is Beth Kremer, San Juan Year: BNSF Railway

Volunteer of the Year: Commissioner Tim Redmond

Rookie of the Year: Beth Kremer, San Juan **Development Association**

Chairman's Choice Award: Bonnie Petersen, Retired, formerly AGNC **Economic Development Achievement:** Stacy Brown, Town of Windsor

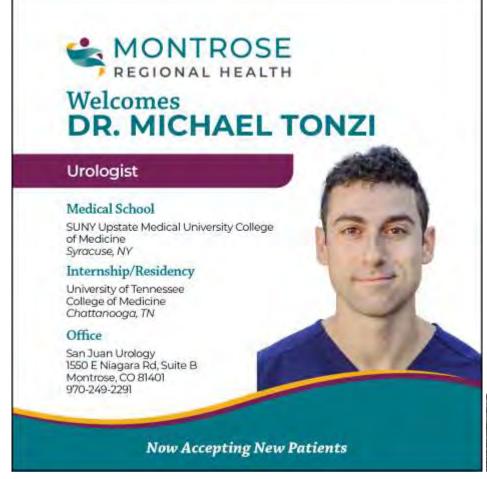
Links will take you to their individual press announcements.



Development Association. Courtesy photo Ryan Sanchez LLC.

"The historic Avalon Theatre in downtown Grand Junction was the perfect place to honor this diverse and talented cast of contributors to Colorado's economic development community," said Drew Kramer. EDCC Board Chair and Economic Development Program Manager for Tri-State Generation and Transmission Association." Each of the winners represents a key piece of the complex puzzle we must complete to ensure an economically viable future for Colorado - from large and small communities to national corporations and local businesses to elected officials and individual professionals and advocates."

Kramer further noted the hard work that EDCC Executive Director, Kim Woodworth, her staff, and several volunteers put in to make the Drive | Lead | Succeed Conference such an effective gathering of the state's economic development professionals, policymakers and business leaders. An estimated 300 attendees converged in Grand Junction for an agenda rich with content covering everything from housing and the impacts of the outdoor recreation industry to leadership development and demographic trends. Taking place, the second night of the conference, the EDIE Awards ceremony was held at the recently renovated Avalon Theatre in Grand Junction's Main Street District.







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READER PHOTO SPOTLIGHT...WILD TURKEYS





Special to the Mirror

MONTROSE-Wild turkeys on Spring Creek, above, were captured by B. Switzer several years ago. While there are still flocks in the area, the birds are very hard to take pictures of. "They're hard to photograph. They're wily birds. I saw 'em this morning while riding my bike," Switzer said. "But as soon as I ride by, they move away."

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REGIONAL NEWS BRIEFS

PREVENTT2 DIABETES PREVENTION CLASS ENROLLMENT PERIOD BEGINS



PreventT2 helps participants lose weight by making small changes to diet and getting 30 minutes of physical activity most days. Courtesy photo.

Special to the Mirror
MONTROSE-Mountain View Therapy is

announcing openings available for its next evidence-based diabetes prevention class, PreventT2, taking place in early 2024. The class helps participants lose weight by making small changes to diet and getting 30 minutes of physical activity most days. The program connects participants with trained Lifestyle Coaches. Coaches help participants learn new skills, set and meet new goals, and stay motivated. Participants experience fun and engaging discussions and support from peers with similar goals and challenges.

"Small steps do lead to big changes," said Marianne Schmalz, recent participant in the MVT PreventT2 class in Montrose.
"Being with others going through the same thing and hearing their good ideas for what worked as well as what didn't - that was valuable."

The program was started to help give people with prediabetes tools to regain control of their health and prevent the emergence of type 2 diabetes. Individuals with prediabetes are significantly more likely to develop type 2 diabetes than those with normal blood glucose levels.

Participants with these characteristics may participate:

- -A BMI (body mass index) of 25 or higher (23 or higher if you're of Asian heritage) and one of the following:
- -Blood test result showing that you have prediabetes (A1C of 5.7% to 6.4% or fasting blood sugar level of 100 to 125 mg/dL) or
- -High-risk result (score of 5 or higher) on the Prediabetes Risk Test or previous diagnosis of gestational diabetes.

The class meets 1 time a week for approximately 6 months. For another 6 months, the class meets 1-2 times each month to help ensure the lifestyle improvements are maintained.

"This program has already helped over 500,000 people nationwide, and has recently helped locals reach great success," said Doug Maddy, Physical Therapist with Mountain View Therapy. The PreventT2 program can help people with prediabetes cut their risk of developing type 2 diabetes in half. For more information on PreventT2, visit MontroseHealth.com/PreventT2 or call (970) 240-7369.



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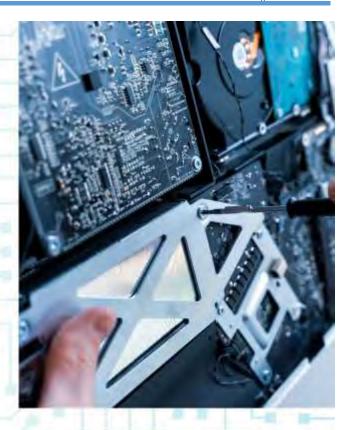
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MONTROSEMIRROR

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OPINION/EDITORIAL: LETTERS

FROM WHERE I SIT AND WHAT I SEE

Editor:

It seems that Mr. Laird has actually put his hands on some of the statistics about our Montrose High School. This performance is abominable. One would think that the population of High School Students from Montrose and its environs could generate at least a 50 percentile on all three. Statistically, if the whole sample can only generate % and a significant number do great on the SATs, then a whole lot of our students are not doing well signing their names. Just saying. And to see the Honor Roll lists, a hell of a lot of them must be 'blowing' a zero. Well, either that or someone is fudging what it takes to get on the Honor Roll.

Now back in the day I met Dr. Voorhis in his professional capacity. He struck me as quite bright and like a guy that was likely doing a fine job. I hope so as he was the Superintendent of Schools here, not just an 'employee' of the Montrose Schools. And for a time before, during and after his tenure here the school board was comprised of many very liberal creatures including two of whom he recommends for election.

