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the Montrose Mirror

RE-1J MOVES FORWARD WITH MHS RE-DO CONCEPTUAL DESIGN, COST ESTIMATES FOLLOWING WORK SESSION VOTE TO APPROVE

Enrollment has increased 20 students over last month, 41 over last year



At the Board of Education meeting on April 9 (meeting screenshot) Human Resources Director Michelle Pottorff gave an update on hiring, recent recruitment, and retention efforts, as well as trends. "Hiring is not getting any easier for any organization," she said. There are currently 64 vacancies, which is not uncommon for April, Pottorff said.

By Caitlin Switzer

MONTROSE- Montrose County School District RE-1J Board President Sarah Fishing called the April 9 Board of Education meeting to order and led all in saying the Pledge of Allegiance. Also present were Board Vice President Stephen Bush; District A Director Neisha Balleck; District B Director Ted Valerio; District C Director Alice Murphy; District D Director Tom West; and District F Director Jody Hovde.

The Board voted unanimously to approve the meeting agenda.

STUDENT SPOTLIGHT

Public Information Officer Matt Jenkins introduced several high school students including MHS Student Body President Jack Flower; the students shared information on graduation ceremonies. Montrose and Olathe high schools will hold graduation on May 19, with MHS

Continued pg 29

CITY COUNCILOR ED ULIBARRI QUESTIONS IMPACT OF MURA DEVELOPMENT ON DOWNTOWN MONTROSE BUSINESS

By Gail Marvel

MONTROSE-The April 10, 2024 Montrose Urban Renewal Authority (MURA) meeting was called to order by Board Chair Barbara Bynum. Following the Pledge of Allegiance, roll call was taken. Board members Tad Rowan and Allison Howe were absent.

There were no changes to the agenda, and the minutes from the February 14, 2024, 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.

Tax Increment Finance (TIF)

Continued pg 27



Construction on the medical center located in Colorado Outdoors has stopped. Colorado Outdoors Developer David Dragoo said, "The medical center is working on financing. The project is on hold right now." Photo by Gail Marvel.

[Lauren Hall Ruddell, Ph.D. Your Brain on Nature!](#)

[Red Hawk Sports Coverage by Cliff Dodge!](#)

[OP-ED Commentary by David White](#)

[The Garden of Life by Rev. Dr. Arlyn Macdonald](#)

READER PHOTO SPOTLIGHT

HONK! HONK!



Photo of geese on the roof is by B. Switzer.

REGIONAL NEWS BRIEFS

CITIZENS CLIMATE LOBBY MEETS MAY 6

Special to the Mirror
MONTROSE-On Monday May 6 at 5pm. Citizens' Climate Lobby meets at the Montrose Safety Complex meeting rm (police). Non-partisan, national, environmental. All Welcome. Info at 970-765-9095.

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- BEST Mechanic (Greg Ellis)





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REGIONAL NEWS BRIEFS

WOMEN'S GIVING CLUB 2ND QUARTERLY MEETING MAY 2

Special to the Mirror

MONTROSE-The Women's Giving Club 2nd quarterly meeting will be held on Thursday, May 2nd, 5:30 at the Bridges. ALWAYS open to every woman who would like to participate. Call 970-209-9598 if you need more info.

CELEBRATE WORLD TAI CHI DAY

Special to the Mirror

MONTROSE-Celebrate World Tai Chi Day on Saturday, April 27 at 10am on the front lawn at the Montrose Rec Center (across from Walmart.) Around the World people will be practicing Tai Chi at 10am in each specific time zone to bring attention to this lovely, healthy, exercise and to encourage more people to practice. The short Sun Style form will be led by Certified Tai Chi for Health and Exercise Leader, Jan Graves. Everyone is welcome from novice to advanced. Come in comfortable clothes & shoes for walking on a grassy surface. Donations happily accepted. For more information, please text Jan at 410-693-7327.



Mindfulness Matters

Thursday, April 18, 7-9 PM
Montrose Library Meeting Room



Erin Easton, the founder of New Leaf Coaching, and a mindfulness based health and life coach, will present a two hour class introducing what mindfulness is and how to practice it. Learn about habitual reactions created within the mind and how mindful awareness can help us break negative habits bringing more peace, purpose, and intention to our lives.

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REGIONAL NEWS BRIEFS

2024 SMPA BOARD CANDIDATES ANNOUNCED

Special to the Mirror

MONTROSE-As a consumer-controlled electric cooperative, San Miguel Power Association (SMPA) is overseen by a seven-member board of directors who are elected by the membership. Directors serve four-year terms. Each year, one or two directors, representing their geographic district, are elected. This year, the Board election is for District #1 and District #4. In District #1, which includes Parts of Montrose, San Miguel, Ouray and Dolores Counties including Basin, Bedrock, Naturita, Nucla, Paradox, Redvale, Slick Rock and Uravan, two candidates, Tom Loczy and Bette Nickell are running against each other

for the seat.

In District #4, which includes Parts of Montrose, Ouray and San Miguel Counties including Colona and a portions of Log Hill Village and Telluride, the incumbent director, Toby Brown is running unopposed. He will be deemed re-elected per SMPA bylaws. No ballots will be sent to voters in this district.

Electric consumers in District #1 will elect their director this year by secret ballot. Voters have three options on how to vote: 1) They may vote using a secure online ballot. (Be sure to “whitelist” the email address noreply@directvote.net to vote and to turn off your paper ballot.) The

online ballot is also accessible through the free online and mobile app, SmartHub.

2) They may vote by mail. (Paper ballots will be mailed to all eligible voters who have not turned off their paper ballot.) Completed ballots must be received by June 5th.

3) They may drop off ballots at the SMPA Office in Ridgway (720 N. Railroad St.) or in Nucla. (170 W. 10th Ave.) Drop-off ballots must be received by 5:30 pm on June 5th.

Results of the election will be announced at the conclusion of the online Annual Meeting, on June 6th 2024. See www.smpa.com to register.



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OPINION/EDITORIAL: LETTERS

NON-PROFIT LEADER GRATEFUL FOR SUPPORT OF SCOTT AND JULI MIJARES

Editor:

Scott and Juli have been incredibly supportive of my nonprofit, Mrs. Claus for a Cause. They have hosted events, made donations, and have been great overall cheerleaders for the charity. I know they both care immensely about the community and the people in it, and I could not be more grateful for their support. Montrose County is much better off for all they have done and continue to do for its residents!

Kindly,

Leah Cole, Montrose



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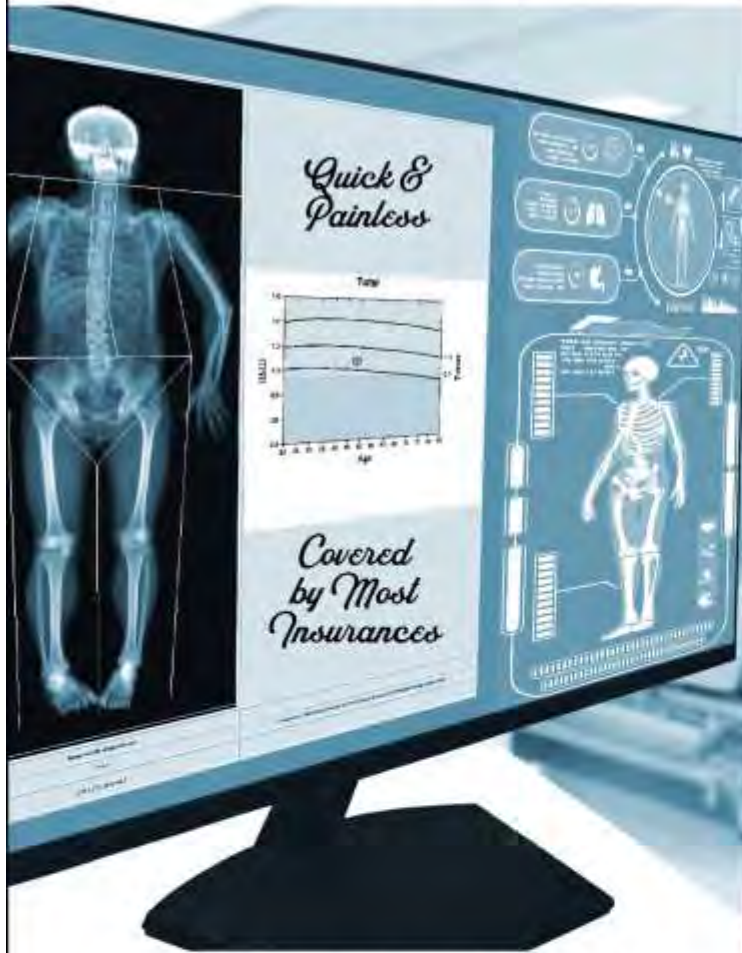
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READER PHOTO SPOTLIGHT



Above, Montrose residents gathered to celebrate the Solar Eclipse on Monday, April 8. Photo B. Switzer.

At right, Night Sky by Judy Kinyon.



Greetings Friends of the Black Canyon National Park & Curecanti National Recreation Area!

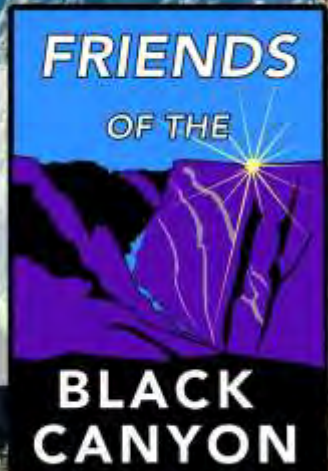
Meeting Notice

Tuesday, April 16, 2024 at 6:30 pm.

Meet at "The Campers Hub" • 18265 US 550, Montrose (The old country school a short distance south of Montrose that has been opened as an RV Park.)

The purpose of this second meeting is to recruit new people interested in joining with us and to work on reorganization tasks.

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



OPINION/EDITORIAL: LETTERS

SCOTT MIJARES HAS ALWAYS BEEN A CONSERVATIVE REPUBLICAN

Editor:

Scott Mijares is a dear friend of ours. He is running for County Commissioner for the same reason Donald Trump is still running for office. Our nation is in decline and Scott is concerned that Montrose is at risk. Scott has always been a Conservative Republican. His passion in getting the truth out about his opponent is so the Montrose county tax payers are aware of who is going to be in charge of their money. Scott's opponent Lou Stark was running unopposed and that is why Scott felt compelled to step up and run.

Scott has been lied about numerous

times by a couple of mean spirited Big Lou supporters. What is perplexing to us is that they falsely accuse Scott of lying and they are in the same party! Their own embellishments make us wonder where their motivation is. Perhaps they are misaligned with their own party. These Lou Stark supporters are intent on making Scott out to be something other than a Conservative? Why would a so called Republican who is supposed to have the best interest of Montrose County not support Scott and worse, lie about him while knowing he is the most qualified candidate?

Scott Mijares has never given us any

reason to question his integrity or honesty. This smear campaign will not sit well with the voters. Just as the voters see through the relentless attacks on Trump, Montrose will see through the desperate attempt to smear candidate Scott Mijares. It's disheartening to see the same games being played locally that we witness daily from Washington. We can assure you and we cannot emphasize enough that Scott is the most honest, most qualified and trusted candidate for District 1 County Commissioner.

Sincerely,

Dan & Carla Choate, Ridgway

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MONTROSE HIGH SCHOOL DIVISION AWARDS



MHS Division Award winners for April (left to right) are Bailey Cheezum, Tommy Montoya-Ornelas, Jenesis Gomez, Cash Vang, Maddison Coca, Kailana Lewis, Abby Svacha, Harry Harrison, Ciaera Sandoval, Alonzo Leiba, Viridiana Salazar, and Maretzis Flores.



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Join us for a Q & A about plans to open a tuition-free, public charter school in Montrose in Fall 2025. We intend to begin with grades K-5 and add a grade each year thereafter until we reach K-12. Charter schools have many advantages for children and their families and we are anxious to share more about this exciting new school choice option with you. For information, please visit our website www.montroseclassical.org and attend a meeting.

Our first two informational meetings will be:

- Tuesday, April 16th 6:30 p.m. Community Room - Montrose Police Dept., 434 S. First Street, Montrose**
- Wednesday, April 17th 10:30 a.m. Montrose Library – Conference Room 320 S. Second Street, Montrose**

All are welcome...childcare provided.

OPINION/EDITORIAL: LETTERS

LET'S GET BACK TO A PRESIDENT WHO HAS A SPINE AND BELIEVES IN AMERICA

Dear Editor,

If you believe that: our borders are secure; our military is strong and capable; our more-than-half-depleted strategic petroleum reserve is OK; electric vehicles should be crammed down our throats; "newcomers" should receive government benefits the rest of us worked for; our allies should be ignored and enemies supported; political opponents should be persecuted, then vote this November to keep the current administration in office.

If you believe that: prices of everything are completely acceptable; college students should not have to repay loans they

promised to repay; violent criminals should be released ASAP without bond; green energy should replace current generation before the grid is ready; police should have their hands tied even more than they currently are; rioters should not be held responsible for the destruction they cause, then vote this November to keep the current administration in office.

But if you don't believe that any of the above is true, then consider choosing this November to remove the current administration and replace it with a second Donald Trump-led government. His first term saw American energy independence, a

restrengthened military, allies supported and enemies defied, lower prices, reduced unemployment, a return to American manufacturing, laws enforced and renewed national prosperity.

You don't like Trump? Heck, neither do I, but he's the leader America needs again to restore American values and policies. He proved that America could be great again, and it certainly was before Biden and his wrecking crew destroyed everything that Trump accomplished. Let's get back to a President who has a spine and believes in America!

