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ASSOCIATION

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the Montrose Mirror

'THIS IS A CHALLENGING TIME FOR EVERYBODY'



The Region 10 League for Economic Assistance & Planning serves as the economic, community, and senior programs leader for six Western Colorado counties, including Delta, Gunnison, Hinsdale, Montrose, Ouray, and San Miguel. Region 10 oversees state and federal funding streams through the Older Americans Act (AAA) and administers a Business Loan Fund. Region 10 Director Michelle Haynes spoke with the Mirror.

By Caitlin Switzer

MONTROSE-Depending on the size of your grocery list and your household, a visit to the grocery store right now may cause varying levels of pain. After all, while the State of Colorado exempts food purchased for domestic home consumption from sales tax, Montrose is among the Home Rule municipalities that does tax food--the current sales tax rate in the City of Montrose is 8.53 percent—and food costs are escalating due to inflation.

The Sharing Ministries Food Bank, (49 North 1st Street) is a vital resource for people facing food insecurity. Sharing Ministries does have new donors, Program Associate Katie Yates said, but demand for food is rising.

"We are definitely seeing an increase," Yates told the Mirror last

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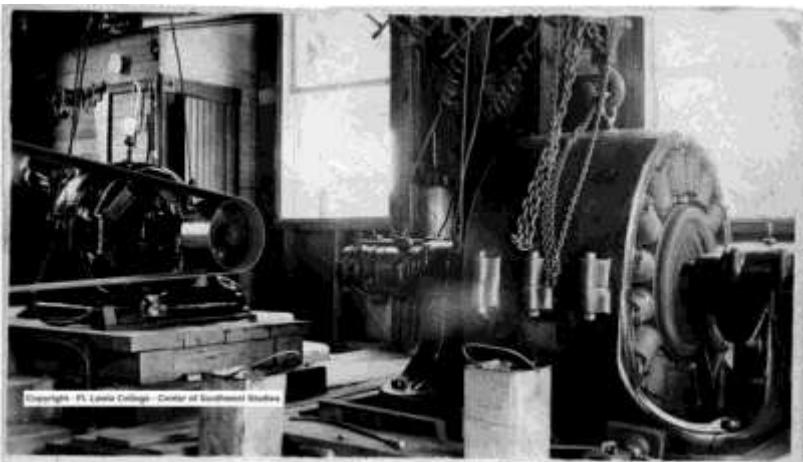
EARLY POWER IN SOUTHWESTERN COLORADO

By Bob Cox

While there is no doubt that there was significant prospecting and mining activity in the southwestern part of Colorado prior to 1873, it was not until the Burnot Agreement was signed that the activity really began to boom.

The agreement, which was referred to by many as a treaty, was never considered a treaty by the Utes, who ceded 3.7 million acres for mining. It was approved by congress in 1874.

The early years of underground mining were difficult. Miners were using hand-held steel drills that were repeatedly hit with a hammer, turned and hit again, until a hole was drilled deep enough to pack with explosives. A typical 'round' required somewhere around 16 holes to be drilled. The depth and number of holes varied depending on the type of rock and several other factors.



According to the archives of the Western Colorado Power Company, now in the collection at the Center for Southwestern Studies at Fort Lewis College, this may be the only surviving photo of the interior of the Ames power plant near Telluride. Photo used with permission of Fort Lewis College.

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Your Brain on Nature!](#)

[Sour Grapes:
Cartoon by Tim Jones!](#)

[Letters to the Editor!
Regional News Briefs!](#)

[Red Hawks Foot ball:
By Cliff Dodge!](#)

UPDATED GUIDELINES FOR LETTERS TO THE EDITOR

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Dear Readers:

We appreciate your letters! We like reading and hearing opinions from all perspectives. We are sharing herewith our updated guidelines: In the past we have had one rule, to be implemented at the editor's discretion. We are now including two more suggested "Rules" for letter writers.

RULE 1. The Dead Horse Rule has been in place from the start of the *Mirror*. This is somewhat self-explanatory, but there are times when something has been said so many times it can run afoul of the "Dead Horse Rule," in which case we will inform the writer. This rule now includes requests to re-print letters that have already run.

RULE 2. While there are always exceptions, a letter can often say what needs to be said in one page or less. Our pages are 8.5 X 11, we use a 10 pt Calibri font; letters that are roughly 800 words fit well within this suggested guideline.

RULE 3. Please limit repetitive mud-slinging to avoid bumping up against Rule 1. Also, in the case of those writing to intentionally discredit a public official or candidate for public office, please provide a link to the source of your allegation if possible. Unsourced, unproven allegations are not credible, and could in fact be untruths. Finally, opinions expressed in letters and commentary are those of the authors themselves, and do not reflect the views of the *Montrose Mirror* or editorial staff.

*Thank you,
Caitlin Switzer,*

the **Montrose Mirror**



Fresh news for busy people

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Published every Monday in Montrose, Colorado, the Montrose Mirror reaches a readership of more than 30,000 across the region and around the world

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We welcome community contributions and commentary! Please note, submitted content does not necessarily reflect the views of the **Montrose Mirror** or its editorial team.

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Gratitude Journal Workshop

**November 6,
6:45-8:00 PM
Library Meeting
Room**



Get into the holiday spirit by starting a gratitude journal! Erin Easton, founder of New Leaf Mindfulness, will lead a workshop over the benefits of keeping a gratitude journal, and guidelines for starting one. There will be a brief practice session for attendees to write down a few things they're grateful for.

Attendees are encouraged, but not required, to bring their own journals.

320 S 2nd, www.montroselibrary.org
Mon-Thurs 10-7, Fri 10-6, Sat 10-5, Sun 1-5.
(970)249-9656.

MONROSE REGIONAL
LIBRARY DISTRICT

REGIONAL NEWS BRIEFS

PRESENTATION: METAL DETECTING FINDS IN THE MONTROSE AREA

Special to the Mirror

MONTROSE-Please join the Montrose County Historical Society for our regular monthly General Meeting on Wednesday, Nov. 5 at 7pm at the Event Center. Our special guest speaker for November will be Don Rodarte, President of the Uncompahgre Treasure Club. Mr. Rodarte will present a program on "Metal Detecting Finds in the Montrose Area."

MISS SUZY'S EDUCATIONAL SERVICES DISCO & AUCTION NOV. 7 AT MONTROSE ELKS LODGE

Special to the Mirror

MONTROSE-On Nov. 7, Miss Suzy's Educational Services Disco & Auction takes place from 6-9pm at the Montrose Elks Lodge. Tickets can be purchased through Miss Suzy's or at the door. \$20 adults-\$10 Teens-\$5 children. Fall Crafts-70's Attire Contest-Dance Contest-Photo Booth. Call (970) 318-0982.

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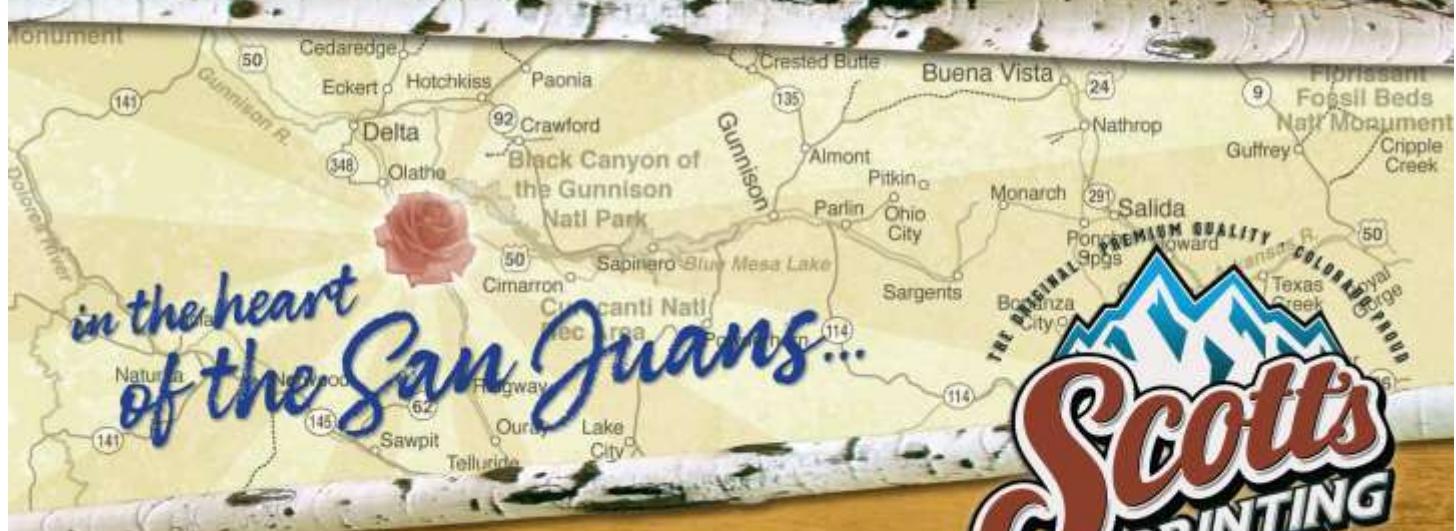
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OPINION/EDITORIAL: LETTERS

VOTE YES ON 6A AND 6B!

Dear Editor,

When my family decided to relocate, we chose Montrose, in large part, because of its Recreation Center and Library. Those two community treasures captured our hearts — they represented the kind of simple, connected, and enriching life we wanted for our children.

One of the first places we went after moving to Montrose was to the library so we could all get library cards. While our entire family loves the library, it has become a second home for our youngest. She participates in STEM programming and book clubs, she has taken a babysitting course offered by the library, and can't wait to serve on the Teen Advisory Board. The library staff all know her by name and they are all friendly, resourceful and always make learning fun; they truly are a second support system for her.

As parents who both work from home and homeschool, we've seen firsthand how much the library expands opportunities for families. Additionally the library has easily saved our family thousands of dollars, from finding books we would otherwise have had to purchase, to curated kits, to the amazing Library of Things.

The Library makes this community vibrant, healthy, and connected. Please join us in keeping the vital resource that is our library strong.

Vote YES on 6A and 6B! Support the place that brings our community together and opens doors for families every day.

Sincerely,

Elizabeth Courter, Montrose



You're Invited to a:

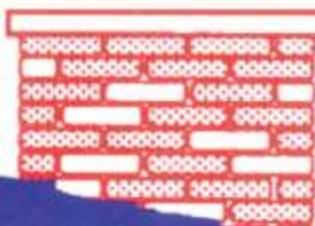
Ribbon Cutting Ceremony



November 10, 2025

From 9:00am - 10:30am

Courthouse: 320 S. 1st St. Montrose, CO



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'THIS IS A CHALLENGING TIME FOR EVERYBODY' From pg 1

week. "Especially with the SNAP benefits not coming in November."

Also feeling the pinch is the Region 10 League for Economic Assistance & Planning (Region 10), which oversees state and federal funding streams through the Older Americans Act (AAA) and administers a Business Loan Fund.

Region 10's mission is stated on the web site, "Region 10 serves as the economic, community and senior programs leader for six Western Colorado counties, including Delta, Gunnison, Hinsdale, Montrose, Ouray, and San Miguel..."

The Mirror spoke with longtime Region 10 Executive Director Michelle Haynes about the economic conditions that our communities are now seeing, and Haynes

summed up the situation succinctly. "It feels a lot like the COVID era, but without the support," she said. "The money has dried up...there are challenges on both the state and federal levels."

"Our communities are struggling on all sides," Haynes said.

Finding long-term solutions to community needs has become difficult, although short-term solutions do still exist.

For the local business community, there are fewer options available through Region 10 right now. The Business Loan Fund has money to lend, and there are funds to provide consulting and technical assistance for business, but there is no money available to fund grants.

For Region 10's senior citizen constituents

cy, providing long-term assistance is more difficult than ever. The Region 10 Area Agency on Aging (AAA) has experienced a 35-percent loss of funding. Haynes said, "We've had to cut quite a bit of our services...everybody is suffering a budget crunch. Needs are increasing, and costs are increasing too."

The AAA has had to target the highest-need individuals and is unable to deliver as many services as it has in the past, Haynes said, adding, "If people need services, they should reach out to us and we will try to find solutions."

The problem is not limited to the Western Slope, either.

"Triple A's across the state are trying to brainstorm," Haynes said.

Finding ways to make up for the loss of SNAP funding has been a critical focus, with few solutions available. "The funding we do have is not super flexible," Haynes said, and must be used for its designated purpose. "This is a challenging time for everybody."

Nationwide, there's hope that the economy could turn the corner--last Wednesday, the Fed shaved another quarter point off its benchmark interest rate.

Also, Real Estate in Colorado appears to be holding a fairly steady course. The latest statistics from the Colorado Association of Realtors show that year to date, new listings for single family homes in Montrose County are down by 2.5 percent, with sold listings down by 3.5 percent. In September, sold listings were down by 10.3 percent--but new listings are up by 4.0 percent.

Also in September, the average sale price for a single-family home here was \$504,198, a decrease of 1.5 percent from 2024—but Year-to-date, the average sales price for a single-family home in Montrose County was \$541,825—an increase of 6.0 percent.

The Mirror asked Montrose financial expert Jim Elder about hope for a sunnier economic climate. "What gives me hope for Montrose's economy is the spirit of the people," Elder said. "They are resourceful, collaborative, and deeply committed to this community. We have a rare mix of entrepreneurial drive and hometown values that keep Montrose growing strong, no matter what challenges come our way."

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OPINION/EDITORIAL: LETTERS

DEMOCRAT GOVERNMENT SHUTDOWN HURTING PEOPLE MORE AND MORE

Editor:

This week should help determine just how much the Democrats care for the poor and voters. Food stamps (SNAP benefits) run out of funding at the end of October. Guess we will see how concerned Democrats are about the poor they claim to serve. Or are the poor like minorities that the Democrats have counted as their voters for so long, when they only care for them when it comes time to ask for their votes.

Federal workers that have been furloughed missed their paychecks last week.

The "No Kings" rallies are over.

The Democrat government shutdown is going to start hurting people more and more. Congress passed a clean continuing resolution that continued funding at levels passed during Joe Biden's term. Democrat senators failed to approve a short extension. Maybe voters will see who the Democrats really care about, voters that pay their salaries or illegal aliens. Seems like the choice should be easy.

Ed Moreland, Montrose



MONTROSE COUNTY OFFICES MOVING DATES & CLOSURES HISTORIC COUNTY COURTHOUSE

320 South 1st Ave Montrose
(Across from the Post Office)

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October 27 - October 28 - Closed for move

November 12 - Open to public at Historic County Courthouse

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November 3 - November 11 - Closed for move

November 12 - Open to public at Historic County Courthouse

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OPINION/EDITORIAL: LETTERS

IT'S ABOUT INTEGRITY, ACCOUNTABILITY, AND A RETURN TO DECENTY IN OUR COUNTY GOVERNMENT

Editor:

The campaign to recall Commissioner Scott Mijares has clearly struck a nerve. As voters take a closer look at who Commissioner Mijares is — and how he has conducted himself over the past nine months — the pressure is mounting.