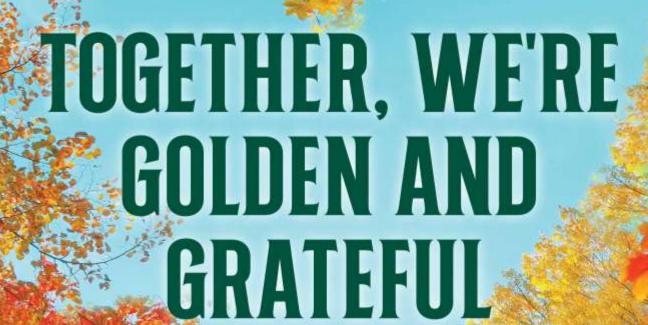
I would expect that if he and those he proposes on the liberal side of the isle this year, are what we need as a school board to guide and direct the Superintendent and the staff, that by this time the performance of the student body and the percentages they generated would be a good bit higher. Maybe a 180 day school year vice 162 days of instruction would have done better. But I guess we just need to do just what we have been doing year after year and expect better results. Yes, sure that is it, expectations will make the scores higher! But as I heard it, ignorance

is doing the same thing over and over expecting a better outcome. It is a similar philosophy as "wish in one hand and spit in the other and see which one gets full first." We might dream that a bi-partisan school board election would be ideal but in today's political climate the likelihood of that occurring is about zero and so let's settle for partisan election and elect the four Republicans that hold the promise of promoting the change in our schools that is long overdue.

Remember this election does not determine what is good for me or anyone over 21 years of age---this election will determine which of our students get to have the education that promises a better than average way of life. Let's not let partisanship cripple our town, state and nation's future.

William Bennett, Montrose

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.



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UNITED STATES NEWS BRIEFS

ROCKY MOUNTAIN REGION BEGINS HIRING FOR 2024

Special to the Mirror

LAKEWOOD— The Rocky Mountain Region of the USDA Forest Service is hiring over 2,700 temporary, permanent seasonal, and permanent employees. Through November, job seekers may apply for entrylevel and mid-level positions in various

occupations through USAJOBS.

Positions are available in rewarding occupations, including archaeology, business administration, customer service, engineering, forestry, geographic information systems, hydrology, information technology, maintenance, physical and biological

sciences, fire and fuels management, rangeland management, and recreation management.

Job Opportunities

Permanent Science, Technology, Engineering, and Mathematics (STEM) Careers Applications will be accepted through November 16 for permanent engineering, geographic information systems, information technology, and physical science positions.

Permanent Seasonal Forestry Careers
Applications will be accepted through November 22 for permanent seasonal forestry aid and forestry technician positions.
Seasonal employment is a great way to start a lifelong career with the Forest Service. Initial seasonal appointment employees will work a 13/13 schedule, 6 months on and 6 months off. Appointments may be increased later to 18/8 (18 pay periods on, 8 pay periods off) or a full 26 pay periods of work based on unit needs and funding.

Permanent Forestry and Timber Careers
Applications will be accepted from
through November 1 for permanent forestry technician, forester, and prescribed
fire and fuels positions.

<u>2024 Temporary Opportunities</u>
Applications will be accepted through November 8 for various temporary positions for the upcoming 2024 summer field season.

Application Assistance

For application and resume preparation tips and guidelines, visit the <u>How to Apply webpage</u> for step-by-step instructions and on-demand webinars. For more information, contact Lead Recruiter Lawrence Lujan at <u>lawrence.lujan@usda.gov</u> or 303-815-9902.

The Forest Service is a federal agency under the U.S. Department of Agriculture that manages 193 million acres of land, roughly the size of Texas. The Rocky Mountain Region includes 17 national forests and seven national grasslands in Colorado, Kansas, Nebraska, South Dakota and Wyoming. The mission of the Forest Service is to sustain the health, diversity, and productivity of the nation's forests and grasslands to meet the needs of present and future generations.

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Michelle Klippert

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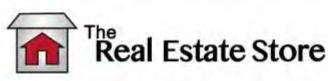
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CARTOON BY TIM JONES



by Tim Jones









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COACH'S CORNER: SHANE FORREST - VOLLEYBALL

By Cliff Dodge

MONTROSE-The Montrose Red Hawks volleyball team, boasting seven returning seniors, set their collective and individual goals high. The team goals were to win the league championship, which they did posting an undefeated 8-0 league mark. The team collectively wanted to qualify for the regional tournament, to actually host a regional tournament. The team is qualified for the regional, but missed out on hosting, so these road warriors will travel to Green Mountain in Jefferson County and take on Green Mountain and Frederick for the right to participate in the state tournament which will be held at the venerable Denver Coliseum.

The Red Hawks certainly had goals they played for, team goals and individual goals.

Coach Shane Forrest commented, "I know each player wanted to have a successful year. Their individual goals kind of meshed with the team goals. The team wanted to perform well. We had statistical goals each of the players wanted to accomplish. The big thing for this team was they wanted to unify and play as a team and demonstrate team chemistry. Each of the players knew what they needed to do to make this goal happen.

"This team achieved, in my judgement, outstanding team chemistry. They get

along so well and they cheer for each other, they celebrate each other's successes. It really is a special team in that regard." Forrest said, "The season started slowly as they dropped a couple of matches early that would have made a difference in where we ended up. Basically, every team we lost to is competing in the top twelve in the state as we speak.

"The final weekend of the season saw the Red Hawks traveling to the Discovery Canyon tournament where we got started defeating 5A Denver South in 4. The next team we faced were the Cherry Creek Bruins in 5A. They are not in the top 10 but are an outstanding volleyball team. Their kids are all about six feet tall and they are a perennial powerhouse. We knew this would be tough and we lost in three games. Then we faced Niwot who are hosting a regional this week. We played them four close sets and came out on top. The next match we played the Mullen Mustangs. The match was glove tight. We were up 2-1 but were unable to hold our lead and ended up losing 3-2."

The team came home and sat around on Sunday waiting for the pairings and the regionals were posted. The Red Hawks will travel to Green Mountain to face the Rams next weekend. The Rams are ranked 10 in 4A and the Red Hawks are ranked 15th. The Red Hawks will also take



Coach Shane Forrest. Photo by Cliff Dodge.

on Frederick at the Green Mountain site.