Bob Ernst, Montrose



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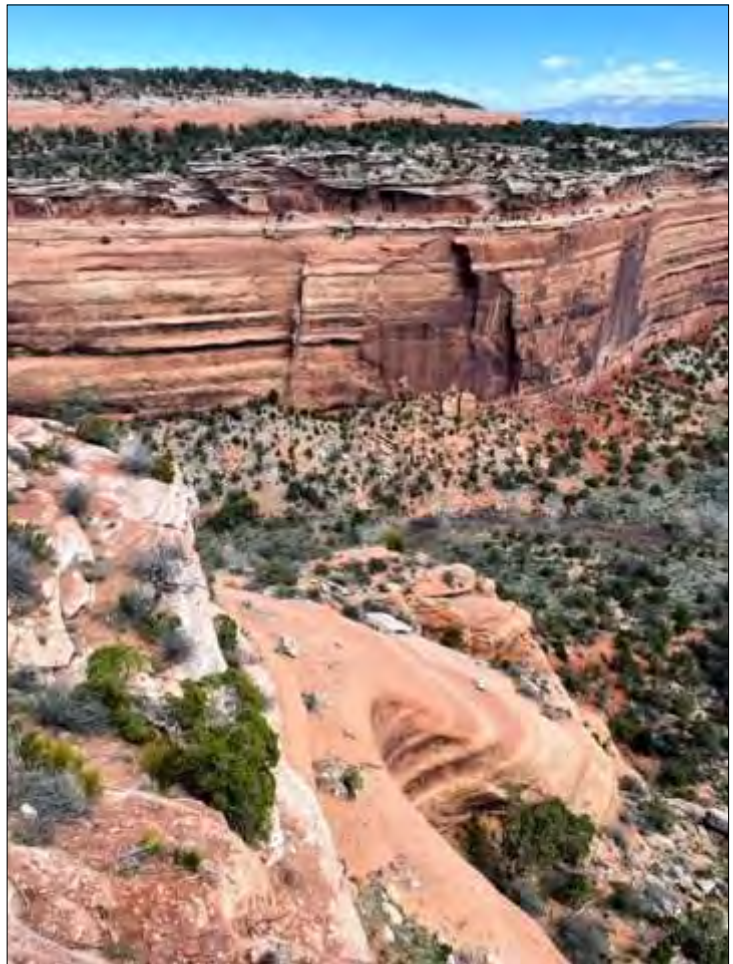
APPLICATION DEADLINE: April 30, 2024 at 5:00 PM

READER PHOTO SPOTLIGHT: DEB REIMANN & LINDA LAKE



“Interlaken Resort was built in the late 1800’s and was one of the most attractive tourist resorts in Colorado. These beautiful buildings provide a glimpse into Colorado’s past,” Reimann said.

Photographer Deb Reimann snapped these photos (above and left) at Interlaken Resort at Twin Lakes, Colorado.



At bottom left and above, Photographer Linda Lake captured these breathtaking images at the Colorado National Monument.

OPINION/EDITORIAL: COMMENTARY

CITY OF MONTROSE – A LOOK INSIDE CITY HALL’S LARGESSE *Big Salaries, Big Giveaways, Big Increases in What you Pay – “Legal Plunder” at its Finest*

By David White

This week, I’m going to break down into three (3) subject areas, information that has been found in public records that should make concerned citizens of Montrose become more alarmed at the way their tax dollars are being spent and in many ways, wasted on the grandiose plans of our City Manager and his lackeys on the City Council as they work to transform Montrose into an unaffordable community to live in as they “Tellurize” our town and economy into what they hope will be an epicurean mecca among other types of businesses that require a person’s discretionary income to be financially viable.

1) City Manager Bell:

As many of you have read on these Montrose Mirror pages over the last few weeks, I have filed open records requests under the Colorado Open Records Act (CORA) with the City of Montrose for information on the salaries and benefits of the City Manager, City Attorney and the various perks that both have received under their contracts with the City Council.

Without contest, the City Clerk provided me with the information requested on the new City Attorney, Christopher Dowsey a week and half ago. I reported his lucrative contract details in my article last week (<https://www.montrosemirror.com/wp-content/uploads/2024/04/MM580.pdf>) on pages 38-39.

After being stonewalled by the City and being told that to obtain similar information on the City Manager, Bill Bell, I would need to fork over \$671.60, I modified my request and the City released much of the information on Mr. Bell that I had originally asked for.

Here’s an example of what was produced: His contract was effective on June 7, 2011 but his first day of work wasn’t until July 25, 2011 – almost 13 years ago. It has been amended three (3) times since then. Starting salary in 2011: \$108,000. Current salary: \$210,000 which is paid out of six (6) different budgets within the City. An

annual or semiannual performance review whereby he would receive a bonus has resulted in \$77,000 in bonuses being awarded since 2011. A City match to his 401K pension plan of up to 8% has resulted in \$153,094.17 so far being contributed to his retirement fund. A taxpayer funded City fleet vehicle of his choosing for business and personal use (he has consistently chosen to forego a vehicle already owned by the City and has ordered up brand-new luxury SUVs for most of his tenure as City Manager). His latest ride, a 2023 GMC Yukon Denali XL stickered for \$84,721.20. On top of the above, if ever terminated, he receives a lucrative 9-month severance package. And on and on it goes.

2) \$14,000,000++ in “Taxpayer funded Giveaways”

The City, in response to another CORA request, has disclosed that over \$4,000,000 has been given away under programs such as the “Façade Renovation Grant Program”, the “Kitchen Grant Program” as well as other programs for “Asbestos Removal”, “Site Improvement”, “Horizontal Improvements”, “Property Improvements”, etc. that may or may not include the waiving of building permit and inspection fees, waiving of water and sewer tap fees, etc.

Not included in the above numbers are the monies “invested” or “loaned” to the Montrose Urban Renewal Authority (MURA) which consist of internal loans from the reserve funds of the City’s Water and Wastewater Enterprise reserve funds to fund the public/private venture known as Colorado Outdoors totaling over \$3,000,000. Additionally, MURA borrowed from the City, through a public debt issuance, approximately \$7,000,000 in 2017. The Montrose Pavilion & Events Center as well as our animal shelter and the Brown Center are collateral for a debt that we have no control over as our City Council, acting as the governing body of the Colorado Outdoors project, are under no obligation to act on our behalf, but rather act with the interests of the private develop-

ers that are benefiting from the legal plunder taking place by these same elected officials who wear two hats that are in conflict with one another. And, since they’re running out of money, they are looking at issuing revenue bonds that would generate millions more in public debt. All debt is based upon a payback from revenues created within the Colorado Outdoors project. Property taxes won’t be collected until the year 2042. Yikes! Now comes another new development in Colorado Outdoors known as Project Green to be developed on 3.5 acres across the street from the new Shelter Distillery which is nearing completion. Planned to cost \$35.5 million dollars, the developers only need \$1,352,000 in funding from MURA (i.e., the City). They’re going to build “market rate” housing totaling just under 77,000 square feet for 1- & 2-bedroom apartments. So much for the potential for “affordable housing” to come to Montrose. Like every other “affordable housing” project the City gets involved in, the result is almost always “market rate” pricing for apartments vs. housing for a person that has one job can afford.

Another part to this Project Green is 10,000 square feet of retail space. Restaurants are estimated to use 50% of the space and no doubt will get a six figure “Kitchen Grant” from our City Manager to bring us a more “diverse” offering of food. Boutiques and other retail are expected fill in the rest. None of these businesses are creating jobs above entry level positions. Like we need more of those?? No one’s kid’s are going to want to live in Montrose if all you can get are minimum wage jobs. This is just more Telluride style development ostensibly with the Uncompahgre River as the draw and it’s just more craziness!

3) New Water, Wastewater and Trash Rates from the City

In case you hadn’t noticed, your fees for the above utilities went up again in January. Here’s why according to the City’s

CITY OF MONTROSE – A LOOK INSIDE CITY HALL’S LARGESSE

From previous pg

City’s website:

Fee Changes in 2023 and 2024

Adjusted charges for water, sewer, and trash began to appear on customer billings in January 2023 and January 2024.

Water and Sewer: Due to an anticipated inflationary increase in costs for 2023, the city implemented a 5% fee increase for water and sewer services. The cost of treated water increased 15 cents per 1,000 gallons as the result of a passthrough assessment by the Project 7 Water Authority for the construction of a second water treatment facility south of Montrose. In 2024, an additional 50 cents per 1,000 gallons in 2024, also due to the assessment by the Project 7 Water Authority.

Trash and Recycling: Fees for trash and recycling services increased by 10% in 2023 and another 20% in 2024 to continue to provide the level of service that the community expects while keeping up with increased landfill fees and an expanding customer base. Prior to deciding on a course of action for sanitation services

and rates in 2024, the city conducted an extensive customer survey that provided a clear indication of customer preference among three service/rate adjustment options that were presented.

Under the guise of a “customer survey” that most people never heard of, you were told to “pick your poison” regarding what pricing you wanted for services the City is providing for water, wastewater and trash/recycling. While the rate increase by Project 7 was legitimate (they process our drinking water) and there was an increase by Waste Management for use of the landfill, don’t think for one second that there isn’t a component built into this mix to replenish the reserve fund for the water and wastewater enterprise operations of the City as Mr. Bell and his City Council gave all of the money away to the Colorado Outdoors crowd. We, the taxpayers and ratepayers ALWAYS get to pay for the lousy financial decisions of these policymakers, most of whom are not ones with a business and finance background.

When it’s all said and done, citizens’ complacency and a lack of transparency by government always bring us down the path that we’re on. Mr. Bell will be long gone by the time the City’s budget implodes. When those of us who comprise the working class can no longer afford to live here and the pay the exorbitant costs associated with the decisions that have been made and will continue to be made, the whole thing will come down like a house of cards. It’s simply unsustainable. Take the time to call City Hall (970-240-1400) and tell the City Manager and City Council to stop putting lipstick on the pig and to get back to the core principles of what they’re there to do.

Mr. White is an active citizen & community servant as well as a business owner, entrepreneur, former Montrose City Councilmember and Mayor as well as a two term County Commissioner and has served on many boards and commissions during his career. He & his wife are the parents of six children and have 10 grandchildren & 1 great grandchild.



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Members and friends of the Greater Montrose Chamber of Commerce gathered for the Chamber Business Expo at the Montrose Pavilion April 11. Courtesy photos.

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REGIONAL NEWS BRIEFS

CITY TO HOST LAND DEVELOPMENT CODE UPDATE OPEN HOUSE

Special to the Mirror

MONTROSE— The City of Montrose is hosting an open house to gather feedback from the public regarding local housing initiatives as city planners work towards a new land use code update. The goal of the update is to modernize land use and housing codes to make housing easier to develop, which will allow for a more diverse range of housing types and ease the pressure on the local housing market.

The open house is scheduled for Wednesday, April 24, from 5:30 to 7 p.m. in the Centennial Room located adjacent to Centennial Plaza in downtown Montrose.

In 2021, the City of Montrose adopted the Envision 2040 Comprehensive Plan, which involved extensive community outreach and participation, and developed a new vision, guiding principles, goals, and objectives to address community issues. One of the primary goals of the Envision 2040 Plan is to encourage a variety of housing types, tenure, and density to meet the needs of the community. Following the adoption of the Envision 2040 Plan, the City of Montrose, in partnership with Points Consulting, completed the City of Montrose Housing Needs Assessment. The purpose of the assessment was to evaluate current housing conditions and needs, make projections of future housing needs, and provide recommendations for policies, practices, and regulatory changes that can be implemented to address gaps between housing needs and supply.

“As the City of Montrose works toward making more housing types and housing supply a reality in the community, we are hoping to gather more feedback from the public to strengthen the final version of the upcoming land use code update,” said Community Development Director Jace Hochwalt. “We are excited to host an open house because more feedback from the public will only make this process better for everyone in Montrose.”

With the Housing Needs Assessment completed, city staff is now moving forward with a land development code update that specifically focuses on housing initiatives based on those recommendations from the assessment, as well as those recommendations and goals outlined in the Envision 2040 Plan. Some of these potential code amendments include the expansion of the REDO District Boundary and expanded allowance of Accessory Dwelling Units (ADUs), modular construction, and housing types in residential zone districts, among other related topics.

The public is invited to attend an open house to learn more about the proposed code amendments and provide feedback. To stay up to date on the code update process, [a project website has also been developed and can be found here.](#)

For more information about the land development code update process, contact Community Development Director, Jace Hochwalt at 970.240.1478 or at jhochwalt@cityofmontrose.org.

The image is a vertical composite. On the right side, a woman with long dark hair, wearing a purple long-sleeved top and blue jeans, stands with her arms crossed, smiling. To her left is a dark teal box containing a quote in white text: "You have to remember to take care of yourself in order to take care of the rest of the people in your family. If you're not healthy, it's hard to keep up with family life. So it's important to take time for yourself and make sure you're in a good place physically and mentally." Below the quote is the attribution "- MEGAN STOREY, PATIENT". To the left of the quote are social media icons for Facebook, Instagram, Twitter, LinkedIn, YouTube, and TikTok. At the bottom of the image is a purple banner with white text: "REASON FOR VISIT: PRIORITIZING YOUR HEALTH" and "OUTCOME: BEING THERE FOR YOUR FAMILY". Below this is the Delta Health logo and the slogan "WHEN OUTCOMES ARE MEASURED IN MOMENTS - TRUST DELTA HEALTH". At the very bottom, the Delta Health logo is repeated on the left, and the text "DELTA HEALTH" is written in large, bold, dark teal letters on the right. Contact information "1501 E 3RD ST • DELTA, CO • 970.874.7681 • DELTAHEALTHCO.ORG" is also present.



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MONTROSE GIRLS' SOCCER UNDEFEATED...

By Cliff Dodge

MONTROSE-The Montrose Red Hawks girls' soccer team remained undefeated last week as they defeated the visiting Grand Junction Central Warriors 2-0. The undefeated Red Hawks improved their overall record to 9-0-1. The all-important league record for the Red Hawks improved to 4-0-1.

The Warriors and the Red Hawks battled to a scoreless tie in the first half of action. The Red Hawks had a territorial advantage as they spent much of the half in the Warriors zone. The Montrose offense peppered the Warriors keeper with many shots but none found the back of the net.

The Montrose coaching staff made some changes in

their plan of attack in the second half of play and the changes paid off. Ellie Duncan scored the Red Hawks first goal as she took a shot after a free kick from Mia Duncan. Then a couple of minutes later Sadie Wareham scored a great back post kick off of a long corner kick from Ellie Duncan.

