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the Montrose Mirror

MURA LOOKS AT TIF EXPENDITURES

By Gail Marvel

MONTROSE-The Feb. 14, MURA meeting was called to order by Board Chair Barbara Bynum. Following the Pledge of Allegiance, roll call was taken. Board member Tad Rowan was absent.

There were no changes to the agenda and the minutes from the January 3, 2024 meeting were approved.

Call for Public Comment

Instructions for Public Comment include, "Please be aware that neither the MURA Board nor staff are expected to respond or engage in discussion or debate."

Call for Public comment is limited to non-agenda items and speakers have a three minute time limit.

There was no public comment.

TIF Expenditure Update - City Engineer Scott Murphy.

Murphy presented the spread sheet showing MURA expenditures to date. He said, "All that is left is Base Camp [apartments] for about \$4,000 or so. For Shelter [Distilling] there's a small clean-up disbursement. This spread sheet will stay the master document."

Steve Bush said, "Leave it on the

Continued pg 16



The Montrose Urban Renewal Authority (MURA) Board met on Feb. 14. Presenting financial strategies to the board was Kyle Thomas of D.A. Davidson & Co. (second from right). Thomas said, "The current situation [promissory notes from the city] provided up-front funding. It was an efficient mechanism [but] it has been sort of maxed out."

Photo by Gail Marvel.

TRISHA MURRAY ANNOUNCES RUN FOR BOCC

Photo by Harry Switzer

MONTROSE-Trisha Murray of Montrose announced Saturday that she will run as an unaffiliated candidate for the District 3 seat on the Montrose County Board of Commissioners (BOCC). Read Murray's bio in this issue of the Mirror. More information can be found at <https://www.murray4montrosecounty.com/about>.



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Special to the Mirror

MONTROSE – Today, Wednesday, February 14, 2024, Marc Catlin officially announces he is running for Colorado's 5th Senate District. Marc Catlin says, "The Western Slope is my home and my heart is here. The reason I'm running for Senate is because there is so much left to do at the Capitol. Never have we been in a more critical time regarding our water future. Furthermore, Senate District 5 needs a strong voice and experienced legislator at the table, directing conversations that have positive outcomes for our communities and our way of life."

The Senate district includes seven counties: Delta, Eagle, Garfield, Gunnison, Hinsdale, Montrose, and Pitkin. Catlin says, "Senate District 5 is vitally important to Colorado and the Western Slope, it is the heart of the Colorado River Basin. All of our industries, ranging from agriculture, natural resources, recreation, to tourism are based on the foundation of water."

Marc Catlin is currently Colorado's 58th District State Representative, which represents the eight counties: Dolores, Delta, Gunnison, Hinsdale, Montezuma, Montrose, Ouray, and San Miguel. Representative Catlin is Vice Chair of the Agriculture, Water, & Natural Resources Committee, a member of the Capital Development Committee, and Ranking member of the Transportation, Housing & Local Government Committee. Marc Catlin is a resident of Montrose, Colorado.

THE MONTROSE MIRROR

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We encourage contributions and commentary. Submitted content may not necessarily reflect the opinion of the publisher.

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Special to the Mirror

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TACOS EL GORDO: A TASTEFUL STOP ON EAST MAIN

Mirror staff Report

MONTROSE-The space is small, but bright and clean. Proprietor Marcelino greets guests as they arrive, happy to talk about the items on the board, ask about your preferences, and offer samples of the mild and hot salsas. The menu is fresh and modern, and there are a range of snacks and a cooler of beverages available for purchase as well.

Fine dining may not be your expectation when you step into the storefront location of Tacos El Gordo at 1019 East Main Street in Montrose, but flavor is at the forefront here.

From fresh and tasty tacos, smothered burritos, and barbacoa to light and flavorful tamales, the traditional favorites are all present. Still, the most popular menu item is the quesabirrea. "We try to make everything real, the way you can be happy to eat," Marcelino said. "Everything is made from scratch, the way I like it...Everything here is to my taste--even the cleaning."

Tacos El Gordo is open Monday through Saturday from 8am to 6pm. The phone number is 970-964-4022; the website is <https://tacoselgordomontroseco.com/>.



Above, a plate of tamales. At right, Tacos El Gordo Owner Marcelino.



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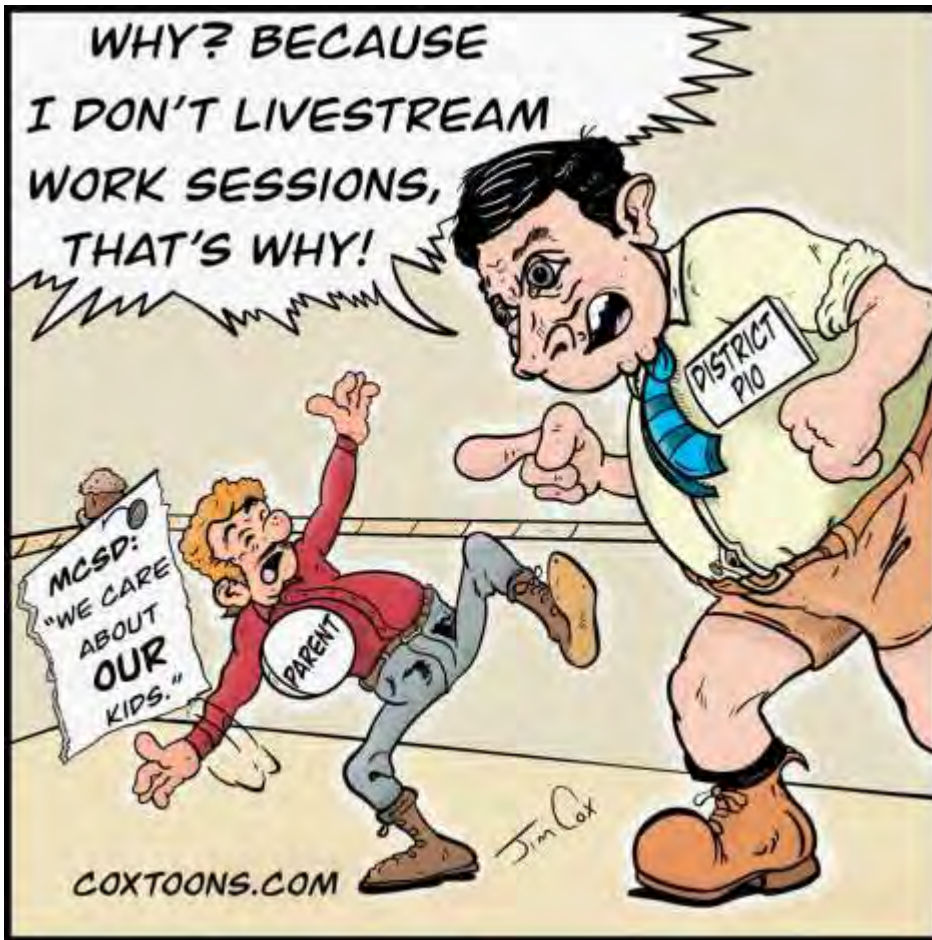
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OPINION/EDITORIAL: CARTOONS & LETTERS



POLITICIANS WHO CARE ABOUT THE NATIONAL INTEREST SHOULD HELP ADVANCE CELLULAR AGRICULTURE

To the editor,

I was interested to learn the publication China Weekly is following recent efforts by American politicians to hinder the development of cultivated meat. For those who don't know, cultivated meat is grown from animal cells, without slaughter. China has invested heavily in the nascent industry. The publication suggested efforts such as those of Florida's legislature to ban the new protein would strengthen China's position.

Instead of standing in the way of progress, American politicians should be leading it. Cultivated meat faces a number of technological hurdles. Perhaps the most important of these is that it is currently too expensive to mass produce. This can be overcome with increased federal funding for cultivated-meat research. Politicians who care about the national interest should help advance cellular agriculture.

Jon Hochschartner, Granby, CT



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LOCAL CANDIDATE BIOS: RICK DUNLAP

Special to the Mirror

MONTOSE-I am Rick Dunlap and am running for Montrose County Commissioner in District #3. I spent my childhood in East Tennessee, at the foot of the Smoky Mountains. I learned early on what hard work and responsibility meant. My family were farmers and I spent my summers working in the tobacco fields.

In 1969 at the age of 17, I joined the US Army. My first assignment, needless to say, was Viet Nam. I spent 19 months there, and received several awards and decorations, to include the Bronze Star, Army Accommodation and the Army Achievement Medals. While serving my 21 plus years in the military, I was a training officer responsible for the development, implementation, and supervision of a training program for a 125-member unit.

My wife of 52 years, Karen (Starbuck) Dunlap, is a native of Montrose. Together, we had three sons and made the decision

to not raise our family moving around and pulling the boys in and out of schools. We wanted them to grow up in the country.

Shortly after we moved here 43 years ago, the Colorado National Guard opened up a full-time training program. There, I trained soldiers and later took a recruiting position. I retired from the Army in 1990.

Upon retirement, I went right into law enforcement with the Montrose County Sheriff's Office. I worked as a deputy, field training officer, investigator, and patrol sergeant. In 2007, I was elected Sheriff of Montrose County and served in this capacity until 2019. During this time, I served as president of the County Sheriffs of Colorado. I was in law enforcement for 28 years.

Throughout my time in Montrose I have always been involved in the community. I was a volunteer fireman, a member of the Montrose County Sheriff's Posse, fair board member, and a board member for


Casa of the 7th Judicial District. Currently, I serve as the president of the board for the West Montrose Sanitation District, serve on the church council at Grace Community Church and am a board member of Welcome Home Alliance for Veterans.

In addition to our three sons, Karen and I have eight grandchildren, three great-grandchildren with #4 on the way!

I have an Associate Degree in Business Management and look forward to putting my knowledge and experience in county government to work serving you, the citizens of Montrose County, as County Commissioner for District # 3.



Rick Dunlap.
Courtesy photo.




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GAIL MARVEL
Montrose Author & Reporter

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LOCAL CANDIDATE BIOS: TRISHA MURRAY

Special to the Mirror

MONTROSE-Trisha Murray is running for County Commissioner, District #3. Trisha is running so that she can represent ALL the citizens of Montrose County and be the voice for the People and NOT POLITICS.

Trisha currently works for the Montrose County Attorney's office as their Legal Assistant. Prior to moving to Colorado in 2011, she worked at the Missouri State

Capitol, interning with House Representatives, followed by appointment as a Drug Court Administrator with the courts and implementing the first circuit-wide Drug Court program in the state of Missouri. While Trisha moved to the area in 2011, she spent her childhood traveling back and forth visiting her grandparents who were both born and raised in Delta and retired from ranching in Ridgway. This is where



Trisha Murray. Courtesy photo.

Trisha inherited her love, respect and appreciation for agriculture.

Trisha raised her two daughters single-handedly while working and going back to school part time to earn her degree. After her girls graduated from high school, she was finally able to move home to Colorado in 2011, where she met her husband, Jeff.

To learn more please visit her webpage www.murray4montrosecounty.com



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ANONYMOUS CALL

MONTROSE REGIONAL CRIME STOPPERS

OPINION/EDITORIAL: LETTERS

TRUMP'S LEGAL ADVENTURES

Editor:

I'm writing in response to one writer in this newspaper, who weekly catalogues a veritable encyclopedia of wrongdoing by the "Biden Crime Family". But all of these claims are just parroting bogus charges that have been disproven by the actual evidence in every case.

This week, the Justice Department found that informant Alexander Smirnov lied to the FBI about bribery involving the Bidens related to Burisma in Ukraine. Smirnov is currently being indicted for providing "false derogatory information to the FBI". This was the cornerstone allegation in the sham impeachment attempt on President Biden. Smirnov's claims have been repeated dozens of times on Fox News, the network that was fined \$787.5 million last year for lying repeatedly and knowingly to their audience about the "Big Lie". As a result, the Republican impeachment effort falls flat on its face; the whole impeachment effort was built on lies. In fact, all corruption charges targetting Biden are made by people who have no credibility, including the dictator of Russia, whose preference for Trump, and the chaos he creates in our democracy, is widely known. Politifact reported on Trump's claims of election fraud by Biden in the 2020 election as follows. "In more than 60 cases, judges looked at the allegations that Trump was making and determined they were without any merit."

The fact is, there have been no credible or successful lawsuits against Joe Biden for any kind of wrongdoing. But facts won't get in the way of the writer referred to earlier, who passes on lies and conspiracy theories with the same ease that Trump exhibits in doling out stupid/crazy declarations in every speech he makes. It's all one with the Party of Trump's strategy of spewing lies with total abandon, and absolutely no sense of shame.

Let's contrast the lack of legal trouble experienced by Biden with that of Trump.

Lifelong Republican James D. Zirin writes about more than 45 years of Trump's legal disputes in his 2019 book, *"Plaintiff in Chief: A Portrait of Donald Trump in 3,500 Lawsuits"*. This is a mind-numbing number of lawsuits, and not a single one of them was for the good of the public. In his book, Zirin states that Trump has always shown a chronic scorn for the law. "All this aberrant behavior would be problematic in a businessman," he writes. "But the implications of such conduct in a man who is the president of the United States are nothing less than terrifying." Of course, since the book was written, Trump has filed dozens more lawsuits, only to see almost all of them swatted down as "frivolous" by judges appointed by both political parties.