"If we play as we have played all year, and play clean without errors, anything can happen at this level," Forrest said.

"Three of our seven seniors have been playing varsity since their freshman year. The unity we talk about is because of these seniors, their kindness, their compassion, they really make this team what it is. They are the leaders and take care of the team, which makes my job easier."

Coach Forrest said, "We have a lot of talent within our program at all three levels. I believe our seven underclassmen are going to be able to step right in next year. Couple this with the freshmen moving up to JV and the JV moving up to the varsity--I am very hopeful for the future of the program."



JEANNIE BYERS June 4, 1935 — October 29, 2023

Esther Jean Byers was born June 4th, 1935, in Montrose County, Colorado, to Oscar and Ollie Pfister. She was the youngest of nine children. She always said even though times were tough she had a very happy childhood. She grew up in the Olathe area and attended school there. Jeannie was baptized into the Church of the Firstborn on June 6th, 1947, by Brother Lem Byers.

On June 6, 1954, she was married to Bob Byers, the love of her life. To this union were born three children: Rob, Gail, and Hal. They were happily married for 58 years. They always enjoyed their time together raising their children and spending time with each other. Bro. Bob and Sis. Jeannie always tried putting God first in their lives helping one another and the brethren, family, and friends. If there was ever a child born, someone sick, or in need, here came Sis. Jeannie with one of her famous chocolate cakes.

While Bro. Bob ministered the Gospel,

preached funerals, performed marriages, and baptized many, Sis. Jeannie labored as a midwife. She loved her labor, being with the sisters in childbirth. Over the years, she was able to help bring 163 babies into the world. She and Bro. Bob walked hand in hand, heart in heart, serving the Lord. At a young age, Jeannie learned to play the guitar. She would play music with her daddy and her sister, Pat. She never lost her love for music and playing the guitar.

Jeannie was a wonderful wife, mother, grandmother, and great grandmother. She was a dear friend to many and will be greatly missed.

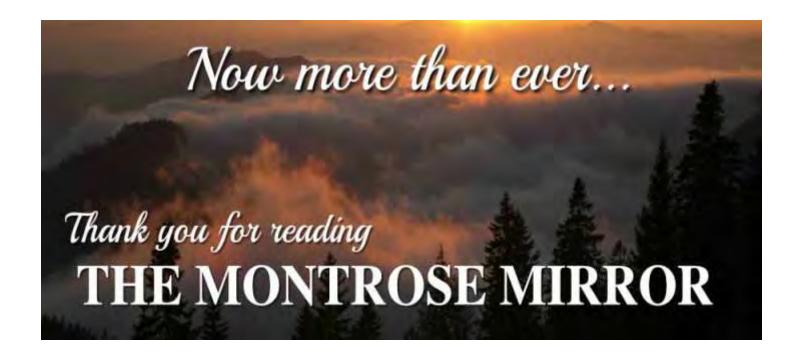
She was preceded in death by her mother and dad; eight siblings; husband, Bob Byers; son, Rob Byers; daughter-in-law, Pam Nation; great grandson, Seth Byers; great granddaughter, Ella Byers.

She is survived by her daughter, Gail and husband Greg Morris of Cushing, OK; son, Hal and wife Misty Byers of Depot Bay, OR;

six grandchildren: Shane and Kara Byers of Olathe, CO, Amy and husband Travis Herrmann of Cortez, CO, Brittany and husband Nate Metz of



Grand Junction, CO, Brandi and husband Pat Pineda of Delta, CO, Savanah Byers of Grand Junction, CO, Cassie and husband Brian Imry of Cushing, OK; eleven great grandchildren: Brody Byers, Cole Herrmann, Clay Herrmann, Mia Metz, Ethan Pineda, Jodi Sundquist, Oren Pineda, Logan McFarlin, Lela McFarlin, Chase Imry, Cody Imry; one great-great grandchild: Mila Herrmann.



EDITH LUCILLE (PAGOTTO) LINDSEY November 24, 1923-October 25, 2023

EDITH LUCILLE (PAGOTTO) LINDSEY passed away on October 25, 2023 at Colorow Care Center in Olathe, Colorado. She entered her eternal resting place 30 days before her 100th birthday. She lived in her own home in Montrose, Colorado until January 2023. What an admirable accomplishment.

Edith's father, Marco Pagotto, had immigrated to the U.S. and secured a position as a coal miner. He soon sent for his lovely wife, Regina from Italy to join him. Edith came into this world on a chilly Saturday, November 24, 1923, in the small coal mining town of Somerset, Colorado. Sundays were polenta days in the Pagotto household. Regina made the best polenta with rabbit gravy. Regina hunted for and cooked wild mushrooms. She would put a silver dollar in the pot as the mushrooms cooked. If it did not turn black, she said the mushrooms were not poisonous. The family could often hear music coming from the music room in the old schoolhouse. Edith became one of 18 violin players called the "Cowboy Girl" orchestra that performed at the Paonia Theatre and many community clubs.

Edith ventured off to Mesa College in Grand Junction, Colorado (presently Colorado Mesa

University). She then went to Gunnison, Colorado, for one year. She was offered a teaching position in Somerset, replacing the 5th and 6th grade teacher, getting additional pay to organize a local band. She provided music lessons for \$.35 per

lesson. Back in the '40's she thrived. She taught there for three years and received her B.A. during that time. Tiring of this after three years, it was off to Grand Junction to teach the 4th grade. She was encouraged to apply for high school positions. Fruita High was her next adventure for three years, but then the city life called her to Littleton, Colorado. But before starting, a trip to her parents' native land was in order. She was able to visit kin in Orsago (Province of Terviso), in the northwest part of Italy. She traveled on a Vespa with her cousin Emma throughout the area. It was, and remained, a very endearing time in her life.

Edith received her Master's Degree from Western State College in 1961. She relocated to Montrose where she met Loyd Lindsey, her future husband, and his two children Sharon and Terry. They were wed in Montrose on July 28, 1962. She returned to teaching as a substitute for a period of time. She went on to teach at a small college in Montrose, Colorado Western College in 1967. The college closed and she received a position at Montrose High School, instructing business and typing. After a period of time, she resumed substitute teaching until 1998.