The momentum behind the Yes on the Recall effort keeps growing, and it seems Scott and his backers are now looking for any way to discredit our grassroots, Montrose-led movement, which has seen more than 150 local volunteers working tirelessly to remove him from office. Why? Because people across the political spectrum recognize that his conduct is a serious threat to Montrose County's future.

In recent weeks, Mijares's supporters have tried to portray this recall as some kind of "deep-state" scheme — led by out-of-state leftists bent on turning Montrose into a "socialist hell-scape." That couldn't be further from the truth. Earlier this year, over 5,000 of our neighbors signed the petition to put this recall on the ballot. Of those, one quarter were registered Republicans and over half were unaffiliated voters, many of whom regularly support conservative candidates. This recall would not be possible without the courage of Republican voters standing up to say:

enough is enough.

This is not about partisanship. It's about integrity, accountability, and a return to decency in our county government.

Over the past several months, our volunteers have knocked on thousands of doors, speaking with hundreds of conservative Montrose residents who have told us they feel lied to, betrayed, and embarrassed by Mijares's reckless, self-serving behavior.

In their attempt to discredit their own constituents, Commissioners Mijares and Pond — and their allies attacked the support we've received from Colorado Rural Voters (CORV), mischaracterizing who they are and what their support means. So let's set the record straight.

CORV is a nonpartisan, grassroots organization that has been active on the Western Slope for more than 20 years. It is made up of everyday Coloradans who care deeply about ensuring that local elected officials live up to West Slope values — honesty, fiscal responsibility, and respect for the people they serve. Every campaign CORV supports begins locally and is driven by community need.

Scott's supporters have claimed CORV is controlled by "out-of-state interests" in Billings, Montana, through the Western

Organization of Resource Councils (WORC).

That is false. WORC provides basic administrative help, such as managing campaign finance compliance, but has no influence whatsoever over CORV's decisions, priorities, or campaigns.

Scott Mijares, meanwhile, stands in direct opposition to nearly everything CORV — and our community — values. From silencing opposing voices, to careless fiscal management, to repeated lapses in integrity and judgment, his record shows a pattern of poor leadership and disregard for the people of Montrose County. And he knows it. That's why he's trying to muddy the waters with misinformation instead of taking responsibility for his own actions.

While Scott works overtime to question where our support comes from, let's take a closer look at where his money is coming from — and how his donors would benefit with him staying in office. For a look at contributions given to both the Yes and No campaigns go to: trac-er.sos.colorado.gov/ campaign finance/ scott mijares

Respectfully submitted,

Linda Gann co-chair

Phoebe Benziger co-chair



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REGIONAL NEWS BRIEFS

SHOOTING INVESTIGATION – CHIPETA DRIVE

Special to the Mirror

MONTROSE COUNTY SHERIFF'S OFFICE-In the early morning hours of Saturday, November 1, 2025, WestCO Dispatch received 911 call reporting gunshots in the area of 510 Chipeta Drive, located on the north rim of Sunset Mesa in Montrose County. Law enforcement officers from the Montrose County Sheriff's Office, Colorado State Patrol, and Montrose Police Department responded to the scene.

Upon arrival, officers located a 19-year-old female with an apparent gunshot wound. Life-saving measures were administered at the scene, and the victim was transported to Montrose Regional Hospital in serious condition.

The Colorado Bureau of Investigation and the Montrose County Sheriff's Office Investigation Division is actively conducting interviews and collecting information from witnesses who were present during the incident.

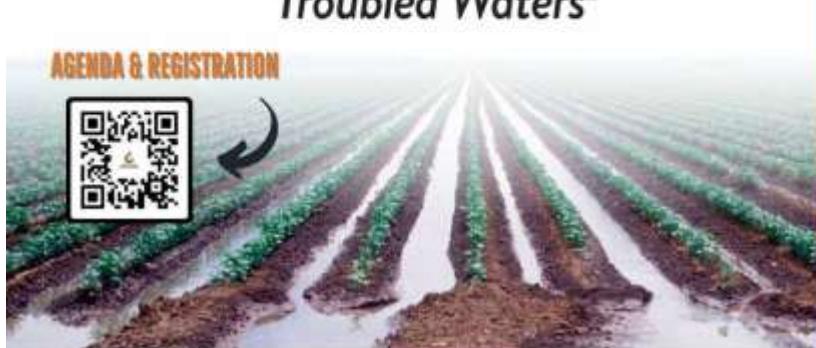
Because several individuals left the area before law enforcement arrived, investigators are asking anyone with information about the incident to contact WestCO Dispatch at 970-249-9110.

Additional updates will be provided as the investigation continues to develop.

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Troubled Waters²

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Registered Agent - Scott Mijares

REGIONAL NEWS BRIEFS

HOLIDAY MONTROSE BUCKS SALE BEGINS NOV. 17

Special to the Mirror

MONTROSE— The City of Montrose is pleased to kick off the holiday shopping season a little earlier this year with an exciting change to a well-loved local tradition. The annual Montrose Bucks sale, historically held on Small Business Saturday, will now take place on Monday, Nov. 17, as part of the newly branded Montrose Bucks Monday event.

The sale will be held from 9 a.m. to 7 p.m. at the Public Safety Complex located at 434 S. 1st Street. If funds remain after the first day, sales will continue throughout the week at the Visitor Center located at 107 S. Cascade Ave., while supplies last.

“Montrose Bucks Monday allows residents to take advantage of the same great promotion, but a little earlier in the season,” said Michelle Wingfield, the city’s community initiatives manager. “It also frees up Small Business Saturday for shoppers to hit the stores right away, helping our local businesses make the most of the holiday rush.”

Montrose Bucks make the perfect gift. They keep your dollars local and support the small businesses that make Montrose unique. *Promotion Details:*
Receive \$60 in Montrose Bucks for every \$50 purchased
Payment: Cash only

Limit: \$400 per household (receive up to \$480 in Bucks)

Availability: First come, first served - the promotion typically sells out within one day.

Please bring a photo ID or proof of Montrose address (City or County). Bonus funds go quickly, and we want to be sure they support our local shoppers and businesses!

Regular, dollar-for-dollar Montrose Bucks are available year-round at the Downtown Visitor Center. For more information about Montrose Bucks and to view a full list of participating businesses, visit cityofmontrose.org/510/Montrose-Bucks.



BOCC SPECIAL MEETING - SOLAR - MONTROSE



November 3



Event Center
Banquet Room
1036 N 7th Montrose



6:00 p.m.

COLORADO NEWS BRIEFS

WATCH FOR WILDLIFE ON ROADS DURING DAYLIGHT SAVING TIME

Special to the Mirror

DENVER —Colorado Parks and Wildlife (CPW), the Colorado Department of Transportation (CDOT) and Colorado State Patrol ask drivers to drive cautiously as colder weather pushes wildlife from the high country to lower elevations.

-Slow down. Traveling at high speeds increases the danger of a crash. Moderate speeds maintain a driver's reaction time and allow an appropriate response to animals on or near roads.

-Stay alert. Pay close attention to the roadway between dusk and dawn, when deer and other wildlife are most active and crossing roadways.

-Scan ahead. Watch for movement and shining eyes along roadsides. If you see one animal, you should expect others to be in the area.

-Obey traffic signs. Many highways have wildlife warning signs intended to alert motorists of known wildlife movement areas. Transportation authorities attempt to reduce the number of wildlife-vehicle collisions by posting signage and lowering speeds in areas where wildlife is active.

-Give warning. Slow down or stop when animals are seen on or near the road (if no other cars are behind you). Honk the horn and flash headlights to warn the animal to avoid the road and alert drivers to the potential hazard.

-Avoid swerving. Never swerve or jerk the wheel of your car. Swerving can cause you to lose control, drive into another vehicle or drive off the road.

-Always wear seat belts. Unfortunately, not every collision is avoidable. The risk of serious injury and death in a crash is reduced by half when seat belts are worn.

-Report collisions. Drivers involved in a wildlife-vehicle collision should report the accident to the Colorado State Patrol by calling *CSP (star key and 277).

"Last year troopers responded to 3,777 crashes involving wildlife, with October, November and December as the most active months," said Col. Matthew C. Packard, chief of the Colorado State Patrol.

"Whether it is elk in the high country or pronghorn on the plains, there is no area of our state that doesn't have wildlife. So, it is up to all of us to remove distractions and watch out for these beautiful animals."

Animals like elk and deer have yearly migrations, following traditional paths between different seasonal areas, usually based on plant growth and weather. Wild animals need to be able to move between seasonal ranges to better respond to changes in habitat and landscape pressures.



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Saturday, November 8, 2025



8 AM - 3 PM

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REGIONAL NEWS BRIEFS

ANDERSON LAUNCHES CAMPAIGN FOR COLORADO HOUSE DISTRICT 54

Join Us for Her Campaign Kickoff Events in Grand Junction and Delta County

Special to the Mirror

GRAND JUNCTION— Nina Anderson, a fifth-generation Western Colorado native and President/CEO of Express Employment Professionals in Grand Junction and Montrose, is proud to announce her candidacy for Colorado House District 54.

With nearly two decades of experience connecting thousands of Coloradans to meaningful work across the Western Slope—from Loma to Telluride and Glenwood Springs—Nina brings a deep understanding of the region’s workforce, economy, and values. Before founding her business, she served as a senior HR executive at a publicly traded medical device company with operations in Colorado, Minnesota, and Arizona.

“I’ve built my life and business here on the Western Slope,” said Anderson. “But I’m deeply concerned that political decisions are threatening our economic competitiveness, our jobs, and the well-being of our families. I’m running to bring Western Colorado’s grit, tenacity, and work ethic to the State Capitol—and to be a strong voice for House District 54.”

You’re Invited: Campaign Kickoff Events

Stop by, meet Nina, and share ideas about the future of Western Colorado

Grand Junction Kickoff

Monday, November 3

11:30 AM – 1 PM

Mesa County Republican Women’s Luncheon

Grand Vista Hotel, 2790 Crossroads Blvd

Delta County Kickoff

Tuesday, November 4

6 PM

Delta County Republican Monthly Meeting

Surface Creek Community Church, 21987 Austin Road, Austin

Let’s shape the future of House District 54—together.

For press inquiries, contact Nina Anderson at 970.364.NINA (6462) or Hello@Nina4Colorado.com.



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Commissioner Scott Mijares

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Paid for by Recall Scott Mijares. Registered Agent: JIM HAUGSNESS

OPINION/EDITORIAL: LETTERS

HOPEFUL THAT HARRIS WILL BE DEMOCRATIC NOMINEE NEXT ELECTION

Letter to the Editor:

Kamala Harris just proved again that she is out of touch and why she didn't perform well in the last election. She is trying to blame Trump for building the ballroom when SNAP benefits are ending. It is most of her former Democrat colleagues in the Senate that are delaying SNAP benefits.

If she cares so much, she should push most Democrat senators open the government. The Congress and Republicans in the Senate voted for a continuing resolution that would have provided SNAP benefits and continued operation of the government. Just think how much work is not being done by Federal employees, who will ultimately be paid. Not to mention, probably working overtime to get caught up when the Democrats come to their senses and reopen the government.

I hope she wins the nomination for Democratic nominee in the next election.

Ed Moreland, Montrose

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KEYNOTE ADDRESS



Nathan Perry, PhD

CMU Associate Professor of Economics
2026 Economic Outlook

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REGIONAL NEWS BRIEFS

BLACK CANYON AUDUBON SOCIETY PRESENTS BEAVERS, NATURE'S MOST INGENIOUS ARCHITECTS

Benefit Concert FEATURING *Sinners & Saints Band*



Saturday, November 8, 7:30 PM

1800 Pavilion Drive, Montrose, CO

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Special to the Mirror

MONTROSE-On Thursday, Nov. 13 7 p.m. Black Canyon Audubon Society will host Jackie Corday, co-chair of the Colorado Healthy Headwaters Working Group. She will present about **Beavers, nature's most ingenious architects**. The presentation will cover the history of beavers, their naturally engineered wetlands, how their building feats create habitats for native species and can improve watershed resiliency to wildfire and drought. The Montrose Field House Summit Room, 25 Colorado Avenue, Montrose. For more information about the speaker and topic go to programs at blackcanyonaudubonsociety.org.

WOMEN'S GIVING CLUB NOV. 6

Special to the Mirror

MONTROSE-The next meeting of The Montrose Women's Giving Club will be Thursday, November 6, 5:30 p.m. at The Bridges. This will be the 4th quarterly meeting of 2025.

At the 3rd quarterly meeting on the 14th of August 2025, \$12,200 was awarded to the Montrose Children's Museum. Mallory Shaffer made the funding request where she explained that the museum has had 9,000 visitors since opening. The grant will help to subsidize admission costs and provide parenting support. Angel Tree of Cobble Creek and KVNF Community Radio also made presentations. All women are invited to attend the Women's Giving Club. It is a simple and enlightening process where attendees are invited to nominate an organization to receive that quarter's money. Three organizations are drawn to make short presentations, after which the group votes to determine the recipient. All who nominate, present and vote are required to donate \$100 plus a \$10 hospitality fee for use of the facility, appetizers and a drink. It is possible to attend as a guest with payment of the \$10 hospitality fee.

It is a tremendous boost to our community when our non-profits can receive such substantial and immediate funding. Come join us to make a difference with other women who want to learn about community needs and use the power of many to affect change.

For more information, please contact Phoebe Benziger at 970-209-9598 or phoebebenziger@gmail.com.

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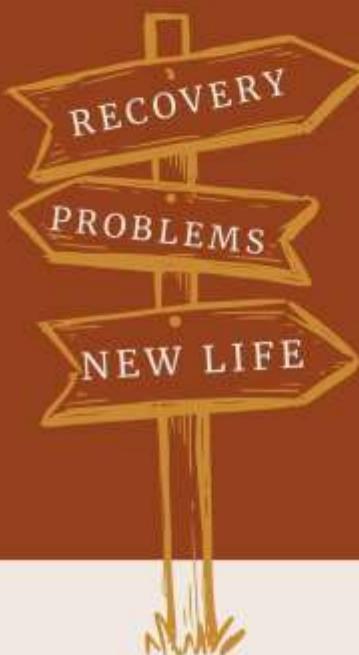
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REGIONAL NEWS BRIEFS

SENIOR COMMUNITY CARE OF COLORADO LAUNCHES FOOD DRIVE TO SUPPORT PARTICIPANTS IMPACTED BY SNAP BENEFIT HOLD

Special to the Mirror

MONTROSE — Senior CommUnity Care of Colorado (SCCCO) is hosting a community food drive throughout November and December to support its Program of All-Inclusive Care for the Elderly (PACE) participants affected by the current hold on Supplemental Nutrition Assistance Program (SNAP) benefits resulting from the federal government shutdown.