Goal-keeper Rachel Robuck made several good and difficult saves as the Warriors continued to press their attack, but to no avail. The Red Hawks offense continued in high gear in the second half, firing a number of good quality shots on the Warriors goal. Their keeper made a number of outstanding saves to keep the score close at 2-0.



The Red Hawks and Warriors compete for a 50/50 ball. Photo by Cliff Dodge.

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ULIBARRI QUESTIONS IMPACT OF MURA DEVELOPMENT From pg 1

Expenditure Update - City Engineer Scott Murphy.

Murphy presented the spread sheet showing MURA expenditures to date. He said, "Shelter Distilling is completely built out. Basecamp [apartments] has small things [expenditures], they might not use the last \$3,000. Basically, we are closed out for approved reimbursements."

In order for the board to have a better understanding of finances, the city staff continues to revamp charts and graphs.

Brad Hughes said, "We need to know how much we have available for projects."

Executive Director/City Manager Bill Bell said, "\$700,000 is available right now."

Mayor Barbara Bynum said, "I would like to see the revenue without the grant money."

Dave Frank said, "Anderson Analytics is good base data, but it's hard to work through the information. It's hard to reconcile projections with the grant money in there."

Bynum would like the reports to paint a picture of how the URA works. Hughes preferred the grant funding remain. He said, "These are the facts."

Bynum suggested using the current format could also look at projections.

Project Rivers Edge – Executive Director William Bell.

This project is a combination of two projects that, when ready to move forward, will run concurrently. Project Green will be developed by Greenline Ventures. Once this mixed use retail and apartments project has their financing in place, Colorado Outdoors will develop additional retail space. When the construction projects run concurrently, it allows both developers to use some of the same contractors/subcontractors.

Project Green was the only project presented during the meeting. Developer Rob (no last name) and architect Tucker (no last name) gave a PowerPoint presentation.

Rob said, "We have done projects in Eagle, Glenwood Springs, two in Grand Junction, one in Durango and Buena Vista. We're very familiar with the Western Slope. This is an Opportunity Zone, so

there are tax benefits. We're investing; long-term holders. We expect to break ground on the site in the first quarter of 2025." Estimated cost of construction/valuation, including land, is \$35.5M. In the future the developer would like to have conversations with the city about partnering on rental discounts for city employees, i.e. first responders and police.

Tucker said, "There is 10,000 square feet of retail space; 96 1-2 bedroom units. The apartments will be two 36 units and one 24 unit. There will be studio [apartments], one and two bedroom, each with a washer and dryer."

David Reed said, "The market rate could be discounted for city employees?"

Rob said, "It might not be applicable today, but 10 years down the road; five, 10, 15 years. We'll have those discussion [in the future]."

Hughes said, "Has there been a market study on apartments in the area?"

Rob said, "A market study was tricky. Basecamp [apartments] was the comparable we used. They have 90-95 percent occupancy, but that's not the best data." Construction on the apartments is slated for February or March 2025.

Development Update – David Dragoo, Colorado Outdoors.

Dragoo said, "We looked at the Master Plan and learned lessons from the Flex Building. Some tenants want smaller space. The Flex Building was just a little too big. The hotel will open soon, the grand opening for the hotel will be held later."

Ed Ulibarri said, "How much will this take away from our downtown business?"

Dragoo said, "We have a waiting list."

Bell said, "Historic buildings downtown are large spaces and deep."

Ulibarri said, "We've invested a lot in downtown. I'd hate to see it [be impacted]."

Bell said, "The smaller spaces...people now don't keep as much inventory [as in the past]. [Today]we're competing with inline."

Dragoo said, "Shelter Distillery will open May-ish. The Flex Building is fully leased. A breakfast place and spa are going in. The

medical center is working on financing. The project is on hold right now."

Ulibarri had questions for Hughes [Montrose County Assessor] about taxes paid on the medical building. Hughes noted that each January construction projects are evaluated and then assessed according to how much of the project is completed.

Speaking to Dragoo, Hughes said, "There are rumors on Project Lollypop [pediatric practice], can you..."

Dragoo said, "There is a pause on pediatrics."

City Business Development Staffer Anthony Russo said, "Pediatric Lollypop are trying to figure out if they can move forward. They are cautiously optimistic. If that does not happen, they are still eyeing coming in. Still trying to figure out costs."

Bell said, "The medical center, we have no expenditures [incentives] on the project."

Bynum said, "We didn't pay for sidewalks that are sitting there with a building that's incomplete."

The next MURA meeting is scheduled for May 22, 2 to 4 p.m.

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 Dragoo and father Doug Dragoo.

The 10-member 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 Busch (Montrose County School District RE-1J) 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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RE-1J MOVES FORWARD WITH MHS RE-DO CONCEPTUAL DESIGN, COST ESTIMATES

From pg 1

scheduled for 3:30pm at the football stadium and OHS set for 12:30pm at Wilson Field.

Black Canyon High School will hold graduation on May 15 from 7 to 9pm at the Montrose Pavilion, and Peak Academy will hold graduation on May 15 at the pavilion at 6:30pm.

Also recognized were Leonor "Leo" Nieves Chavez and Prisila Gutierrez, seniors at Montrose High School. The meeting agenda states that Chavez and Gutierrez represent the remarkable achievements made possible by the district's expanded Career Pathways initiative:

"Leo embarked on her path by...securing an internship with the Montrose Fire Department during her junior year and is currently advancing towards her EKG and CAN certifications, aiming to ultimately become an EMT. Prisila followed the newly implemented Construction Trade Pathway while working at Murdoch's full time. She is one of our first students to land a paid state apprenticeship in the trades with Backroads Enterprises. Our pathway program has notably benefited from an uptick in enrollment for construction, trade, and other career-focused electives. This year marked the introduction of two full four-year programs at OHS and MHS, alongside is our celebration of the first two paid apprenticeships in the field, a milestone made possible through the groundwork laid by dedicated students like Leo and Prisila...Prisila will be volunteering at the Future Builders Expo this year as a senior to help underclassmen have the same experience she had as a sophomore..."

Montrose County Sheriff's Officer Eddie Jarrell presented the School Resource Officer (SRO) Citizenship Award to Oak Grove Elementary School 5th Grader Ava Villeneuve:

"Ava has excellent grades and exceeds expectations in the school, work habits

and social responsibility categories. Ava is active in 4H and a leader in her local chapter. Ava is kind to others and is a role model for students in 5th grade and lower grades as well. She has excellent attendance."

Altrusa Apple Awards went to Troy Clark of Montrose High School, to Danielle Kistler of Olathe Middle/High School, and to OHS Teacher Jeff Mitchell.

The KREX Golden Apple Award for April went to Outer Range Teacher Tiffanie Dorale.

On behalf of Delta Kappa Gamma Chi, District C Director and Delta Kappa Gamma Chi member Alice Murphy presented a donation of \$800 raised on behalf of Career Pathways for the Teacher Cadet Program.

BOARD ADVISORY COMMITTEE UPDATES

District D Director Tom West gave an update on the Facilities Committee. *"There's been a number of design advisory group meetings with the public and teachers, it's quite interesting what everyone would like to see in the redo of Montrose High School...we have several more meetings due up in the next couple weeks, seeing what the architects can come up with to make everybody happy, hopefully, and we'll see where go from there...that's where we're at, we're in a lot of meetings."*

The report comes after the vote taken during the March 26 work session to approve the following: "a contract for architectural, engineering and conceptual design firms B+G, Wight, and Motley architects for an amount not to exceed \$350,000. Through a competitive RFQP process, B+G, Wight, and Motley were selected to provide services to assist with the completion of the Master Capital Plan (MCP). The contract includes Design Advisory Group (DAG) meetings and Focus Group Meetings with stakeholders to

complete a Conceptual Design and Construction Cost Estimates prior to June '24 for a remodel of Montrose High School."

PUBLIC INPUT

There was no input heard from the public on non-agenda items.

SUPERINTENDENT'S REPORT-HR PRESENTATION

Human Resources Director Michelle Pottorff gave an update on hiring, recent recruitment, and retention efforts, as well as trends. "Hiring is not getting any easier for any organization," she said. There are currently 64 vacancies, which is not uncommon for April, Pottorff said. The entire presentation can be viewed here.

CONSENT AGENDA

Consent Agenda items, including Personnel Report, were approved as presented.

NEW BUSINESS

There were no items pulled from the Consent Agenda.

The Board voted to update the mileage reimbursement rate and per diem amounts because the state and IRS reimbursement rates have changed, and the policy needed to be updated to align with current rates.

ENROLLMENT REPORT

The April Enrollment Report is included in the meeting packet. Finance Director Emily Imus said that the current enrollment of 6,100 students is 20 students more than last month and 41 students more than last year at this time.

EXECUTIVE SESSION

The Board voted to enter executive session for discussion of the purchase, acquisition, lease, transfer, or sale of any real, personal, or other property interest to include the following individuals: all Board members present this evening, Dr. Stephenson, Mr. Pavlich, Ms. Imus and Mrs. Laird, to discuss district property planning per C.R.S. 24-6-402 (4)(a).



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RED HAWKS WIN WOODBURN INVITATIONAL

By Cliff Dodge

MONTROSE-The Montrose Boys' track and field team outdistanced 15 other schools and took home the Frank Woodburn Invitational hosted by the Palisade Bulldogs in Grand Junction. The Red Hawks scored 119.5 points, far outdistancing the second place Moffat County High School with 93 points. In the girls' track and field competition the Montrose Red Hawks scored a total of 44 points, good enough for a Seventh Place finish in the competition between 16 high schools. The Fruita-Monument Wildcats piled up 117 points to outdistance the other fifteen teams.

Boys' 4x400 meter relay: 4th place –: Phineas Howe, Jose Chavez, Caleb Yeager, Vash Veatch

Boys' 100 meter dash: 4th – Alonzo Leiba, Montrose: 11.80 sec.

6th – Deklan Woodden, Montrose: 11.94 sec.

Other finishers: Kemper Franklin, Austin Zimmer.

Boys' 4x200 meter relay: 3rd - Montrose: Caleb Stephens, Bohdan Walchle, Kemper Franklin, Zack Browning
1:34.31 seconds.

Boys' 1600 meter run: 7th – Phineas Howe, 4:50.23 seconds

10th – Vash Veatch, 5:04,30 seconds

13th – Jose Chavez, 5:11.99 seconds

Boys' 4x800 meter relay: 4th – 9:05.58 seconds

Boys' 400 meter dash: 1st – Bohdan Walchle, 51.08 seconds

2nd – Zack Browniong, 52.49 seconds

Boys' 300 meter hurdles: 4th – Zeke McGee, 46.79 seconds

Boys' 200 meter dash: 1st – Bohdan Walchle, 22.89 seconds

7th – Trip Ross, 25.36 seconds

Boys' 110 meter hurdles: 3rd – Dylan Jessop, 15.96 seconds

Boys' 300 meter hurdles: 4th – Zeke McGee, 46.79 seconds

Boys' triple jump: 1st – Dylan Jessop, 45.00.00 feet

7th – Chase Mehan, 37:06.75 seconds

Boys' discus throw: 1st – Trevor Hill, 173 feet, 4 inches

2nd – Andreas Distel, 149 feet, 8 inches

4th – Asher Giles, 138 feet

Boys' shot put: 1st – Trevor Hill, 54 feet, 8 inches

3rd – Joshua Maddox, 44 feet, 9 inches

11th – Bo Foster, 38 feet, 7 inches

13th – Easton Jessop, 38 feet 3 inches

Girls' 100 meter dash: 1st – Sarah McGarry, 12.88 seconds

10th – Hope Stephens, 13.76 seconds

Girls' 1600 meter run: 6th – Naomi McGarry, 6:15.28 secons

7th – Jaiden Bresett, 6:16.01 seconds

Girls' 800 meter 4th – 1:59.73 seconds – Hope Stephens,

Gentry Godbey, Matilda Freeman –

Johnson, Isabella Johnson

Girls' 4x800 meter relay: 1st – 11:04.19 seconds – Olivia Cook,

Georgia Ficco, Jaiden Bresett, Millie Crane

Girls' triple jump: 1st – Sarah McGarry, 17:08.50 seconds

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OPINION/EDITORIAL: LETTERS

'TRUMP BAD' LETTER WRITERS HAVE THEIR HEADS IN THE SAND

Editor:

The left-wing smear machine is good at propagandizing Trump's character and actions repetitively in the most negative of ways and there is no shortage of people willing to accept that propaganda as truth. It is interesting that whenever I read letters to the editor in our local (GJ, Delta, Montrose) newspapers there is almost always one "Trump Bad" letter, repeating the same negative talking points about Trump. The leftist propaganda machine's goal is to divert attention from Biden's actions and his abysmal record of corruption, lies, and totally destructive policies. The "Trump Bad" writers would rather focus on what Trump might have said or done ten years ago than admit to how destructive and anti-American Biden's actions and policies actually are.

One small example. These writers often repeat the charge that Trump insulted members of our military. Whether or not that is true, they consider that more important than the fact that Trump continually championed the military and took positive steps to strengthen and protect our military during his presidency. In a rarity for modern day presidents, our country was not ensnared in any new wars during Trump's presidency. Compare that to Biden's disasters that among other things claimed the lives of those very service members these writers say they care so much about. A disastrous Afghanistan withdrawal, our soldiers on the ground and in the Navy under fire from Iran backed Houthi rebels, and now Iran directly attacking our Israeli allies. What could be more insulting to our military than Biden repeatedly lying about his son dying in Afghanistan and making discussions with gold star families all about his grief (while he repeatedly checks his watch during their kids' memorial service.)