Mr. Zirin's conclusions about Trump's astounding levels of dishonesty are shared by literally hundreds of people, from generals who served in his staff, to former business partners, lawyers who once represented him, staffers in his own administration, and nearly all of the government officials who encountered him in the course of their work. The only people who still have faith that he is "honest" and "tells it like it is" are those who listen to garbage spewed out by right wing sources; disgraced "news" sources like Fox and Info Wars, and numerous misleading pundits who make money off of spreading rage and discontent on the internet.

Of course, Trump currently has 91 criminal indictments filed against him (compared to zero against Biden). Just this past couple of months, he has been found liable for sexual assault and defamation of character (fined \$83 million), and business fraud (fined \$355 million). He is no longer allowed to run a business in New York. These judgments were made worse by the fact that Trump not only showed no remorse, but that he thumbed his nose at our entire justice system; because he's always been let off the hook in the past,

and expected nothing less this time. But, now, his time is up. Upcoming trials include campaign funding fraud he committed to silence his affairs with pornstars, severely mishandling classified materials, including Top Secret/NOFORN documents, conspiracy to steal the 2020 election, and trying to subvert Georgia's election. He has misused approximately \$50 million in funds from his "Save America" PAC on legal fees to "Save Himself". Anyone still deluded enough to send him money should, perhaps, think about this!

Of course, I could go on for many pages about each instance where Trump has exhibited disgusting, degrading, and even treasonous behavior, but, if each instance were written down on a postcard, and placed in a pile, the pile would likely rival the size of the Great Pyramid of Khufu.

Many of his followers want Trump as a leader because he "fights"; but he fights ONLY for himself. Others admire him for his business acumen; but he only made it as far as he did through a strategy of showmanship and cheating. Once again, too many examples of business cheating to cover in a short article, but just look at his most recent: The latest judgement in New York found that he knowingly lied on numerous financial statements to get favorable loans. If you or I did that, we would have paid hefty fines, or have gone to jail. He followed this formula at most of his properties ...all financed using illegal means. Why should he be allowed to get away with fraud? You or I certainly wouldn't! Whether its Trump Casinos (six bankruptcies), Trump Steaks (\$96 per pound), Trump University (fined \$25 million), or trumped up charges of election fraud, Trump's brand: lies and fraud on a monumental scale ...and, in fact, ANY venture or statement by the Commander In Cheat ... should be taken, by reasonable people, along with a hefty spoonful of Trump salt.

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MURA LOOKS AT TIF EXPENDITURES From pg 1

agenda, but we don't need the spread sheet until we have new projects."

With Base Camp Apartments essentially completed, the board inquired about the opening of Shelter Distilling. Developer David Dragoo said, "We have a date, but it's not public."

Referencing the spread sheet Allison Howe asked if the grayed-out sections represented Phase 1 of the overall project. Murphy said, "This is not the formal phase of projects. The shaded out [line items] are our projects completed."

Barbara Bynum said, "Are there ways to improve the chart?"

Brad Hughes said, "I'd like to see something on our fund balance for the URA... \$40,000 or \$60,000."

Bynum said, "Add that as a separate item. Make it a standing agenda item. It's not under Scott's purview [to include it on the spread sheet]."

Dave Frank said, "It's a tracking mechanism. "So, we will have two standing agenda items."

Second Hotel at Colorado Outdoors (Home2Suites by Hilton or similar brand)

- Jeff Lamont of Lamont Companies, Inc., and John Stueber of Summit Capital (attended on Zoom).

Anthony Russo, City Business Development, said, "We've been working on this for some time. We feel comfortable bringing it before everyone. They put in the Marriott Hotel, and they are presenting today what the second project looks like."

John Stueber directed the board to the project vision statement in the board packet. He said, "This is across the street from the current project."

MURA Executive Director Bill Bell said, "The horizontal site improvements are not fine-tuned. Their initial ask [for funding] is not what will come to the URA. At our next meeting we will have a full report."

Bynum said, "Today is our time to get familiar with the project. This is not the asking today."

Referring to the Fairfield Marriott Hotel, Jeff Lamont said, "We'll be open in the next few months. We've had setbacks with the elevator company. That's why we're moving forward with the [new Hilton] project."

Background: During the Jan. 3, 2024 meeting, Russo told the board that the second hotel would be built near the Fairfield Marriott so that the two hotels could share services (housekeeping).

The board asked about the status of the hiring process for the Fairfield, i.e. management, front desk, finding staff.

Bynum said, "Will you be sharing staff with the hotel across the street?"

Lamont said, "We're marketing and finding staff. We will hire staff at both hotels."

Bynum said, "There will be more jobs with the second hotel?"

Lamont said, "The Marriott and the Hilton will have new staff all the way down. It will add to the quality. We would have liked to have the opening [of the Marriott] months ago. We're waiting on the elevator company. It's out of our control. We're optimistic about March. That's our goal."

Stueber said, "It's not a fun topic to be held up on one issue, the elevator."

Hughes said, "The 90 new hotel rooms [Hilton], did you do a market study?"

Stueber said, "Not any third-party documents. No, we have a feel for that from existing businesses."

Donning his assessor hat Hughes said, "Can you estimate an appraisal on the new project?"

Stueber said, "An appraisal will be done before groundbreaking."

The board discussed previous projects' timelines and their groundbreaking.

Bynum said, "It's in our interest for you to move forward in a timely way."

Conference space in the new hotel could be from 500 to 1,000 square feet and meals in the hotel would be breakfast for guests and light items in the sundry shop.

Project Review and Approval Process

Discussion – Executive Director William Bell.

Bell said, "We've discussed at previous meetings the criteria on projects and the proper amount of [financial incentive] support. This is a more standardized approach. Dollar amount tied to the project. [We want] consistency on all sides, it's good for all sides. These documents go into our board manual."

Background: Hughes previously advocated for MURA financial incentives to be calcu-

lated on property tax and not include sales tax revenue.

Hughes said, "The last sentence on the second page, we need to dial that in. If we're offering 40 to 60 percent, everyone is going to want 60 percent. The purpose is so our perspectives match. We've got to get something tighter than a 20-percent range. Everyone wants more."

Speaking to Hughes, David Reed said, "Your point is well taken, but we need to have some flexibility. If we get too narrow, we need an administrator, not a board."

Hughes said, "The thing I don't like about it is, it's still subjective. That's just for the board. The board is responsible for repayment of the TIF (Tax Increment Financing). The city can offer incentives apart from the MURA. Forty percent [for MURA] would be maximum."

Having reviewed the original MURA documents, Bell said, "We [MURA] can't exclude sales tax. We can come up with better than 40 to 60 percent."

Bynum asked for consensus of the board, and it was determined that sales tax would be included in revenue calculations. Bynum said, "Maybe we can come up with a 10-point range."

Hughes said, "You are widening the gap by adding sales tax."

Future Project Financing Strategies

Presentation - Kyle Thomas of D.A. Davidson & Co.

Thomas said, "The current situation provided upfront funding. It was an efficient mechanism [but] it has been sort of maxed out."

Bynum clarified, "The city used reserves. We didn't borrow money."

Bell said, "We borrowed money from the water fund."

The MURA indebtedness to the City of Montrose totals \$13 M in promissory notes, which at some point will be paid back with interest to the water fund.

Thomas highlighted other URA's around the state and their financing options. He discussed the structure of bonds and options for structure.

The discussion for MURA to borrow money included whether the board would prefer those funds to be used toward projects to fill in the current area or expand to the

MURA LOOKS AT TIF EXPENDITURES From previous pg

north. The consensus was to first fill in the existing area.

Bynum said, "The next move is to borrow money."

Reed said, "We're looking at alternative funding. We're just brainstorming."

Bynum said, "We're not deciding today, this is an information item."

The next MURA meeting is scheduled for March 20, 2024 – 1:30 to 3:30.

Background: The Montrose Urban Renewal Authority (MURA) was formed in late

2016 by a resolution of the Montrose City Council. Generally speaking, the MURA Board oversees the Colorado Outdoors Urban Renewal Area and administers the Tax Increment Financing (TIF), the funding mechanism to finance public infrastructure in the MURA. The property, which covers 158 acres along the river corridor between the Justice Center on the north and West Main on the South, is being developed by the Dragoo's Mayfly Outdoors. The Dragoo Developers are son David Dra-

goo and father Doug Dragoo.

The 10-member Montrose Urban Renewal Authority (MURA) board is made up of Montrose City Council (five members), City Manager Bill Bell (Executive Director), Brad Hughes (Montrose County), Tad Rowan (Montrose Fire Protection District), Steve Bush (Montrose School District) and Allison Howe (Special Districts Representative). The six-member city constituency hold the controlling interest and actions of the MURA Board.

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OPINION/EDITORIAL: LETTERS

IS IT ANY WONDER THAT NEWSROOMS ACROSS THE COUNTY ARE FINDING THEMSELVES IN ABSOLUTE FREE FALL?

Editor:

The framers of the Constitution provided for the separation of powers when they established the executive, legislative, and judicial branches of government --- for the express purpose of insuring that no one branch would be able to have too much power. The Constitution limits the legislative branch to making laws, the executive branch to administering those laws, and the judicial branch to interpreting those laws. Our founders also recognized the role of the media in our representative republic. They designated the media to facilitate the free exchange of ideas to encourage debate and hold the government accountable to the people.

Those founders are clearly turning over in their graves seeing the current state of their republic. Both the executive and judicial branches have usurped the role of the legislature. The president routinely bypasses the legislature in establishing new laws under the guise of "executive actions." The judiciary routinely makes laws rather than merely interpreting them. Meanwhile the legislative branch sits back and does nothing, other than getting rich and insuring that they get re-elected.

Equally damaging, the media, once known as the "fourth estate," have basically disappeared as journalists and reappeared as the propaganda wing of the

left. The Constitution and separation of powers is an inconvenient hindrance to them. They love it when people are dependent on the federal government instead of giving power and freedom to the people. Rather than encouraging debate, they pick the argument they consider "right" and declare it the only way to think. If the facts and science contradict the argument, they either disregard them or lie. When the facts are so in your face they can't really be ignored, the spin and lies just accelerate.

Facts haven't mattered for a long time for the complicit media. Their fake news template tried to turn Trump into a criminal because he may have retained documents he had the authority to declassify. The special counsel report just concluded that Biden would not be prosecuted for willfully and illegally retaining classified documents because he is too senile to be charged. Not too senile to run the country, just too senile to be tried for exactly what Trump is still being prosecuted (persecuted) for.

Is it any wonder that newsrooms across the county are finding themselves in absolute free fall? The Times lost \$30-40 million last year, cutting 74 jobs. The Washington Post lost \$100 million, cutting 240 jobs. The LA Times just laid off 22% of its newsroom. NPR cut 10% of their employ-

ees last year. The recent CNN interview with VP Harris only had 322,000 total viewers --- in other words, no one was watching. The list goes on. Our own local "daily" newspaper is now a twice-weekly publication. In any other industry, management would be somewhat reflective and evaluate why they are in such a dire situation. You would think reasonably intelligent people would ask themselves questions like: "Could it be that people are fed up with media organizations only concerned about "protecting the public" from certain kinds of viewpoints? (You know, the views of conservatives and middle America.)" Or: "Do you think maybe we shouldn't have launched the Russia-collusion hoax -- a total disinformation campaign against not only Trump, but the whole country?" Or: "Maybe we should have known that most people are smart enough to figure out that Trump's policies were the rising tide that lifted all boats, and he succeeded despite our massive efforts to destroy him from the very day he announced his candidacy?"

After the constitution was written, Ben Franklin was asked whether we now had a republic or a monarchy. He responded: "A republic --- if we can keep it." Our illustrious media seem hell-bent on insuring that we are not able to keep it.

Ed Henrie, Montrose

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UP...**

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YOUR BRAIN ON NATURE – PERSONALITY RISKS



By Lauren Hall Ruddell, Ph.D.

Greetings Mirrorites!

The new year is well underway and with it new goals and ambitions. With the new life in spring, new thoughts can and should emerge. Wild ones, strange ones, silly ones etc. Most will be discarded as impractical, but if one or two remain, and are acted upon in the coming year, you may actually be decreasing your risk of Alzheimer's.

What? How can those things be related? It turns out that our personalities and thought processes have an impact on our risk of certain brain diseases as we age.

What I have discovered is that there is a robust bit of research going on that is trying to find out if the Big 5 personality traits have any correlation with the development of Alzheimer's (AD) later in life. The Big 5 traits are Neuroticism, Extroversion, Openness, Agreeableness, and Conscientiousness. Agree with this or not, it is at least a valuable jumping-off place.

There appears to be a positive correlation between high neuroticism and low conscientiousness with the likelihood of developing a cognitive disorder after 65. Folks who are open to new experiences, resilient in their thinking and actions, and who tend *not* to be extreme in their opinions about politics and religion, seem to have an edge on others when it comes to retaining their marbles as long as possible. There are associations between the other traits and AD as well, but the strength of the two mentioned above is much more significant. The thinking is that these personality traits result in behaviors that eventually make one predisposed to cognitive disorders. For instance, a really neurotic person might be quite unhappy much of the time and therefore indulge in sub-

stance abuse in order to feel better. A person who is very unconscientious about diet and exercise is plainly just asking for trouble.