She was an active swimmer and loved long walks around her neighborhood. She was a very devout Catholic and attended mass daily for many years. Her true passion was her little dogs whom she loved dearly and later, her cat, Oleo.

She was preceded in death by her mother



and father, husband Loyd, sister Nellie Smith and nephew Mark Smith. She is survived by her stepson Terry Lindsey, stepdaughter Sharon Lindsey Fearon, grandson Tyler Lindsey Fearon, nieces Jeneen Smith Joseph and Kathleen Smith Chamberlain, four great nieces, one great nephew and six great-great nieces and three great-great nephews.

A visitation will start at 5 PM with a Vigil to follow at 7 PM on Tuesday, November 7th at Crippin Funeral Home. A funeral Mass will be held Wednesday, November 8, 2023, at 10 AM, at St. Mary Catholic Church, Montrose, Colorado. Interment will follow at Riverside Cemetery, Hotchkiss, Colorado. Crippin Funeral Home is assisting the family with arrangements.



LOA PEARL MOONEY February 4, 1939 – October 27, 2023

Loa was born in Black Foot Idaho on February 4, 1939 and grew up in Orem Utah. She attended and graduated from Lincoln High School in Orem. Loa passed away peacefully on October 27, 2023 with her son Gary and grandson Mitchell by her side in Wyoming.

Loa and her husband F.W. Mooney moved from Utah to Grand Junction and shortly after found their forever home in Cedaredge. There they raised their five children and ran their small ranch. Loa was extremely proud of running the ranch while her husband worked construction as a welder.

Loa loved spending time in the fields irrigating and watching the cattle. She always said that was her happy and peaceful place. After spending time in the fields, she loved coming back to the house getting her kids up and ready for their morn-

ing chores and their mad dashes to the bus. Loa also loved to pass time rock hounding with her husband, knitting, crocheting, sewing, canning, cooking, and spending time with her family. There wasn't a time that her house wasn't filled with laughter, and she always said, 'life is too short not to be happy'. Everyone that met her aways commented that she was happy and had a smile! She and her husband loved spending their winters in Arizona and came home with fun stories of their adventures. She later talked about the orneriness that her children had and knew quite a bit of it came from her, which she got a kick out of! She spent her last few years enjoying having cattle on the place again and would spend hours on the front porch watching them. She wasn't able to go out in the fields but would always ask how everything was looking out there,

grin and say "okay".
Loa was preceded
in death by her
parents Doyl and
Lillie Jepperson,
Brothers- Robert,
Edgar, Devon, Sisters- Thea and Doris, HusbandF.W .Mooney, and
her Sons -Shirl and



David Mooney. She is survived by her sister llene Harding, Son- Gary Mooney, Daughter- Brenda Rogers (Alan), Son- Russell (Kara) Mooney, 14 Grandchildren, 15 Great Grandchildren, and one Great-Great Grandchild. A graveside funeral service was held on Saturday November 4, 2023 at the Cedaredge Cemetery in Cedaredge, Colorado. Crippin Funeral Home of Montrose is assisting the family. 970-249-2121

JAMES (JIM) DONALD JACKETT December 29, 1971 - October 24, 2023



JAMES (JIM) DONALD JACKETT, age 51 of Montrose, Colorado, passed away on October 24th, 2023. Jim was born on December 29th, 1971 to Anna Marie Jackett and Donald George Jackett. After graduating from Rifle High School in 1990, he went on to study Social Work at Colorado Mesa University. He later received a Master's degree in Social Work from Colorado State University. In 2002, he moved with his family to Montrose, Colorado, where he impacted many in his career as a social worker. Jim spent the next fifteen years working for Montrose County. In 2017, he began working for the Dolphin House, a child advocacy center within the community. When the opportunity arose for him to provide services for the Montrose County School District later in 2017, Jim accepted, and that is where he spent the remainder of his career.

Outside of work, Jim found joy in being with his family and spending time outdoors. As a child, Jim spent a great deal of time on the family ranch, where, alongside his father, he learned the art of hunting. This inspired life-long love and skill that he was proud to pass on to and share with his children

Jim is survived by children Sarah Jackett and Ethan Jackett, and their mother Cheri Davidson; his mother, Anna Jackett; sisters Pam Hutton and Julie (Mark) Burner; nephews Dustin (Kaylen) Burner, Ty Hutton, Chad Hutton, and Tucker Hutton; nieces Courtney (Josh) DelGuidice, Emily Burner, and Grace Burner. He was predeceased by his father, Donald Jackett, and his brother-in-law Jesse Hutton.

A memorial service will be held Saturday November 4th, 2:00 PM at Celebration Church, 2900 Sunnyside Rd, Montrose, CO 81401. In lieu of flowers, the family requests that donations be made to the Dolphin House Child Advocacy Center in Montrose, CO. Donations can be made on their website or sent directly to the Dolphin House via mail. Crippin Funeral Home & Crematory of Montrose is assisting the family.

MARY ELIZABETH BLACK August 30, 1928-October 28, 2023



Mary was born on August 30th, 1928, on a ranch outside of Craig, Colorado. Mary was one of fourteen siblings. Mary met the love of her life and married Neil Black in 1960. Mary's greatest joy in life was being a mother. Mary was known as a "Mother to many" and treasured her time with her grandchildren and great grandchildren. During Mary's adult years, Mary became an avid bowler. Her competitive nature followed her when she and her husband Neil moved to Montrose, Colorado in the 1980's. Mary was an active member of The United Methodist Church and maintained her beliefs that "actions speak louder than words". Mary passed peacefully on October 28th, 2023, in her sleep, with family and friends at her bedside. Mary is survived by her son Carl Black, daughters-Dorothy Langstaff (Danny), Jett Black, nine grandchildren, 17 great-grandchildren, four great-great grandchildren and nearly 100 nieces and nephews. Crippin Funeral Home & Crematory of Montrose is assisting the family.



NICKI CAMERON December 29, 1947-October 22, 2023

Nicki Cameron passed away Sunday, October 22, 2023, at her home in Montrose, Colorado, with her loving husband at her side. She was 75 years old and had lived in Montrose for 44 years.