Biden and his handlers show the same disdain for our police that they have for our military. In NYC, NYPD hero Jonathan Diller, who had a young wife and baby, was murdered in cold blood by a dirtbag with 21 prior arrests and no serious jail time for any of his violent crimes. In a sane society, that criminal would have been serving a lengthy prison sentence. Not so in today's Democrat controlled cities and states, where the killer's race meant he was society's victim, no matter the carnage he rained down on anyone crossing his path. With their ridiculous no-bail and lenient sen-

tencing guidelines Democrats have nothing but disdain for our police officers putting their lives on the line on a daily basis. Biden showed that disdain on the day of officer Diller's memorial service. Both Trump and Biden were in NY that day. Biden attended a lavish fundraiser that raised \$25 million for his flailing campaign. Neither then nor later did Biden pay honor to the slain NYPD officer. Meanwhile Trump was an invited honored guest at the wake and was cheered by the attendees. (Unwanted and uninvited NY governor Kathy Hochul (D) was turned away from the memorial.)

Clearly, Trump the man is far from perfect, but he is also the perfect person capable of politically opposing the policies and goals of today's Democrat party — which are intentionally destructive. Despite all the corrupt efforts to destroy him politically, personally, and financially, Trump is winning. Russiagate. The impeachments. The ongoing smear campaign. The constant barrage of deceit. The crazed lawfare. Still, he persists, and it is pretty clear he is winning the support of a majority of Americans for his second presidential term.

The last things the "Trump Bad" letter writers want to discuss are results and accomplishments. Trump's record as President is stellar. His was the best economy we have seen in our lifetime. Energy self-sufficiency was achieved along with low energy costs. That led to upward mobility for all. Low unemployment, lower taxes, rising wages, minimal inflation. The lowest unemployment ever for women, Blacks, and Hispanics. He slowed to a trickle the problem of illegal immigration. His policies led to our being respected in the world. Peace had come to the Middle East. Isis was destroyed. Iran was contained. North Korea was ceasing its mischief. We were no longer cowed by the leftist lies telling us that America was uniquely evil and that our founding was rotten.

Contrast that to Biden's actions and "accomplishments." To a logical thinker, the results are so predictable that one can only conclude the resulting destruction is intentional. When a presidential candidate campaigns on opening borders and issues executive orders opening the borders, the flooding of the country with illegals is intentional. Forcing women to compete against men in sports and share their locker rooms is a clear danger

and harm to women. When Biden politicizes the Justice Department to go after parents, Catholics, Trump, and Trump supporters who mostly peacefully trespassed at the Capital, people know how dangerous that Justice Department has become. When that Justice Department lets Hillary Clinton and Joe Biden off for crimes, including taking massive kickbacks from our enemies for access, the damage is massive, and intentional. When our military, rather than focusing on defending America, prioritizes pronouns, DEI, CRT, white privilege and going after conservatives, suddenly there is a major shortage of recruits. When California Democrats force small businesses to pay unreasonably high wages, those businesses close, layoffs occur, and higher prices hurt everyone. When Democrats block allowing poor and minority children to leave failed schools for better performing schools, that penalizes those vulnerable children. When liberals pass laws making theft of items under \$950 a non-crime, there will be more crime and businesses will close and costs go up. When Biden intentionally destroys oil companies and shuts down power plants decades before there are feasible alternatives, higher prices harm all Americans, but especially the poor. Those actions only help Russia and Iran finance their wars and terrorism.

Meanwhile, our "Trump Bad" writers will continue with their heads in the sand. "Oh my gosh, did you hear that Trump supposedly used locker room talk 20 years ago?" I have to chuckle at their hypocrisy. Can you imagine if it was Trump who continually refuses to acknowledge a grandchild because that child is an illegitimate child of a prostitute (Biden)? Or if it was Trump rather than Clinton that had sex in the White House with a young intern or made repeated visits to Epstein's pleasure island? Or if a Republican married her brother to side-step immigration laws and get her brother in the country (Democrat congresswoman). Or if cocaine was mysteriously discovered in the residence portion of the White House after a Republican president's son was residing there (Biden)? Hopefully by November some of those Trump haters will wake up and choose between a Republican president leading the nation to economic growth and prosperity, and a Democrat president guaranteeing continued economic decline and societal destruction.

Ed Henrie, Montrose



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OPINION/EDITORIAL: LETTERS

LET'S KEEP THE MONTROSE COUNTY BOARD OF COMMISSIONERS SCOTT FREE

Luke 8: 17 For there is nothing hidden that will not be disclosed, and nothing concealed that will not be known or brought out into the open.

Editor:

With the primary vote coming up on June 25th the Montrose County voters need to be aware that two of the candidates for county commissioner cannot be trusted. I'm talking about Scott Riba and Scott Mijares. Scott Mijares is a pathological liar claiming that he is a lifelong republican. The reality is he did not become a republican until February 12th, 2024. And that is a matter of public records. Anyone who wants to verify this can contact the Montrose County clerk's office and request this information. He was unaffiliated until he himself changed his affiliation on that date. And if you want to do further research, contact the Ouray County clerk's office, and request which ballot he voted in the 2020 presidential primary. He voted the democrat ballot, so he either voted for Joe Biden or Bernie Sanders. Scott Mijares is also totally ignorant of the fact that this information is easily accessible to anyone who wants it. Scott Mijares was convicted in 1997 of securities Fraud and permanently banned from ever trading stocks or other securities. That means he cannot be trusted in handling money. No financial business would ever hire him. And the citizens of Montrose County should never consider hiring him to deal with the 100-million-dollar annual budget.

Scott Riba is a dishonest man as well. He is running for office in a contested primary while being the Montrose County central committee chair. This is a violation of the county party bylaws. He is also a party to the lies that Scott Mijares is telling. Mijares on several occasions has claimed that Scott Riba confirmed his party affiliation. So, the citizens of Montrose County need to ask Riba if he verified Mijares affiliation before he let him announce his candidacy on February 8th, 2024 at the monthly meeting. And now that it has been discovered that Mijares was not a republican when he announced, this has cast doubt on the Montrose County central committee for violating their bylaws by allowing a non-republican to use their meeting to announce their candidacy. Maybe Riba was more concerned about running for office rather than looking out for the best interest of the central committee?

The solution to all of this is to elect two honest men to the BOCC. Rick Dunlap and Louis Stark will serve the citizens of Montrose County well. They can be trusted, and they have experience and expertise.

Ray Langston, Montrose

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OPINION/EDITORIAL: LETTERS

COST-EFFECTIVE OPTION FOR AMERICA HATERS?

Editor:

Great Op/Ed by Jodi Woodden last week. A lot of people feel the same. It's about time the people who hate America find another country; we don't want them here destroying our Republic and that's not racist; just good old American Patriotism. I'm sure they would be happy in Iran, North Korea or Venezuela and we could get them there. When planes bringing illegals to our country are unloaded we could load them and bring them to one of those countries where they'd be happy in their new home.

Carol McBride, Montrose

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REGIONAL NEWS BRIEFS

PUBLIC FEEDBACK ABOUT BALDRIDGE PARK MASTER PLAN SOUGHT VIA ONLINE SURVEY

Special to the Mirror

MONTROSE — The City of Montrose’s Parks Department is seeking public feedback through an [online survey](#) as efforts to create a long-term plan for the Baldridge Regional Park system are underway.

The purpose of establishing the Baldridge Regional Park Master Plan is to create a long-term, useful roadmap for the park system for years to come. The City of Montrose, in partnership with the Montrose Recreation District, is seeking feedback from users of the park to help shape the plan and a clear set of priorities for park administrators to follow.

Those wanting to know more can visit the [project webpage](#) where they can [give feedback](#), [participate in a brief survey](#), and vote on priorities that would best serve the park system and its users moving forward.

Baldridge Regional Park, officially named

Clifford E. Baldridge Regional Park, comprises Riverbottom Park, Sunset Mesa Youth Sports Complex, and Cerise Park.

“The plan guides Baldridge Regional Park’s long-range and near-term planning, directing decision-making and resources toward a clearly defined vision for its future,” said Daniel Payne, the City of Montrose’s parks & special projects superintendent. “This includes the development and redevelopment of the parks, facilities, open space, and recreation systems over the next 20 years.”

The planning process to create the Baldridge Regional Park Master Plan involves compiling a current needs assessment. Other components, such as establishing a long-term vision for the park system and identifying and evaluating community needs, priorities, and opportunities, will help park administrators define level-of-service standards and mainte-

nance obligations for the park system.

The final part of the plan involves creating a phased implementation strategy and a clear and concise financial plan that will provide the resources needed to make the plan a success.

The [project webpage](#) allows users to view maps of the park where input, comments, and ideas can be recorded. The webpage also asks users to prioritize spending for parks and recreation needs within the park system.

“The plan must include public involvement to provide realistic goals for implementation and prioritize the actions needed to implement the plan,” Payne said.

More information about the Baldridge Regional Park Master Plan will be provided once it becomes available.

Parks Superintendent Dan Payne can be reached at 970.240.1411 or via email at dpayne@cityofmontrose.org.



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REGIONAL NEWS BRIEFS

GMUG ACQUIRES RARE DINOSAUR TRACKWAY

Special to the Mirror

DELTA — The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests have acquired three patented mining claim parcels totaling approximately 27 acres in Ouray County, Colorado.

Two of the three parcels contain a rarely recorded fossilized dinosaur trackway comprised of 134 consecutive footprints, 106 yards long, known as the West Gold Hill Dinosaur Track site.

The site is recorded as the largest continuous dinosaur trackway in the world. The acquisition solidifies public access along National Forest System Trail (NFST) #199 – Silvershield trail and protects the rare dinosaur tracks for generations to come.

“Acquisition of these new parcels, with the unique dinosaur trackway, highlights our dedication to conservation,” stated Jim Pitts, Acting Forest Supervisor for the GMUG. “By preserving these fossilized imprints, we are not only safeguarding a valuable scientific resource but also creating an incredible opportunity for the public to connect with the distant past, inspiring curiosity, education and stewardship.”

The parcels were purchased from the Charles Real Estate Trust with funding from the Land and Water Conservation Fund (LWCF) for recreation access. Created by Congress in 1964, the LWCF provides money to federal, state and local governments to purchase land, water and wetlands for the benefit of all Americans. The Charles family owned the parcels since 1945, with the dream of prospecting for gold. Jack Charles and his five children often spent their summer vacation packing supplies for their camp to improve the sites and trails. It wasn’t until 2021 that the family became aware that the pothole-like features on their property were prehistoric dinosaur tracks. The tracks, which often held water, were a favorite resting



Aerial view of a fossilized dinosaur trackway known as the West Gold Hill Dinosaur Track site. USDA Forest Service photo.

spot for their family dogs. The family approached the Forest Service in 2022 about the agency’s interest in acquiring the land for public and research benefit due to the unique features along the trail.

“The family is happy to offer this unique trackway to the U.S. Forest Service, ensuring that the land is protected and enjoyed by future generations,” said Anita McDonald, daughter of Jack Charles and a trustee of the estate.

The dinosaur trackway is located at 9,300 feet in elevation and is etched in sandstone layers that are more than 150 million years old. The tracks were made by a single long-neck sauropod dinosaur, looping in a 270-degree turn, a rarely recorded occurrence in the fossil record of dinosaurs.

Now that the parcels are in public ownership, the Forest Service plans to develop interpretive information, including signage

and a web page to relay information to visitors about the significance of the site and the natural history of the area. Those interested in learning more about the trackway can see it via [Google Earth](#) or read more about the significance of the site [here](#).

Visitors wanting to view the site in person can access the trackway with a two-mile hike (one way) via Silvershield trail.

Trail conditions are steep and rugged, with an elevation gain of approximately 1,600 feet. The trailhead and parking are accessed via County Road 17 near Ouray, Colorado and are open to foot and horse travel only. Parking is limited and located on private property in a residential neighborhood, so please be considerate of others. Visitors are reminded to “know before you go” and be prepared for sudden weather changes or unexpected circumstances.

REGIONAL NEWS BRIEFS

MONTROSE COUNTY AND CASA PARTNER FOR FREE FAMILY MOVIE EVENT APRIL 22

Special to the Mirror

MONTROSE—In honor of Child Abuse Prevention Month, Montrose County, CASA of the Seventh Judicial District, Whimspire, and KinConnect invite the public to a free family movie event on Monday, April 22 at 1pm. The event features a free screening of the family-friendly movie Migration.

In Montrose County in 2023, 281 child abuse referrals were screened an--which is an increase from 227 in 2022. Overall, child welfare ended 2023 with 155 open cases, an increase from 102 the previous year.

“Prevention of child abuse takes a village, and we are fortunate to have a strong village here in Montrose County,” said Montrose County Child Welfare and Adult Protective Services Program Manager Stephanie Holsinger. “Everyone plays a role in helping to prevent child abuse. It is not easy being a parent, but there is never an excuse for child abuse. If parents are overwhelmed or need assistance they can reach out to many community agencies such as Hilltop, Axis Health Center or Montrose County. Child welfare’s goal is to keep families together as long as it is safe for children.”

“We encourage parents to use this opportunity to make a meaningful memory with their kids and their kids friends,” said Carlton Mason, CEO of CASA of the Seventh Judicial District. “Surprise them with a Monday afternoon movie. A healthy, supportive relationship with a trusted adult is our best prevention for child abuse and neglect.” The movie event is at the Fox Theater at 27 South Cascade Avenue in Montrose. A free pop and popcorn are available to those in attendance. Entrance to the event is on a first-come, first-served basis and all are welcome to attend.



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OPINION/EDITORIAL: LETTERS

CANDIDATE SCOTT MIJARES VOWS TO REPRESENT THE PEOPLE OF MONTROSE, NOT THE BUREAUCRACY

Editor:

When I read Bill Bennett’s letter to the editor asking County Commissioner candidates for their position on The Public Safety Sales Tax (PSST) and the Fire Police Pension Association (FPPA) I knew it warranted a detailed response. Mr. Bennett is a retired US Marine and a well respected watch dog in our community who has a reputation for asking the tough questions. Unfortunately we did not see a response from my opponent Steven Louis Stark aka “Big Lou”. I’ve heard Lou Stark say he supports Law Enforcement but he has never said how or outlined any specific plans to do so. In fact, he never gives any specifics or details on anything. All we hear is that he loves people and wants them to succeed. He speaks in generalities, not committing to anything so he can appeal to everyone. The voters of Montrose deserve to know what he stands for and what he will do to make your lives better. This would include but is not limited to the detail on where he stands on important issues like Public Safety.