The good news here is that no one seems to be predestined for AD and actions can be taken to derail the dementia train. A sunny and optimistic disposition may have as much in the way of protective elements as all that darn book learnin' from back in the day (education level is inversely related to risk of AD, that is, the more education, the lower the risk), or all of the crossword puzzles you do every day.

A group of researchers at Northwestern University in Chicago propose two interesting explanations that theorize that traits may (1) *act as predispositions that subsequently influence brain health and/or* (2) *influence cognitive performance in the presence of neuropathological burden*. For instance, individuals high in conscientiousness demonstrate healthier behavioral, emotional, and cognitive tendencies across the lifespan, which protect against development of neuropathology (i.e., contribute to effective brain maintenance) and/or assist in maintaining better cognitive performance despite the development of neuropathology (i.e., cognitive *resilience*). This represents the good news. Further, people who are high in conscientiousness and open-mindedness tend to find it easy to spend time outdoors. This creates a positive upward spiral, meaning that by spending more time in nature, which increases positive affect, cognitive function, and pro-social behavior, you can guard yourself against the cerebral ravages of time, and remain or even increase your positive attributes, which in turn protects against AD.

The bad news is that a certain portion of Big 5 traits may be genetic. Evidence supporting the *predisposition theory* finds links between disadvantageous traits and cortical amyloid deposition, tau pathology (both factors in AD), and generally smaller brain volume. Dang. But not all is lost, it just means that neurotic, self-indulgent folks will just need to fight their native impulses harder.

Time in nature has been shown to stimulate neuroplasticity and increase cognitive resilience. It enhances outside the box thinking, reduces anxiety, and generally makes the troubled mind a little more flexible and bolder (in a good way). And



Photo courtesy of Hans Isaacson.

we do get better with practice.

For instance, reduced BDNF (brain neuron fertilizer) is correlated with shrinkage of portions of the prefrontal cortex and the hippocampus (thus affecting memory and cognitive clarity.) Just like a plant, when it doesn't get the proper nutrients, it doesn't thrive. Time outdoors increases gray matter in humans in the prefrontal cortex in direct proportion to the hours devoted to outdoor activities. Results for prefrontal cortex and hippocampal enlargement that are the result of both increased BDNF and reduced cortisol can be achieved in less than a month of sustained short-duration but frequent outdoor activity. So even, or especially, low conscientious people should take note, step over that pile of dirty laundry in the middle of floor and get their craniums outside. Just 15 minutes most days a week can be protective. Most couch potatoes can manage that much, considering the consequences of not doing so.

For geeky readers, the full article on AD and the Big 5 can be accessed at the [Journal of the Alzheimer's Association](#). Having already consumed it, I will be walking in the spare winter sun whenever possible, reflecting on new life and a new year, and direct my thoughts to new adventures and ways of helping my fellow travelers on the road of life. I know, it's self-serving somewhat, but it's also a win-win. Do the same for yourself and maybe I will see you out there.

RED HAWKS EARN THREE FOOTBALL SCHOLARSHIPS



Left, Blake Griffin; above, Jaxon Killen; at right, Kortlan Nelson. Photos Cliff Dodge.

By Cliff Dodge

MONTROSE-The Montrose High School football program continues to turn out quality student athletes as three of Coach Brett Merten's players signed scholarship applications to play football at the college level come next fall. All three of the players played both offense and defense for the Red Hawks during their high school careers.

Jaxon Killen was recruited by the University of Puget Sound located in Tacoma, Washington. This liberal arts college was founded in 1888, is a Division III school and offers 27 sports for students to partake in. Killen said the coaches recruited him to play on the defensive side of the ball as a linebacker or a strong safety. The Loggers were 3-6 last season and are look-

ing to Jaxon Killen to help turn things around.

Kortlan Nelson was recruited by the Fighting Saints of Carroll College which is located in Helena, Montana. This NAIA school has a rich football and sports history and Nelson is looking to become a part of the football legend going forward. The Saints were 7-3 last season and Nelson said he has a good relationship with the head coach and the coaching staff. The Saints are penciling Nelson in on the offensive line.

Nelson was one of the blockers for the Red Hawks that made the running game so successful over the past couple of years.

Nelson weighs in at 235 and stands just under 6 feet tall.

Blake Griffin was recruited by the United States Merchant Marine Academy, which is located at Kings Point, New York and sits on the banks of the Long Island Sound. This Division III school has a student body of just under 1,000 students and offers 27 varsity sports. The Mariners play in the New England Women & Men's Athletic League with other well known schools including Norwich; Worcester Tech; MIT; Coast Guard; and Springfield College. The football team finished 7-3 last season and they are looking for more in the fall. The Mariners recruited Griffin to be a bruising fullback in the running game. Griffin said he is most excited to have the opportunity to play football at the college level and especially at a school like the Merchant Marine Academy.

News, if unreported, has no impact.
It might as well have not happened at all.
Thank you for reading The Montrose Mirror.

MONTROSE/OLATHE ATHLETES QUALIFY FOR WRESTLING CHAMPIONSHIPS

By Cliff Dodge

MONTROSE-The Montrose Red Hawks boys wrestling team were very successful at last weekend's regional tournament in Windsor as they qualified nine wrestlers to head for Denver and compete in the State Championships at the Ball Arena. Coach Neil Samples was most pleased with the results his team produced. The following athletes qualified for the trip to Denver.

106 Ricky Olmos
113 Aadin Gonzales
120 Gabe Hardin
132 Holden Putnam
138 Austin Zimmer
144 Trevan Anstine
150 Tyren Schaefer
165 Quinn Brown
190 Corbin Wallace

The Olathe girls wrestling team also qualified athletes for their state tournament. They are as follows:

155 Aby England
170 Rachel Robuck

TREVOR HILL EARNS COLLEGE SCHOLARSHIP



MHS Senior Trevor Hill. Photo by Cliff Dodge.

By Cliff Dodge

MONTROSE-Montrose High School Senior Trevor Hill on Monday, Feb. 12, signed the

papers to attend Utah Valley University on a track and field scholarship.

In the school cafeteria he was surrounded by family, friends, teammates, and students as he embarked on his next part of a life journey that will take him to the college of his choice.

When asked about his path to this point in his young life, Hill said, "During my 7th grade year I fell in love with track and field and really found a passion for the sport, and as I entered my freshman year I decided to focus on the Shot and the Discus."

When asked about what the Utah Valley University saw in him, Hill said, "I think the University saw a lot of potential in me. I am definitely not where I want to be and

the coaching staff at the University can help me achieve the goals that the athletes in the program seek and desire."

When asked about this university Hill explained, "It doesn't have the spotlight the University of Utah and BYU have, but in track and field it doesn't matter where you go but more about the coach and the coaching staff. The Utah Valley coaches are outstanding and will help all of their athletes to bigger and better achievements."

Hill said, "The signing of this scholarship offer will definitely feel great, very exciting and will release a lot of pressure and get me on the road to a college and a career choice."



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REGIONAL NEWS BRIEFS

CITY OFFICES TO CLOSE ON PRESIDENTS' DAY

Special to the Mirror

MONTROSE — City of Montrose offices will close in observance of Presidents' Day on Monday, Feb. 19, 2024.

City Hall, the Downtown Visitor Center, Municipal Court, Animal Shelter, Montrose Pavilion, and Public Works will all close in observance of the holiday.

Police Department offices will be closed, however, officers will be on duty and responding to calls.

The Black Canyon Golf Course will remain open, depending on snow. The Pro Shop will be open from 10 a.m. to 5 p.m., while The Rusty Putter restaurant will be closed.

Trash and recycling schedules will be adjusted for the holiday. City residential trash customers who would normally receive service on Monday, Feb. 19, will instead be served on Tuesday, Feb. 20, and Wednesday, Feb. 21.

For trash routes normally scheduled for Monday, Feb. 19, residences south of San Juan Avenue and U.S. Highway 50 will receive trash collection services on Tuesday, Feb. 20.

For residences north of San Juan Avenue and U.S. Highway 50, trash pickup will occur on Wednesday, Feb. 21.

Recycling customers who would normally receive collection service on Monday, Feb. 19, will instead be served on Friday, February 23.

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

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REGIONAL NEWS BRIEFS

MONTROSE'S GOT TALENT COMPETITION

Special to the Mirror

MONTROSE— The Montrose Education Foundation (MEF) hosted its 6th annual Montrose's Got Talent Competition Fund-raiser. Held in the Montrose Pavilion Auditorium. Auditions were held on January 18th where 15 acts were selected to advance to the final competition on February 10th. The competition is for school age performers. All top 5 acts receive a cash prize with the grand prize act receiving \$1,000.

The 15 semi-finalists acts and their talents:

Audrieanna Sisneros •Vocal •If I Ain't Got You - Alicia Keys;
Laurel Wilkerson •Vocal/Guitar •Pure as The Driven Snow - Rachel Zelger;
Elleska Baker •Vocal •Scars to Your Beautiful - Allesia Cara;
Anna Jennings & Izabella Vigil •Dance/Tumbling •I'll Be There for You - The Rembrandts;
Kayla Braaten •Vocal •Never Enough - The Greatest Showman;
Alexander Weed •Speed Cube Solving •For Elise – Beethoven;
Briana Haddock •Vocal •Dancing with Your

Ghost - Sasha Sloan;
Marcela Velasquez •Vocal •Hasta La Raíz - Natalia Lafourcade;
Lucas Vogt & Jeremy Brailsford •Hip Hop Dance •Stay – Zedd;
Aspen Mueller •Vocal •When I Was Your Man - Bruno Mars;
Sawyer McCall •Color Guard •Glitch - Taylor Swift;
Adilynn Baker •Vocal •Lost Boy - Ruth B.;
Sienna Comstock •Lyrical Dance •Here with Me - Marshmello ft. Chvrches;
Emma Braaten •Vocal/Piano •I Will Always Love You - Dolly Parton;
Analise Williams •Vocal •Leaving on A Jet Plane - John Denver

All 15 acts performed and the top 5 were selected. Top 5 performed again and the judges selected the winners. Laurel Wilkerson was the grand prize winner with her second performance being an original song she wrote titled Run This Town played on her guitar as she sang.

The Top 5 winning acts:

5th place – Sienna Comstock won \$100
4th place – Kayla Braaten won \$150
3rd place – Analise Williams won \$250
2nd place – Lucas Vogt & Jeremy Brailsford

won \$500

1st place – Laurel Wilkerson won \$1,000
MEF wishes to thank its corporate sponsors: Platinum – City of Montrose, Buck & Marsha Miller & Montrose Business Times. Bronze – The Montrose Mirror, Montrose County, Montrose County School District, Timberline Bank, Mike & Phoebe Benziger, NuVista Credit Union, The Montrose Daily Press, Alpine Bank, DWC CPA Advisors and Scott's Printing & Design. The money raised by this fund-raiser is reinvested in the RE-1J school district's teachers and students. It supports the Teacher of the Year Programs, appreciation events and a \$10,000 annual Impact Award that the teachers are eligible to apply for.

The MEF board is comprised of community members who want to make a positive impact in the community's education system.

Their mission statement is: Education is Our Future. For more information about the Montrose Education Foundation, the programs they sponsor, become a board member or make a donation, visit MEF.org.



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DISTRICT 1



Water Management- Very Simple. Water is vital to our area. The founders of our water system put in place a system that to this day is effective and successful. A war on water is coming. We cannot stand by and let it happen. We must protect and defend our water. KEEP IT HERE!

Agriculture & Ranching- We must preserve our agricultural traditions. If we cut away at our Ag Industry, we cut away at the identity of Montrose. Through our Ag culture we get our close nit community and self-sustainability. Lose our Ag Culture and we lose Montrose.

Affordable Housing- A growing community will always struggle with this. I do not like the idea of property values going so high, it pushes the middle class out of the community. At this point in time Affordable housing is very important. We need it. We need it NOW!

Economic Development- We must protect current business, grow Montrose's Economy in a positive way while balancing that growth with the preservation of our Culture and Ag community.

Taxes- The fewer the better. People put in hard work and long hours for their family's paycheck. A portion of that goes to the Government for the betterment of our community. It should be seen as an honor to manage and budget that money. Every penny should be accounted for. Not a single dime should be spent frivolously or wasted as if the blood, sweat, and tears of hard-working folk did not matter. Every penny matters!

Public Safety- Continuing to Enhance law enforcement, emergency response, and disaster preparedness is always a work in progress. The Thin Blue Line sometimes is all that protects us from Anarchy and Evil. Our First responders should always be well respected, well-funded, and well equipped.

Land Use & Zoning- It is important to Balance responsible development while preserving the county's Heritage, natural beauty, and rural character.

Natural Resource Management- As a people we should always strive to find a balance between utilizing local resources and environmental conservation.

Mental Health Awareness- Montrose has a healthy HealthCare System. However we can do better. We should work together towards a high level of excellence when it comes to Mental Health. We must also all make a stand for our children and appreciate social media is killing our kids and it has to stop.

Second Amendment Rights- Its very simple. Upholding and protecting citizens' right to bear arms in accordance with the Constitution matters.