Many PACE participants rely heavily on SNAP to meet their daily nutritional needs. With benefits temporarily suspended, these individuals face heightened food insecurity during an already challenging holiday season. SCCC0 is calling on community members, partners, and local businesses to help keep participants fed and supported through this challenging time.

The program is accepting donations of non-perishable food items in jars, cans, bottles, and sealed packages. All donations will be distributed directly to PACE participants in need. Currently, the program serves 312 individuals in both Montrose and Delta Counties.

Food drive donation drop-off locations and hours:

-Eckert PACE Center: 11485 Hwy 65, Building B, Eckert

-Montrose PACE Center: 2377 Robins Way, Montrose

Donations accepted Monday through Friday, 8:00 a.m. to 5:00 p.m.

"Our goal is to ensure no participant goes without food during the holiday season. Every can, jar, and package will make a difference," said Cara Helmick, SCCC0 executive director.

For more information about the food drive or how to get involved, please call 970-835-2900 in Eckert or 970-964-3500 in Montrose.

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COLORADO NEWS BRIEFS

TROOPERS WANT DRIVERS TO BE AWARE OF THE LONG-LASTING IMPACT OF DUI/DUID



SAN JUAN
CANCER CENTER

OPEN HOUSE AND COMMUNITY HEALTH NEEDS DISCUSSION

Please join us as we celebrate the new San Juan Cancer Center (Medical Oncology) and the Francie Smiles Infusion Center!

Tour the new building and learn about MRHs latest progress with the CHNA (Community Health Needs Assessment).

Tuesday, November 11
5:30 PM - 7:00 PM
San Juan Cancer Center and the
Francie Smiles Infusion Center
816 S. 5th Street
(970) 497-8001
MontroseHealth.com

Hot chocolate & cookies provided.

Special to the Mirror

COLORADO – Taking stock of the consequences of DUI/D just might prevent you from getting one. If you're a Colorado driver, it's essential to know that, under Colorado law, you can lose your license if you accrue 12 points in 12 months or 18 points in 24 months.

For a first-time DUI in Colorado, drivers can lose their license for up to 9 months. A DUI conviction results in 12 points on your license, which triggers a license suspension. However, it's not uncommon for a single incident to result in multiple offenses, such as being ticketed for DUI, speeding, and reckless driving at the same time.

"Losing your license can cause immediate hardship for people, including struggling to commute to work, attend medical appointments, or even get to the grocery store," stated Col. Matthew C. Packard, chief of the Colorado State Patrol. "If your job requires driving, you may face unemployment. And imagine the impact on your children if you can no longer drive them to school or activities."

For repeat DUI convictions, the penalties become even more severe. The DMV may impose more extended suspension periods, and the courts may also increase the length of any license suspensions if the DUI conviction is part of a pattern of offenses.

Last year, Colorado State Troopers arrested 3,806 people for driving impaired. While marijuana, prescription medication, and other illegal substances were used, the most frequently encountered source of impairment involved in these arrests was alcohol. Last year, 61% (2,323) of these arrests were attributed to impairment by alcohol. An additional 15.5% (592) of these arrested were alcohol combined with marijuana or other drugs.

"The penalties set by the court and Division of Motor Vehicles are clear and serious to stop a driver from driving intoxicated again," stated Col. Matthew C. Packard, chief of the Colorado State Patrol. "Losing a driver's license can disrupt your life, but imagine if you ended someone else's life by this reckless choice to drive impaired."

OPINION/EDITORIAL: LETTERS

WRITE IN CANDIDATE WINS!

Dear Editor,
Do NOT vote for Rick Bleier!

Apparently, Dancing with the Stars champion (in his own mind) Rick Bleier doesn't want you to vote for me—despite the minor detail that I'm not actually running for anything. I suppose that makes me the most successful write-in candidate who never existed. That's right—I'm not on the ballot, but apparently I'm living rent-free in Rick's head.

Meanwhile, the four conservative school board candidates were blessed with glossy, full-color mailers courtesy of Coloradans for Accountable Government IEC—that group whose mission statement

literally says it supports Republican candidates. So much for a nonpartisan school board. Their purpose, straight from the Tracer website:

"To support Republican candidates for State House, State Senate, and Statewide office who support limited and accountable government policies."

Their address? Denver. Of course.

Rick recently called me a "miscreant." Honestly, I had to laugh. Caring about kids, feeding them, and putting books in their hands apparently qualifies as rebellion these days. If that's miscreant behavior, then go ahead and sign me up for the

Miscreant of the Month Club.

You now know who clearly NOT to vote for and who will NOT benefit our LOCAL schools.

Really want to see how dark school district interference can be? Get on Facebook's Thompson School District Reform Watch.

Be aware so that our school district doesn't become held hostage by interlopers trying to ruin our community.

2025 updated :

[https://tracer.sos.colorado.gov/
PublicSite/SearchPages/
CommitteeDetail.aspx?OrgID=35777](https://tracer.sos.colorado.gov/PublicSite/SearchPages/CommitteeDetail.aspx?OrgID=35777)

Ellen Angeles, Montrose

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U.S. NEWS BRIEFS

FEDERAL RESERVE ISSUES FOMC STATEMENT

Special to the Mirror

NATIONWIDE-Available indicators suggest that economic activity has been expanding at a moderate pace. Job gains have slowed this year, and the unemployment rate has edged up but remained low through August; more recent indicators are consistent with these developments. Inflation has moved up since earlier in the year and remains somewhat elevated.

The Committee seeks to achieve maximum employment and inflation at the rate of 2 percent over the longer run. Uncertainty about the economic outlook remains elevated. The Committee is attentive to the risks to both sides of its dual mandate and judges

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that downside risks to employment rose in recent months.

In support of its goals and in light of the shift in the balance of risks, the Committee decided to lower the target range for the federal funds rate by 1/4 percentage point to 3-3/4 to 4 percent. In considering additional adjustments to the target range for the federal funds rate, the Committee will carefully assess incoming data, the evolving outlook, and the balance of risks. The Committee decided to conclude the reduction of its aggregate securities holdings on December 1. The Committee is strongly committed to supporting maximum employment and returning inflation to its 2 percent objective.

In assessing the appropriate stance of monetary policy, the Committee will continue to monitor the implications of incoming information for the economic outlook. The Committee would be prepared to adjust the stance of monetary policy as appropriate if risks emerge that could impede the attainment of the Committee's goals. The Committee's assessments will take into account a wide range of information, including readings on labor market conditions, inflation pressures and inflation expectations, and financial and international developments.

Voting for the monetary policy action were Jerome H. Powell, Chair; John C. Williams, Vice Chair; Michael S. Barr; Michelle W. Bowman; Susan M. Collins; Lisa D. Cook; Austan D. Goolsbee; Philip N. Jefferson; Alberto G. Musalem; and Christopher J. Waller. Voting against this action were Stephen I. Miran, who preferred to lower the target range for the federal funds rate by 1/2 percentage point at this meeting, and Jeffrey R. Schmid, who preferred no change to the target range for the federal funds rate at this meeting.

For media inquiries, please email me-dia@frb.gov or call 202-452-2955.

Implementation Note issued October 29, 2025

REGIONAL NEWS BRIEFS

CBI TO INVESTIGATE ICE DEMONSTRATION INCIDENT IN DURANGO

Special to the Mirror

CBI – DURANGO – The Colorado Bureau of Investigation (CBI) will investigate an incident involving a federal agent and a protester, which occurred outside the U.S. Immigration and Customs Enforcement (ICE) facility in Durango on October 28th.

The request for CBI to investigate the incident was made by Durango Police Department Chief Brice Current. Video of the incident has been circulated which appears to show a federal agent use force on a woman during the demonstration. The CBI will investigate whether there were state criminal law violations during the incident. CBI will provide the investigation to the 6th Judicial District Attorney's Office upon its completion. The decision on whether to file any criminal charges is the determination of the District Attorney after reviewing the investigation.

The CBI will provide no further comment until the conclusion of this investigation.

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12:00-1:00 PM

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Axonics Therapy is a minimally invasive treatment that uses gentle nerve stimulation to improve bladder and bowel control. It helps restore communication between the brain and pelvic nerves, providing long-lasting relief from symptoms such as incontinence and overactive bladder. Many patients experience an improved quality of life and greater confidence in daily activities.



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OPINION/EDITORIAL: LETTERS

ENCOURAGING EVERY VOICE TO BE HEARD

Dear Montrose Voters,

As we approach another important election season, I am reaching out to stress just how crucial it is for every eligible voter to participate and make sure your ballot is counted. Our democracy is built upon the collective voices of its citizens, and every vote truly matters.

When you turn in your ballot, you are doing more than just marking your choices—you are making your voice heard on issues that affect your daily life, your family, and your community. Whether it's local matters like education, public safety, and infrastructure, or national issues that shape the future of our country, your vote is your opportunity to stand up for what you believe in.

History has shown that elections can be decided by just a handful of votes. By casting your ballot, you help ensure that decisions are made by those who take the time to participate, rather than those who stay silent. Voting is not only a right, but a responsibility we share as members of a free society.

Turning in your ballot is simple, safe, and secure. If you've already received your ballot, please don't delay—fill it out and return it as soon as possible, reach out to your local election office to make sure your registration is up to date. [Here is link](#) to their website.

[Montrose County Elections Office](#)

Your voice is powerful. Your choices matter. Don't let this opportunity pass you by. Be part of shaping our future—turn in your ballot and make sure your voice is heard.

Thank you for participating in our democracy. Together, we can make a difference.

It is my hope and sincere desire to serve the County of Montrose for the full term that you elected me to serve. Please **Vote NO** on the recall and keep me working for you.

Scott Mijares, Montrose

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Information/Información



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REGIONAL NEWS BRIEFS

MARKUS VAN METER – FEATURED ARTIST AT ARTS ON MAIN DELTA OPEN HOUSE

Special to the Mirror

MONTROSE-Arts on Main, the new community art center at 301 Main Street in Delta, is hosting an open house called November Evening Soiree on Thursday, November 6 from 5 to 6:30 pm. Refreshments will be served and the art display of a number of local artists from all media including an broad variety from wood vessels to painted rocks as well as conventional watercolor and oil paintings. The artists will be attending and available to discuss their work.

Featured will be a presentation by cowboy artist Markus Van Meter whose black and white photography with archival tones documents ranch life, western culture and people



Markus Van Meter. Courtesy photo.

who carry the west forward. He resides in Ridgway and Montrose and will share his experiences and love for the west.

For further information contact: (970) 325-3253



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EARLY POWER IN SOUTHWESTERN COLORADO From pg 1

The human nature is such that, no matter the task, the worker will always look to make that task easier and more efficient; miners are no different. They, whenever possible, abandoned the one-man drilling, known as 'single jacking,' to the two-man 'double jacking,' where one man held the steel and the other hit it with a large hammer. This was certainly more efficient, but even better methods were needed.

Charles Burleigh patented an air-driven pneumatic drill in 1866. It was cumbersome, but offered a chance for mining to become more efficient. The downside was that the drill required compressed air, which in turn, advanced the need for steam and electric powered compressors, but many of the smaller mining operations could not afford on-site equipment. Innovation kicked in. Power plants began to be constructed in many of the areas. In addition to mining, the power was being demanded for other industries and municipal lighting.

The Ames Hydroelectric Generating Plant, constructed above Telluride by the Telluride Power Company in 1890, was one of the first commercial systems to produce and transmit alternating current electricity for industrial use and one of the first AC hydro-electric plants ever constructed. A report submitted to the U. S. Treasury Department, written in 1905, and summarized in the January 23, 1905 edition of the *Telluride Journal*, described the Telluride area as being, "one of the richest in the Rocky Mountains." The report also highlighted the benefit of electrical power and pointed out that many of the failures of the mines could be attributed to the cost of producing power. The *Journal* article pointed this out as follows:

For the growth of its mining industry, San Miguel County is indebted to the Telluride

Power company more than to any other agency, is borne out by the fact that at the present time all of the important mines and mills of the district are operated by power furnished by this company. The Gold King mill, situated at an altitude of 13,000 feet, where the cost of fuel for steam power had become prohibitive, was the first operated by means of this power. During that same time, another hydroelectric plant was built in Ouray. That plant was originally built by George Westinghouse at the south end of Oak Street. It was later enlarged and relocated close to its present location.

It wasn't long before it became apparent that a better managed distribution system was needed to tie the several plants together. By 1913, the Western Colorado Power Company had been established and was a growing enterprise. The company maintained its head office in Montrose and eventually controlled the power distribution in Durango, Telluride, Montrose, Delta, Olathe, Ouray, Ridgway and Silverton.

*Telluride was among the first to join the alliance of power generating enterprises. The Town of Telluride, in a notice, printed in the *Telluride Daily Journal* on July 24, 1916 and several subsequent issues of that publication, gave notice that they were submitting a proposal to the town council. The notice, in part, read:*

NOTICE IS HEREBY GIVEN that, under and pursuant to the provisions of section 067, of the Revised Statutes of Colorado, 1908, it is the intention of The Western Colorado Power Company to apply to the City Council of the City of Telluride at its regular meeting to be held at 5:00 o'clock P. M. on August 7, 1916, for the passage of an ordinance granting to said The Western Colorado Power Company, its successors

and assigns, an electric light, heat and power franchise in said City of Telluride.

The notice, as required by law, went on to explain and justify the request.

*A similar notice was given in the March 4, 1918 edition of the *Montrose Daily Press*, requesting that the City of Montrose also grant a franchise to Western Colorado Power Company. In part, it read:*

NOTICE 'OF INTENTION TO APPLY TO, THE CITY COUNCIL OF THE CITY OF MONTROSE, COLORADO. FOR THE PASSAGE OF AN ORDINANCE GRANTING TO THE WESTERN COLORADO POWER COMPANY, A CORPORATION, AN ELECTRIC LIGHT, HEAT AND POWER FRANCHISE

The request was presented to the Montrose City Council three days later. Ultimately, Western Colorado Power Company was able to link several of the power plants into a grid. The Montrose plant and the Delta plant, both coal-fired steam generation facilities were linked together, but were not initially in the overall grid. The company stayed involved for several decades.