While we wait for Big Lou to fully explain his **TAX PROBLEMS** I would like to address another issue that seems to be at the top of the list for Montrose voters. That would be Representation.

Representation. Earlier this month the City of Montrose held elections for City Council. The voter turn out was an abysmal 24.97%. The highest vote getter was Judy Ann Files who received 2,721 votes out of a possible 14,501 ballots or 18.76%. What does this say about the confidence

our electorate has in the candidates representing us? My guess is not much.

As your County Commissioner I promise to do more to win your confidence and support. This would include listening to citizens as you express your concerns. Not just being present and hearing your voice but actually listening to what you have to say at public BOCC Meetings. The current rule for testimony set by the BOCC is three minutes per citizen. That is not always enough time to receive valuable testimony. If time permits we will engage in a dialog on important issues. This is how businessmen approach problems in a boardroom and our county should be no different.

I will strive to be the most accessible County Commissioner who has ever served. If you or a small group would like to gather for a cup of coffee or a beer I will be there for you. I will also commit to traveling to the West End at least once per month and encourage my fellow Commissioners to do the same. If possible, we could have official meetings there on a rotating schedule.

As I campaign throughout the county I hear many voters complain that they feel left out of the political process. They feel there is a select group of political insiders that have special access to our elected officials. They use terms like the “Montrose Establishment” and the “Deep State”. If I am elected as your next County Commissioner those days will be behind us. Since I am not part of or supported by the “Montrose Establishment” we will be

starting from a clean slate. YOUR VOICES WILL BE HEARD.

Finally, I will engage with County Commissioners from neighboring counties. We will build a coalition that preserves our rural lifestyle and protects our natural resources. Our water, our mineral resources, our timber and our open lands are at risk and we must push back against those who wish to take them away or restrict our use of them. The proposed Dolores National Monument comes to mind. Together with our state elected representatives we will make sure your voices are heard at the State Capital.

Throughout this campaign I have been reminded by bureaucrats of what a County Commissioner can and can’t do when it comes to certain issues. If elected by the people of Montrose I promise to serve the people of our county, not the bureaucracy. I will find a way to fight through the complex web of rules and regulations that restrict my ability to serve you with your best interest in mind. You have my word.

IF YOU WANT CHANGE, VOTE DIFFERENT.
Vote for Scott Mijares for County Commissioner. As always, I welcome anyone who would like to meet to call me @ 970-787-2460, e-mail me, or stop by Wild Horse Wine and Whiskey. (Wednesday -Saturday 4:00 - 9:00 pm)

Thank you for your support and your vote.

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REGIONAL NEWS BRIEFS

CAREGIVER FOUNDATION LIBRARY TALK RESET

Special to the Mirror

MONTROSE-Due to a number of scheduling conflicts, the Caregiver Support/Alzheimer's Association quarterly discussion on Brain Failure issues has been re-scheduled from April 19 to May 24.

The event, featuring Dr. Laird Landon, Chair of the Caregiver Support Foundation

(CSF), will be held at the Montrose Public Library from 1 to 3 pm and is open to the public, free of charge.

"We will be discussing what everyone needs to know about placing a loved one in a professional care facility," Dr. Landon said, making the date announcement earlier this month.

"Placing a patient is fraught with complications and pitfalls. Getting the best care and best prices requires planning and thought."

The Library Talks are a series of quarterly lectures and discussions provided by the CSF in partnership with the Colorado Alzheimer's Association.

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2024 Family Caregiver Summit

October 1, 2024 -- 1 pm to 4:30 pm
Montrose Pavilion

Special to the Mirror

MONTROSE-The highly anticipated Family Caregiver Support Summit will take place on October 1, 2024, at the Montrose Pavilion. The announcement of the confab came from the Caregiver Support Foundation (CSF) Board of Directors after their late March 2024 meeting.

"There was no question in the minds of our board members that we wanted very much to repeat the Summit in 2024 to support family caregivers," said CSF Chair Laird Landon. "Family caregivers have the loneliest, and often very emotionally draining, job. We found that our Summit of October 2023 was very useful for the nearly 150 caregivers who attended."

The event will run from 1 to 4:30 pm and feature two keynote speakers as well as several "breakout" groups. The breakouts will be facilitated and will offer group discussions on a variety of matters, ranging from diagnosis to surviving a long-term commitment to a loved one with brain failure.

A large contingent of sponsors and vendors also will be on hand to provide insight into resources that caregivers need before, during and after the Summit. The CSF board members will be on hand to answer questions concerning the formation of caregiver support groups and other topics. Refreshments will be available.

On-line registration to attend the Summit will begin July 1 at www.family-caregiver.org. Admission is free.

The Family Caregiver Summit is staged by the Caregiver Support Foundation and the Region 10 Area Agency on Aging.

RED HAWKS WEEKLY SCOREBOARD

By Cliff Dodge

BASEBALL:

April 9 th	Gr. Junction Home	Red Hawks 5, Tigers 4
April 12 th	Gr. Junction Away	Red Hawks 2, Tigers 5

BOYS LACROSSE:

April 7 th	Crested Butte	Red Hawks 6, Titans 11
April 9 th	Gr. Junction	Red Hawks 9, Tigers 18
April 11 th	Fruita-Monument	Red Hawks 8, Cats 15
April 13 th	Durango	Red Hawks 9, Demons 16

GIRLS LACROSSE:

April 2 nd	Gr. Junction	Red Hawks 4, Tigers 14
April 3 rd	Eagle Valley	Red Hawks 11, Devils 2
April 12 th	Durango	Red Hawks 3, Demons 13



REGIONAL NEWS BRIEFS

BLM DURANGO AREA TRAIL CLOSURES CONTINUE THROUGH APRIL 30

Special to the Mirror

DURANGO— The Bureau of Land Management, in coordination with Colorado Parks and Wildlife, will continue seasonal closures in the Animas City Mountain and Grandview Ridge areas around Durango through April 30 to protect vulnerable wildlife. Every year the BLM coordinates with CPW to close these areas from December 1 through April 30 to provide mule deer and elk with undisturbed wintering grounds, with the potential to reopen the areas up to two weeks earlier if conditions allow.

“Area wildlife are coming off another long winter, with significant snowpack remaining at higher elevations,” said Tres Rios Wildlife Biologist Nathaniel West. “During mild winters, big game animals are often able to move to higher ground in early spring, but this year we expect the animals to concentrate a bit longer in lower elevation areas around Durango.”

Mule deer and elk have used this area for thousands of years. Early spring conditions can be particularly tough when an animal’s fat reserves are at their lowest

point. It is critical for humans (and our dogs) to avoid disturbing wildlife during this period. If forced to move under duress, a wild animal may burn valuable calories necessary for survival and for giving birth to healthy fawns and calves in the spring.

Big Canyon, Sale Barn, and Threes Springs trailheads to Grandview will remain closed during this period, as will the upper loops on Animas City. However,

many recreational opportunities around Durango remain available: Horse Gulch, Overend Mountain Park, Dalla Mountain Park, Skyline, the lower loops on Animas City connecting to Dalla Mountain Park, and Twin Buttes all remain open.

For additional closure information, visit <https://www.blm.gov/programs/recreation/recreation-activities/colorado/closures/tres-rios-field-office> or call (970) 882-1120.

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COLORADO NEWS BRIEFS

MARC CATLIN RECEIVES CLUB 20'S AWARD FOR OUTSTANDING PUBLIC SERVICE TO WEST SLOPE

Special to the Mirror

COLORADO-Over the weekend, State Representative Marc Catlin received Club 20's Dan Noble Award. The award is given to an elected official who has shown outstanding public service to Western Colorado. It was presented by the children of the late Colorado Senate Majority Leader, Dan Noble - Doug, Danette, Darin, Dru, and Darcy. This is given during Club 20's Annual Spring Conference' Banquet in Grand Junction.

Dan Noble served in the State Senate for 17 years (1969 – 1986). Senator Noble

represented over 11 counties during his service, all while being a resident of Norwood, Colorado. He served two stints as the Senate Majority Leader, the highest post in the Senate at that time. After his retirement, Mr. Noble became the chairman of Club 20.

Representative Catlin says, "It is an honor to be presented with the Dan Noble Award. To be mentioned in the same breath as Senator Noble is a privilege that I do not take lightly. Senator Noble was one of the first elected officials I met, when he came to our farm to ask how we



Darin Noble presenting Rep Marc Catlin with the Dan Noble Award during the Club 20 Annual Awards Banquet in Grand Junction. Courtesy photo.

were getting along. His stamp is all over the Colorado that I love and his impacts have been positive for this state. Thank you to the Noble Family and to Club 20 for this honor."

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



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RED HAWKS GOLFERS HOST MHS INVITATIONAL

By Cliff Dodge

MONTROSE-The Montrose Red Hawks girls' golf team hosted a two-day golf tournament on Monday and Tuesday, April 8th and 9th, at Cobble Creek Golf Club and the Black Canyon Golf Course. The Red Hawks team finished tied for 3rd on Monday at Cobble Creek and tied for 5th on Tuesday at Black Canyon.

The order of finish at Cobble Creek is as follows:

1 st	Durango Demons	257
2 nd	Montezuma/Cortez	270
3 rd	Montrose Red Hawks	292
3 rd	Fruita-Monument Wildcat	292
5 th	Grand Junction Tigers	303
6 th	Rifle Bears	307
7 th	Palisade Maroons	310
8 th	Gunnison Cowboys	323
9 th	Palisade Whites	328



Red Hawks Giada Amundson prepares to putt on the Black Canyon 10th hole.

The Montrose Red Hawks order of finish is as follows:

93	Giada Amundson
97	Sydney Bell
102	Abigail Svacha
110	Hailey Geary
113	Salah Mason

The scene shifted to the Black Canyon golf course on Tuesday. The start time was slated for 9 a.m. but cold temperatures necessitated moving the start time back an hour to 10 a.m. The order of finish on Tuesday was as follows.

1 st	Durango Demons	254
2 nd	Montezuma/Cortez	261
3 rd	Fruita-Monument Wildcats	271
4 th	Battle Mountain Huskies	279
5 th	Montrose Red Hawks	295
5 th	Moffat County Cowboys	295
7 th	Rifle Bears	306
8 th	Palisade Maroons	318
9 th	Palisade Whites	327
10	Gunnison	

The Montrose Red Hawks order of finish is as follows at Black Canyon.

97	Giada Amundson
99	Sydney Bell
99	Hailey Geary
104	Abigail Svacha
107	Selah Mason

The Red Hawks hit the road next week as they travel to Durango to take on the Demons at the Hillcrest Golf Club on Tuesday, April 16.

RED HAWKS BASEBALL HOLDS OFF TIGERS 5-4

By Cliff Dodge

MONTROSE-The Montrose Red Hawks baseball team hosted the Tigers of Grand Junction High School on Tuesday afternoon under warm temperatures and a sun-drenched field and escaped with a 5-4 victory. The win improved the Red Hawks record to 6 wins and 5 losses overall and 1-2 in league action.

Senior Titus Weese took the mound for the Red Hawks and baffled the Tigers hitters through the first four innings as he set down the Tigers in order through four frames.

The Red Hawks defense came to play as they flashed the leather both in the infield and the outfield with outstanding defensive plays. Two slick double plays, one in the third inning and the second in the fourth inning kept the Tigers off the scoreboard.

The Red Hawks Senior Short Stop Gage Wareham started the fireworks with a ringing double in the bottom of the first

inning. Senior Jaxon Kattner drove Wareham in with the first run of the game on a sharp single. The Red Hawks scored their second run in the bottom of the third inning as Wareham collected his second single of the game and was driven home as Jaxon Kattner smashed a double to the outfield fence.

The Tigers were not done by any means as the fifth inning proved to be a problem for the Red Hawks. Weese walked the first batter and then gave up two booming triples. The two hits and a passed ball allowed all three runners to score, narrowing the Red Hawks lead to just a single run, 5-4.

Weese gave up a single to the leadoff hitter in the 7th inning before coach Wareham brought in a reliever to attempt to nail down a victory. Gage Wareham induced a ground ball to third base and then a foul tip into the catcher's mitt for strike three, thus preserving the 5-4 victory for the Red Hawks.



Gage Wareham prepares to hit in the first inning against the Grand Junction Tigers. Photo by Cliff Dodge.

GRAND OPENING

Please join us for our Grand Opening of our exciting new Ambulatory Care Center!

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REGIONAL NEWS BRIEFS

MONTROSE REGIONAL HEALTH CARDIOLOGY ACQUIRES ADVANCED IMAGING SYSTEM



Health and is now in use for patient care. The ARTIS icono is a floor-mounted medical imaging system developed by Siemens Healthineers that is designed to produce both two and three-dimensional visualizations of a patient's vascular system. It uses advanced imaging technology known as OPTIQ, allowing interventionists to achieve consistent, high-quality imagery regardless of the patient's physical makeup. All of the operations performed with the system are minimally invasive, opening up possibilities for patients who are unable to undergo more invasive surgeries. The ARTIS also features an open space above the patient, providing them with optimal space and comfort during their procedure.

The ARTIS icono produces rapid and reliable results, allowing caregivers to promptly detect, diagnose and treat issues the patient may be suffering from. It has the ability to detect serious medical conditions such as aneurysms, heart arrhythmias, atherosclerosis (plaque buildup in and on artery walls), and other problems associated with the blood vessels.

To schedule an appointment or to learn more about the ARTIS icono imaging system, please contact the Montrose Regional Health Cardiology Department at (970) 252-2950.

Montrose Regional Health has acquired the ARTIS icono angiography system for advanced vascular imaging. MRH courtesy photo.

Special to the Mirror

MONTROSE— Montrose Regional Health has acquired the ARTIS icono angiography system for advanced vascular imaging. The system uses advanced technology to produce high-quality imagery with reduced procedure times.

"The ARTIS icono creates a much better experience for our patients and our staff,"

said David Welcom, Director of Cardiology at Montrose Regional Health. "We are able to acquire higher quality imaging in reduced procedure times, resulting in lower radiation for the patient and staff. It also allows us to treat more complex cardiovascular cases."