Lou Stark

970.620.0086 | BigLouStark@gmail.com
BIGLOUSTARK.COM



The Montrose County Democratic Party is conducting a food and cash donation drive from **February 7 through March 8, 2024**. 100% of the proceeds will be given to **Kids Aid Montrose***.

Your donations will help them in their vital work in ensuring that Montrose County public school children have food for the weekends.

These specific items are requested for the most benefit and ease of preparation:



- Ready to eat tuna/ham/chicken salad with crackers and spoon
- Easy mac-n-cheese single-serving size or boxes
- Soups, individual cups or cans, or Ramen noodles
- Cans of tuna or chicken
- Fruit cups or applesauce
- Single-serving spaghetti, SpaghettiOs, ravioli or chili
- Granola bars or cereal bars

Donations are gratefully accepted on Wednesday through Friday from 10 AM to 4 PM at the Montrose County Democratic Headquarters, 1500 East Main in Montrose. They are located next to Buckaroos Pizza.

Checks made out to **Kids Aid Montrose** may be mailed to:

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Montrose, CO 81402-2126



* Kids Aid Montrose is a ministry of Common Ground Montrose, a 501(c)(3) nonprofit organization. For more details, visit kidsaidmontrose.com.



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OPINION/EDITORIAL: LETTERS

COUNTY PUBLIC WORKS DIRECTOR WASTING TAX DOLLARS



First picture.



Second picture.



Third picture.

Editor:

I have worked for Montrose County Road and Bridge for 12 years, recently left because of the Waste of our tax dollars by the public works director, brought to the county manager and commissioners attention and retaliated against if anything was said.

The first picture was taken November 27th 2018 brought to the public works directors attention that it needed to be fixed now, he said it would be fine!

Which led into the second picture which is out of control. Cost tax payers hundreds of thousands more. The third picture is the five foot insert the public works director had us install in a eight foot culvert Which is in between the two 12 by 12 overengineered box culverts. Which is now obsolete and cost tax payers 60 thousand dollars. And justifies a one to two million dollar bridge! We have brought

our concerns to HR director and the upper management but have been threatened and written up. I believe there should be an investigation! I have proof of more waste, I would like to add that the first two pictures are the culvert on Carnation road the 3rd picture is on 6000 road just north of Banner road.

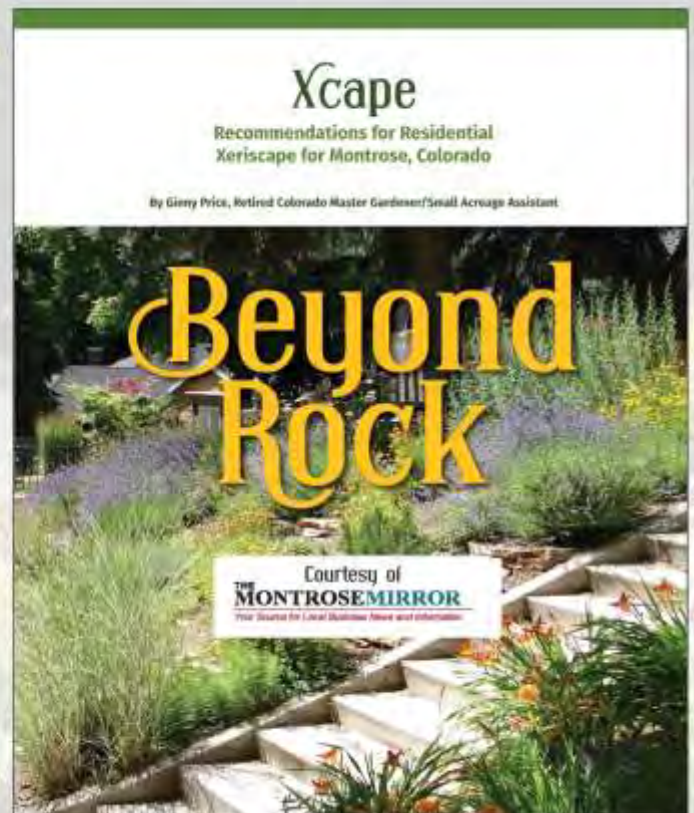
And 5900 road has the next 12x12 foot box culvert which is down stream from 6000 road culvert.

Chuck Bell, Montrose

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OPINION/EDITORIAL: LETTERS

PUBLIC BALLOT ISSUE NEEDED TO CLARIFY HOW PSST FUNDS WILL BE EXPENDED AND ACCOUNTED FOR

Editor:

Over the last few weeks Mr. Bennett has highlighted many charges against the PSST that were highly questionable. Anxious to find out who makes the decision that a charge to the PSST is applicable, I spoke to county manager Jon Waschbusch and he indicated that the commissioners make the ultimate decision.

Even though the BOCC publicly acknowledged the Sheriff has full authority over the expenditures of the PSST funds I have seen no evidence that the county has eliminated the practice of both writing and approving PSST line item expenditures without the Sheriff's approval--thereby placing the entire PSST fund into jeopardy. In fact, I verified with the MCSO that charges to the PSST have been made without their authorization.

The Republican Caucus and Assembly process will occur in the next few weeks. There are four candidates vying for two county commissioners' seats. Considering the increasing importance of strengthening the protection of the usage of PSST funds all Caucus and Assembly participants should demand two things of the candidates:

1. All candidates must display a full and clear understanding of the PSST and the issues surrounding its implementation.
2. All candidates must publicly pledge if elected to move ahead with a public ballot issue to clarify how PSST funds will be expended and accounted for.

Dee Laird, Montrose



ELECT RICK DUNLAP

For
MONTROSE COUNTY COMMISSIONER
District #3

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I Need Your Support!

The first step is going through the Montrose County Caucus and Assembly.

1. **Show up to the Republican Caucus** on Thursday, March 7, 2024 at 5:30-8:30PM at Montrose High School Cafeteria and become a delegate to the Republican County Assembly.
2. **All delegates need to be present for the County Assembly** on Saturday, March 23, 2024 at Centennial Middle School Gym at 8AM-3PM.
3. **Cast your vote for Rick Dunlap**, Montrose County Commissioner for District 3.

NOTE: All delegates will be voting for Districts #1 AND #3.

Thank You!

Professional Service

- 28 years Law Enforcement, Retired (including 3 terms as the Montrose County Sheriff)
- Past President of County Sheriffs of Colorado
- 21 years U.S. Army, Retired - Awarded Bronze Star

Volunteer Service to Montrose Community

- Current President of West Montrose Sanitation District
- Current Board Member for Welcome Home Alliance for Veterans
- Current Board Member of Grace Community Church
- Past Montrose County Fair Board Member
- Past Volunteer Firefighter - Montrose Fire Protection District
- Past Member of Montrose County Sheriff's Posse
- Past Board Member CASA of the 7th Judicial District

More About Rick

- Associates Degree in Business Management
- Married to my wife, Karen, for 52 years
- Proud father of 3 sons, with 8 grandchildren and two great-grandchildren
- Resident of Montrose County for 42 years.

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The poster features a dark background with a large, stylized yellow and red star in the center. Above the star is the Montrose Black Canyon Rotary logo, which includes a blue silhouette of a mountain and the text "MONTROSE BLACK CANYON ROTARY". To the left and right of the central star are two smaller blue stars with white dots. Below the central star are four playing card symbols: a red diamond, a black club, a black spade, and a red heart. A blue arc with white stars connects the top of these symbols. The entire graphic is framed by a red and gold border with white dots. The text "CASINO NIGHT" is written in large, yellow, serif capital letters. Below it, "FRIDAY FEBRUARY 23" is written in red, bold, sans-serif capital letters. "6-10PM" is written in red, bold, sans-serif capital letters. "MONTROSE PAVILION" is written in red, bold, sans-serif capital letters. The ticket price "\$25 PER PERSON" is enclosed in a yellow box with a black border. At the bottom, the text "TICKET PRICE INCLUDES \"\$100\" IN GAMING CHIPS. CASH BAR AVAILABLE. PRIZE FOR MOST CHIPS AT END OF NIGHT AND CHANCE TO WIN RAFFLE FOR EVERYONE!" is written in yellow, bold, sans-serif capital letters. Below that, "21 YEARS OR OLDER" is written in yellow, bold, sans-serif capital letters. At the very bottom, "PROCEEDS GO TOWARDS BC ROTARY HIGH SCHOOL SCHOLARSHIP FUND & INTERACT BELIZE PROJECT" is written in red, bold, sans-serif capital letters.

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ROTARY**

CASINO NIGHT

FRIDAY FEBRUARY 23

6-10PM

MONTROSE PAVILION

\$25 PER PERSON

TICKET PRICE INCLUDES "\$100" IN GAMING CHIPS. CASH BAR AVAILABLE. PRIZE FOR MOST CHIPS AT END OF NIGHT AND CHANCE TO WIN RAFFLE FOR EVERYONE!

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REGIONAL NEWS BRIEFS

ALPINE BANK URGES CAUTION AS TEXT AND EMAIL SCAMS PERSIST

Special to the Mirror

GLENWOOD SPRINGS— Alpine Bank is advising customers at all banking institutions to remain vigilant as cyber-fraudsters continue to send fake texts and emails designed to fool people into disclosing their confidential bank account information.

Fraudsters are targeting unsuspecting victims by sending texts or emails containing links to spoofed bank login pages. The messages often indicate the person's account is locked or there is a pending transaction. They're asked to enter their login

name and password — in effect giving that confidential information to the cyber-criminals.

Alpine Bank customer bank accounts are secure and under no threat if they do not click on the link or provide their login credentials, such as passwords or passcodes.

Other times the fraud text or email will ask people to call a fake bank phone number where a cyber-thief, posing as a bank customer service employee, asks for username, password, or passcode information.

Legitimate financial institutions will never

ask you for your password or other login information.

Be cautious of unsolicited messages telling you something is wrong with your account, especially if the content creates a sense of urgency. Do not click links in messages and never send money to people you don't know.

When in doubt, contact your bank's main number, and log into your account using the main bank website that you always use. Please remember to keep your private information secure to protect against fraud.

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REGIONAL NEWS BRIEFS

GMUG SEEKS COMMENTS ON NORTH VALLEY ALLOTMENTS PROJECT

Special to the Mirror

GUNNISON— The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests' Gunnison Ranger District announces the opportunity to comment on a proposal to continue authorizing cattle grazing on six allotments located in the Crested Butte and Almont areas of Colorado. The proposed grazing allotments include Butte North, Meridian, Spring Creek, Silver Springs, Lost Canyon and Snodgrass. All allotments, except Snodgrass, have active grazing permits.

This proposal aims to meet the requirements of the Rescission Act of 1995, which mandates the U.S. Forest Service to conduct an environmental analysis for each grazing allotment issuing a grazing permit. Grazing is currently authorized under Section 402 of the Federal Land Management and Policy Act.

Five of the six allotments have not undergone environmental analysis concerning livestock grazing and one needs to be updated to reflect the current management needs and conditions. The proposal would also ensure consistency with the GMUG's Land and Resource Management Plan (Forest Plan).

"Grazing on National Forest System lands has been an integral part of the rich ranching history of the Gunnison country," said Dayle Funka, Gunnison District Ranger. "We are proposing to continue that tradition using modern management techniques and the best available science to take a hard look at the potential effects."

Comments may be:

- Submitted online at <https://cara.fs2c.usda.gov/Public/CommentInput?Project=64217>.

- Mailed to Gunnison Ranger District, Attn: Dayle Funka, 216 N. Colorado, Gunnison, Colorado 81230.

- Delivered to the Gunnison Ranger District during business hours, Monday - Friday, 8 a.m. to 4 p.m. at 216 N. Colorado, Gunnison, Colorado.

For more information on the proposed action and how to comment on the project, visit <https://www.fs.usda.gov/project/gmug/?project=64217>. Comments will be accepted through March 18, 2024.

For information and updates on current fire restrictions, conditions, and recreation opportunities on the Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests, visit the [forest website](#). Connect with us on social media ([X](#) (Twitter) and [Facebook](#)).

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RED HAWKS BOYS BASKETBALL SPLIT THREE GAMES

MONTROSE RED HAWKS 35, GRAND JUNCTION TIGERS 32

The Montrose Red Hawks hit the road again last week as they traveled to Grand Junction for a meeting with the Grand Junction Tigers. The Red Hawks and the Tigers played a very close game the entire way as the Red Hawks put on pressure in the second half to secure the victory by 3 points. The Red Hawks led 8-6 after one period and led 15 to 13 at the half-way point. The Red Hawks maintained their lead and added an additional point to the lead, making the final score the Red Hawks 35, the Tigers 32. The Red Hawks Junior Brekin Hutto led all scorers with 13 points. Junior Kaleb Ferguson and senior Jaxon Killen each added 6 points to the Red Hawks total, while junior Cooper Ross and sophomore C. J. Rocco contributed 5 points each to the total. The Red Hawks Kaleb Ferguson captured six rebounds while Jaxon Killen added five rebounds to the Red Hawk total. The Red Hawks passed out six assists and only turned the basketball over nine times. The team shot 48 percent from the field despite being only 2 out of 6 from three-point range.



Kaleb Ferguson (42) and Jaxon Killen (12) fight for a rebound vs the Durango Demons. Story and Photo by Cliff Dodge.