*According to documents in possession of the Montrose History Museum, Western Colorado Power was bought by cooperatives in 1975. At that time Carlie McKnight was the supervisor for WCPC. He related in several informal conversations that his father, Kellie McKnight, who owned a dairy near Telluride, was one of the first private customers of the company. He accessed the power as part of an easement agreement in 1916. In 1990, Carlie was interviewed for the *Gunnison Marmot* by Devine Pera. He recalled during that interview that the electricity on the McKnight dairy was not just among the first private use of electricity; it was also used to power one of the first milking machines in western Colorado.*

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REGIONAL NEWS BRIEFS

TRI-COUNTY HEALTH NETWORK RECEIVES GRANT FROM THE OURAY COUNTY COMMUNITY FUND TO SUPPORT SKIPPY DENTAL PROGRAM

Special to the Mirror

REGIONAL-Tri-County Health Network (TCHNetwork) has been awarded grant funding from the Ouray County Community Fund (OCCF), managed by the Western Colorado Community Foundation (WCCF), to support its Skippy Dental Program, which provides accessible, affordable dental care to school aged children across the region.

This funding will help TCHNetwork continue providing these vital services within the schools in Ridgway, San Miguel, Ouray and the West End of Montrose, ensuring that children receive these key preventive care services.

TCHNetwork's mission is to collaborate with its communities to improve health for everyone – and their Skippy Dental program is very important to families within their footprint. The Skippy Dental Program directly supports this mission by bringing preventive dental care to local schools—reducing barriers to care and helping families build lifelong healthy hab-

its.

"The Skippy Dental Program has provided thousands of preventive dental visits to children across the Western Slope over the last decade," said Brook Reynolds, Skippy Dental Coordinator at TCHNetwork. Amy Rowan, Co-Executive Director of Community Programs states, "The grant from the Ouray County Community Fund of the Western Colorado Community Foundation will allow us to continue serving families who otherwise might go without regular dental care. This funding helps us ensure that every child has the opportunity to grow up with a healthy smile and build confidence in themselves and healthy habit making."

The Ouray County Community Fund was created by residents who care deeply about their hometowns and want to make a lasting difference. The fund provides a simple, local way for people to give back and support the Ouray County community through grants to organizations working to improve lives.

Founded in 2009, Tri-County Health Network serves six counties in southwest Colorado through innovative programs in healthcare access, emergency assistance, mental health therapy reimbursement, care coordination (ADRC, Behavioral Health & Medicaid), ADRC - Aging and Disability Resources, oral health through Skippy Dental, Immigration Legal Services, Multicultural Advocacy and health equity. Guided by its Co-Executive Directors, Amy Rowan, Matt Schroeder and Melanie Wasserman, TCHNetwork continues to bridge gaps in care and build stronger, healthier communities across the Western Slope.

About Tri-County Health Network Tri-County Health Network (TCHNetwork) is a nonprofit organization dedicated to improving health equity and access to care for rural communities in Southwest Colorado. Through collaborative programs, partnerships, and advocacy, TCHNetwork works to ensure everyone—regardless of income, location, or background

5 Things to know about me.

I'm Kirstin Copeland and I am running as the replacement candidate for Montrose County Commissioner, District 1.

- 1** I have been registered as an unaffiliated voter for over 20 years.
- 2** I was a state certified law enforcement officer and EMT for over 20 years.
- 3** I've lived in Montrose for almost 30 years.
- 4** I'm a proud mom to four adults, the youngest of whom serves in the US Marine Corps.
- 5** I grew up on a rural farm on Colorado's eastern plain.



Kirstin
copeland
FOR MONTROSE COUNTY COMMISSIONER
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UNDEFEATED LEAGUE CHAMPIONS: RED HAWKS 23, PUEBLO WEST 6

By Cliff Dodge

MONTROSE-The Montrose Red Hawks completed what they started out to do back in late August as they ran the table, reeling off 10 wins in a row to take home the Southwest League title and put themselves in position to make a run at the 4A state championship. Thirty-two teams will vie for the title and the Red Hawks, currently ranked 3rd in the 4A dogfight, are hoping their season's work will net them a first round bye and then a home playoff contest.

The Red Hawks won the opening coin toss and elected to play defense first and receive the second half kickoff. The Red Hawks defense showed it was ready to rumble by limiting the Cyclones to a three and out and a punt to the Red Hawks.

The Red Hawks then embarked on a seven play, fifty-four yard drive that ended with an Elijah Womack 4-yard touchdown run. The two-point conversion upped the score to 8-0, thus setting the tone for the rest of the contest.

Enter the Red Hawks defense. The same tough 'bend but don't break' attitude saw the Cyclones gain 5 yards and punt the football back to the Red Hawks. The Red Hawks offense then put together a 13-play drive fraught with obstacles in the form of 5 penalties against the Red Hawks. The Red Hawk offense overcame the penalties and an increasingly tough Cyclone defense and scored with 12 seconds left in the initial quarter. Once again the touchdown was scored by Senior Fullback Elijah Womack, this time from two yards out. Womack also scored the two point conversion to give the Red Hawks a 16-0 lead heading into the second period.

The Cyclones got their offense into gear as they put together a 10-play drive that covered 45 yards and ended with the ball being turned over to the Red Hawks on downs after a failed fourth down attempt was stymied by an aggressive Red Hawks defense.

The Red Hawks took possession of the football at their own 34-yard line and proceeded to begin a 16-play drive that saw the Red Hawks drive the ball to the Pueblo West 3-yard line with 7 seconds to play. The Cyclones defense rose up and stuffed the Red Hawks attempt to score as time ran out. The half time score: Red Hawks 16, Pueblo West Cyclones 0.

Punting became the order of the day in the third quarter. Montrose took the second half kick off and moved the ball 32 yards and then were forced to punt. The Cyclones had no better luck and after three running plays punted the ball back to the Red Hawks. Montrose then repaid the favor as they were forced to punt back to the Cyclones. Thus ended the third quarter with no change in the score, Red Hawks 16, Cyclones 0.

The fourth quarter started with a bang. The Cyclones took over the football at their 18-yard line to begin their only scoring drive of the game. The Cyclones fired up a "hail Mary" pass that netted 61 yards to the Red Hawks 2-yard line. The two-yard touchdown run put the Cyclones on the board with the score now 16-6.

The Red Hawks returned the kickoff to their 21-yard line with 10:43 seconds to play. The visitors then worked their way down the field on a 16-play drive with 55 seconds remaining in the game. On fourth down at the Cyclones 8-yard line, Junior Quarterback Cade Saunders took the snap and fired a bullet to Tight End Ryan Pankey for the Red Hawks third touchdown of the game, putting it out of reach and into the win column for the Red Hawks, preserving their undefeated season.

The Colorado High School Activities Association (CHSAA) will be working this Sunday to cobble together all of the classifications playoff seedings. The Red Hawks are in the thick of the fight for a bye, a home contest, and respect within the 4A rankings. The ultimate prize--a berth in the 4A championship game to be played in early December at the Canvas stadium on the campus of Colorado State University in Fort Collins. Stay Tuned.



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1,000	X \$30	X 1	= \$30,000

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REGIONAL NEWS BRIEFS

ANDREW HERSH, M.D., MRH PULMONOLOGY CLINIC CELEBRATE 50TH GALAXY SYSTEM MILESTONE NOAH MEDICAL'S ROBOTIC BRONCHOSCOPY PLATFORM ADVANCES EARLY DETECTION OF LUNG CANCER

Special to the Mirror

MONTROSE—Andrew Hersh, M.D., pulmonologist at Montrose Regional Health (MRH), has completed his 50th procedure using the Galaxy System, a robotic bronchoscopy platform developed by Noah Medical to improve the accuracy and efficiency of lung cancer detection. MRH was the first medical facility on the Western Slope to acquire and implement this groundbreaking technology for early diagnosis.

The Galaxy System enables physicians at the MRH Pulmonology Clinic to diagnose and treat lung nodules earlier and with greater precision, while reducing infection risk through a single-use bronchoscope. For patients, that means fewer proce-

dures, faster results, and more treatment options when early detection makes the biggest difference. Hersh performed his first Galaxy procedure on March 27, 2025, and has since completed 50 successful cases.

“Reaching 50 successful Galaxy cases is an incredible milestone for both our pulmonology team and our patients,” Hersh said. “The precision and control this system provide have transformed how we approach lung nodule biopsies. It’s remarkable to see how this technology enhances diagnostic accuracy while improving patient comfort and outcomes.”

The Galaxy System was developed in collaboration with physicians to enable precise navigation to and localization of lung

nodules. Its proprietary Tool-in-Lesion TiLT™ technology has demonstrated 100% successful navigation to lung lesions and 100% accurate positioning within the lesion. Once abnormal tissue is located and examined, the system delivers a 95% diagnostic yield, providing a useful diagnosis in nearly all cases.

MRH continues to invest in advanced medical technologies that improve patient safety, outcomes, and experience. Along with the Galaxy System, MRH utilizes the da Vinci, Excelsius, and Mako robotic surgical systems to offer precise, minimally invasive treatment options close to home. To learn more about the MRH Pulmonology Clinic or robotic-assisted care, visit www.MontroseHealth.com.



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Amelia's Hacienda Restaurante
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Delta: Pour Ernie's
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OPINION/EDITORIAL: LETTERS

DEMOCRATS PUT PARTY POLICIES ABOVE COUNTRY'S INTERESTS

Editor:

One year ago tomorrow, Americans stood up in mass at the voting booth and soundly rejected Democrat policies that were destroying our country. Every day since then they have made it clear in their actions that they care more for illegal criminals than they do American citizens.

The Schumer shut down now over a month old accentuates exactly how the Democrats hate this country and all its citizens. Thirteen times now the US Senate has voted to keep the government shut down with thousands of essential workers being denied payment. They even voted NO on a specific bill to pay those essential workers who are continuing to work without pay.

Two of the culprits behind those NO votes that continue to put our country at great risk are our own senators Bennet and Hickenlooper. Contrary to Democrat Senator John Fetterman, who has repeatedly noted that he always puts the welfare of the country above Democrat policies, Bennet and Hickenlooper consistently put Democrats party policies above country's interests. Voters wishing to express their displeasure at Bennet and Hickenlooper continuing to vote NO on the CR should call their respective offices to voice their displeasure with their NO votes and urge them to vote to reopen our government.

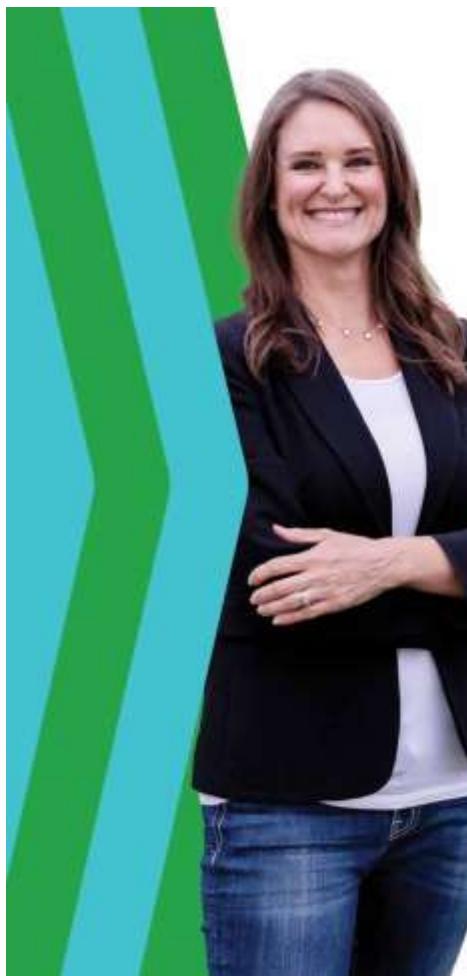
Dee Laird, Montrose

**Vote No To
"City of Montrose - Amend City Charter"
Ballot Measure
It:**

- * Increases Term Limits for City Councilor
- * Eliminates Residency Requirement for Municipal Judge

**Vote No on
November 4th**

Paid For by David & Lynn Stockton



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CommitteeToElectNeishaBalleck@proton.me
Election Date: 11-4-25



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REGIONAL NEWS BRIEFS

BUSINESS INCUBATOR CENTER PRESENTS \$1,210 TO D51 FOUNDATION



Andrea Haitz, D51 Board Chair; Dalida Sassoon Bollig, BIC CEO; Janie VanWinkle, Agri-West Fellow; Dr. Angela Christensen, Executive Director of D51 Foundation; Angela Lemma, D51 Board Secretary. Courtesy photo.

Special to the Mirror

MESA COUNTY - The Business Incubator Center (BIC) will present a check for \$1,210 to the D51 Foundation at the District 51 School Board meeting on Tuesday, October 21 at 5:00 pm. The funds, raised through a recent community event partnership, underscore BIC's commitment to strengthening Mesa County's economy by investing in the organizations that shape the region's future workforce and entrepreneurial talent.

At BIC, supporting education and workforce development is fundamental to the mission of growing businesses and creating economic opportunity. By partnering with organizations like the D51 Foundation, BIC helps to cultivate the next generation of entrepreneurs, innovators, and skilled workers who will drive the regional economy forward.

"We are growing as a community. We have amazing generational expertise, and we have youth here that we are hoping to help give them purpose to stay and root here and find opportunity," said Dalida Sassoon Bollig, CEO of the Business Incubator Center. "We as a community can always come together and find solutions to very challenging things in our community at the same time."

The Business Incubator Center's support extends beyond traditional business incubation.

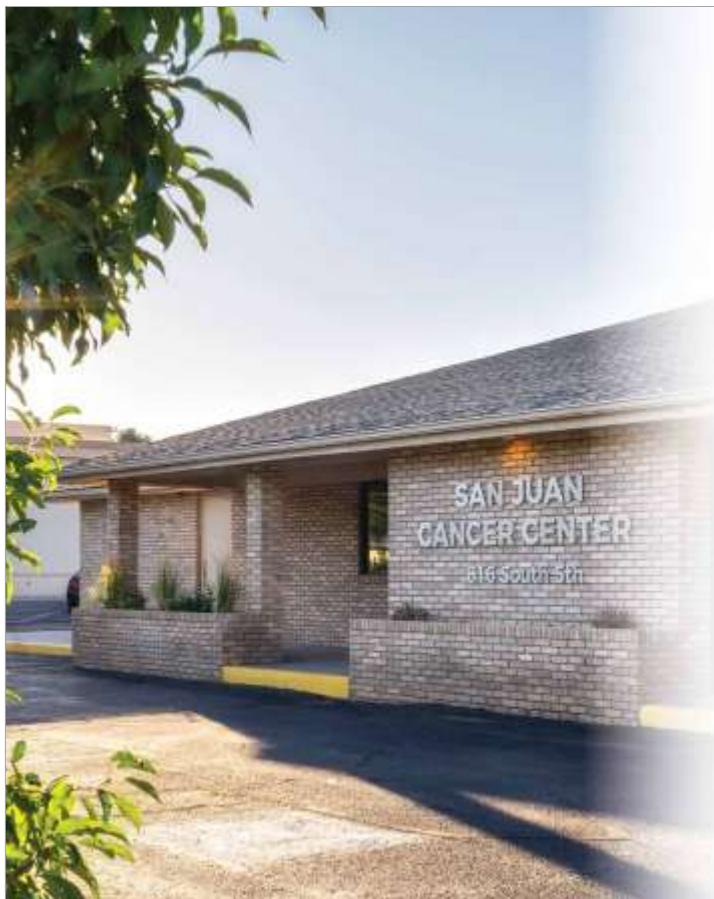
Through strategic partnerships and community initiatives, BIC works to create a robust entrepreneurial ecosystem that begins in our schools and continues through career development. This holistic approach recognizes that today's students

are tomorrow's business owners, employees, and community leaders.