Nicki Jeanne (Evans) Cameron was born in Berkeley, California, on December 29, 1947, to parents Donald and Rosamond Evans. She spent her childhood in southern California and moved, with her parents, to Yreka, California, as a teenager. There, she met and fell in love with Jeff Cameron. They were married in Yreka on February 4, 1967, and spent some time in Yreka before moving to Sacramento where Nicki worked for the telephone company while Jeff attended college. The couple then moved to Corvallis, Oregon, where Nicki again got a job with the phone company and Jeff worked for the Forest Service and attended graduate school. After four years in Corvallis, they moved to Coos Bay, Oregon, where Nicki, once again, got

on with the phone company and Jeff had a position with the federal government. They had made several moves over the years before moving to Montrose, Colorado, on July 19, 1979. They thought they would only be in Montrose for a few years before moving on. That didn't happen. They stayed here and Nicki spent several years with Colorado Ute as Executive Secretary. When Colorado Ute relocated to Denver, Nicki stayed in Montrose and worked for the Federal Land Bank (later known as Farm Credit Services) and the couple purchased a ranch in Bostwick Park. They built their dream home in 2004, and Nicki retired in 2012. They then became ranchers/farmers and were able to live their dream for many years thereafter. Their final move was back to Montrose in 2021 after they sold their ranch.

Nicki was loved by all who knew her and is leaving a hole in the hearts of many that can never be filled. She is survived by Jeff,

her husband of 56 years, her brother-in -law Steve Cameron and wife Sherry, in Medford, Oregon, her sister -in-law Ann Cameron, in Yreka, California, a Cousin



Terry Krauska, in Redding, California, and several nieces and nephews.

At her request, cremation has taken place, and no services will be conducted. Memorial contributions may be made to HopeWest Hospice or to Alzheimer's Association in her name. They were extremely helpful during Nicki's final days and are greatly appreciated. Crippin Funeral Home, Montrose is assisting the family. (970)249-2121



I'M NOT ONE TO GOSSIP - BUT...



Almost every newspaper at one time featured a 'gossip column' that appeared under various headings. Background newspaper courtesy of the National Archives.

By Bob Cox

MONTROSE-Today's so-called 'social media' is really nothing new. More than 100 years ago, in fact since the very first printing press began creating newspapers, a very similar exchange of 'posts' existed. According to various sources, there are instances of gossip being in newspapers in the 17th Century in London and James Gordon Bennett Sr. is credited with first creating a gossip position in the *New York Herald* in 1840.

Almost every newspaper had a regular feature that included short blurbs of what everyone was doing. Montrose and the surrounding communities were no differ-

ent.

The items were listed under various headings, including Society, Local News or Personals. They were often referred to as 'gossip columns.' While the practice of printing such news dates to newspaper beginnings, it really became popular when Hedda Hopper began her column in the New York Herald. Hopper, an American actress, printed tell-all accounts of the celebrities from the 1930s to the 1950s. Most of the early newspapers were obtained by readers from newsstands or delivery boys. The readers expected to get the latest gossip and the newsboys were special to them. In 1917, the Mont-

rose Daily Press enticed their young men with a monthly contest. Each month the boy who carried the papers the quickest and most perfectly was awarded a cash prize. The executives of the paper wanted to get the latest tidbits to their readers as soon as possible, and recognized that an efficient delivery system was tantamount to their success.

As for those personal columns, one of Montrose's earliest newspapers, *The Montrose Enterprise*, revealed to their readers some interesting details in the July 25, 1896 issue:

Miss Jessie Barnes, who has been visiting with Mrs. Chas. Spears at Ouray the past six weeks, returned Thursday, accompanied by Mrs. Spears, who will spend a week or two in Montrose in order to visit the orchards and sample the famous Uncompangre Valley fruits.

In that same article an interesting reporter's tactic was revealed:

The lawn social given by the Ladies Aid Society of the Congregational Church at the residence of J. V. Lathrop Thursday evening was a big success. Our reporter was up and looked over the fence, but being of a bashful nature, did not possess the nerve to enter into the amusements. Everybody had a pleasant time, however. Nothing was exempt from perusal by the public eye. One could not even move cattle without a newspaper printing the

I'M NOT ONE TO GOSSIP... From previous pg

event, as was the case in Ouray's *Silverite-Plaindealer* issue of December 29, 1899: *Gabbert Personals*

Special Correspondence

Mr. E. A. Thomas of Ouray, is leading about 40 head of cattle on Billy Creek. The snow fell forty-three inches in Chaffe Gulch.

Special holidays were often the fodder of these columns, and Thanksgiving offered some of the best. Though more than a century has passed, reading through some of these old periodicals often reveals surnames that are still recognized today. A good example is the November 27, 1903 issue of Ridgway's *Populist:*

Walter Elder celebrated Thanksgiving by bringing in a load of black diamonds yesterday afternoon. Sid Jay, with his wife and babies, went to Delta Wednesday to eat turkey with his father, Samuel Jay. Mrs. John Houck and three children went to Telluride Wednesday to spend Thanksgiving with her sister, Mrs. Obert.

The Ouray-Montrose mixed train was laid off yesterday, and in consequence the crew had the pleasure of spending Thanksgiving at home. Mrs. Mary Cline, son and daughter came down from Ouray Wednesday to spend Thanksgiving with her parents, Mr. and Mrs. S. V. Mannon.

F. P. Brown went over to San Miguel Wednesday to spend Thanksgiving with his family. He has almost entirely recovered from the injuries received a couple of weeks ago, by being thrown from his horse.

The reader was not only brought up-todate on the social calendar of friends and neighbors, but also learned a little about one of them recovering from an injury. In the December 2, 1922 issue of *The Montrose Enterprise*, even the times of Thanksgiving dinners were featured. The lengthy article included the names of numerous people who lived in the valley. Here are some excerpts:

Mr. and Mrs. J. P. Hynes had a large family dinner at five o'clock on Thanksqiving Day, their guests including J. P. Hynes, Sr., of Grand Junction, Mr. and Mrs. Ray Duncan and daughter, August Sepp, M. A. Callaway and family, Mr. and Mrs. Lee Davis and Jack Rauer... At two o'clock on Thanksgiving Day Mr. and Mrs. J. R. Brown entertained a large family party at Thanksgiving dinner. Those at the table included Mr. and Mrs. G. I. Miller and daughters, Cleone and Elma, Mr. and Mrs. George Nichols of Olathe and Mr. and Mrs. Harry Nichols and family... Mr. and Mrs. Archie Ryan and son were quests for Thanksgiving dinner at the home of Mr. and Mrs. H. C. Getty... Mr. and Mrs. Ben King had at their Thanksgiving dinner table Mr. and Mrs. L. W. Sweitzer and Mr. and Mrs. L. M. Sweitzer of Delta, also Miss Bette Sweitzer who makes her home with Mr. and Mrs. King and of course the two King children... Dinner guests at the Sidney Hartman home on Thanksqiving Day were Mr. and Mrs. Joe Hartman and family.