DURANGO DEMONS 38, MONTROSE RED HAWKS 34

The Montrose Red Hawks played unwilling hosts to the Durango Demons on Friday evening at the Fieldhouse. The Demons prevailed by the score of 38 to 34. The game was a glove tight affair after the first two periods with the Demons holding a one-point lead at the half, 14 to 13. Things got away from the Red Hawks in quarter number three as the Demons outscored the Red Hawks 17 to 8. The Red Hawks stormed back in the fourth quarter with a furious rally closing the game to 34 to 32 with less than a minute to play. Despite applying maximum pressure, the Red Hawks were unable to close that final gap and finally saw the Demons head back to Durango with a hard fought 38-34 victory. Kaleb Ferguson led the Red Hawks in scoring with 11 points. He was aided by Jaxon Kattner with 9 points which included three bombs from downtown. Junior Cooper Ross added 7 points while Brekin Hutto chipped in with 6 points. Hutto also was tough on the glass as he scooped up 10 rebounds, his teammate, Kaleb Ferguson, added seven caroms. The Red Hawks had six assists and three steals, but turned the basketball over 18 times.

MONTROSE RED HAWKS 56, BATTLE MTN HUSKIES 25

The Montrose Red Hawks took to the highway for the final regular season game of the basketball season and dismantled the host Battle Mountain Huskies by the score of 56 to 25. The Red Hawks were all business and grabbed the early lead and never looked back as they looked forward to the upcoming regional tournaments which qualify teams to participate in the all-important state championships next week. Junior Kaleb Ferguson led all Red Hawk scorers with 14 points. Brekin Hutto, Brody Cooling and Cooper Ross each added 8 points to the point total. Other contributors included Jaxon Killen, Jaxon Kattner, Lane Pressler, and Gage Wareham. C.J. Rocco did not score but added his muscle to the rebounding effort. All of the Red Hawks scoring came from two-point range. The Red Hawks passed out 11 assists, five steals, five blocked shots, and turned the basketball over only 11 times. The Red Hawks finished their season with 17 wins and six losses and are currently ranked 10th in the 5A classification. The team will anxiously await the announcement of the regional sites and where the Red Hawks will be sent. Stay tuned.



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7:00p Precinct Caucus

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GOP COUNTY ASSEMBLY - Sat March 23rd - 8 am

Delegates must be registered by 8:45a

Or Alternate delegates will be assigned

Centennial Middle School Gym - 1100 S. 5th Montrose

- ◆ Delegates/Alternates please bring \$25 cash or check

REGIONAL NEWS BRIEFS

FOREST SERVICE OFFICES CLOSE FOR PRESIDENT'S DAY HOLIDAY

Special to the Mirror

DELTA— The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests' Supervisor's Office, along with all ranger district offices, will be closed in observance of the President's Day federal holiday, Feb. 19, 2024. Offices will resume regular business hours Tuesday, Feb. 20. Please plan accordingly for your GMUG National Forest's needs.

While Forest Service offices will be closed, permits for firewood can still be purchased at any of the following locations:

Paonia Flower Shop—201 Grand Avenue, Paonia, CO; (970) 527-4664

Desperado General Store—40486 D Road, Crawford, CO; (970) 921-5665

Gambles Ace Hardware—121 E Bridge Street, Hotchkiss, CO; (970) 872-3535

For information and updates on current fire restrictions, conditions, and recreation opportunities on the Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests, visit the [forest website](#). Connect with us on social media ([X \(Twitter\)](#) and [Facebook](#)).



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REGIONAL NEWS BRIEFS

BUSINESS INCUBATOR CENTER AWARDED HIGHLY COMPETITIVE GRANT

Special to the Mirror

MESA COUNTY— Reacting to a problem may be the typical way to deal with issues. Keeping the problem at bay by stopping it in its tracks before it develops is the better solution.

That is the philosophy behind AgriWest, an initiative about to be undertaken by the Business Incubator Center thanks to a grant from the federal government's Economic Recovery Corps.

AgriWest, if it is to succeed, will require vision, collaboration, and hard work. Quite simply, the goal is to promote economic development by bringing together the various stakeholders in the local agricultural economic sector to first, identify current concerns or forecasted problems detrimental to the long-term success of the industry, and second, find and enact solutions to those problems before they become impediments or threats to western Colorado's production agriculture ecosystem.

AgriWest was one of 65 initiatives awarded funding from the federal Economic Development Administration from the more than 500 that applied. The charge was to identify a unique economic project or area within a community, and then bring together local experts to identify a successful path forward that can be scalable or applied to other like communities across the nation facing a similar issue.

Agriculture has often been considered a recession-proof industry. However, experts agree that the industry must be "future-proofed" to protect vital economic resources from threats such as water scarcity,

more frequent and severe droughts, workforce and transportation concerns, and quickly evolving technologies.

By applying an approach that includes industry leaders from around the region, studying trends and understanding research and best practices and by doing all of that collaboratively new ideas can be brought forth for policy discussion and consideration.

"AgriWest is a unique, groundbreaking initiative led by the Business Incubator that will help revolutionize agricultural and food security systems in Western Colorado," said Dalida Sassoon Bollig, the CEO of the Business Incubator Center.

"With 40 percent of the region's economy relying on agriculture, AgriWest is set to emerge as a critical and positive tool for the future. It has the potential to shape regional agriculture economic development strategies and fortify the agricultural sector while honoring the region's agricultural roots."

To further strengthen the Economic Recovery Corps' effort, one fellow per initiative has been identified to help guide its success on a local level. Each fellow has industry expertise matching the local initiative they are paired with and intimate knowledge of the community and region they will serve as they facilitate meaningful discussions and bring forth collaborative solutions.

In Western Colorado, the Business Incubator is thrilled to announce that Janie VanWinkle has been accepted as the fellow to lead AgriWest. Janie is a rural Colorado native and lifelong beef producer.

Having grown up in Unaweep Canyon and later on, the Dolores River between Gateway and Uravan, Janie learned about land, livestock and water at an early age. She and her husband own and operate a successful cattle ranch; VanWinkle Ranch strives to provide high quality beef, responsible land and livestock stewardship, and create a viable, economically sound industry while furthering economic development in the region.

Over the course of the 2.5-year (30-month) fellowship, VanWinkle will provide technical assistance, planning, and capacity-building support for the initiative.

VanWinkle said: "Success will look like honest conversations with all voices in our industry to create a roadmap for a sustainable future for our region as we tackle water scarcity, increased food and production costs and the benefits and challenges present with workforce, transportation, production, tourism, technology, and changes to the industry. A focus on financial and economic success for both legacy producers and new innovators will be a priority."

Mesa County Commissioner and Board Chair Bobbie Daniel said she wholeheartedly endorses and supports AgriWest. She said she has had many one-on-one conversations with constituents involved in agriculture. "This grant creates an opportunity to break down silos and align our efforts and work together," she said.

"This initiative is a ground-up, locally driven effort with real experience informing the solutions."

Some things never go out of style.

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RED HAWK GIRLS BASKETBALL SWEEP THREE GAMES

MONTROSE RED HAWKS 44, GRAND JUNCTION TIGERS 19

The Montrose Red Hawks girls' basketball team traveled north to Grand Junction and invaded the lair of the Tigers, winning another road game by the score of 44 to 19. The Red Hawks sprinted out of the starting gate and led 10-2 after the initial period. The Red Hawks were clicking on all cylinders and stretched their lead to 16 points at the half, 25 to 9. Things got no better in the second half as the Red Hawks outscored the Tigers 19 to 10 to make the final score the Red Hawks 44, the Tigers 19. Sophomore Mayce Oberg basically owned the paint as she scored 18 points and was a force on the boards capturing nine rebounds, including six caroms on the offensive board. Senior Taygan Rocco chipped in with 11 points while sophomore Maggie Legg and senior Kenzie Bush each added 5 points to the Red Hawks total. This was a total team victory as the Red Hawks passed out 11 assists and made 21 steals to secure the victory. The Red Hawks were unsuccessful in their eight scoring attempts from behind the three-point line. The team shot 40 percent from two-point range.



Red Hawks Maggie Legg fires a free throw in the game vs the Durango Demons. Story and Photo by Clieff Dodge.

MONTROSE RED HAWKS 35, DURANGO DEMONS 23

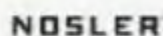
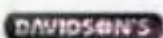
The Durango Demons girls' basketball team came to the fieldhouse on Friday evening and attempted to break the Red Hawks win streak but to no avail as the Red Hawks prevailed 35 to 23. The game was a close net affair for the first quarter as the Red Hawks led 6-4 but picked up the pace in quarter number 2 as they outscored the Demons 10 to 5 to lead 16 to 9 at the halfway point. The Red Hawks kept the pressure on throughout the second half of play, outscoring the Demons 19 to 14 to make the final score the Red Hawks 35, the Demons 23. Sophomore Maggie Legg led all Red Hawk scorers with 16 points, including five three-points from long range. Legg also led with seven rebounds including five on the defensive board. Sophomore Mayce Oberg added 9 points and senior Taygan Rocco chipped in with 7 points. The Red Hawks were 2 for 8 behind the 3-point line, both by Maggie Legg. The Red Hawks as a team handed out nine assists, had seven steals and only turned the basketball over 11 times.

MONTROSE RED HAWKS 57, BATTLE MTN HUSKIES 16

The Montrose Red Hawks polished off their final opponent of the regular basketball season by drubbing the Battle Mountain Huskies 57 to 16 to close out the regular season with a 17 and 6 record and a 5-3 league record. The Red Hawks sprinted out of the starting game and never looked back as they dusted the Huskies by 41 points. The Red Hawks are currently ranked 7th in the 5A CHSAA rankings prior to the three wins this past week. The regional sites and where all of the team will be assigned will be made available this coming Tuesday. Could the Red Hawks host a regional? Stranger things have happened. All will be made clear on Tuesday. State Tuned.

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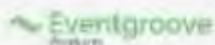
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COLORADO NEWS BRIEFS

ELECTRONIC RECORDING TECHNOLOGY BOARD AWARDS OVER \$299,000 TO TELLER COUNTY

Special to the Mirror

DENVER— The Department of State's Electronic Recording Technology Board (ERTB) has awarded \$299,650 to Teller County to index and digitize historical records dating back to 1899.

"The grant from the Electronic Recording Technology Board will bring Teller County's historical records into the 21st century and connect their residents with local government," said Secretary Griswold. "I'm proud to support counties in these efforts to make records increasingly accessible."

Teller County's Grant Agreement ([Click here for PDF](#)).

The ERTB was created in 2016 with the mission of developing, maintaining, improving, replacing, or preserving land records systems in our state. The ERTB's statutory authority was renewed in 2021 with new legislation that allows the board to consider security improvements for counties' land recording systems. The grants help counties – especially in rural Colorado – invest in technological upgrades. Since its creation, the board has awarded more than \$10 million dollars to ensure county clerks are able to improve and maintain property records and other important documents.

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REGIONAL NEWS BRIEFS

GMUG WELCOMES FAMILIAR FACE AS ACTING DISTRICT RANGER

Special to the Mirror

NORWOOD— The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests welcome the recent arrival of Tanner Hutt as the Norwood Acting District Ranger. Tanner joins the GMUG from the Rocky Mountain Region, where he has served in the Cooperative Fire Program for the last 18 months.

"I am extremely excited to return to the Western Slope and even more excited to join the GMUG. The best part will be working in the Norwood area and with the amazing people that call the Western Slope their home," said Hutt.

Hutt began his career as a Range Techni-

cian with the Bureau of Land Management and Interagency Fire in 2002 after being raised on a ranch in Norwood, Colorado. In 2016, he shifted to the Division of Fire Prevention and Control as a Fire Management Officer/ Battalion Chief. In 2022, he accepted the Cooperative Fire Program Manager position for the Rocky Mountain Region.

"We are thrilled to welcome Tanner to the GMUG team. His familiarity with the area will be invaluable in guiding the Norwood Ranger District. In addition to his leadership qualities, his easygoing nature will make him a great asset to GMUG's leadership team," said Megan Eno, GMUG

Acting Deputy Forest Supervisor.

Tanner is married to Nicole, and they have an eight-year-old daughter and a year-year-old son. His hobbies include scuba diving, hunting, woodworking and hiking either with a drip torch or his kids.

Hutt assumed leadership in the acting Norwood District Ranger role in early February.

For information and updates on current fire restrictions, conditions, and recreation opportunities on the Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests, visit the [forest website](#). Connect with us on social media ([X \(Twitter\)](#) and [Facebook](#)).

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REGIONAL NEWS BRIEFS

APPLICATION PERIOD FOR COLORADO BIG-GAME LICENSES BEGINS MARCH 1



Special to the Mirror

DENVER – Hunters hoping to draw a big game license in Colorado in 2024 are urged to review the changes in license requirements and fees in the [2024 Colorado Big Game brochure](#) prior to the March 1 opening of the primary draw application period (March 1 - April 2 at 8 p.m. MT).

CPW encourages hunters to submit their applications early to avoid complications or delays. Get prepared ahead of time so that if problems do arise, CPW staff members have ample time to assist you. Visit our [hunting statistics web page](#) for information from previous draws to help maximize your draw potential.