The system was recently installed in the Catheterization Lab at Montrose Regional

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REGIONAL NEWS BRIEFS

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Special to the Mirror

RIDGWAY-Locals and gravel bike enthusiasts “gear up” for the upcoming release of the Gravel Adventure Field Guide for Ridgway, Montrose and the West End on Friday April 26 with a launch party at the Colorado Boy depot located in the business district in downtown Ridgway and followed by gravel biking rides throughout the weekend. Focusing on gravel cycling routes throughout Southwest Colorado, the guidebook will feature trails for both beginners and experienced cyclists while also showcasing the history of the land, highlighting the creative community and applauding the region's astro-tourism through dark sky viewing opportunities.

Spearheaded by the Ridgway Area Chamber of Commerce through the efforts of Board Secretary Tanya Ishikawa last spring, funding for the project came from a grant awarded by the Colorado Outdoor Recreation Industry Office and was achieved through a partnership with Stephen Beneski and Juan Dela Roca the creators behind Gravel Adventure Field Guides guidebooks. There was also much support and influence from Tim Tait, President of the West End Trail Alliance as well as with Ridgway's local gravel riders. “Applying for the grant was inspired by the chamber's continued efforts to help create positive exploration experiences and increase information regarding responsible tourism practices to our local communities.”

In June 2023, it was announced that the RACC had received \$34,500 in grant funding for the project that has now come to fruition less than a year later. Roughly eighty hours has contributed to monthly meetings, gravel rides and route development throughout the guide's creation. “This was one of the biggest collaborations with a high degree of enthusiasm and participation,” said Juan Dela Roca, Editor in Chief for GAFG recalling stages throughout the development.

Celebrate the release of the Gravel Adventure Field Guide for Ridgway, West End and Montrose area with a kickoff party with live music by popular, local, Americana duo Doug & Heather, and of course a free guide on Friday April 26 from 5:30pm to 7:30pm at the Colorado Boy Brewery Depot location (687 N Cora St). Following the launch party will be two days of community rides spread throughout the region. For more information on the event including gravel rides, please follow the link [provided here](#).





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RED HAWKS FARE WELL AT MULLEN MEET

By Cliff Dodge

MONTROSE-The Montrose Red Hawks Co-ed track and field team journeyed to the front range on Saturday and competed in the 26th annual Mullen Invitational track and field meet with good results. Team scores were not announced but the list of Montrose Red Hawk athletes showed a well-rounded effort.

Girls 100 meter dash	1 st – Sarah McGarry	12.56 seconds
Girls 200 meter dash	1 st – Sarah McGarry	25.76 seconds
Girls 400 meter dash	7 th – M. Johnson Freeman	1:04.22 sec.
	8 th – Bella Johnson	1:04.54 sec.
Girls 800 meter run	4 th – Millie Crane	2:34.44 sec.
	7 th – Geortia Ficco	2:42.38 sec.
Girls 1600 meter run	6 th – Katie Dreithlein	5:56.94 sec.
	9 th – Olivia Cook	6:06.63 sec.
Girls 100 meter hurdles	3 rd – Madison Lucero	16.79 seconds
Girls 300 meter hurdles	2 nd – Sarah McGarry	47.21 seconds
	6 th – Madison Lucero	50.38 seconds
Girls 4x100 meter relay	4 th -	53.38 seconds
Girls 4x200 meter relay	1 st -	1:54.13 sec,
Girls 800 meter SR	1 st -	1:58.84 sec.
Girls 4x800 meter realy	2 nd -	10:34.50 sec.
Girls long jump	2 nd – Sarah McGarry	17.2 feet
Girls triple jump	6 th – Madison Lucero	32 ft. 11 inches
Boys 100 meter dash	9 th – Kemper Franklin	11.35 seconds
	10 th – Alonzo Leiba	11.36 seconds
Boys 200 meter dash	4 th – Alonzo Leiba	22.255 seconds
	6 th – Kemper Franklin	23.14 seconds
	7 th – Zack Browning	23.17 seconds
	10 th – Deklan Woodden	23.49 seconds
Boys 400 meter dash	1 st – Bohdan Walchle	50.20 seconds
	5 th – Zack Browning	51.17 seconds
Boys 800 meter run	20 th – Vash Veatch	2:22.68 seconds
Boys 3200 meter run	9 th – Phineas Howe	10:53.42 sec
Boys 110 meter hurdles	3 rd – Dylan Jessop	15.71 seconds
Boys 300 meter hurdles	3 rd – Dylan Jessop	41.23 seconds
	4 th – Bohdan Walchle	42.72 seconds
Boys 4x100 meter relayu	3 rd -	43.26 seconds
Boys 4x200 meter relauy	2 nd -	1:31.51 sec
Boys 4x400 meter relay	1 st -	3:34.60 sec.
Boys long jump	2 nd – Dylan Jessop	22 ft, 1 inch
	12 th – Austin Zimmer	18 ft, 7 inches
Boys triple jump	1 st - Dylan Jessop	44 ft, 0 ionches
	3 rd – Austin Zimmer	40 ft. 0 inches
Boys discus throw	1 st – Trevor Hill	174.7 feet
	3 rd – Andreas Distel	164.1 feet
Boys shot put	1 st – Trevor Hill	59.ft. 3 inches
	4 th – Andreas Distel	50 ft, 9 inches

The next action for the Co-ed track and field team will be to host the Montrose Invitational on Wednesday, April 17th.

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REGIONAL NEWS BRIEFS

DISTRACTED DRIVING DOESN'T HAVE TO CONTROL YOU



Special to the Mirror

COLORADO – April is National Distracted Driving Month, and the Colorado State Patrol is asking for your attention behind the wheel. Troopers investigated 566 injury and fatal crashes caused by distracted driving in 2023 and issued 15,553 citations for improper, careless or reckless driving. “When we conduct crash investigations caused by distracted drivers, often it is a small thing that steals the drivers’ focus from the most important thing at that moment - driving,” stated Col. Matthew C. Packard, chief of the Colorado State Patrol. “While many of our routes are repetitive, other drivers, pedestrians, animals and weather can require us to react quickly

and precisely or adjust our speed.” In 2023, troopers determined the human factor for 1,040 distracted driving crashes they investigated. They found that interior distractions (such as insects and non-food objects on the floor and within the vehicle, not including distractions by a passenger) topped the list. In fact, these distractions accounted for almost half (47.8%) of the crashes. Looking at all human factors for these 1,040 crashes:

- 1) Distracted/Other Interior – 47.8% (498 crashes)
- 2) Distracted/Other Exterior* – 30,8% (321 crashes)
- 3) Distracted Eating/Drinking – 8.9% (93 crashes)

- 4) Distracted/Other Occupant – 7.8% (82 crashes)
 - 5) Distracted/Manipulating Vehicle Control – 3.5% (37 crashes)
 - 6) Distracted Smoking – 8% (9 crashes)
- The ability to safely multi-task behind the wheel is a myth. Multi-tasking occurs when your attention switches back and forth between tasks very quickly. Reacting to changing driving conditions, adjusting speed or staying within your designated driving lanes requires constant attention and focus. Becoming a less distracted driver can be done by changing your mindset and habits every time you drive. The Colorado State Patrol recommends drivers start with the following 5 habits:
- 1) Set your navigation, music, and car settings before leaving.
 - 2) Use “Do Not Disturb” mode on your phone and keep electronics deliberately out of reach.
 - 3) Make sure children and pets are correctly secured before driving.
 - 4) Make a rule to never eat or drink in the vehicle.
 - 5) If you are drowsy, pull off the road and take a quick nap or get re-energized.
- *Distracted/Other Exterior (defined as): The driver was distracted by some other source located outside the vehicle (e.g., another crash, reading a billboard, road construction, etc.)

CARTOON BY TIM JONES

WEEKLY CARTOON

SOUR GRAPES

by Tim Jones



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REGIONAL NEWS BRIEFS

DEMYSTIFYING ENTREPRENEURSHIP WORKSHOP RETURNS, APRIL 26-27

Special to the Mirror

MONTROSE –Demystifying Entrepreneurship workshop returns to the area, April 26-27! This engaging and energetic 1.5-day workshop focuses on building, growing, and sustaining small businesses on the western slope. Facilitators Erik Mueller and Janet Bercovitz, successful entrepreneurs and professors at the University of Colorado Leeds School of Business, will show attendees how to navigate the startup process and assist existing businesses pursue growth possibilities. The program is hosted by Region 10 and the West Central Small Business Development Center, in partnership with the Delta Innovation Center, and will be held at the Innovation Center located at 124 E 6th Street in Delta. The cost is \$75, scholarships are available. To register, go to [Demystifying Entrepreneurship \(coloradosbdc.org\)](http://DemystifyingEntrepreneurship.coloradosbdc.org).

The Friday evening kickoff on April 26 features a dynamic panel discussion spotlighting local business owners. On Saturday, the workshop will explore what it means to be an entrepreneur, product differentiation, competitive advantage, and funding. The \$75 cost includes program materials, as well as refreshments and meals prepared by local food entrepreneurs.

The program has been offered across rural communities in Colorado with rave reviews from participants. “The networking that came from this event was huge for my insurance business,” said 2023 attendee Alex Lammers of Hotchkiss, founder of Lammers Insurance Agency LLC. “This event was inspiring and helped me to clarify my vision for my business and the direction I wanted to take it in. Every new business owner who is wondering how to take it to the next level should attend this workshop!”

“After the enthusiasm for and success of last year’s program, we are thrilled to bring Demystifying back to the area and offer it in conjunction with the opening of Delta’s new Innovation Center,” said Nancy Murphy, Region 10 small business development director. “Not only do the instructors, Erik Mueller and Janet Bercovitz, have a wealth of practical information and knowledge to share, they do it in such an energetic and interactive way that participants are completely engaged and motivated. It is our honor to offer this as a kickoff event to help ignite the Innovation Center’s initiatives.”

“We are delighted to bring CU’s expertise to Delta and surrounding areas to elevate entrepreneurship, innovation, and help drive economic vitality and quality of life,” says Erick Mueller, who teaches the program and serves as an adjunct professor and executive director of the Deming Center for Entrepreneurship at the CU Boulder Leeds School of Business. He also has started several businesses, including Real Measure and EyeThink Corp.

To learn more about Demystifying Entrepreneurship, watch the video! [CU Demystifying Entrepreneurship Workshop SC CO Delta County Apr 26-27 on Vimeo](#)



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REGIONAL NEWS BRIEFS

BUBBLES & BLISS: AN EVENING OF SPARKLING WINES

Special to the Mirror

MONTROSE-The Black Canyon Boys & Girls Club's (BCBGC), with somm-educator Andrea Lowe, presents Bubbles & Bliss: An Evening of Sparkling Wines at 6:00 p.m. on Friday May 3, 2024, at The Temple Events, located upstairs at 511 E Main St. in Montrose. Not all wine that sparkles is champagne, find out the difference at this fun event which features an opportunity to experience 8 different wines with 3 different pairings. Tickets are \$100 and can be purchased online at www.montrosewinefestival.com. All proceeds from the event benefit the BCBGC, an after-school youth development organization celebrating its 25th year. For more information on the BCBGC, visit www.bcbgc.org.

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COMMUNITY OBITUARIES

ROBERTA DELORES KING

January 1, 1939 — March 31, 2024

ROBERTA DELORES KING passed away on March 31, 2024, at the age of 85 at St. Mary Hospital in Grand Junction, Colorado with family by her side. It was very fitting of her that she went to her heavenly home on Easter Sunday, as the Easter season and springtime were her favorite time of the year.

Roberta Delores Anderson was born on January 1, 1939, to Charles and Barbara (Wenderski) Anderson in Denver, Colorado. She spent her childhood in Denver and attended Barnum, Presentation and St. Joseph's High Schools.

On August 26, 1955, she married James E. King Jr. at Presentation Catholic Church. They were married for 43 years before he passed away in April 1999. They had three children - Richard, Vicki and Teresa.

Roberta worked at many jobs over the years including Keebler's, Bowman Biscuit's, and at the Brown Palace and the Shirley Savoy Hotels as a banquet waitress along with her mom. Her career started though when she went to upholstery school and worked for Forester Furniture making drapes for their show rooms. She was a master seamstress and could sew anything.

In 1971, the family moved to Montrose, Colorado. Roberta and Jim opened Colorado West Interiors, a drapery, upholstery, and carpet shop. They operated the business until Jim's health changed in 1993. They completed the interior decorating of many homes and businesses on the western slope and were well known for their exquisite custom work. After they closed their business, she worked at Norwest and Wells Fargo Banks and later for Habitat

Software. She was also a caregiver for Jim until his passing and for her mom who came to live with them in 1998 before her passing in 2004.

Roberta had a strong faith and was a devout Catholic and a very active member at Presentation, Our Lady of Fatima in Olathe when she first moved here and later at St. Mary in Montrose. She was a Sacristan, Eucharistic Minister in church and for the homebound, and attended daily Mass in person when she was able or later by TV. She was involved in many organizations including Legion of Mary, Jail Ministry, Parish Council, Altar & Rosary Society, and various committees and helped wherever and whenever she could.

The love of Roberta's life were her faith, family and friends. Her mission in life was to get to heaven and to help others get there too. She was a prayer warrior and prayed always for everyone and everything. She wrote, "Pray for me, my dear ones, as I will be praying for you." She had such strength and perseverance and unwavering faith. Gatherings, especially with her family, were her greatest joy. In life, there really wasn't anything she couldn't make or do. She was an exceptional cook and always had something to share. She was an avid reader and enjoyed travelling including pilgrimages in Europe and the Holy Land. She lived her life to the fullest and had a life well lived. She made this world a better place. She touched so many lives and was such a blessing and will truly be missed.