"We're thrilled to be that recipient," said Angela Christensen, Ph.D., Executive Director of the D51 Foundation. "It's inspiring the next generation workforce, and that's what we're all about. We're coming together. You're seeing partners come together to share ideas and strategies for making that work."

The funds were raised through ticket sales from a community event featuring public speaker Mark C. Perna held in partnership with the D51 Foundation, Mesa County School District 51, and Colorado Mesa University.

The event welcomed teachers, parents and students alike. Perna spoke on proven strategies to help all audiences bridge the generational divide covering insights and best practices to help motivate, equip and retain our younger generation and see them in a new light providing a powerful competitive advantage. According to Christensen, these funds will go straight back into D51 Foundation programs, which work to support academic growth, achievement, and outreach.



SAN JUAN
CANCER CENTER
A DEPARTMENT OF MONTROSE REGIONAL HEALTH

OPEN HOUSE

Please join us as we celebrate the new San Juan Cancer Center (Medical Oncology) and the Francie Smiles Infusion Center!

Tour the new building and learn about MRHs latest progress with the CHNA (Community Health Needs Assessment).

Tuesday, November 11

5:30 PM - 7:00 PM

San Juan Cancer Center and the Francie Smiles Infusion Center
816 S. 5th Street

Hot chocolate & cookies provided.



COMMON SENSE

★ SCOTT SCARBOROUGH ★

VOTE

FOR MONTROSE COUNTY
COUNTY
SCHOOL BOARD

DISTRICT
C

Paid for by the committee to elect Scott Scarborough

A political campaign poster for Scott Scarborough. The background features a large American flag. The title "COMMON SENSE" is at the top in large white letters. Below it is the candidate's name "SCOTT SCARBOROUGH" with two white stars on either side. A large checkmark icon is next to the word "VOTE". To the left, text reads "FOR MONTROSE COUNTY" and "COUNTY SCHOOL BOARD". To the right, a circular graphic contains the word "DISTRICT" above a large letter "C". A photo of Scott Scarborough, a man with glasses and a vest, is on the right. The bottom of the poster has a red triangular shape.



SCOTT SCARBOROUGH

FOR MONTROSE COUNTY
COUNTY
SCHOOL BOARD

★ Restoring Parental Rights and
Traditional Values in Education

★ Work with the school board and
community to keep divisive
agendas out of our classrooms

★ Utilize all resources to achieve
100% CMAS proficiency for every
student

Learn more about Scott and his vision
at: www.Scott4SchoolDistrict.com

Donate  Here

Paid for by the committee to elect Scott Scarborough

A political campaign poster for Scott Scarborough. The background features a large American flag. The candidate's name "SCOTT SCARBOROUGH" is at the top in large white letters. To the right is the "FOR MONTROSE COUNTY" logo. Below the name are three main points, each preceded by a white star: "Restoring Parental Rights and Traditional Values in Education", "Work with the school board and community to keep divisive agendas out of our classrooms", and "Utilize all resources to achieve 100% CMAS proficiency for every student". At the bottom, there is a call to action to learn more at the website and a QR code for donations. The bottom right corner also has the "Paid for by the committee to elect Scott Scarborough" disclaimer.

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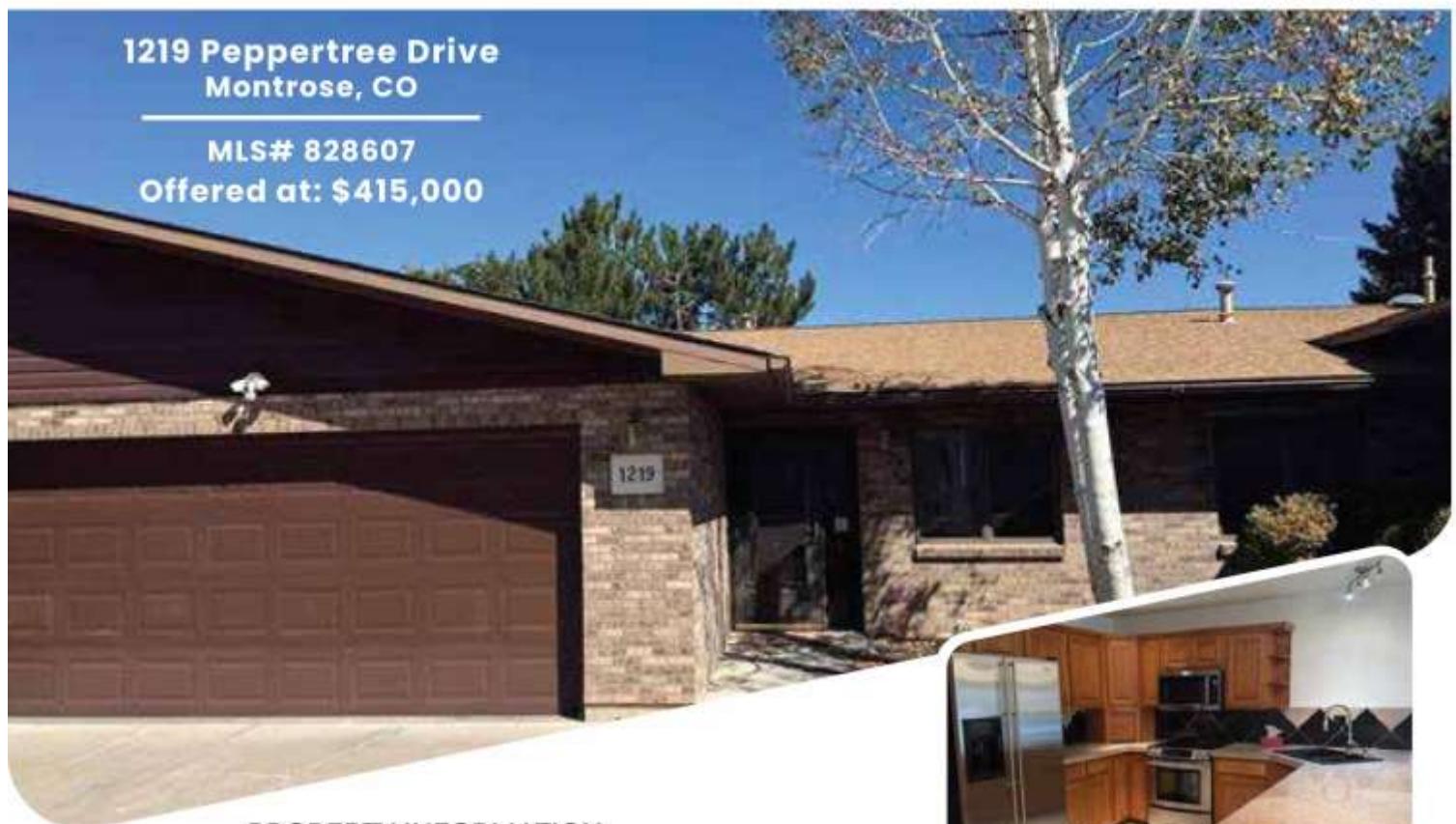
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PROPERTY INFORMATION

Great townhome located in the desirable Peppertree subdivision! This solidly built home features a classic brick exterior and quality finishes throughout, including beautiful solid wood doors. Step inside to a spacious tiled entryway leading to a large living room with a cozy gas fireplace. The kitchen is well-appointed with a new stainless dishwasher, Jenn Air stove/oven, refrigerator, and plenty of storage. This home offers 2 oversized bedrooms with huge closets and 2 bathrooms, providing comfort and convenience. Large hallways and zero clearance for entry that eliminates steps. Additional features include newer carpet, a newer roof, a newer forced-air heating unit, and central air conditioning for year-round comfort. Washer and dryer are also included. Enjoy the private covered patio—perfect for relaxing or entertaining. The location is ideal, close to a public golf course and centrally located near all the amenities Montrose has to offer. Another perk of this townhome is the HOA takes care of grounds and snow removal!

FEATURES

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REGIONAL NEWS BRIEFS

DELTA COUNTY ENVIRONMENTAL HEALTH HOSTS STAKEHOLDER MEETING ON UPCOMING OWTS REGULATION UPDATES

Special to the Mirror

DELTA-Delta County Environmental Health, led by Environmental Health Director, Samantha Traubel, recently hosted a collaborative meeting with local Onsite Wastewater Treatment System (OWTS) professionals, including cleaners, installers, and engineers, to discuss upcoming state-mandated regulatory changes and gather feedback from those directly involved in the work; the conversation was also attended by members from the Board of County Commissioners (BOCC) and the Board of Health (BOH), who were present to listen and participate in the discussion.

This meeting marked the first stage in the adoption process of the 2025 Onsite Wastewater Treatment System Regulations for Delta County. This first stage is designed to ensure that Delta County's adoption of new state OWTS regulations reflects both the technical realities and local needs of the community. Delta County Environmental Health will next submit the updated version to the Colorado Water Quality Control Division at the Colorado Department of Public Health and Environment for review and approval. Once the review/approval from CDPHE is completed, Environmental Health will present it at a scheduled Board of Health meeting for final adoption.

On-site Wastewater Treatment Systems are not only common but also vital in rural areas like Delta County, where many homes and businesses lack connections to city sewer lines. These systems treat and dispose of wastewater, making proper design, installation, and maintenance essential for safeguarding public health, water quality, and the environment.

"Community engagement is key," said Traubel. "The people who install, service, and design these systems every day have firsthand knowledge of what works and what challenges exist. Their input helps us shape policies that are both practical and protective of public health and the environment."

Participants provided valuable insights into how the proposed regulations could affect system design, permitting, and maintenance processes. The Environmental Health team, Board of Health, and Public Health Administration will use this feedback as part of the county's review and implementation plan.

"Hearing directly from the OWTS professionals is invaluable. As County Commissioners and members of the Board of Health, we appreciate this first step in the process. Prioritizing on-the-ground reality is essential for developing local regulations that are truly effective and practical for our rural community," said Craig Fuller, Delta County Commissioner and Board of Health Vice-Chair.

Delta County Environmental Health continues to build collaboration among local professionals, ensuring that Delta County's updated OWTS regulations are transparent, effective, and responsive to the realities of on-the-ground operations. Residents and stakeholders interested in learning more or participating in upcoming discussions are encouraged to visit <https://www.deltacountyco.gov/556/Septic-Systems-OWTS> or contact the Environmental Health office at 970-874-2165.

Welcome
Dr. Garrett Riggs
Neurologist



"I look forward to supporting Dr. Hehmann's tradition of providing excellent care to the Montrose Region"

To schedule an appointment with Dr. Riggs, call the MRH Neurology Clinic at
970-497-8080


MONROSE
REGIONAL HEALTH
MontroseHealth.com

LESLIE GORE WITH CENTURY 21 ELEVATED PROUDLY PRESENTS

HOME & LAND

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MLS #824440

Versatile Barndominium in Coal Creek Valley — Equestrian Potential & Endless Space

Welcome to your dream setup in the heart of Colorado's beautiful Coal Creek Valley, in Montrose, CO. This unique barndominium offers over 2,000 sq ft of heated space and the flexibility to create a truly customized home. Whether you're after a spacious primary suite, an expanded living area, or the ultimate craft or hobby studio, this floorplan is ready to adapt. The main living space includes two bedrooms, a 3/4 bathroom, kitchen, dining area, and a convenient laundry center. Three large additional rooms (two of which have some cabinetry and sinks—one includes a half bath)—make ideal spaces for guest suites, home offices, or creative workspaces. For vehicle or equipment storage, the oversized attached garage easily fits 5–6 cars or projects. A detached garage handles up to four vehicles or a large RV, trailer, or toy hauler. Equestrian-Ready: This property once produced certified hay and has the acreage, layout, and access to become a premier horse property. Add a barn, riding arena, or paddocks and take full advantage of nearby public lands and miles of riding trails just minutes away.



\$1,129,000.00

**2 BEDROOMS 2
BATHROOMS**
9.18 acres



CONTACT: LESLIE GORE



19702753195



lesliegorerealtor@gmail.com



<https://tinyurl.com/LeslieGoreC21>



REGIONAL NEWS BRIEFS

MONTROSE REGIONAL HEALTH HOSTS FREE EVENT ON BLADDER AND BOWEL CONTROL

Urologist Michael S. Tonzi, M.D., to discuss Axonics® Therapy

Special to the Mirror

MONTROSE – Montrose Regional Health (MRH) will host a free community presentation, “Regain Bladder and Bowel Control,” featuring Michael S. Tonzi, M.D., urologist and one of Colorado’s most experienced providers of Axonics Therapy. Dr. Tonzi has performed more Axonics implants than any other physician in the state.

The presentation will take place from 12 to 1 p.m. Wednesday, Nov. 12, 2025, in Conference Rooms A/B at Montrose Regional Health, 800 S. Third St., Montrose, Colorado. Participants are welcome to bring their lunch or enjoy light refreshments provided.

Axonics Therapy is a minimally invasive treatment that uses a small device to gently stimulate the nerves that control bladder and bowel function. The therapy restores communication between the brain and pelvic nerves, offering long-lasting relief from symptoms such as incontinence and overactive bladder (OAB). For many patients, it provides a safe, effective, and lasting solution when medications or lifestyle changes have not helped.

“Overactive bladder can profoundly affect quality of life, from disrupted sleep to social embarrassment and anxiety,” Tonzi said. “Axonics Therapy allows patients to regain confidence, freedom, and control after years of frustration. It’s gratifying to see how this technology changes lives.”

For more information about the presentation or to learn more about the MRH Urology Clinic, call 970-497-8100. You can also hear from Dr. Tonzi on MRH On Air, the hospital’s featured podcast series, at montrosehealth.com/mrhonair.