If you have questions about setting up accounts, planning hunts or applying for licenses, [call center agents and hunt planners](#) are available Monday - Friday from 8 a.m. - 5 p.m. MT at 303-297-1192. Hunting resources are available at: cpw.state.co.us/bg.

Mule deer buck at sunset. Courtesy of Wayne D. Lewis/CPW.

BLACK CANYON NATIONAL PARK NEEDS SOME FRIENDS!

DO YOU HAVE A PASSION FOR
NATIONAL PARKS & PUBLIC LANDS?

FRIENDS
OF THE



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CANYON

Friends of the Black Canyon National Park invites you to a gathering of like-minded park advocates. Friends is a local non-profit that seeks to enhance the connection between the local community and the national park.

DISCOVER WHAT FRIENDS HAS IN MIND FOR THE PARK.

Wednesday, February 21, 2024 • Ute Indian Museum, Montrose
6:30 for Refreshments • 7:00 for Presentation
Presentation by Stuart West, Black Canyon Superintendent

Contact Joel Evans for more
information at 970-596-4523.



BY TAX REFUND, DO YOU MEAN A NEW HOME?

Are you receiving a refund this year? Why not let this extra cash help you purchase your dream home! There are several ways you can make your refund work for you when purchasing a home:

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What's even better, at Cimarron Creek Community, only \$1,000 down will hold your home for you while you qualify. What's even better than that? We have several new, ready to move-in, beautiful homes in the month of February! If you purchase a home by the end of the month, Cimarron Creek will take **\$10,000** off the listed sale price!

LOT #1400 Listing Price \$196,000

Brand New Skyline Prairie Dune Home.

1,344 sf - 3 Bedroom/2 Bath

Beautiful Interior Finishes, Open Concept Kitchen with Large Island, Stainless Steel Upgraded Appliances, Electric Tile Fireplace in Living Room, Garden Tub and Tile Shower in Primary Bath.



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Caucus & Voter Persuasion Workshop

February 24, 2024

Check In Begins	10:00 – 10:30AM
Welcome & Introduction Agenda Overview	10:30 – 10:45AM
BREAK	10:45 – 10:55AM
In the Eye of the Beholder 6 Moral Foundations Understand Decision Making Effective Messages	10:55 – 11:45PM
LUNCH	11:45AM – 12:15PM
Let's Talk About Caucus Operations Recruitment	12:15 - -1:00PM
BREAK	1:00 – 1:10PM
Volunteer Recruitment & Management Where to find Volunteers How to Keep Them	1:10 – 2:00PM



**Come Learn, Discuss, & Participate
in the Grassroots Experience**

\$10 Registration for Lunch

Please follow the link

[www.leadershipinstitute.org/
montrosecaucusworkshop](http://www.leadershipinstitute.org/montrosecaucusworkshop)

REGIONAL NEWS BRIEFS

GMUG SEEKS COMMENTS ON TELLURIDE MOUNTAIN CLUB TRAIL PROPOSAL *Public Comment Period: Feb. 15 – March 18, 2024*

Special to the Mirror

NORWOOD— The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests' Norwood Ranger District announces the opportunity to comment on the Telluride Mountain Club trail proposal project submitted by the Telluride Mountain Club (TMtC).

Over 15 miles of new trails and approximately 5 miles of trail rehabilitation for non-motorized use are being proposed by TMtC.

The proposed project aims to address the growing demand for outdoor trail-based recreation in the Telluride region. These trails will be designed to enhance public safety, trail connectivity, trail variety and accessibility on National Forest System lands surrounding Telluride, Colorado. At the same time, the trails will also be designed to protect natural areas and critical wildlife habitats, minimize impacts to watersheds and improve accessibility for various user groups. The proposed trail project will adhere to all National Trail Standards and sustainability protocols if approved.

In collaboration with GMUG, TMtC will contract with SE Group to conduct resource surveys, prepare resource reports and carry out the required analysis under

the National Environmental Policy Act.

U.S. Forest Service specialists will review the analysis performed by the SE Group before any recommendations are made. An additional public comment period will be provided if an Environmental Assessment is prepared.

Proposed non-motorized use trails for new construction (all trails will allow foot travel, mountain bike and horseback riding use):

Mountain Village to Valley Floor Connector trail (1.8 miles)

South Side Perimeter trail (2 miles, approximately 0.7 miles are on Forest Service managed land)

Sheep Corrals to Sunshine Connector trail (0.6 miles)

Sunshine Uphill trail (2.9 miles)

Sunshine Parking Area Connection trail (0.2 miles)

Ilium Flume trail (4.8 miles)

Sheep Mountain Traverse (3 miles)

Proposed non-motorized trails for rehabilitation (all trails are open to foot travel, mountain bike and horseback riding use):

East Side of National Forest System Trail (NFST) #5421—Wilson Mesa trail (1.9 miles): also open to motorcycle use (seasonally)

NFST #5420—Morningstar trail (1.3 miles)

North Side of NFST#5505—Lizard Head trail (1.75 miles): lower section from Lizard Head Wilderness border to the junction of Wilson Mesa trail

Comments on the Telluride Mountain Club Trail Proposal project will be accepted through March 18, 2024. For more information on the proposed action and how to comment on the project, visit <https://www.fs.usda.gov/project/?project=65616>. For questions, contact Krystina Smith at Krystina.Smith@usda.gov or (970) 327- 4261.

Comments may be:

- Submitted online at <https://cara.fs2c.usda.gov/Public/CommentInput?Project=65616>
 - Mailed to Norwood Ranger District, Attn: Krystina Smith, P.O. Box 388, Norwood, CO 81423.
 - Delivered to the Norwood Ranger District during business hours, Monday - Friday, 8 a.m. to 4 p.m. at 1150 Forest Street, Norwood, CO 81423.
- For information and updates on current fire restrictions, conditions, and recreation opportunities on the Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests, visit the [forest website](#). Connect with us on social media ([X](#) (Twitter) and [Facebook](#)).

SEE SOMETHING - SAY SOMETHING



970-249-8500

ANONYMOUS CALL

MONTROSE REGIONAL CRIME STOPPERS

OPINION/EDITORIAL: LETTERS

MONTROSE: WE HAVE A SERIOUS PROBLEM

FROM WHERE I SIT: (my opinions):

I have been reporting specific line items of expenditures that have been charged (in the millions of dollars) against the PUBLIC SAFETY SALES TAX (PSST) account rather than to the County General Fund or the capital improvement plan.

FOR INSTANCE: The JAIL BUILDING(s) is not a part of the sheriff's office. It is a COUNTY JAIL FACILITY and the structure is owned by the county. It is NOT owned by the sheriff. The Sheriff is a tenant of the JAIL building and simply manages its OPERATIONS. The construction cost that has been charged to the PSST account is 5.4 million dollars. Well, to be nice I will say "Was erroneously taken from the Sheriff's PSST account". And, as with all of the 70% of the PSST taxes that belong EXCLUSIVELY to the Sheriff, required his approval to be spent in any manner. He was not asked and he did not approve to "HIS" funds being spent on this capital expenditure to improve Montrose County's real estate.

ADMINISTRATIVE FEES: NO other department of Montrose County is charged administrative fees to be taken from the PSST. But the Sheriff has had about 1.3 million dollars extracted from HIS PSST funds for the administration of his administrative fees. As with the JAIL BUILD-

ING 'bookkeeping error' cited above, this money was extracted from the Sheriff's PSST balance WITHOUT HIS APPROVAL.

Because of the above and other 'creative bookkeeping' practices Citizens (the electorate that passed the PSST) have repeatedly requested (that is asked) for simple 'BUDGET PIE CHARTS' to be generated showing the public where the PSST money is being spent and in what amounts. This so that the non-accountants among us could see where this money was being or had been spent. The BOCC has consistently either refused or neglected to get this done.

THE PROBLEM: In my opinion, the BOCC has not only approved the spending projects that I have been 'erroneously' charged against PSST funds. We, the electorate, know what we voted for. The then members of the BOCC know; the MC4FF and the public advocates who pushed the PSST's passage all know what they voted for. We are not buying the balderdash that doing this the right way would be an 'accounting nightmare.'

The PSST came about because the BOCC, at the time, would not adequately fund the Sheriff's department. So we, the electorate, the citizens, the taxpayers got the PSST passed so that in addition to the inadequate General Fund

funding of the department, there would be a generous addition from which the Sheriff, at his discretion, could buy such things as high quality vests, more training, more deputies as needed, an improved retirement plan and higher wages NOW rather than wait, 'always till next year. Due to the aforementioned actions by the BOCC, the PSST funds balance that should have been significant IS ALMOST BROKE!!!!

PSST was to be an ENHANCEMENT FUND not a replacement for general funding or 'found' money for the BOCC's popularity contest. But at present it is nearly broke. Since 2007 when the PSST began about \$80,000.000 has been collected; the Sheriff's office was to get \$54,000,000. Now, without a Sheriff's consent is ALMOST GONE.

This is OUR government (in action?) not the three commissioners who have lost their way and the respect of the citizens (taxpayers, electorate) of Montrose. WE SUPPORT SHERIFF GENE LILLARD'S EFFORTS TO CORRECT THIS MISMANAGEMENT BY THE BOCC AND HIS LEADERSHIP TO HIS OFFICE, DEPUTIES AND STAFF. SHERIFF GENE HAS OUR FULL BACKING AND RESPECT AS WE KNOW HIS DEPARTMENTAL PERSONNEL DO.

Bill Bennett, Montrose

Your representative form of government starts at your County Caucus and then to the County Assembly. In this critical election year, sitting on the sidelines allows someone else to decide who represents you in County, State, and Federal Government.

SUPER TUESDAY

Tuesday, March 5, 2024 • Colorado Presidential Primary Election

MONTROSE COUNTY REPUBLICAN PARTY CAUCUS

Thursday, March 7, 2024 • Registration starting at 5:30 PM

Montrose High School Cafeteria for all Precincts except Precinct 1
Naturita Community Center for Precinct 1

MONTROSE COUNTY REPUBLICAN PARTY ASSEMBLY

Saturday, March 23, 2024 • Credentialing starts at 8:00 AM

Centennial Middle School Gym for all Montrose County

**Please attend the
Caucus and Assembly
to support Scott Riba.**

**SCOTT
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970-596-9998



scott@scottfermontrose.com

MONTROSE COUNTY COMMISSIONER

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2024 Cabin Fever Craft Show

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

Friday February 23rd 10am-6pm
Saturday February 24th 9am-4pm
Sunday February 25th 11am-4pm

Friendship Hall, Montrose County Fair Grounds

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email: montrosefootwear@aol.com*



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970-249-2460

Alpen Confections
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970-252-1119

Jimmer's BBQ,
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970-252-1227

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HEALTHY RHYTHM CONCERT SERIES PRESENTS:

The Cross-Eyed Possum

live at

HEALTHY
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THURSDAY, MARCH 7, 2024

DOORS 7 PM · SHOW 7:30 PM

ADVANCE SEATS \$20 · DAY OF SHOW \$25

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WWW.HEALTHYRHYTHM.NET

COMMUNITY OBITUARIES

MADALINE (GIPE) LAKE *August 5, 1938-February 9, 2024*

MADALINE (GIPE) LAKE passed away on February 9, 2024, in Montrose, CO, at the age of 85. Madaline was welcomed into the world on August 5, 1938, in Cedaredge, CO to Perry and Vesta (Byfield) Gipe. She was blessed with a sister, Ellouise to round out the family of four. The Gipe family moved around a bit while the girls were growing up. Madaline attended schools in Montrose, California, and Gunnison, as the family moved. She was back in Montrose for high school and graduated with the class of 1955. From there, she went to Colorado State College, which later became University of Northern Colorado in Greeley, CO. She had a passion for teaching and double majored in Business and English with a minor in education. Her teaching career began in Leadville, CO in 1959.

Madaline was teaching Business and English classes at Lake County High School (LCHS) when she decided to take a first aid class. The class happened to be taught by Norman Lake. When Norman asked her out after one of the classes, the two began dating. They were married a year later on November 19, 1960, in Leadville. Five children came from this union: Kellie, Peter, Leonard (Jeff), Linda and Rachel. Norm and Madaline were married for 31 years before Norm passed away in 1992. Madaline never remarried.

With five kids born within seven years, Madaline was a stay-at-home mom for many years. She went back to work for a time after the first three kids were born but then stayed at home for another stint once the last two kids were born. Even though she had her hands full with the kids, she also helped Norm run his electrical contracting business, Smith Electric. Norm and Madaline ran the electrical business until the end of 1989.

Once all the kids had entered school, Madaline went back to teaching. She started teaching business classes at Colorado Mountain College. She mostly taught in the afternoons or evenings in the beginning. She also did some subbing at LCHS. She went back to teaching full-time at LCHS in 1979. She taught both Business and English classes there until 1994. The school district offered an early retirement package in 1994 and Madaline decided to take it.

During her 37 years in Leadville, Madaline cared for many of Norm's relatives including his mother, four aunts and an uncle. Once she retired, she felt the winters in Leadville were rough and decided to go back home to Montrose. She had an aunt, Florence (Byfield) Sparks, who still lived in Montrose. Madaline

enjoyed spending time with and helping Florence. Madaline lived in Montrose from 1996 to the time of her death.