Roberta is survived by her three children, Richard King, Vicki (Jim) Gardner and Teresa Pfifer. Grandchildren include Andrea

(James) Foster, Shannon (Kenny Johnson) Rottinghaus, Brian (Jen) Rottinghaus, Michelle (Joe) McDermott, Josh (Nezhone) Pfifer, Brandi

(JL) Vela, Brooke (Jeremy) Gray and Kim Leu. Great grandchildren include Baileigh, Kendra, Kaleb, Emma, Liam, Steven, Carter, Madysen, Macie, Jakai, Tahlia, Aidrik, Malakai, Makeah, JC, Dante, Austin and Jesse as well as nieces and nephews and cousins. She is survived by her twin brother Robert Anderson and sisters-in-law Sharon (Robert) Anderson and Betty Anderson. She was preceded in death by her father who died in World War II when she was a young child, her mother, brothers Steven and Ron, husband Jim, and daughter-in-law Mari King.

A visitation will start at 6 PM, on Thursday, April 18 with a Vigil and Rosary following at 7 PM at Crippin Funeral Home in Montrose.

A funeral Mass will be held on Friday April 19 at 10 am at St. Mary Catholic Church in Montrose. Interment will follow the Mass at Grand View Cemetery. A luncheon will follow back at the church.

The family wishes to express their thanks and appreciation to all her family, friends and everyone who loved, cared and helped her out throughout her life and especially to the owners and staff of Heidi's Chateau over the last 4-1/2 years.



COMMUNITY OBITUARIES

SUSAN DIANE MILLIKIN

October 15, 1951 — March 30, 2024

SUSAN DIANE MILLIKIN, born October 15, 1951, in Oakland, California, passed into the arms of her Heavenly Father at Montrose Memorial Hospital on March 30, 2024, surrounded by her daughters and husband, Chris Millikin.

Susan will leave an immeasurable void in the heart of her love and husband, Chris, with whom she shared 23 beautiful years. She was preceded in death by her parents, Harry and Margaret Johnston, and her three children, Joshua, Joel, and Melora Pinke. She is survived by her loving husband, Chris Millikin, her half-sister Vickie

Busch, and her daughters, Melissa (Bill) Lords, Melanie (Jeff) Wuerker, Melina (Jason) Tabor, Melodie (Sam) Scalf, Meleah (Joseph) Ouedraogo, Michele (David) Blunt, and Billie Millikin. Her family, which includes 28 grandchildren and two great-grandchildren, was the center of her world.

A woman devoted to her faith and committed to prayer. She is known for her love of Disney after working at Disneyland for some years. She passed on her love of music and singing to her daughters and participated in many choirs and solo

events. Susan also played the flute and piccolo when she was in school. She loved the color purple, hearts, and crosses. She was an avid reader and watcher of Wheel of Fortune. Susan was a very proud mother and grandmother, taking great delight in the lives of her children, grandchildren, and great-grandchildren.



The Mirror:

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



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COMMUNITY OBITUARIES

CRISELDA ELIZABETH MILLER (BERG)

July 22, 1939 - January 24, 2024

In Loving Memory of Criselda Elizabeth Miller (Berg)

Criselda Elizabeth Miller (Berg), born on July 22, 1939, in New Mexico, left this world on January 24th, 2024. She was the beloved daughter of Mary and Fred Berg and spent her early years in Mora, New Mexico.

Criselda's life was one of passion and love, characterized by her roles as a housewife, caring mother, grandmother, great-grandmother, and caregiver. Her journey took her through various locations, including Mora, NM, Olathe, CO, Newport, Albany, and Eugene, Oregon.

On July 14, 1958, Criselda was united in marriage with the love of her life, Sherle

Miller, in Newport, Oregon. They shared the joy and privilege of 46 years of marriage, creating a legacy of love for their family. Criselda found purpose and fulfillment in her work in the laundry service industry, contributing her skills and dedication in both Uravan, Colorado, and Eugene, Oregon. Beyond her professional life, she cherished her time spent with family and friends, embracing moments of travel, camping adventures in their camper, and hunting excursions with Sherle, especially relishing the breakfasts that followed. Her occasional trips to the casino to try her luck at the slot machines added a touch of excitement to her life.

A passionate sports enthusiast, Criselda

was a fervent supporter of her children and grandchildren, attending their events and competitions with an unmatched spirit. Whether at the stadium or in front of the TV, she would scream her heart out, occasionally losing her voice in the heat of the moment.

Criselda's warmth, love, and indomitable spirit will be dearly missed by all who had the privilege of sharing in her life. May she rest in peace, surrounded by the eternal love she gave to others.

A Graveside service will be held Thursday, June 20 at 11 am at Grand View Cemetery, 16300 6450 Ct, Montrose, CO. Reception to follow at the Camp Robber restaurant, 1515 Ogden Rd, Montrose, CO

MARION BOUCHER (TRAVICA)

March 20, 1938 - March 23, 2024



MARION BOUCHER (TRAVICA) was a remarkable woman who touched many lives with her kindness, generosity, and faith. She passed away peacefully on March 23, 2024, at the age of 86, leaving behind a legacy of love and service.

Marion was born in Grand Rapids, Minnesota, on March 20, 1938, to Eli and Sylvia Travica

of Bovey, MN. She grew up in a close-knit family with two brothers, Ted and Michael. She graduated from Greenway High School (Coleraine, MN) in 1956 and pursued her dream of working for the FBI as a secretary in Washington, DC. There, she met her lifelong husband, Edward Boucher, who was in the Army. They married on June 10, 1961, in Denver, Colorado. They raised their two children, John and Ashley

in a loving, fun and caring home.

Marion was a devoted wife and mother who supported her husband and children in their endeavors. She also worked for Martin Marietta as a secretary for 15 years, demonstrating her professionalism and dedication. She was a proud grandmother to three beautiful grandchildren, Isabella, Lila, and Kade, whom she loved and adored. She enjoyed spending time with them, baking them cookies and cinnamon rolls.

Marion's passion in life was her family, her church, baking, and hospitality. She was a faithful member of the Family Worship Center in Littleton, Colorado, until 2020, when she and her husband moved to Montrose, Colorado. She and Ed became members of Crossroads Church of Montrose, where they continued to serve the Lord and the community. Marion had a gift of hospitality and welcomed everyone into her home with a warm smile and a delicious meal. She was known for her amazing lemon bars, cinnamon rolls, and cakes,

which she generously shared with her friends and neighbors. She also had a heart for missions and supported various ministries around the world.

Marion was a woman of grace, strength, and courage, who faced the challenges of life with a positive attitude and a trusting faith. She was an inspiration to many and a blessing to all who knew her. She will be dearly missed and fondly remembered by her family and friends.

She is survived by her husband, Edward, of nearly 63 years; her son, John, and his wife, Tracy, and their two daughters, Isabella (20) and Lila (17); and her daughter, Ashley, and son-in-law, Dean, and their son, Kade (12). She is also survived by her two brothers, Ted Travica (Mary) from Minnesota and Michael Travica (Gloria) from Missouri.

Memorial services will take place on May 18, 2024 at 11 am at Family Worship Center in Littleton, CO. In lieu of flowers, donations can be made to HopeWest or the charity of your choice in Marion's honor.

ISSUE 465 April 15, 2024

ART & SOL

YOUR BRAIN ON NATURE – CREATIVITY/MINDFULNESS PT 2



By Lauren Hall Ruddell, Ph.D. Courtesy photo.

Greetings Mirrorites!

MONTROSE-Creativity and mindfulness are the non-identical twins of innovation. In a prior article, I explained how creativity is nurtured by time in nature. Soft fascination with pleasing landscapes holds the key to attention control by allowing involuntary attention to romp around in the default mode network. But is that always the only thing required for fabulous creative breakthroughs and earth-shattering insights? Often, another ingredient is required.

Legend has it that Isaac Newton (fondly known as Sir I. to his assistant and biographer, John Conduitt), was bonked on the head by an apple falling from a random tree. He was not bonked, nor was the tree random. According to Mr. Conduitt, Sir I. was on one of his daily perambulations



Georgia O'Keefe, 1936.

in the lovely family garden when he observed an apple falling, and wondered why they always went straight down, never up or sideways. This was only one of the many insights he gained while wool-gathering at Woolsthorpe. While at Cambridge, which he had left due to closing of the school because of the plague, he was unremarkable. His greatest insights and inventions came to him once he began musing aimlessly in a pleasant natural setting.

We know that mind wandering comes in many colors: positive and negative, intentional and unintentional. Positive and unintentional mind-wandering appears to be

the arena most affected by time spent relaxing in pleasing natural surroundings.

Do we know what mind-wandering really is? Not perfectly, but it seems as though internally originated thoughts independent of external stimuli form the basis of this mental activity. It is this internal mode that appears to be the most generative for insights and breakthroughs.

While this process does take attentional energy, it is composed of a different type than deliberate attention. When this process is occurring in the DMN, the action is taking place (brain-topography speaking) as far away from external stimuli and executive attention as it can get. In a way, mindfulness and mind-wandering, while both very useful depending on the situation, are brain polar opposites. "People typically are only consciously aware of one-half of their mind wandering episodes... these brief episodes of mind wandering may provide the mind with moments of 'mini incubation' that contribute to creative thought, by temporarily taking conscious attention away from the problem at hand and providing a brief opportunity for insight to occur," is how creativity investigator David Priess describes it (Priess et al, 2020).

Mind wandering during nature experiences might support creativity by facilitating new associations between previously unconnected ideas. These mechanisms have both contrasting and common aspects. They appear to act in complementary and

Continued next pg

YOUR BRAIN ON NATURE – CREATIVITY/MINDFULNESS PT 2 From previous pg

and mutually reinforcing ways to promote creativity. Soft fascination and mind wandering might both occur during an outdoor experience, with attention first drawn to the external, fascinating aspects of nature, but are later free to turn inward. Given the relatively low demand and low arousal that both soft fascination and mind-wandering place on attention networks, these processes promote new idea generation and evaluation. The implication is that time in nature that results in creative inspiration via mind-wandering is a mix of attention restoration and working memory. During DMN relaxed attentional downtime, internal processes tap into working memory reservoirs to form connections between previously isolated memories, concepts, and images. Researchers have discovered that people with the best working memories make the best mind-wanderers, especially in visually rich surroundings such as gardens and wilderness areas.

Task unrelated thought is considered to be critical for creative originality. The independence of self-generated thought from task-related, intentional effort is important because it allows for mind-wandering episodes to contain both strategic/deliberate and spontaneous/unintentional aspects. That's geek speak for great insights that fit a specific intentional purpose or need while also gifting the thinker with an entirely unique and unexpected element. Both of these sides of the same coin are necessary in order to find a way to incorporate an ah-ha moment into something tangible and shareable. The strategic aspect helps the thinker to begin to plan how to manifest the spontaneous aspect.

It is my personal experience that the most effective insights derived from immersion in nature are few and far between and not made while in motion. I tend to absorb as much through the 5 senses as I can while in motion, and then sit for a while to pro-

cess and just see what emerges. This way I'm not impacted by external stimuli such as the need to not trip and fall over that exposed root in the trail just up ahead. A recent study on the effects of representations of nature on divergent thought processes revealed (to the scientist's dismay) that higher quality, more stable, and actionable insights were *inversely* related to the number of insights. When it comes to deriving useful breakthroughs of the creative sort, less is more. So when trying to find your inner Georgia O'Keefe, it's best to go into nature often, roam around, absorb the sights and sounds, and then just set a spell to let that incubator go to town for one really great vision, like a bleached animal skull floating in a desert sky. Sounds absurd when described that way, but when made manifest by a superlative artist, it actually works.

Let your mind and body wander in nature to create the next smash hit masterpiece or scientific breakthrough, and be well.




Where Wallflowers Grow is the coming of age story of a shy, introverted, 12-year-old girl. A 1960's latch-key kid, Gail's mom agreed to let her leave her home-alone existence and live in her grandma's boarding house.

The Shelly Boarding House, located in rural southeastern Colorado, was home to male pensioners and Social Security recipients who themselves were loners and had nowhere else to go.

For three years Gail lived in this unconventional family environment where she comes of age, while the old-timers age in place.

GAIL MARVEL
Montrose Author & Reporter

Where Wallflowers Grow is available online at [Amazon.com](https://www.amazon.com) and [wingedpublications.com](https://www.wingedpublications.com).



COMMUNITY NEWS BRIEFS

DOWNTOWN DELTA PARTNERSHIP, INC TO HOST SOCIAL HOUR

Special to the Mirror

DELTA-The Newly formed Downtown Delta Partnership, Inc. (DDP) is inviting downtown business owners, property owners or interested folks in seeing Main Street Vibrant and Fully occupied to join DDP, Inc. Wednesday, April 24, from 5-7 pm Delta Elks 563 Main Street. 5 pm social hour/ light refreshments 6 pm. Presentation, DDP Your Collective Voice for Main Street,

Celebrate Downtown Delta 142, Legacy Project Update, "The Loft's" Historic Downtown Delta Redesign. Imagine revitalized, vibrant spaces where history meets modern living. Our vision is to transform the vacant second-floor buildings along Main Street into dynamic living spaces, preserving their historical essence. DDP is seeking Dedicated Parking Solutions. We're tackling one of the biggest

urban challenges – PARKING. Our plan includes dedicated off-street tenant parking and public parking for the 400 block of Main, enhancing accessibility and convenience. We invite you to be part of the Bold Vision for the Future of Downtown Delta. Please send your RSVP to ddp81416@gmail.com and or request a membership application. Our Mission: BE A VOICE FOR DOWNTOWN DELTA.

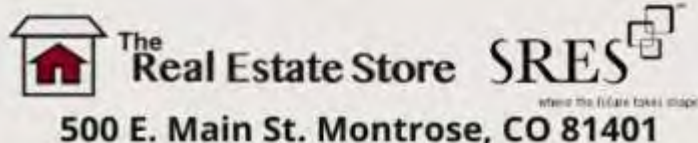
CHANGING NEEDS?

At a certain stage of life- many people are ready to make a change. To downsize their home, or simply choose a community that better suits their new lifestyle, interests, and needs. Sounds familiar? If you're ready to make a move, I invite you to call me today. I specialize in helping folks make the most from the changes and choices they have at all stages of life. I'd love to do the same for you.