Welcome

Dr. Michael S. Tonzi

Urologist



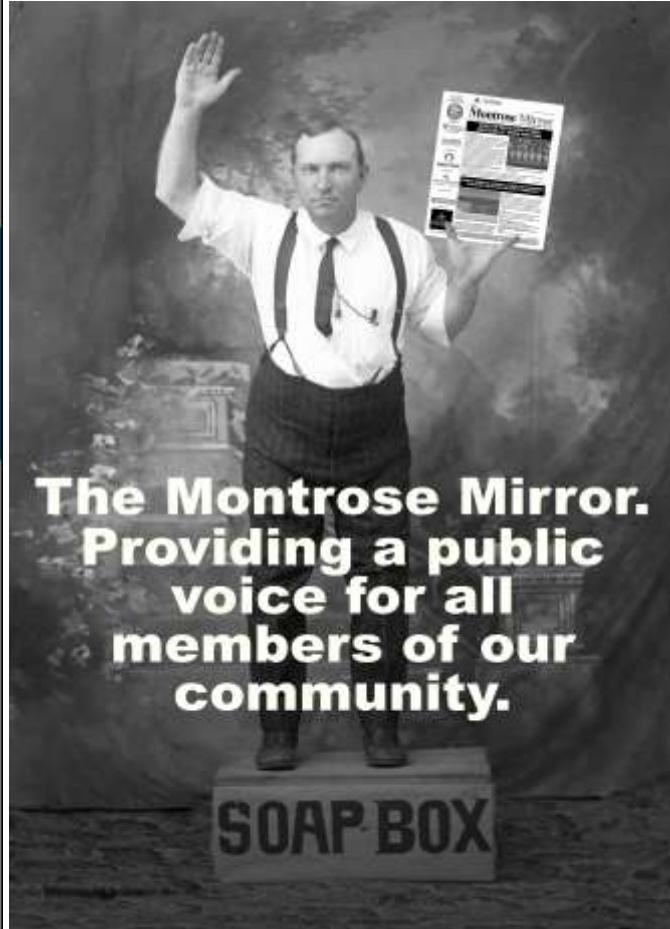
“I’m excited to become **part of a team** that shares my commitment to delivering **compassionate, patient-centered care.**”

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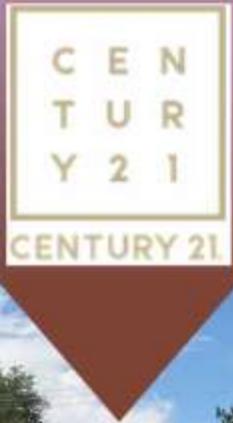
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COLORADO NEWS BRIEFS

COLORADO HOSPITALS UNDER MOUNTING FINANCIAL STRESS AMID LOOMING FEDERAL POLICY CHANGES

Special to the Mirror

DENVER-The Colorado Hospital Association (CHA) released its Q2 2025 "Colorado Hospital Industry Update," which highlights deepening fiscal challenges for hospitals across the state. Key findings show that hospitals are grappling with narrowing margins, escalating charity care, increasing uninsured emergency department visits, and a growing deficit from under-reimbursing government payers.

Key Findings:

-Nearly 70 percent of Colorado hospitals ended 2024 with margins deemed unsustainable, signaling diminished capacity for future investment in patient care and infrastructure.

-Operating expenses continue to outpace revenues: since 2019 and by mid-2025, the differential widened so that expenses grew 13.8 percent more than patient revenues.

-Charity care has surged: hospitals reported a 123 percent increase since 2021, with an additional 17 percent rise during

Q2 2025 alone after a nearly 60 percent jump in 2024.

-Uninsured visits to emergency departments remain elevated – around 15,000 patients without insurance were treated in May 2025, 20 percent above pre-COVID baseline levels.

-Government payers (Medicare and Medicaid) now cover more than 60 percent of hospital patients, yet reimbursement continues to fall billions short of actual care costs. In 2024 alone, the shortfall exceeded \$3.8 billion, an increase of \$385 million over the prior year.

-H.R. 1 – the new federal law – will cut more than \$10 billion in hospital financing over five years and lead to more than 100,000 Coloradans losing Medicaid coverage, exacerbating all of these pressures.

"The financial condition of our hospitals is at a critical juncture," said Tom Rennell, CHA senior vice president, financial policy and data analytics. "With nearly seven in 10 hospitals operating on unsustainable margins and rising levels of charity and

uncompensated care, the ripple effects for patient access, quality of care and community health are profound."

CHA calls on policymakers, payers, and health care stakeholders to recognize the urgency of these trends and collaborate on sustainable funding models that preserve access and quality of care across Colorado. Without intervention, the risk of hospital closures, service reduction, and diminished patient access is real.

About CHA

CHA is the leading voice of Colorado's hospital and health system community. Representing more than 100 member hospitals and health systems throughout the state, CHA serves as a trusted, credible and reliable resource on health issues, hospital data and trends for its members, media, policymakers, and the general public. Through CHA, Colorado's hospitals and health systems work together in their shared commitment to improve health and health care in Colorado. Learn more at www.cha.com.

READ ALL ABOUT IT



IN THE MONTROSE MIRROR



**HOSTED BY:
DOUG SPEEDIE, MD**



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REGIONAL NEWS BRIEFS

PALISADE CHAMBER OF COMMERCE ISSUES CALL FOR VENDORS FOR OLDE FASHIONED CHRISTMAS & WINTER FAIRE

Special to the Mirror

PALISADE- The Palisade Chamber of Commerce is now accepting vendor applications for the annual *Olde Fashioned Christmas & Winter Faire*, taking place Saturday, Dec. 6, 2025, from 11 a.m. to 4 p.m. in Downtown Palisade. This beloved community event transforms Main Street into a festive outdoor market filled with holiday charm, featuring local artisans, makers, food vendors, and small businesses offering unique, handcrafted goods perfect for the season. The day is part of a full weekend of festivities, beginning with the *Palisade Parade of Lights* on Friday, December 5, at 5:30 p.m. Olde Fashioned Christmas is a wonderful opportunity for local businesses and artisans to showcase their products while connecting with the community and visitors in a beautiful, festive setting. Space is limited, and early registration is encouraged. Vendor applications can be submitted online through the website at palisadechristmas.com. The deadline to apply is November 7, 2025. For more information about booth spaces, setup details, and event guidelines, please contact the Palisade Chamber of Commerce at events@palisadecoc.com. Celebrate the season and share your talents with the Palisade community. Apply today to be part of the *Olde Fashioned Christmas & Winter Faire*!

A graphic of the United States flag, featuring the stars and stripes, is positioned in the upper left corner of the red background.

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OPINION/EDITORIAL: LETTERS

MJB VOTER GUIDE

Editor:

It all comes down to your choice, Montrose. What do you want? The voters of Montrose have a choice to make, there are many measures that will shape Montrose's future, from the taxes we pay to what is taught in our schools and who will sit on the board of county commissioners. We all need to be conscious of the consequences of our vote. We need to understand that every one of us holds the key to our future in our hands. Here are my personal feelings on each measure and why. I have written about most of these extensively already, so I won't bore you with lengthy explanations.

So here is my MJB voter guide for those of you who care what I think. (Many will not, and that is quite all right and understandable. LOL!)

County Commissioner: Should County Commissioner Scott Mijares Be Recalled?
VOTE NO/AGAINST

Driven by "Dark Money" from George Soros', the recall effort is an assault on our community by out-of-state far-left radicals in an effort to turn this county blue.

Recalls are for illegality, not personality conflicts. The recall committee would like you to think that Scott has done something illegal, which he has not. They would like you to think he has done something unethical, which he has not. They launched their campaign because they don't like Scott's personality using "\$16,000 of DARK MONEY from George Soros" to smear a Conservative. VOTE NO on the recall.

Measure 6A and 6B: Does the Library need more money? VOTE NO/AGAINST
a. If you vote NO, the library is not going to get any funding cut. Voting no will simply ensure you are not paying more.

City Charter Amendments: VOTE NO/ AGAINST

a. With the last amendments to the charter, we were told they would be good for another 50 years. That was 12 years ago. Enough said!

Proposition LL & MM: VOTE NO/AGAINST

a. These are the state TABOR measures designed to look like they are only going to "tax the rich." Do not be fooled. If they get away with this, they will keep ratcheting it down until they eliminate TABOR altogether. The Democrat-controlled legislature in Denver has been doing everything they can to bypass TABOR every chance they get.

Montrose County School Board is extremely important, as your vote will determine our children's future. Choose wisely. I had the opportunity to see all these candidates answer questions live on October 7. Here is my impression and how I am voting.

a. District A

i. Neisha Balleck: YES Voted for MCA (not status quo), understanding there needs to be changes within the district. Interested in holding district leadership accountable. Balleck has a clear track record of solid leadership.

ii. Darren Sofka: NO. Sofka's record is questionable. Under his leadership, a highly qualified varsity coach resigned shortly after tryouts, leaving the program in disarray, and his communication with staff, parents, and players has been criticized.

b. District C

i. Scott Scarborough: YES Wants to see change with a more classical approach to the learning environment.

ii. Alice Murphy: NO. Ms. Murphy supports Title IX rules that allow boys in girls' locker rooms and bathrooms. That is a no-

go for me. She voted twice against Montrose Classical Academy, even though 63% of Montrose prefers school choice (Amendment 80, 2024), before essentially being forced to vote yes on the third vote after the state board voted 8-1 to approve MCA. Also, scores have not improved over four years under her tenure, and she does not want change, as evidenced in her voting record and affiliations.

c. District E

i. Tiffany Vincent: YES Strong conservative voice who has a vast array of perspectives from both private and public school experience to pull from to provide a different point of view.

ii. Hollee Mundell: NO. Sounded very generic at this particular venue, IMHO.

iii. Kris Besler: NO. Enamored by Superintendent Stephenson's stale TLA program from a 50-year-old failed California program that did not work then, so I question her judgment. But that's just me.

d. District G

i. Shane Daly: YES Shane has my respect. A father of five, he has been a foster parent and leads FCA. The man has a real heart for children and their future. He definitely has my vote and my respect.

ii. Jessica Corrigan: NO. Jessica left me feeling as though she was trying more to impress her boss in the audience (the superintendent) than she was vying for the post. Not a quality I am looking for in someone running for school board.

Michael J Badagliacco, "MJB"

Michael is a father of five, grandfather of three, United States Air Force veteran, international recording artist, and Editor-in-Chief of the Colorado DOGE Report. He is passionate about the United States of America and the founders' genius in crafting the Constitution.



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REGIONAL NEWS BRIEFS

MONTROSE REGIONAL HEALTH TO OPEN OUTPATIENT INFUSION CLINIC FOR NON-CANCER TREATMENTS

Special to the Mirror

MONTROSE – Montrose Regional Health (MRH) will open its new Outpatient Infusion Clinic Nov. 5, 2025, located on the second floor of the original San Juan Cancer Center, 600 S. Fifth St. The clinic will provide IV therapy for a variety of chronic conditions, giving patients convenient, same-day treatment without the need for hospitalization.

The new space features curbside parking directly outside the entrance and comfortable seating in a modern environment designed around patient comfort and accessibility. Services include IV therapy for hydration, antibiotics, blood products, and other chronic medical conditions. All cancer-related infusions will continue to be provided at the Francie Smiles Infusion Center located at 816 S. Fifth St.

“While many people associate infusions with cancer care, there’s a growing need for infusion therapy to manage a range of other conditions,” said Eric Koval, director of the San Juan Cancer Center. “Until now, we have provided these treatments in a small area within our same-day surgery center. This new, dedicated space allows us to care for patients in a calmer, more comfortable environment with easier access and dedicated parking.”

“Our infusion nurses are excited to welcome patients to the new clinic,” said Candice Helmes, registered nurse at MRH. “This move allows us to continue offering compassionate, high-quality care in a space designed specifically for individuals receiving non-oncology infusions and injections.”

For more information about the new Outpatient Infusion Clinic at Montrose Regional Health, call 970-497-8080 or visit montrose-health.com/infusion.



Montrose Regional Health will open its new Outpatient Infusion Clinic Nov. 5 on the second floor of the San Juan Cancer Center at 600 S. Fifth St. Courtesy photo.



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COMMUNITY OBITUARIES

TOBIAS ANGEL QUINTANA

January 2, 1999 — October 17, 2025

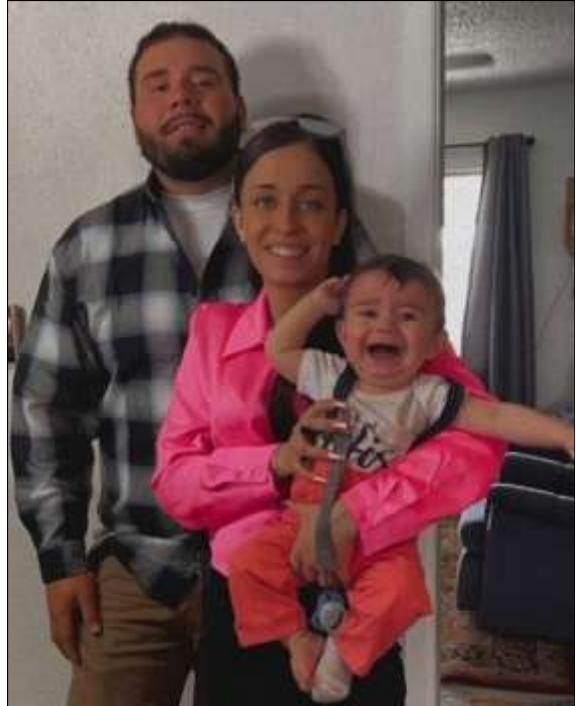
In loving memory of Tobias Angel Quintana, born on January 2, 1999, to Toby and Sonya Quintana. He was called home to be with the Lord on October 17, 2025, in Montrose, Colorado. He grew up and lived in Montrose where he worked hard alongside his dad pouring concrete and working in construction. Tobias accepted Jesus as his personal Lord and Savior on November 30, 2016. In his short 26 years, he did a lot of living. He loved all his family and was a loyal friend. He was close to his little brothers and would pick them up just to go buy candy. Tobias was not afraid to say, "I love you."

Tobias met and fell in love with his wife, Savannah, in 2015. Through the years they held a special bond to each other and had their son, Tobias Jack, in 2023. He had an infectious laugh and shared his mother's sense of humor. He loved being outdoors camping, fishing, grilling, and going cruising in his 1962 Chevy Impala. You knew he came for a visit when you heard the roar of his engine. His son is his 'mini-me.' They loved eating snacks, playing together, and revving up the truck. Tobias Jack loved waiting to hear his daddy's truck pull up in the driveway. Through his son, we all have a part of him here. Tobias had a huge heart for animals. His dog Coco loved, adored, and protected him.

Tobias, you leaving us leaves an empty place in our hearts, til we meet again in heaven. We love and miss you, son.

He is survived by his Parents, Wife, Son, Siblings, Grandparents, many Uncles, Aunts, Cousins, Nieces, Nephews, and friends that will honor his legacy for years to come.

Tobias is proceeded in death by his grandparents, Tony and Genevieve Quintana; and his cousin, Francheska Pacheco. A Celebration of Life will be held at Calvary Chapel Montrose on November 8, 2025, at 11am followed by a luncheon.