After Madaline was back in Montrose, she became active in many community organizations to fulfill her desire to help people however possible. She was a member and officer of Golden Circle and a longtime volunteer with Sharing Ministries Food Bank and Meals on Wheels. RSVP (Region 10 Senior Volunteer Program) was another way that Madaline became involved in the community. Through this group, she volunteered at the Ute Museum and was part of the transportation board for Montrose. She also was part of the board for the Senior Advisory Committee. She volunteered in the office for St. Mary's Catholic Church for most of the years she was in Montrose, as well. Anywhere there was a need, Madaline would lend a hand.

Madaline embraced the performing arts available in the Montrose area. She was a regular season ticket holder for Magic Circle Players, Delta-Montrose Community Concert Association, and Valley Symphony Association. The performances brought her great joy and allowed her to share wonderful experiences with friends she attended with.

Madaline was always very active in professional and church related organizations. She was active with the Colorado Education Association and the Lake County Education Association while she was teaching. She was a founding member of the Delta Kappa Gamma (DKG) chapter in Leadville, another teaching organization. She was a DKG member for 40+ years and held different offices with the two chapters she belonged to in Leadville and Montrose. Through the Catholic Church, she became a member of Catholic Daughters of America. She held many offices during the time she was actively involved, including State Regent. She was also a member of the Rosary Makers Guild, while in Leadville.

Self-proclaimed as a voracious reader, Madaline was always on the hunt for the next good book. Over the years, she dabbled in several other hobbies but reading always remained her go to activity. She learned belly dancing, tai chi, and square dancing during her life. Reading was what always grounded her, though.

Travel was something that Madaline enjoyed a great deal. She made a trip overseas with her college friends after they graduated and never stopped talking about the experience. She later traveled to Ecuador to practice her Spanish and learn about the culture. Another trip she spoke of often was her trip to Swaziland and South

Africa with friends from church. She traveled with her family to places like Germany, Canada, Iceland, Bermuda, Alaska, Montana, South Dakota, Wyoming, Nebraska, Kansas, and Texas. She enjoyed the people, culture, history, and food in all the places she visited.

The family would like to thank all her caregivers at Montage Creek for their care during her final two years. Hope West's assistance with her hospice care was greatly appreciated. Additionally, Bertha, Daniela, Jessi, and Jessica, her companions and overnight caregivers, deserve recognition for their invaluable support in ensuring her safety, providing attentive care, and showering her with love throughout her journey.

Madaline has made her final journey to be with the Lord. She will be greatly missed by many but especially by her family. She is preceded in death by her parents, her husband, Norman, and daughter Linda Miller. She is survived by her sister, Ellouise Pruett (Robert), children, Kellie Bayne, Peter Powers-Lake (Patrick), Leonard Lake, and Rachel Lake; grandsons, Shawn Powers-Lake and Christian Powers-Lake, sister-in-law, June (Lake) Hinzman; as well as several nieces and nephews.

Madaline will be buried next to her husband Norm in Leadville, in the Evergreen Cemetery. A celebration of life will be held at the Eagles Lodge, 812 Hemlock St, Leadville, CO, on Saturday, February 17, 2024, at 12:00 PM. A funeral mass for Madaline will be held at St. Mary's Catholic Church, 1855 St. Mary's Dr, Montrose, CO, on Tuesday, February 20, 2024, at 10:00 AM, followed by a gathering in the Parish Hall. Crippin Funeral Home is assisting with arrangements. In lieu of flowers, donations can be made to Sharing Ministries Food Bank or Golden Circle Seniors in Montrose, CO.

Sharing Ministries Food Bank
49 North 1st Street
Montrose, CO 81401-3660
(970) 240-8385
<https://sharingministries.com/donate/>
Golden Circle Seniors
Send Donations to:
1800 Pavilion Dr
Montrose, CO 81401
(970) 252-4888



COMMUNITY OBITUARIES

MICHAEL GLENN FRANKLIN ***April 16, 1965- February 8, 2024***



Beloved husband, father, grandfather, son, brother, and friend to many Michael (Mike) Glenn Franklin passed away unexpectedly on Thursday February 8, 2024. Mike was born April 16, 1965, to Billy C. Franklin and Carolyn (Berry) Franklin in Athens Texas. Mike was full of spirit, compassion, and kindness. He had such an amazing smile. It was truly contagious and just looking at that smile would brighten any one's day. He lived life for his family, friends, for having fun and making memories. Mike had a passion for cooking and was a master of the grill. He enjoyed hunting, fishing, and spending quality time outdoors with his family.

Mike began his career as a mechanic with his father at a very young age. Mike spent many years and dedicated hours of training to become a Senior Master Certified Ford Technician. He was truly one of the best in his field. No task was too big or too small he could do them all.

Mike is preceded in death by his father Billy C. Franklin and his son Michael Glenn Franklin Jr.

He is survived by his wife of 37 years Lisa R. (Baumgartner) Franklin; Daughter Ashley (Josh) Chicon; son JC (Jenny) Franklin; and his fur baby Candy. Grandchildren; Makayla Chicon, Tanner Chicon, Jeremy Franklin, and Jamison Franklin; mother Carolyn (Berry) Franklin; Aunt Judy (Jim) Hodge; sister Shirley (John) Coleman; brother Dennis Franklin (Mary); sister Lorie Haydon (Richard) and many wonderful nieces and nephews. Mike is also survived by his mother-in-law Carol H. Graves and sister-in-law Linda L. (Baumgartner) Ransanici.

DELMER (DEL) SCHEELE ***October 2, 1933- February 2, 2024***

DELMER LEWIS SCHEELE died February 2, 2024 at Crossroads Assisted Living. He was 90 years old. Del was born on October 2, 1933 in Linn, Kansas to John and Saloma Scheele. He grew up in Clay Center, Kansas. He joined the Navy in 1951 and served as an air traffic controller until 1956. He was a Korean War veteran. After leaving the Navy he returned to Clay Center where he began his 24-year career as a JCPenney store manager. Del married Virginia Henderson on October 11, 1957. They moved several times during their marriage before settling in Delta, Colorado in 1980. He worked for the State of Colorado for several years prior to his retirement. Del enjoyed working on cars, woodworking, hunting, fishing, and sailing. He also enjoyed spending time with his family and friends.

Del is survived by his children, Coleen, Jeff, Mike and Karen; his daughter-in-law Michelle; seven grandchildren; and seven great-grandchildren. He was preceded in death by his wife, Virginia; his brother, Don; his parents; and his son-in-law, Dennis Taylor.

Interment will be at Western Colorado Veterans Cemetery at 1:00 PM on May 31, 2024.

Memorial contributions may be made to HopeWest Hospice, PO Box 24, Delta CO 81416.

Crippin Funeral Home and Crematory are handling arrangements.



CELEBRATING LOCAL BEAUTY.



COMMUNITY OBITUARIES

DARLA DURAN

DARLA DURAN, 69 of Gunnison and most recently Montrose, passed away on Feb. 5, 2024. She was born to Philip and Frances Duran in Gunnison, Colorado, where she spent most of her life.

Darla was a caretaker at heart. She was always willing to help others and would give you the shirt off her back. She had a love of working and her many different jobs as a caregiver, in hospitality and customer service allowed her to help even more people. Darla had a special love for animals. She always had animals of her own, and some that were not her own, but she loved them all the same. Her faith and willingness to share her faith with others helped her and her family through many things throughout her life. She had a great sense of humor and was always cracking jokes, making people laugh and being ornery.

She is survived by daughter Frances Duran, son Jason Johnson (Jaymi), grandchildren Adrianna Cole (Torren), Jacob Martinez (Raven), Joseph Bracamonte (Venessa), Isabella Smith, Erik Johnson, Jason Johnson Jr., and Ethan Johnson; great-grandchildren Zoey and Rain Bracamonte, Tatum Schultz, Noah, Wyatt and Tanin Cole. Siblings Joyce Sanchez, Judy Cabral (Poncho), Teri Caldera (Miguel), Cathy Mendez (Steven), Kenny Duran and Anita Espinoza; parents John Espinoza and Mary Duran; and many nieces and nephews who she loved dearly.

Darla was preceded in death by her parents and brother Thomas Duran.

In lieu of flowers, an account has been set up at NuVista Federal Credit Union. 2711 Commercial Way, Montrose, CO. 81401



WARREN K. GUMESON *June 15 1939 – January 26 2024*

Born in Denver Colorado to Carl Fredrick Gumeson and Margret Emma (Booksrtom) Gumeson.

He completed elementary through high school in Denver, graduating from South High. Warren continued to college earning his BA from The University of Colorado in 1961, then earning a teaching certificate in 1962 and a MA in Librarianship, in 1970 from University of Denver Library School.

He taught High School in Alamosa for several years prior to earning his MA. He was hired by Bemidji State University in Minnesota, as a catalog librarian in 1971 where he stayed until he retired after 33 years. Warren moved home to Colorado in 2020 where he spent his final years in Montrose.

Warren was a life-long folk and bluegrass musician and a lover of books and reading, especially mysteries and science books, and was a grateful long-time friend of Bill W.

He is survived by his son Carl Gumeson, daughter Ellen (Gumeson) Hunter, grandchildren Kalyn and Dylan Hunter, brother Charles Gumeson, and sister Karen (Gumeson) Nelson, as well four nieces and nephews.



Thank you for reading
THE MONTROSE MIRROR

ISSUE 457 Feb. 19, 2024

ART & SOL

GRAND VALLEY'S PREMIER BALLET COMPANY TO PERFORM IN MONTROSE

By Caitlin Switzer

REGIONAL- On March 2 and 3, Montrose residents will have the chance to see a professional ballet company dance on a local stage. The Colorado West Performing Arts Company (CWPAC), based in Grand Junction, will present the Little Mermaid at the Montrose Pavilion. The ballet company will offer performances in Montrose on Saturday, March 2 at 2pm and 7pm, and on Sunday, March 3 at 2pm. Grand Junction performances will take place on Feb. 23 and 25.

Dr. Mark Hoffmann serves on the board of the Colorado West Performing Arts Company. "We are a non-profit," Hoffmann said, "And this is a world class ballet company."

The Company's 11 professional dancers are adults and have been recruited from around the world; there are presently five dancers in training. Joining them for the performances in Montrose will be dancers from Elevation Academy of Dance, Hoffmann said. "The people of Montrose have been receptive and encouraging."

Hoffmann recently reviewed the company's performance of the Nutcracker Suite in Grand Junction. "...The ballet company's artistry was evident from the first note of



CWPAC dancers. Photo courtesy Dr. Mark Hoffmann.

the music, as they brought the beloved classic to life on stage. The performers were graceful and precise as they moved across the stage, telling the story of Clara's magical journey through the Land of Sweets and finding her love for the Nutcracker...Each of the dancers poured their heart and passion into their every movement bringing a sense of deep emotion to the performance that resonated deeply with the audience. The elegant costumes and enchanting set design added to the magic of the performance, transporting adults and children to a world of wonder and imagination."

According to the web site, Colorado West Performing Arts Academy was founded in 2022 by Absolute Dance's executive director, Theresa Kahl, and by co-artistic director Nicole Wilkinson. Performing in conjunction with local dancers, the company's 2023-2024 season will include three full-length ballets: Sleeping Beauty, the Nutcracker, and The Little Mermaid, as well as a mixed-bill performance - Classics, Romantics, and Contemporary Works II. For tickets and information on the upcoming performances of The Little Mermaid, visit the CWPAC web site. For information on the 2023-2024 season, click here.



Journalism of a
different stripe.

montrosemirror.com

CWPAC
Colorado West Performing Arts Company
Western CO's Premier Ballet Company

LITTLE MERMAID

Avalon Theatre | Montrose Pavilion
Grand Junction | Montrose
FEB 23 & 25 | March 2 & 3

TIX: ColoradoWestPAC.org

Scan Me

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/> Rec-
 tor: The Rev Preston Gordon, [pgor-
 don@allsaintsmontrose.org](mailto:pgor-

 don@allsaintsmontrose.org)

Worship Service Times: Sundays 9AM,

Sunday Worship. Wednesdays 11AM, Mid-
 week prayer and communion, Wednes-
 day, Noon, Multi-denominational Commu-
 nity Prayer Hour.

All Saints Anglican Church is an Evangelical
 Anglican Church committed to the minis-
 try 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 Sun-
 day service. We would love to welcome
 you here. Following the service, join us for
 snacks and conversation. On the third Sun-
 day 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
 112 Main St.
 P.O. Box 262

Olathe, Co 81425

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

Pastor Gabe Skillo

Sunday School 9:15 a.m.

Sunday 10:30 a.m.

Sunday 6 p.m.

Wednesday Bible Study/Prayer 7 p.m.

CELEBRATION CHURCH

Denomination: Southern Baptist Church
 (SBC – Southern Baptist Convention)

Address: 2900 Sunnyside Road, Mont-
 rose, CO 81401

Office Hours: By appointment

Phone: (970) 497-4925

Email: celebrationmontrose@gmail.com

Website: [https://
 celebrationmontrose.org/](https://celebrationmontrose.org/)

Worship Service Times: 9am and 10:45am

Senior Pastor:

Pastor Brandon Mathis

Church Description/Mission: Celebration
 Church makes disciples that make disci-
 ples. Our core values include the Scrip-

ture, discipleship, community, service,
 prayer, love, and unity.