As near as can be counted, the above article mentioned no less than 100 people whose itinerary was made known to the public.

Not just the dinners gained recognition. When a group of young people spent Thanksgiving evening at a local theater, this was a featured article in the November 30, 1923 *Montrose Daily Press:*

The high school football team were guests of the Dreamland Theatre on Thanksgiving evening to see Buster Keaton in "Three Ages."

The Delta Independent was so involved in the printed gossip that they split their news items into the surrounding areas, each with its own heading. In the December 7, 1923 issue the reader learned a lot about Thanksgiving and a lot more about many of the local residents. Under the heading of ROGERS MESA the paper revealed that Mrs. Frank Blide had the measles and Mr. H. F. Ruble was quite sick at home. Meanwhile, Mr. C. E. Barton had purchased the S. R. Carey ranch. It was also reported that Mr. and Mrs. Whiting spent Thanksgiving in Grand Junction and Miss Amy Slack went to Delta and was going to stay there about three weeks. Noted under the ASH MESA heading was the fact that Mrs. Clay Meeker was suffering from tonsilitis and that Mrs. Ed Greenbank substituted Wednesday afternoon for Mary McNeil. The article did not state what the substitution involved. Among the many reports of Thanksgiving dinners, the unbroken paragraph also mentioned that the Junior and Senior girls gave a banquet the previous Friday at the Legion Hall for the Paonia football boys.

The final portion of the recognitions was under the heading, REDLANDS, where one learned that Miss Clara White spent the weekend with her parents and that Ernest Holder had Thanksgiving Dinner at the Walter Harding home in Bowie.

Of course, it is just speculation but maybe Mark Zuckerberg and his associates knew what they were creating when they used a common publication provided by various colleges and universities as a model for their Facebook phenomena. At the time, those institutions passed out "face book directories," that had the names, photos and personal information about students. The intent being that the students could get to know each other better. Consequently, one could assume the old gossip column entered the world of instant information

The saying has been attributed to Winston Churchill, Mark Twain and even claimed to be a Chinese proverb, and of course there is the song, "Everything Old is New Again."



Western Colorado Farm & Ranch Brokers

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www.SHAFFER.land



MIRROR CHURCH DIRECTORY

ALL SAINTS ANGLICAN CHURCH

Address: 2057 S. Townsend, Montrose, CO

81401.

Office Hours: By appointment. **Contact Information**: (970) 249-2451 https:// www.allsaintsmontrose.org/ Rector: The Rev Preston Gordon, pgor-

don@allsaintsmontrose.org

Worship Service Times: Sundays 9AM,

Sunday Worship. Wednesdays 11AM, Midweek prayer and communion, Wednesday, Noon, Multi-denominational Community Prayer Hour.

All Saints Anglican Church is an Evangelical Anglican Church committed to the ministry of Word, Sacrament, and Spirit. Our music is a combination of traditional hymns, contemporary, and modern songs.

We invite kids preschool and up to join our kids worship time during the 9am Sunday service. We would love to welcome you here. Following the service, join us for snacks and conversation. On the third Sunday of the month we celebrate a potluck meal together.

Vision: We see Jesus Christ restoring hope: in us and in our world.

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

love, and unity.

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,

CO 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,

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 Sun-

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-

od

Address: 1980 N. Townsend Ave., Mont-

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

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 welcom-

ing, 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 lifechanging power of Jesus Christ.

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

matter what stage of life they are in.

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

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

SPIRITUAL AWARENESS CENTER

Denomination affiliation: Independent Interfaith

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

Office – 970-252-0908 Contact information: Rev. Dr. Arlyn Macdonald,

arlyn@spiritaware.org, www.spiritaware.org

970-252-0908,

Name of current pastor: Rev. Dr. Arlyn Macdonald, Senior minister; Rev. Ruby Salaz, Assistant 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

welcome. 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.

ST. STEPHEN'S ANGLICAN CHURCH

Denomination: Anglican-Reformed

Episcopal Church (REC)

Address: 2405 Sunnyside Road, Montrose

970-249-4868

Contact: ststephensmont-

rose@yahoo.com

www.ststephensmontrose.com

Rev. Dec. Garrett Agajanian

St. Stephen's is a community of caring Christians rooted in the godly traditions of the past, focused on the challenges of the present, hopeful for the future, continuing in the Faith once delivered to the saints, using the 1928 Book of Common Prayer.

Sunday: Holy Communion10 am.

Fellowship following service.

Children's nursery available (unstaffed).

MIRROR CHURCH DIRECTORY From previous pg

SUMMIT CHURCH OF MONTROSE:

Denomination affiliation:

Southern Baptist

Address: 10977 60.75 Rd. Montrose, CO

81403

Office hours: Varies **Contact information:**

phone number: 970-275-7026

email:summitchurchmontrose@gmail.com

website: www.summitchurchmontrose.org

Senior Pastor: John DeSario

Worship service times: Sunday Worship is Lord. Summit Church has people of all agat 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

es!

We have families with children (babies, school aged, recent high school and college graduates) up to retired individuals. During the Sunday sermon we offer teaching for children ages birth to Kindergarten, in a kid friendly room called Base Camp. We also have a children's activity during our Monday night adult Bible study. We meet for prayer at the church every Wed. at 6:30.

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.