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

COMMUNITY OBITUARIES

AGUSTINA SANCHEZ VELASQUEZ

March 8, 1954 — October 21, 2025

It is with great sadness that we announce the passing of Agustina Sanchez Velasquez who left us on October 21, 2025, at the age of 71.

Agustina Sanchez Velasquez was born on March 8, 1954. At the age of 15, she married the love of her life, Eufemio Jimenez Ojeda where they had six children: Ana Maria, Nicolas, Miguel, Guadalupe, Marcela, and one who passed away at birth. She was the best friend, wife, mother, sister, grandmother, and great-grandmother. Her greatest quality was that despite the hard work she had to do at young age and raising five children she would come home happy. Her children never saw their mother upset, much less angry. She always helped anyone in need, expecting nothing in return. During her free time before her passing, Agustina enjoyed spending time with her family and nature. She often read her Bible outside as she was a devoted Catholic. Agustina is survived by her five children, thirteen grandchildren, and eight great-grandchildren.



JAMES (JIM) WALTZ

July 28, 1940 — October 21, 2025



JAMES (JIM) WALTZ of Ouray County, previous from Waterford, MI passed away at Ferris Hospice Center in Grand Junction on Tuesday, October 21st, 2025 at the age of 85. Jim was born on July 28th, 1940, in Detroit, MI. He graduated From St. Mercy College in Detroit, MI and went on to obtain his graduate degree. Jim became a 5th grade teacher in Waterford MI for 27 years.

Jim is proceeded in death by his father and mother, George F and Geraldine V Waltz. He is survived by his wife Karla of 20 years; His sister Marcy; His daughters Schelli and Mandy; His sons Jason and Sean and his cousins.

Jim was a true patriot and active in America's welfare. He also was a tour guide for "True Grit" tours in Ridgway, volunteered at the Wounded Warriors functions, founded the non-partisan Constitution Club at Montrose High School and participated in various other organizations.

His passions include collecting Red Ryder comic books, Jeeping, and an avid football TV watcher. Having had Detroit Lion season tickets for 55+ years kept him active along with walking his dog, Mattie.

In lieu of flowers, Jim would value if you would: Hug your family members, say "I love you man" to dear friends, rescue an animal, and enjoy every minute of God's gift of Life.

CELEBRATING LOCAL BEAUTY.

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ISSUE 546 Nov. 3, 2025

ART&SOL

YOUR BRAIN ON NATURE – DIVERGENT CREATIVITY



By Dr. Lauren Hall Ruddell, PhD. Courtesy photo.

Greetings Mirrorites!

I'm growing to love AI. I'm like a kid in a candy shop. I recently needed some title suggestions for future books to be released in 2026 and 27, and Chatbox, the program I use, came up with some great ones. It even gave our new writing cooperative twelve group name suggestions that were mostly quite good. We chose one of those, and now the Word Weavers has an official club name. Thank you, AI! So like chivalry, is human creativity dead? Not really, at least not yet. There are big differences between human creativity and artificial concepts and ideas. But to understand those differences and how time in nature can help humans, we first need to define the two types of creativity relevant to this conversation.

Simply put, creativity refers to generating new and valuable ideas, identifying problems, and realizing ideas. To be innovative, ideas must be suitable for solving problems. When individuals face work problems, one way to seek solutions is through Divergent thinking. *Divergent* thinking means proposing many possible solutions to a problem and choosing the best solution, rather than seeking a single answer. Divergent thinking reflects many aspects of creativity and can be considered an important indicator of one's creative potential.

A different type of creativity is known as *convergent*. Convergent thinking is a crucial part of creativity because it involves narrowing down a wide range of ideas to a single, logical, and optimal solution. Convergent thinking evaluates, refines, and selects the best ones using analytical skills, logic, and established knowledge to arrive at a definitive answer. While Divergent thinking explores the 'What If' of a problem or possibility, Convergent thinking proposes ways of manifesting those crazy thoughts in the real world. Both are critical for innovation. It seems as though AI is really good at one and kinda meh, at the other.

To tease you a little, instead of giving you the answer right away, I'll give you an experimental example and you can guess which type of creativity humans were better at than AI.

Researchers [Byung Cheol Lee](#) and [Jae](#)

[Chung](#) asked participants to complete creative tasks under different conditions, with or without the help of ChatGPT. It was discovered that participants using the chatbot were more likely to produce overlapping responses, often using strikingly similar language. Even when working independently, participants using ChatGPT were more likely to arrive at the same, perfectly reasonable, and viable answers. In contrast, the human-only group generated entirely unique ideas. In fact, just 6% of the AI-generated ideas were considered unique, compared with 100% in the human group. I bet you can guess which group was displaying convergent creativity and which group was more divergent.

AI can perform tasks related to associative (convergent) thinking, such as identifying patterns and generating connections, but it currently lacks the [human-like context](#), meaning-making, and judgment to fully replicate it." This is a direct ChatGPT quote wherein AI is still humble enough to throw shade on itself.

Still, it appears that AI has some serious strengths to bring to the creativity table. Pretty uncreative humans can get whooped by AI, which tends to beat out folks who just draw a blank on unique ideas. That said, the most creative human thinkers hold an edge over AI. Bots may outperform humans on average on certain tasks, but the very best human ideas can still match or exceed those generated by

Continued next pg

YOUR BRAIN ON NATURE – DIVERGENT CREATIVITY From previous pg

AI, according to [the National Institutes of Health](#) and [Scientific Reports](#). These findings seem to bum out both AI and its proponents since Google Chat couldn't help but include what we academics refer to as 'pooping on your methods.' Bot fans argue that surely AI is more creative than humans, it's just that there is a failure of..."Appropriateness of current tests: Some researchers question if current psychometric methods, designed for humans, are the right way to measure AI creativity, as AI performance can now exceed human levels on these tests." 'OK', it seems to claim, 'I am just as creative in all ways as you anthropoids, you just haven't been smart enough to measure me properly.' Not so humble after all. Something chatbots cannot do is take a stroll in nature, at least not yet. But us creative humans can. Stuck creatives can get unstuck by time in restorative environments that engage the default mode network through soft fascination. We now know that much creativity is generated in this portion of the brain and that restorative natural environments propel us there. This is really not a current newsflash. For instance, take two early studies that demonstrate the benefits of immersion in natural environments: Atchley et al. (2012) found that participants who had completed a four-day hike performed better on creativity measures than those who had not, while Ferraro (2015) found improved performance after six-day wilderness classes.

That is a pretty steep commitment to creativity through nature, but less is also effective. Other studies show that creativity benefits emerged in the presence of potted plants or viewing images of natural environments in a laboratory. I know for me it takes about 15 minutes of soft fascination in nature to make the shift occur from fussing and fuming over everyday hassles, to letting original and sometimes goofy thoughts and solutions bubble up. I can tell through long practice when my consciousness has gone from voluntary attention trained on life's demands to the involuntary attention produced by pleasing and restorative natural sights, sounds, and aromas. All of the great prompts in the world presented to me onscreen cannot match the insights I gain quickly in nature.

Such are the times we live in that AI is soon to be essential for both work and private life in many ways. But for folks needing some really groundbreaking insights, AI is dandy but nature is quicker (and better).

Be creative this week in nature and see if it doesn't make your professional and social life interactions a bit more inventive. And for aspiring writers both new and experienced, inquire about our group by emailing me at planetgoatpress@gmail.com.

The Mindful Naturalist



The very best human ideas can still match or exceed those generated by AI.
Courtesy photo.



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COMMUNITY NEWS BRIEFS

TRACY LIGHTSEY TO PERFORM AT STORIES & POEMS NORWOOD NOV. 19

Special to the Mirror

NORWOOD- Musician and writer, Tracy A. Lightsey will be the featured poet at Stories & Poems Norwood on Wednesday Nov. 19 at 6 pm at the Lone Cone Library. "Tracy has performed for us before in Norwood and Telluride," said Talking

Gourds Director Art Goodtimes, "and he has delighted audiences whenever he reads."

Originally from Montrose, Lightsey studied with James Doyle at the University of Northern Colorado in Greeley and with Aaron Abeyta at Western Colorado Uni-

versity in Gunnison. He now practices massage therapy in Ouray. His publications include *Bloodroot Literary Magazine*, *Sky Island Journal*, *Sage Green Journal*, *Rat's Ass Review*, *Pen-sive, Courtship of Winds*.



Tracy A. Lightsey.
Courtesy photo.

For those who like prompts, Tracy suggests "the playful interaction of fire and water."

Talking Gourds also hosts the Bardic Trails online virtual poetry series on the first Tuesday of every month. December will bring CMarie Fuhrman of Idaho (currently heading up the poetry program at Western Colorado University in Gunnison) to the Bardic Trails series. We will skip the West End Stories & Poems series in November, with Glade Hadden and Art Goodtimes talking about the local Uranium Industry history in Naturita on Thursday, Dec. 11 at 6 pm.

The Wilkinson Library and Talking Gourds are discussing starting a new Stories & Poems series at the all-purpose community room on the third Tuesday of every month starting in December or January. Talking Gourds' Scot Rasor (KOTO DJ Razor Blaze) is working with Telluride Arts to continue to bring poetry to Artwalk first Thursdays in selected galleries and is also working with a lot of local arts entities to start a monthly music and poetry event somewhere in town with the beginning of the new year,

The Stories & Poems Norwood free series happens on the third Wednesday of each month. Our featured guest will give a 30-40 min. presentation, followed by a short question and answer period after the presentation. Then there's a passing of the gourd, where community members in attendance are encouraged to share stories or poems.



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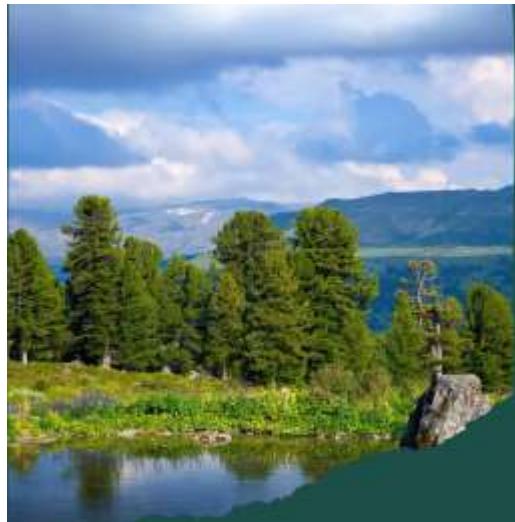


CARTOON BY TIM JONES

WEEKLY CARTOON

SOUR GRAPES

by Tim Jones



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COMMUNITY NEWS BRIEFS

MATILDA THE MUSICAL OPENS AT MAGIC CIRCLE PLAYERS, NOV. 7!



By Jonathan Heath

MONTROSE-Even kids can be heroes. Bullies are never truly winners. That's what we learn from *Matilda the Musical*, a magical and memorable adaptation of Roald Dahl's classic novel taking the stage at Magic Circle Players, Nov. 7 through 29. Get ready for an energetic and exciting evening of live theatre from a cast of talented kids and adults, with beautiful singing from the direction of Bethany Ward, and dazzling choreography by Rachelle Rediger and Shannon Rediger.

"This is the first musical I've been in and I think I'm hooked on theatre," shared Gaia Bailey, who plays Lavender. "I love watching all the little pieces we've been practicing come together to make an awesome show. Ms. Bethany has taught me so much and is the best director ever!"

"I love singing the songs in Matilda!" said Cambria Hatch (littles ensemble). "It is so much fun to learn the dances and my favorite to perform is 'Revolting Children'!"

"It really has taken a village to bring Matilda to life," said Director Bethany Ward. "From our incredible cast, to all of our parents and people behind the scenes, everyone has gotten involved and shared their talents to make it all happen. We have many families working together, on and off stage. I couldn't be more grateful. This is what community theatre is all about!"

"You've got to come see Matilda because the cast is amazing!" said Brielle Hatch, who plays Matilda. "It's so fun to be in the show - we even get to dance on the school desks! I really love singing 'When I Grow Up' with my friends."

Matilda the Musical is truly a must-see that will make you laugh, cry tears of joy, and want to sing along with the kids! Opening Friday, Nov. 7 at 7:30 p.m., weekend performances will run through Nov. 29, with three Sunday matinees at 2 p.m. Get your tickets now at www.magiccircleplayers.com or by calling the box office at 970-249-7828. A 20-percent family discount is also available at the box office.

Pictured from top left are Matilda (Brielle Hatch); Miss Honey (Shannon Rediger) and Brielle; Brielle, Mr Wormwood (Chris Walsh) and Mrs Wormwood (Lauren Stengele); Full kids ensemble. Photos by Jonathan Heath.



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COMMUNITY NEWS BRIEFS

GIVE TO SUPPORT THE ARTS THIS GIVING SEASON

Special to Art & Sol

MONTROSE—Every year, Colorado comes together to support local nonprofits on the largest day of giving in the state. It's because of people like you that many important and necessary organizations are able to continue doing good through the year.

Why Should I Donate to the Montrose Center for Arts (MCA)?

Donating to MCA is the easiest and most effective way to help our organization continue to foster the arts in our community. With your help, our all-volunteer team can continue to manage daily operations, expand on programming to include bigger and better opportunities for local and budding artists, and attract art lovers from all over the world to our community. Our FREE and low-cost programming includes:

- ART CRAWL during the summer months
- Art in Motion (AIM) where artists showcase work in local businesses
- Partnering with the Montrose Regional Library District for a book club focused on the arts
- Partnering with local youth organizations and the city of Montrose to give young artists a free place to exhibit their art
- Art classes in all mediums. The most unique is a class coming up called **Meditation for the Creative**. Artist and instructor Sangdrol Blanchard (owner of Meditation Spaces located at 12 S Uncompahgre Ave in Montrose), will be presenting a unique class, *Meditation for the Creative*, a one-day workshop November 1, from 9 a.m. to 5 p.m. The class is intended to help artists connect with their creative selves by using meditation to quiet the mind and connect with the creative center. During this class artists will be creating artwork, engaging in guided meditation, discussion and journaling. Visit montrosecenterforarts.com,

click on classes, select the Meditation for the Creative class for additional details and to enroll.

-Plus, a showcase for local and regional artists to exhibit their art — from painting to woodworking and woodturning, from jewelry to pottery, from metal to photography and much more.

All these free programs and more are only possible with the continued support of our growing community. Your donations will be invested into these very programs, ensuring we continue the traditions that are enjoyed by thousands of visitors each year.

What is Colorado Gives Day?

All year round, the amazing team at the [Colorado Gives Foundation](http://coloradogives.org) launches statewide efforts to support nonprofits through fundraising. Colorado Gives Day falls on **December 9, 2025** and is the biggest 24-hour giving movement in the state, raising over \$54 million dollars for nonprofits last year!