Demographics: Multi-generational

Celebration Kids: (age birth to 5th grade)
 programs offered both services.

Student (middle & high school) at 9am.

Adult -Discipleship classes 8am and
 10:45am.

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

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 welcom-
 ing environment being comforted and en-
 couraged 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 old-
 er and younger people. We have younger
 families with children and young teens and
 older adults as well. We also support the
 work of Calvary Ranch Colorado and its
 addiction recovery ministry.

FIRST PRESBYTERIAN CHURCH MONTROSE

Affiliation: Presbyterian

Address: 1840 E Niagara Rd. Montrose CO.

81401 **Office Hours:** M-Thu 9AM -

12PM **Contact:** 970-249-4732, in-

form@fpcmontrose.com,

www.fpcmontrose.com

Pastor: Jesse Mabanglo

Worship Service times: 9:30AM,

Student Worship at 6PM. *We strive to en-
 courage, challenge and support one another*

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

MIRROR CHURCH DIRECTORY From previous pg

HILLCREST CONGREGATIONAL UNITED CHURCH OF CHRIST

Denomination affiliation: United Church of Christ

Address: 611 South Hillcrest Drive, Montrose, CO 81401

Office hours: By appointment

Contact information:

Phone number: (970) 249-9047

Email address: office@montroseucc.org

Website: montroseucc.org

Current Pastor: Rev. Wendy Kidd

Worship service times: Sunday, 10 a.m.

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

on life's journey.

Church demographics: HCUCC welcomes all ages to worship with us. (predominately family, youth, seniors, singles)

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

MONTROSE UNITED METHODIST CHURCH

Denomination Affiliation: United Methodist

Address: 19 S. Park Avenue Montrose CO. 81401

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

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

montroseumc.org

Current Senior Pastor: Rev. Kevin Young

Worship service times:

8:30 a.m. Sanctuary & Virtual

9:45 a.m. Christian Education & Fellowship

11 a.m. Sanctuary

Montrose UMC is a leader in being fully inclusive, loving, and just servants of

Christ. Our church family welcomes people from various cultural and faith backgrounds: single, married, remarried, with or without children, from diapers to dentures.

Wherever you are on your spiritual journey we invite you to come discover hope, joy, peace, purpose.

ROSEMONT BAPTIST CHURCH

Affiliation: Southern Baptist

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

Office Hours: Tues-Thurs, 9am-4pm

Contact information:

Phone: 970.249.4887

website: www.RosemontBaptist.org

email: office@rosemontbaptist.org

Senior Pastor: Rolland Kenneson

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

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

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

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

matter what stage of life they are in.

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

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

SPIRITUAL AWARENESS CENTER

Denomination affiliation: Independent Interfaith

Address: Meeting at Lions Park Community Building, 602 N. Nevada, Montrose

Office hours: Tues-Fri, 9 am to 4 pm, **Home**

Office – 970-252-0908

Contact information:

Rev. Dr. Arlyn Macdonald,

970-252-0908,

arlyn@spiritaware.org,

www.spiritaware.org

Name of current pastor: Rev. Dr. Arlyn Macdonald, Senior minister; Rev. 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-](http://ststephensmontrose.com)

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 Communion 10 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 at 9 am followed by a time of fellowship and snacks. Summit Church has frequent Bible studies and other events for adults, young adults, youth and children. Please visit <https://www.summitchurchmontrose.org/events> for more information.

Summit Church Montrose is a new church plant that preaches the Word of God, reaches the lost with the Gospel of Jesus Christ and equips Christians to serve the

Lord. Summit Church has people of all ages!

We have families with children (babies, school aged, recent high school and college graduates) 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 OF MONTROSE

Denomination Affiliation: Independent Baptist

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

Office Hours: Monday-Friday 8am-12pm

Contact Information: Phone (970) 249-

6874; email at info@vbcmontrose.org;

website: vbcmontrose.org

Current Pastor: Roland Kassales

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

Victory Baptist Church exists to exalt God, edify saints, and evangelize the lost. Demographics: Victory Baptist serves everyone with age-appropriate classes, groups, and activities. Families with children make up the majority of VBC with young adults, singles, middle-aged couples, and seniors comprising the rest.

Church Directory

Mirror Editorial Staff

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

information to the Montrose Mirror:

Name of church

Denomination affiliation

Address Office hours

Contact information (phone number, email address, website)

Name of current Senior Pastor

Worship service times

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

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

Do your church services include Sunday School and childcare?

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GETTING OUTDOORS IS EASIER THAN YOU THINK!



Nature guides are a great way to identify critters. These girls are using a bird guide to help them identify local birds likely to be seen along the Gunnison River (photo credit: Anne Janik).

By Kirstin Copeland, Friends of Youth and Nature

REGIONAL-Colorado is famous for its great outdoor activities. Many of these activities require money or experience to get involved. Snowboarding, rock climbing, climbing 14ers, or riding snowmobiles or ATVs require both. Getting started in outdoor activities can be easier than you think, though. It is widely known that being outdoors helps our physical and mental health. So, here are a few easy and cheap ways to get outside on your own, or with others.

Hiking:

One of the best outdoor activities to start with is hiking or trail walking. The only real required equipment to start is a good pair of shoes. This cannot be stressed enough. Poor fitting or flimsy shoes can result in some frustrating experiences like blisters and sore feet. It can also result in safety issues from poor footing in steep or slippery trail areas. This does not mean you have to purchase expensive hiking boots or shoes, but sturdy, well-soled shoes with a good fit will be comfortable and safer. Next, and very importantly, is to know where you are going. The CO-TREX app is a great trail application that has many hiking, biking and other trails all over Colorado. It includes important trail information such as distance, elevation changes, surface etc. Second, start with trails closer to your community because these are typically well signed and short-

er. These will help you get a sense of how you feel on a variety of distances in different topography. Bring water and extra clothing layers for changes in temperatures. Before you know it, you will have gained experience, stamina and a little more equipment. You will be ready for longer day hikes on our public lands. Some of the most memorable experiences are being outdoors and seeing, hearing, smelling, or feeling nature around us. A short trail walk in the same location in winter, spring, summer and fall will result in amazing differences in what you experience.

Tracks and Scat Hunting:

It is surprising how many species of wildlife are close to, and even inside, towns in Colorado. Recently, I was on one of the concrete trails early in the day in Montrose after a slight snow fall. I was excited to see fox tracks, and a beaver track including drag marks where the beaver had pulled a tree across the trail. In addition to small mammals and rodents, there are great bird and waterfowl tracks all around communities. Even more fun than tracks by itself, is to add scat identification. Identifying scat (or poo), and the creature associated with it, is a surprising amount of fun. Different families of animals will have different scat based on what they eat and how it is processed. Herbivore scat looks very different from carnivore or omnivore scat. In addition to tracks and scat, there are other 'signs' you can find like trees felled by beaver, or deer antler rubbings on trees, or the mud slide of a river otter. It is a little like a nature investigation. Best of all, there is no real cost to get started because track and scat guides can be pulled up online, obtained at many wildlife or public land offices, or you can also check out scat and track guides at your local library. As with all activities involving wildlife, the goal is to not disrupt the actual animal, so observe from a distance or just look for the sign and know they are around.

Star Gazing:

Similar to tracks and scat, astronomy guides are available as apps or online. You can also find printed materials at your local library. Make sure you have an app, or guide, that covers your location and the current time of year. The key to star view-

ing is clear night skies with as little ambient light as possible to not wash out the constellations (so get away from streetlights, vehicles, etc). One of the easiest constellations to identify is the Big Dipper. National and state parks have astronomy programs you can also attend where the local astronomy clubs bring out amazing telescopes that bring the planets, comets, or other astronomical features more into focus. These and other programs also add information to make your future star gazing even better.

Outdoor Discovery Apps

If you have a 'smart' phone, you can also use several outdoor applications in outdoor discovery. Applications like Agents of Discovery, iNaturalist, Merlin, geocaching and others are very user friendly, and allow you to choose what you want to focus on. Some have missions or challenges, others are to help id any type of natural item out there (plants, animals, rocks, birds, you name it!). Even though we all need less screen time, this is a way to be outdoors and focus on what is around us with the assistance of technology.

In addition to the above recommendations, other cheap and easy outdoor activities can be as simple as flying a kite, or making our own 'Outdoor Bingo/ Scavenger Hunt' where you can look for things like a rock the size of a toaster, any bug under a rock, or any bird with white and black feathers.

Another recommendation is to find a mentor who is already doing things you are interested in, and ask them to show you how to get started. When I first moved to Montrose, a co-worker showed me all his favorite trails, and areas to hike or bike. Many of those trails mean a lot to me. I have since taken my kids and hopefully soon my grandkids out to the same areas. You don't need to be an expert or wealthy to spend time outdoors, there are many ways to get started and the benefits are endless!

Friends of Youth and Nature is a non-profit that promotes opportunities for youth and families to get outside, experience outdoor activities, and explore nature. Follow our outdoor news blog and receive monthly tips on connecting your children to nature. Learn more, visit: www.friendsofyouthandnature.org

CARTOON BY TIM JONES

WEEKLY CARTOON

SOUR GRAPES

by Tim Jones



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970-249-2460

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970-249-8990

Busy Corner White Kitchen
970-323-6215

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970-399-3570

COMMUNITY NEWS BRIEFS

CAS CHIPETA CHAPTER PRESENTS DENNIS DEVORE: CANINES IN ROCK ART

Special to the Mirror

MONTROSE-Calling all Dog Lovers - come hear Dennis Devore present Canines in Rock Art, including the origins of domestic dogs. Feb. 21 at 7pm at the United Methodist Church at 19 S Park Avenue. Montrose. Free. The Chipeta Chapter, established in Montrose, CO in 1935, is the oldest continuously active chapter of the Colorado Archaeological Society (CAS).

ERIC NUNN NAMED TO KENNESAW STATE'S FALL 2023 PRESIDENT'S LIST

Special to Art & Sol



KENNESAW, GA-- Eric Nunn of Montrose has been named to the Kennesaw State University Fall 2023 President's List. Majoring in Psychology, Nunn is among nearly 5,900 undergraduate students recognized on the Fall 2023 President's List. To qualify, students must achieve a 4.0 grade point average and complete a minimum of nine credit hours.

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www.valleyfoodpartnership.org. Year-Round Farmers Market, Saturdays 9am-1pm (Summer), every other Saturday 10am-1pm (Winter). Accepts SNAP and Double Up Food Bucks.

MONTROSE CENTER FOR ARTS FIRST FRIDAY-New Art Exhibit opening with featured artists. 4:30 - 7 pm First Friday of every month. 11 S Park Ave., Montrose. Free Admission. For more information: 970-787-9428 or info@mc4arts.com

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.

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

Feb. 1-April 12-AARP Foundation Tax-aide in Montrose – Feb. 1 - April 12, Tue, Thu, Fri 9am - 2pm at the Montrose Pavilion Senior Center. Free income tax preparation for anyone, free of charge, focused on individuals over 50 or low/moderate income. Appointments are required, call 970-252-4889, M-F 9-2. More information about the program is available at: taxaide.aarpfoundation.org

Feb. 21--Calling all Dog Lovers - come hear Dennis Devore present Canines in Rock Art, including the origins of domestic dogs. Feb. 21 at 7pm at the United Methodist Church, 19 S Park Avenue. Montrose. Free. The Chipeta Chapter, established in Montrose, CO in 1935, is the oldest continuously active chapter of the [Colorado Archaeological Society \(CAS\)](http://ColoradoArchaeologicalSociety.org).

March 2-3-The Colorado West Performing Arts Ballet Company will be performing The Little Mermaid Ballet in Montrose at the Montrose Pavilion, on March 2 at 2 and 7pm, and on March 3 at 2pm. For more information visit <https://www.coloradowestpac.org/>

March 9-The Museums of Western Colorado presents our Annual Speakeasy Fundraiser: Night on the Barbary Coast on Saturday March 9, 2024. Come join us for a night of debauchery honoring Grand Junction's historic red-light district, the Barbary Coast. The event is a fundraiser that supports the Museums of Western Colorado, a 501(c)(3) nonprofit organization. Tickets are available on our website now! Be sure to bring a form of ID, as this event is for folks 21 and older only. **For more information visit:** www.mowc.co Instagram: @museumsofwesternco Facebook: @crossorchards Twitter: @museumsofwc YouTube: Museums of Western Colorado



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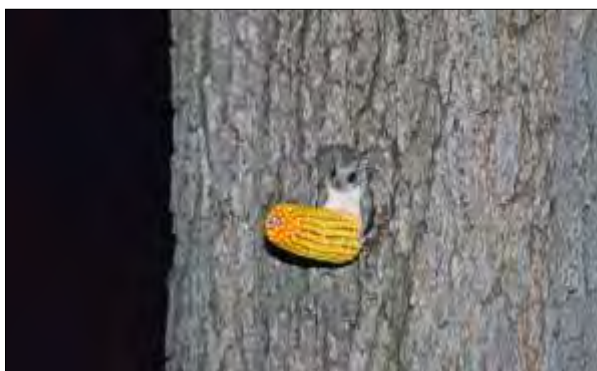
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