VICTORY BAPTIST CHURCH OF MONTROSE

Denomination Affiliation: Independent

Baptist

Address: 2890 N Townsend Ave., Mont-

rose, CO 81401

Office Hours: Monday-Friday 8am-12pm Contact Information: Phone (970) 2496874; email at info@vbcmontrose.org;

website: vbcmontrose.org **Current Pastor**: Roland Kassales

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

clude childcare)

Worship service times

Church Directory Mirror Editorial Staff

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

information to the Montrose Mirror:

Name of church **Denomination affiliation** Address Office hours Contact information (phone number, email address, website) Name of current Senior Pastor

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?





LOT #339 • \$141,000

- 1,140 Sq. Ft. on Corner Lot
- 3 Bedroom, 2 Bathroom
- Close to Dog Park & Extra Parking
- Beautiful Split Floorplan with Carpet
 & Linoleum Throughout
- Kitchen offers High Breakfast Bar & Stainless Appliances
- Roomy Master Bath with Walk-In Shower



\$5,000 OFF and 2 Months Free Lot Rent if purchased by December 31st, 2023.



62650 LaSalle Road • Montrose, CO 81401 www.TheHiddenLakeCommunity.com





HELPING YOUNG PEOPLE TO BECOME STEWARDS OF THEIR ENVIRONMENT



Students from Delta County School District put together blue bird nesting boxes for their school yards during a public land day field trip. This was a stewardship project focused on providing more nesting habitat for Mountain and Western Bluebirds in our area. (photo credit: Anne Janik)

By Carrie Krickbaum Friends of Youth and Nature

COLORADO-In the decade since Richard Louv's book "Last Child in the Woods," educators, parents, health providers, conservationists, and administrators have been rethinking the nature/child relationship. According to Lesley University, research is showing us the powerful, positive impact on the health and wellbeing of children when they are connected to their environments. Environmental educators have been instrumental in creating awareness, programs, and opportunities for children of all ages to connect with the natural world. We know that our future depends on citizens who will have a sense of ownership and stewardship of the earth.

Of primary importance in these efforts is making sure children are engaged in the natural world. Here are a few tips for doing just that: **Allow children free time in the natural world.**This doesn't mean organized sports or adult-directed activities, but time to explore, play, and invent. It might take the form of building a fort from branches found in the woods, wading in and observing a stream, climbing a tree, or collecting natural objects like shells, rocks, or acorns. These could be favorite memories as your children grow older!

Be a Mentor

Rachel Carson, in her 1956 article entitled "A Sense of Wonder," asked adults to find one child to mentor and get him/her out in the natural world. As a teacher or a parent, it is important to share your own love for nature. Your enthusiasm will spark the same in children and youth, encouraging them to stop and smell the roses, so to speak, to look closer at life on the ground and in the soil. You can share your knowledge of local trees, wildlife, and plants. Learn together. (Whether it was a parent, grandparent, or other relative or friend, most adult conservationists can point to those people in their lives who had significant influence on them.) Friends of Youth and Nature has many mentoring opportunities at events we facilitate for youth.

Create opportunities for children to have experiences with the more-than-human world. Volunteering at a wildlife rehabilitation center, snorkeling on a vacation, or simply walking in nature and having surprise contact with local species. These are all important ways children can come into contact with the species that share their home. Speak of them as friends and talk about how they are connected to humans.

Study the local bioregion.

Guide children to understand the area they live in: for instance, where their water comes from

and where it goes once it leaves their home or school; what plants are native or non-native, wild or cultivated; what animals share their home with them; how people make a living from the earth's resources; and what natural wonders—ponds or streams, marshes, hills, and so on—are nearby.

Enroll your child in a real outdoors camping program.

In addition to fun, physical activities, find a camp where children sing by the campfire, sleep out under stars, learn to make bows and arrows, learn to steer a canoe, or learn to use a bow drill to make a fire.

Get to know your state or national parks. If you are lucky enough to live near a protected area, visit it. These parks are protected for a reason and offer wonderful opportunities for hiking and exploring and experiencing the sounds, smells, and excitements of unfamiliar natural environments. Examples include Black Canyon of the Gunnison National Park, Colorado National Monument, Gunnison Gorge National Conservation Area, McInnis Canyons, and Dominguez/Escalante NCA. Local state parks managed by Colorado Parks and Wildlife have activities and programs for kids as well. Volunteer project – each season, choose one environmental volunteer project in your community. This is a great opportunity to engage children in real life actions. Whether it is planting trees, creating a garden, pulling invasive species, or picking up garbage—begin the stewardship mindset. It's never too early to start instilling those values. The satisfaction of working together as a family while making a difference feels great. Check out volunteermatch.org for local opportunities or organize your own project in a local park or on public land. You can also check with any of the many provider organizations on the Friends of Youth and Nature website for other opportunities.

Stewardship ideas for teens and young adults:

Many of the above suggestions can also apply to teens and young adults as it's never too late to instill a stewardship mindset. There are also organizations that provide opportunities for individuals and families as well:

Volunteers for Outdoor Colorado allows you to volunteer as a youth or as a family (AGES 6+). Volunteering with Volunteers for Outdoor Colorado (VOC) is a great way for your children and family to learn about our state's diverse outdoor places and how to care for them in a fun and unforgettable way! Find out more at: Volunteer | Volunteers for Outdoor Colorado (voc.org)

The Western Colorado Conservation Corps (WCCC) is a program of Mesa County Partners,



MEDC's Business Showcase



Manufacturing * Business * STEM

You Are Invited!

We are excited to invite you to our 6th Annual MEDC's Business Showcase.

MEDC's Business Showcase is a community event allows you to:

- Meet our manufacturers and learn what they do.
- Connect with supporting businesses and entities.
- Observe STEM student demonstrations and exhibits.
- Explore career opportunities now available.



Open to Public

November 2, 2023 (Thursday): 12:00 pm – 6:00 pm Montrose County Event Center: 1036 N 7th St, Montrose, CO 81401

12:00 pm - 6:00 pm Exhibits & Demonstrations

4:00 pm - 6:00 pm: Happy Hour Networking & Appetizers/Cash Bar

Montrose High School Lulac Club will be selling lunch/snacks.