Call or text me today to learn more. I am here to help; I am your local Senior Real Estate Specialist!



**Michelle Klippert | SRES
Broker/Owner**
C: 970-275-3016 O: 970-249-7653
michelleklippertrealtor@gmail.com



CINCO DE MAYO: AN AMERICAN HOLIDAY WITH MEXICAN ROOTS



By Susan Welk-Valdez

REGIONAL-If you believe that Cinco de Mayo is a celebration of Mexican Independence, like our Cuatro de Julio in the United States, please keep reading.

As a nation of immigrants, we honor our cultural homeland by celebrating the old country in our adopted one – think St. Patrick’s Day, Columbus Day and yes, Cinco de Mayo.

So, what’s the big deal about the fifth of May? While the festivities we enjoy today started right here in the United States, we need to go back to the year 1862 in Puebla, Mexico to understand its origins. In late 1861, France sent forces to Mexico to collect on defaulted treaty debt payments that had been suspended by Mexico’s president. At the same time, Napoleon III saw this as an opportune time to establish a French monarchy in Mexico, in an effort to curb U.S. power in the Americas, as well as support the Confederacy during the Civil War.

As forces made their way from Veracruz to the capital of Mexico City, they were met with resistance in the fortified city of

Puebla. At daybreak, on May 5, 1862, a poorly equipped and greatly outnumbered Mexican army fought off the assaults of the elite French military force, decisively defeating them by early evening that same day. The victory served to boost morale across Mexico and brought about a sense of unity and patriotism.

As the news of the David and Goliath triumph in Puebla reached Mexicans living in the United States, they too were filled with that same sense of pride, and the first observance of Cinco de Mayo began in 1863 in California. Over time Cinco de Mayo was relegated to the status of a minor holiday in Mexico, but that wasn’t the case in the United States.

In the 1940s with the rise of the Chicano civil rights movement, Cinco de Mayo was revitalized as a day of celebration and cultural pride, making its way from California across the United States of America.

The contemporary iteration of the Cinco de Mayo celebrations began in the 1960s with growing activism within the Chicano movement and an interest in Mexican culture and traditions. Chicanos identified with the struggle of the poor and ill-equipped Mexican army defeating a global superpower in the Battle of Puebla, and cries of “Viva la Raza – Viva Cinco de Mayo” were heard across college campuses in both the Southwestern United States and in California.

In the 1980s, as the movement began to fade, beer companies like Corona saw an

opportunity to capitalize on the festive atmosphere of the day and the growing Hispanic market, and the commodification of Cinco de Mayo was off and running. Soon restaurants and retail giants realized the potential for profit, and an ever-expanding market served to water down (no pun intended) the historical and cultural significance of the holiday.

So while there’s no getting around the fact that Cinco de Mayo has been appropriated by commercial interests akin to Christmas, Easter and St. Patrick’s Day, we don’t need to let that get in the way of enjoying a salt-rimmed Margarita or some chips and salsa . But maybe while we’re getting our fiesta on, we can also take a moment to appreciate the rich and colorful customs and traditions, and all that Mexican-Americans have contributed to this country.

I think we can all toast to that!

Local Cinco de Mayo Events:

Friday, May 3

Delta, CO

Main Street 6pm-midnight

Live music with 2 bands, Azteca dancers, food & beverage vendors, piñatas

Sunday, May 5

Montrose, CO

Colorado Outdoors Noon-4pm

Fun Run & Walk

Live music, folkloric dancers, food vendors, kids’ activities



8500

ANONYMOUS

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**MONTROSE REGIONAL
CRIME STOPPERS**

see something, say something

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/](https://www.allsaintsmontrose.org/) Rec-
 tor: The Rev Preston Gordon, [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 minist-
 ry 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
 112Main St.
 P.O. Box 262

Olathe, Co 81425

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

Pastor Gabe Skillo

Sunday School 9:15 a.m.

Sunday 10:30 a.m.

Sunday 6 p.m.

Wednesday Bible Study/Prayer 7 p.m.

CELEBRATION CHURCH

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

Address: 2900 Sunnyside Road, 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-](mailto:in-

 form@fpcmontrose.com)

[form@fpcmontrose.com](mailto: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 anoth-*

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

roseumc.org

Current Senior Pastor: Rev. Kevin Young

Worship service times:

8:30 a.m. Sanctuary & Virtual

9:45 a.m. Christian Education & Fellowship

11 a.m. Sanctuary

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

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

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

ROSEMONT BAPTIST CHURCH

Affiliation: Southern Baptist

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

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

Contact information:

Phone: 970.249.4887

website: www.RosemontBaptist.org

email: office@rosemontbaptist.org

Senior Pastor: Rolland Kenneson

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

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

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

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

matter what stage of life they are in.

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

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

SPIRITUAL AWARENESS CENTER

Denomination affiliation: Independent 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:

email:summitchurchmontrose@gmail.com

website:

www.summitchurchmontrose.org

Senior Pastor: Interim Pastor.

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 ag-

es! We have families with children (babies, school aged, recent high school and college graduates) up to retired individuals.

During the Sunday sermon we offer teaching for children ages birth to Kindergarten, in a kid friendly room called Base Camp.

We also have a children's activity during our Monday night adult Bible study.

We meet the first Sunday of each month for a potluck dinner at 5:30 p.m., followed by a prayer session at 6:30 p.m.

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?

Local Immunization Providers

Visit www.montrosecounty.net/immunizations for updated information on immunization providers.

Questions? Call (970) 252-5011

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SURROUNDING COUNTIES



PLANTING THE GARDEN OF LIFE...



Gardens are more than just growing plants, they are symbols of life. Mirror file photo.

By Rev. Dr. Arlyn Macdonald

MONTROSE-Planting a garden is a wonderful experience and we are so blessed in our valley to be able to have a garden where we can plant all the delicious fruits and vegetables we love. There is nothing better than to bite into the lushness of a homegrown tomato, ripened by the Colorado sun.

We gain more than just the harvest by planting a garden. We can enjoy the fresh air and sunshine, dig in the dirt, get more exercise, and spend time meditating as we pull weeds and water our gardens. We can watch the fruit of our labors grow into something important in our lives.

But gardens are more than just growing plants, they are symbols of life. Think about the different sizes of seeds you plant. Carrot and lettuce seeds are so tiny that if you drop them, they disappear into the soil.

Peas and squash seeds are bigger and easier to manage so you can see them as you plant. Seeds are like our hopes and

desires, some are so tiny we have to handle them carefully, others are larger, and we can plant them strategically in our garden of life. But we have to be mindful of all the seeds we plant in our gardens.

Our life is our spiritual garden. It is that fertile place in our consciousness where we can plant the seeds to make our life better. We often plant our spiritual gardens unknowingly with seeds of hatred and despair and wonder why these circumstances come into our lives, seemingly out of nowhere. But they are a direct result of the kinds of seeds we plant in our spiritual gardens.

It takes preparation to grow a garden and it takes preparation to grow your life. Rich soil is the foundation of a good and productive garden. The foundation of your life's garden depends on what you put into your thoughts and beliefs. If you put hatred and revenge into your life's garden, everything you plant will wither and die. If you put love and compassion, trust and faith into your garden, your plants, your hopes and desires, will flourish.

Water is essential to both gardens. Water is one of the essential elements of growth. It symbolizes unity, truth, support, and unconditional love. Water doesn't care where it flows. It is here to help things grow. It is up to us to direct it to those seeds we especially want to flourish.

Sunshine is the other important element of growing a garden. The warmth and nourishing rays of the sun affect all of life on earth. Seeds need sunlight to sprout. Our spiritual seeds need the Light of the Divine Spirit in order to develop. Light is a marvelous miracle of the Creator. All of life depends on the Light. Our earthly and our spiritual seeds love to stretch upward toward the Light.

Tending our gardens is also important. Tending means to patiently care for them every day by pulling weeds, typing up stragglers, fertilizing, and watering the

seeds as they grow into healthy and vibrant plants.

We tend our spiritual garden of life by keeping out the weeds of negative thoughts and watering our seeds with positive and uplifting thoughts. We also support our desire seeds by focusing on the good that will come from them.

Here is a poem for both earthly gardens and spiritual gardens written by an unknown author that helps us choose the right seeds for our gardens. Remember to say a blessing for your seeds before you plant.

Plant three rows of peas:

Peace of mind
Peace of heart
Peace of soul

Plant four rows of squash:

Squash gossip
Squash indifference
Squash grumbling
Squash selfishness

Plant four rows of lettuce:

Lettuce be faithful
Lettuce be kind
Lettuce be obedient
Lettuce really love one another

No garden is without turnips:

Turnip for meetings
Turnip for service
Turnip to help one another

To conclude our garden we must have thyme:

Thyme for God
Thyme for study
Thyme for prayer

Water freely with patience and cultivate with love.

There is much fruit in your garden
Because you reap what you sow.

COMMUNITY NEWS BRIEFS

BRANDEN & JAMES WITH SPECIAL GUEST EFFIE PASSERO

Special to Art & Sol

DELTA-America's Got Talent, American Idol, and Postmodern Jukebox fans will be excited to know that Branden & James and Effie Passero will be performing at the Delta Performing Arts Center, 822 Grand Avenue in Delta, Colorado. This performance is presented by the Delta Montrose Community Concert Association at 7 p.m. on Thursday, April 18, 2024.

Renowned cello and vocal duo Branden & James team up with singer/songwriter Effie Passero of Postmodern Jukebox and American idol fame for this tour. Tenor Branden James was a contestant on America's Got Talent during the show's eighth season. James Clark is an Australian-born cellist and pianist. The award-winning trio will bring to life some of Broadway's favorites, desirable classics, and modern pops through their soothing sound combination of vocals, piano, and cello.

Mark your calendars now; you don't want to miss this special evening.

Single admission tickets will be available at the door on the night of the performance, \$25 for adults \$5 for students.

For more information please contact Connie at 970-249-4308 or Bob at 970-835-4480 or visit our website at www.deltamontroseconcerts.com



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2024
Spring Fling
Craft Show

Friday May 3rd 10-6pm

Saturday May 4th 9am-4pm

Sunday May 5th 11am-4pm

Friendship Hall, Montrose County Fair Grounds

Free admission

Hourly door prizes

Over 70 vendors for your shopping pleasure

For Vendor information call Debbie 970.531.2438 or email: montrosefootwear@aol.com

SAVE THE DATE! LOCAL EVENTS CALENDAR

ONGOING-

HEALING COLLECTIVE OF WESTERN COLORADO-Every 1st and 3rd Tuesday of the month from 12-1pm the Healing Collective of Western Colorado meets at 220 N Stough Ave. It is open to all wellness providers in the area who would like to collaborate with and learn from other local practitioners.

MONTROSE FARMERS MARKET (970) 249 0705 Centennial Plaza, 433 S. 1st St. Montrose, CO 81401
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 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

April 17-Calling all Horse Lovers! Come hear archaeologist Sonny Shelton present Hoofbeats from the Past: Archaeological Evidence of the Horse in Western Colorado. April 17 at 7pm at the United Methodist Church 19 S Park Ave Montrose. Free

April 17-The Black Canyon Ladies Golf League is holding their 2024 kick off social at the Rusty Putter at the Black Canyon Golf Course on Wednesday, April 17 from 5 -7 pm. All members and new ladies interested in joining the league are invited to come hear what is planned for this season. If you are a prospective new member wanting to attend please RSVP to Jackie at 303-746-0849 by calling or texting.

April 19-Please join the Montrose Republican Women as they host speaker Judy Atencio who will be discussing issues surrounding Veterans experiencing homelessness and information about National Guard deployments. Noon Friday, April 19th at the Montrose Hampton Inn. Contact Kerri at 970-209-5170.

April 20-Women's Soul Care Day. Sponsored by the Spiritual Awareness Center, this event will be held Saturday April 20th from 9-2 at the Lions clubhouse at 602 N. Nevada. The cost is \$40 and there are limited scholarships available. Please contact Deborah Solomon at 719-358-0219 or artemisspirit1@yahoo.com for more information.

April 21-From 3-5pm the Healing Collective is offering a free holistic panel discussion on autoimmune disease at the Montrose Flex Rec. We will have five local wellness providers giving insights on autoimmune disease and how to find a path towards healing.

April 27-Celebrate World Tai Chi Day on Saturday, April 27 at 10am on the front lawn at the Montrose Rec Center (across from Walmart.) The short Sun Style form will be led by Certified Tai Chi for Health and Exercise Leader, Jan Graves. Everyone is welcome from novice to advanced. Come in comfortable clothes & shoes for walking on a grassy surface. Donations happily accepted. For more information, please text Jan at 410-693-7327

May 2-The Women's Giving Club 2nd quarterly meeting will be held on Thursday, May 2nd, 5:30 at the Bridges. ALWAYS open to every woman who would like to participate. Call 970-209-9598 if you need more info.

May 3-The Black Canyon Boys & Girls Club's (BCBGC) presents Bubbles & Bliss: An Evening of Sparkling Wines at 6 p.m. on Friday May 3, 2024, at The Temple Events, located upstairs at 511 E Main St. in Montrose. Tickets are \$100 and can be purchased online at www.montrosewinefestival.com. All proceeds from the event benefit the BCBGC, an after-school youth development organization celebrating its 25th year. For more information on the BCBGC, visit <http://www.bcbgc.org>

May 3-Delta Cinco de Mayo Celebration on Main Street Delta, 6pm-midnight. Live music with two bands, Azteca dancers, food & beverage vendors, piñatas.

May 5-Montrose Cinco de Mayo Celebration-Colorado Outdoors Noon-4pm. Fun Run & Walk. Live music, folkloric dancers, food vendors, kids' activities.

May 6-Monday May 6 at 5pm. Citizens' Climate Lobby meets at Montrose Safety Complex meeting rm(police). Non-partisan, national, environmental. All Welcome. Info at 970-765-9095



Montrose Regional Health has announced the Grand Opening of the new Ambulatory Care Center (located at 3330 South Rio Grande Avenue), to take place on Thursday, April 25 from 4:30 to 6pm. Photo by Harry Switzer.

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