COMMUNITY NEWS BRIEFS

MONTROSE HIGH SCHOOL NOVEMBER DIVISION AWARDS



L-R-Amanda Owens-Science, Elliott Highland-Science, Macayla Roberts-Social Studies, Juan Gutierrez-Career and Technology, Misty Castle-Fine Art, Aidan Grijalva-English, Mia Duncan-World Language, Jayden Casias-Math - Not pictured Jaiden Bresett-Physical Education, and Brooklynn Martinez-Math. Courtesy photo.

CONGRATULATIONS TO MHS MARCHING BAND 4TH IN STATE!

Special to the Mirror

MONTROSE-Congratulations to the Pride of Montrose; Montrose High School announced last week that the MHS Marching Band finished 4th in the State at the Air Force Academy on Oct. 28, and was awarded best overall visual performance.



Plan an Ink & Drink Party

Invite a group of friends or family

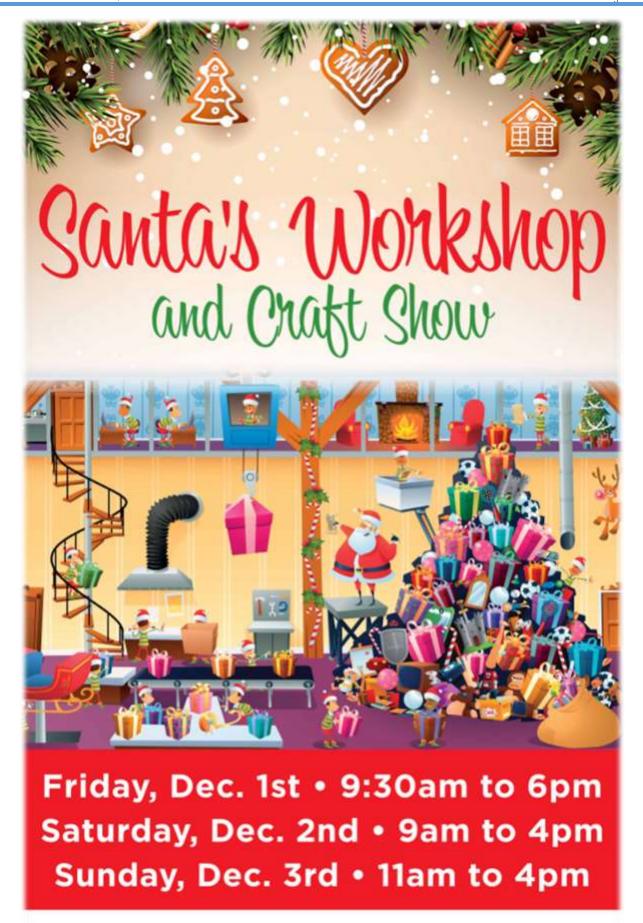
We'll set you up with your own private class to make Alcohol Ink Christmas Ornaments at Mosaic Studio & Gallery or LaNoue DuBois Winery

It's fun and easy to do. You don't have to be creative!

No experience necessary. We show you how.

Eveything provided + an adult beverage or soft drink.

Contact Kate Burke and I'll make it happen. Text 970-729-1188. CLICK to book a class.



Montrose County Fairgrounds Friendship Hall

For Vendor Information call

Debbie 970.531.2438 or email montrosefootwear@aol.com

SAVE THE DATE! LOCAL EVENTS CALENDAR

ONGOING-

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 Field House on the corner of Colorado Avenue and Rio Grande Avenue at Noon.

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

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

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.)

MONTHLY

Oct. 6-Dec. 1-Starting at First Friday on October 6, Montrose Center for Arts is selling corks for \$10 each. Each cork purchased between October 6 and First Friday on December 1 will receive a bottle of wine plus a chance to win an original Bob DeJulio painting. First Friday @ MCA from 4:30pmMontrose Center for Arts @ 11 S Park Avenue.

Nov. 6-The Giving Club meets Nov. 6, 5:30pm at the Bridges. Open to all women who are interested in supporting local charities, learning about our community, and who are willing to spend \$100. Our last recipient from our August meeting was the Academic Booster Club, which won \$13,800.

Nov. 9-Join Montrose County, the Colorado River District, and Uncompahgre Valley Water Users Association for the fifth annual West Slope Water Summit on Nov. 9 from 9am to 2pm at the Montrose County Event Center (1036 North 7th Street). Doors open at 8:30 a.m., with presentations starting at 9am. The West Slope Water Summit is free and includes lunch—registration is required. The event is free and open to the public. A livestream will also be available at westslopewater-summit.com or call 970-964-8701. Local water information and resources are available here.

Nov. 11-Veterans Day Playoff Football Game at MHS, Nov. 11 1pm. Local veterans invited to attend free of charge, and be honored at halftime at the MHS Football Stadium. The game will include recognition of local service members, a 50/50 donation to Welcome Home Alliance for Veterans.

Nov. 13-Join the Colorado Gerontological Society for a Medicare Monday session, hosted by Volunteers of America, to learn about Medicare Parts A, B, and D changes, and to learn what Medicare Advantage, Medicare Supplement, and Medicare Prescription Drug Plans are available in 2024. Nov. 13, 2023 9:30am at the Ute Indian Museum, 17253 Chipeta Road Montrose. Medicare Monday will feature Medicare experts answering your questions about changes, updates, and things you need to know! Questions - call 303-333-3482

Nov. 13-On Monday Nov. 13 at 5pm Citizens' Climate Lobby meets in person at Montrose library meeting rm, National, Non-partisan, environmental people supporting methods to mitigate climate change, All Welcome Info on Facebook and 970-765-9095

Nov. 17-Join us for our 7th Annual Giving Thanks Civic Awards 2023, presented by the Montrose Republican Women on Friday, Nov. 17, noon at the Montrose Hampton Inn. Doors Open at 11:30a. Help us recognize and celebrate community members for their volunteer service. Thanksgiving Potluck, bring your favorite side dish or dessert. For information contact Kerri at 970-209-5170.



ELECTION DAY NOV. 7!

Mirror staff photo
MONTROSE-As voters across Montrose, Colorado, and the USA make
their choices, Montrose County
citizens can return completed ballots to the drop box at the Vehicle
Registration Center on South 2nd
Street, pictured.



Memorials honor those who served.



Buy a brick or a bench honoring your veteran this Veterans Day and help us build a memorial in Montrose, Colo.

montrosevmc.us or call (970)765-2210