Every donation given between November 1-December 9 will be boosted by a one million dollar incentive fund. Each non-profit will receive a share of the fund proportional to the amount raised, maximizing every single donation!

Important Dates:

- November 1: Early giving starts! You can start donating from now until December 9 and have it count towards Colorado Gives Day.

- December 2: Giving Tuesday. Giving Tuesday is the national day of giving and if you donate on this day, it will increase our chances of rewards and earn more prizes!

- December 9: Colorado Gives Day

How Do I Donate?

1. Bookmark our [Colorado Gives Day page](http://coloradogives.org/organization/Montrose-Center-For-The-Arts) (www.coloradogives.org/organization/Montrose-Center-For-The-Arts) to easily access our fundraiser once

Early Giving starts on November 1.

2. Click Donate.

3. Enter the amount you'd like to give. *Pro Tip: If you set a recurring payment, your first donation will be matched by Colorado Gives Foundation!*

4. Fill out name, address, and payment information.

5. Submit!

Here are some examples of what your donations will help to support.

The next exhibit is *The Art of Observation: Two Voices* that runs from November 4 – 29. It will feature two talented MCA artists: Julia Reid and Bonnie Bucknam. The reception for this show will take place Thursday, November 13, from 5 – 7 p.m. This is a free event, and everyone is welcome.

Stay Tuned for Holiday Magic

MCA has very special plans for the holidays this year. The *Give the Gift of Fine Art: A Holiday Marketplace of Art* will offer a wide range of art — paintings, pottery, wood and metal art, jewelry, fabric art and more. The exhibition reception will kick off the holiday season at MCA on December 2, 5 – 7 p.m.

About Montrose Center for Arts

MCA is a non-profit organization totally served by volunteers and is always looking for volunteers to help with a wide variety of activities, from hosting at the reception desk, to helping with events and planning and developing the future of the organization. If you are interested in helping bring art to the Western Slope, call or email MCA to volunteer. MCA depends upon support from membership, contributions, sponsorships, grant funding and the local community. To support the MCA and local artists on the Western Slope, become an MCA member by stopping by the gallery or visiting our website.

montrosecenterforarts.com

MIRROR CHURCH DIRECTORY

ALL SAINTS ANGLICAN CHURCH

Address: 2057 S. Townsend, Montrose, CO 81401.

Office Hours: By appointment.

Contact Information: (970) 249-2451

<https://www.allsaintsmontrose.org/> Rector: The Rev Preston Gordon, pgordon@allsaintsmontrose.org

Worship Service Times: Sundays 9AM,

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

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

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

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

BIBLE BAPTIST CHURCH

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

Olathe, Co 81425

Tuesday-Friday Phone: 970-808-1021

www.biblebaptistchurcholathe.com

Pastor Gabe Skillo

Sunday School 9:15 a.m.

Sunday 10:30 a.m.

Sunday 6 p.m.

Wednesday Bible Study/Prayer 7 p.m.

CELEBRATION CHURCH

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

Address: 2900 Sunnyside Road, Montrose, CO 81401

Office Hours: By appointment

Phone: (970) 497-4925

Email: celebrationmontrose@gmail.com

Website: <https://celebrationmontrose.org/>

Worship Service Times: 9am and 10:45am

Senior Pastor:

Pastor Brandon Mathis

Church Description/Mission: Celebration Church makes disciples that make disciples. 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'S CHURCH OF THE VALLEY

Name of Church: Christ's Church of the Valley

Denomination Affiliation: Non-denominational Christian Church/Church of Christ

Address: 10 Hillcrest Plaza Way. Montrose, CO 81401

Office hours: Tuesday & Wednesday 9am-noon and by appointment.

Contact information:

Phone: 970-249-0530

Email: CCVMontroseCO10@gmail.com

Website: ccvmontrose.org

Name of current Senior Pastor: Ken Lawrence

Worship service times: 10:30 a.m.

Mission: Christ's Church of the Valley is a loving and welcoming church whose purpose is to help people to know and grow

in our Lord Jesus Christ to the glory of God.

Description: CCV is a multi-generational church family. While we are currently predominately seniors, we are becoming more multi-generational.

Sunday School & Childcare: CCV has adult Sunday School at 9 a.m. and Youth Church during the 10:30 a.m. worship service.

CHRIST LUTHERAN CHURCH

Denomination: Christ Lutheran Montrose

Affiliation: Lutheran Church Missouri Synod

Address: 1980 N. Townsend Ave., Montrose, CO 81401

Contact: 970-633-0226

Website: www.montroselutheran.org

Email: montroselutheran@gmail.com

Pastor: Tim Onnen

Worship: Sundays at 9 AM

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

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

COMMUNITY SPIRIT CHURCH

United Church of Christ (UCC)

Address: 504 N. 1st Street (HAP Building)

Office hours: Call or text for appointment

Phone: 970-765-7070

Email: spirit@communityspiritucc.org

Website: communityspiritucc.org

Current Pastor: Rev. Wendy Kidd

Worship service: Sundays at 11am

Mission: Our commitment to a more inclusive and accepting world is steadfast, and we will continue to work towards a future

where everyone can live freely and authentically.

Demographics: We are a small congregation of mostly adults and seniors, however, we are always ready to welcome families and children.

COVENANT HEBRAIC FELLOWSHIP

Denomination affiliation. No affiliation

Address Office hours N/A

Contact: 720-951-9941,
office@ccfmontrose.net,
www.ccfmontrose.net

Name of current Senior Pastor. Led by elders

Worship service times. Noon on Saturdays. Children's Church will be offered as needed.

Covenant is a Hebraic roots community

that studies the Torah as well as the rest of Scripture. We learn about the Hebrew roots of the language and believe that the Lord's feasts are for today. We are predominantly made up of older folks, but have some young blood, too.

MIRROR CHURCH DIRECTORY From previous pg

FIRST CHURCH OF THE NAZARENE

Denomination: Church of the Nazarene
Address: 705 South 12th Street
Office Hours: Tuesday - Thursday 9 am - Noon and by Appointment
Contact Information: Office Phone 970 249 -9213, mncfirst@gmail.com, www.montrosenazarenechurch.org

Pastor: Interim Pastor Ian Hyde

Services Sunday: Worship 10:30 AM, Discipleship Hour: 9:30 AM. Discipleship Hour has classes across all age groups. Nursery for children UNDER 3 is available during Worship.

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

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

FIRST PRESBYTERIAN CHURCH

MONTROSE

Affiliation: Presbyterian
Address: 1840 E Niagara Rd. Montrose CO. 81401 **Office Hours:** M-Thu 9AM - 12PM

Contact: 970-249-4732, inform@fpcomtrose.com, www.fpcomtrose.com

Pastor: Rev. Dr. Jesse G. Mabango

Worship Service times: 9:30AM, *We strive to encourage, challenge and*

support one another through spiritual growth, worship, and service in our community, country, and world. We also encourage children and youth to grow their relationship with Christ through our children and student ministries.

HILLCREST CONGREGATIONAL UNITED CHURCH OF CHRIST

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

Phone number: (970) 249-9047

Email address: office@montroseucc.org

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, [\[roseumc.org\]\(http://roseumc.org\)](http://mont-</p>
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Current Senior Pastor: Rev. Kevin Young

Worship service times:

9:15 AM to 10:15 AM: Children's, Youth, and Adult Sunday School; Christian Education & Fellowship.

10:30 AM: Sanctuary & Virtual Worship
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 Spiritual and Interfaith Community
Address: Services 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: From November 9 -December 14, the regular Sunday gatherings will meet from 9:30-11 am for a six-week SAC/Meditation program with Sangdrol Blanchard of Meditation Spaces. Meditation time and guest speakers are planned. Virtual services are temporarily cancelled. Chai Chats will continue to

meet on Wednesday mornings at 10:30 am at Pun Hill Himalayan Restaurant, 710 N. Townsend, Montrose.

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, meditation, and family and community projects.

People of all ages are welcome.

MIRROR CHURCH DIRECTORY From previous pg

ST. STEPHEN'S ANGLICAN CHURCH

Denomination: Anglican-Reformed Episcopal Church (REC)
Address: 2405 Sunnyside Road, Montrose 970-249-4868
Contact: ststephensmont@

rose@yahoo.com

www.ststephensmontrose.com

Rev. Dec. Garrett Agajanian

St. Stephen's is a community of caring Christians rooted in the godly traditions of the past, focused on the challenges of the

present, hopeful for the future, continuing in the Faith once delivered to the saints, using the 1928 Book of Common Prayer.

Sunday: Holy Communion 10 am.

Fellowship following service.

Children's nursery available (unstaffed).

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)

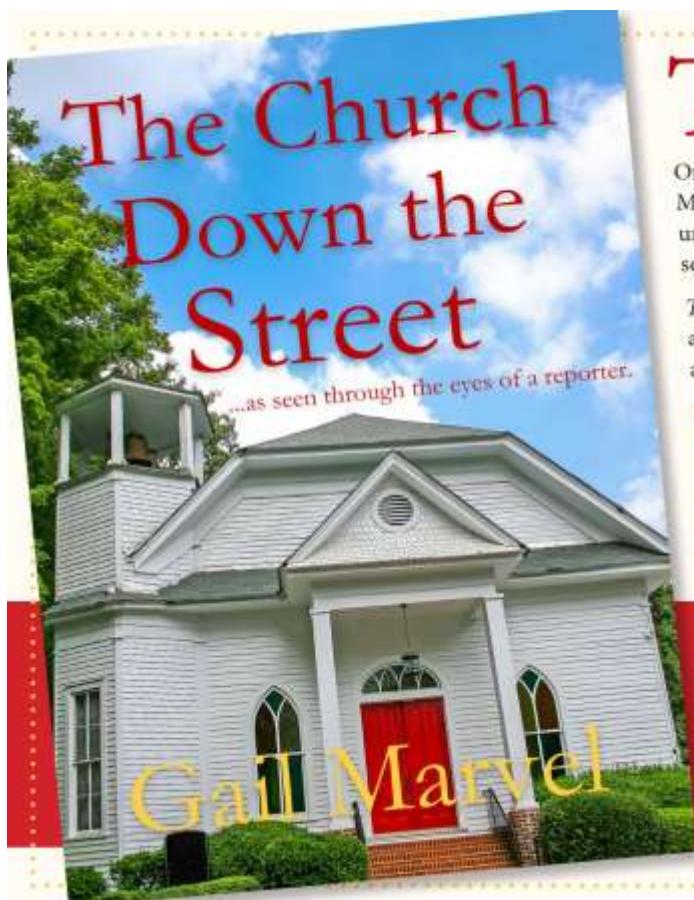
Name of current Senior Pastor

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?



The Church Down the Street, published pre-COVID, peers into the worship services of more than 70 churches, some of which have a weekly attendance of less than 10.

Organized in a topical format (Hospitality, Program & Source Material, Music, Meditations & Invitations, and The Message), the author uses an unbiased approach to allow readers to experience the worship service as seen through the eyes of a reporter.

The Church Down the Street contains anecdotes and stories from the actual worship services and asks thought-provoking questions that allow readers to draw their own conclusions.

Readers will:

- See strengths and weaknesses in the worship service
- Re-evaluate hospitality toward visitors
- Become more aware of source material used in the worship service
- Compare and contrast music presentations and selections
- Discern the value and content of the sermon.

Gail Marvel's book, *The Church Down the Street*, is available online at Amazon.com and wingedpublications.com.

GAIL MARVEL
Montrose Author & Reporter





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Bob

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SAVE THE DATE! LOCAL EVENTS CALENDAR

ONGOING-

ALTRUSA INT'L believes in "Leading to a Better Community" and is always looking for new members. We meet in Montrose on the first three Tuesdays a month at the Field House: 25 Colorado Ave, 12-Noon. Pick a day that works for you & please join us! Through our local Altrusa Club, members unite their varied talents in service to others, achieving as a group what individuals cannot do alone." <https://www.altrusamontrose.org/> P: 970-765-7666 E: Altrusa.Montrose@gmail.com

BLACK CANYON AUDUBON SOCIETY provides a monthly program on the 2nd Thursday of the month at 7 pm at the Montrose Field House, 25 Colorado Avenue, Montrose. blackcanyonaudubon.org

Tuesday - 1st and 3rd Tuesdays-*Black Canyon Audubon Society hosts monthly birdwatching field trips in the Montrose area on 1st Tuesdays of the month and in the Delta area on the 3rd Tuesdays of the month. Check out the website for field trip details at blackcanyonaudubon.org.*

COLUMBINE QUILTERS meet at Welcome Home Alliance Warrior Resource Center, 4 Hillcrest Plaza Way Montrose. 1st Saturday except for July at 9 am.

FRIENDSHIP QUILTERS meets at the Montrose County Events Center, 4th Thursday Jan - Oct, 3rd Thursday Nov - Dec, 9am.

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 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 Montrose Area Woodturners meet second Saturdays 9 am. Chapter of the American Association of Woodturners. For location and information contact: 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.

MONTHLY

Nov. 4-Citizens Climate Lobby meets Tuesday Nov 4 at 5 at Hispanic Affairs 504 N 1st Nonpartisan environmental, All welcome 970765-9095 for info.

Nov. 6-Women's Giving Club will meet Nov. 6 at 5:30pm Bridges Golf and Country Club.

Nov. 7-Miss Suzy's Educational Services Disco & Auction. 6-9pm Montrose Elks Lodge. Tickets can be purchased through Miss Suzy's or at the door. \$20 adults-\$10 Teens-\$5 children. Fall Crafts-70's Attire Contest-Dance Contest-Photo Booth. Call (970) 318-0982.

Nov. 11-Tuesday, Nov. 11 7 pm. Let Ignite Montrose Spark Your Interest! Enjoy an evening of free entertainment as your fellow community members present fast-paced, five-minute presentations on their ideas, hobbies, travels, interests, passions and curiosities. The Association (39 W Main, Montrose). Beverage/food service will be available. Check ignitemontrose.org for a list of topics.

Nov. 13-14-First Annual Farm & Ranch Trade Show and 2025 West Slope Water Summit, Montrose County Event Center.

Nov. 13 -7 p.m. Black Canyon Audubon Society will host Jackie Corday, co-chair of the Colorado Healthy Headwaters Working Group. She will present about Beavers, nature's most ingenious architects. The presentation will cover the history of beavers, their naturally engineered wetlands, how their building feats create habitats for native species and can improve watershed resiliency to wildfire and drought. The Montrose Field House Summit Room, 25 Colorado Avenue, Montrose. For more information about the speaker and topic go to programs at blackcanyonaudubonsociety.org.

Nov. 14-*Black Canyon Boys & Girls Club Crab Crack will be Friday, Nov. 14 at 6pm at the Montrose Pavilion.*

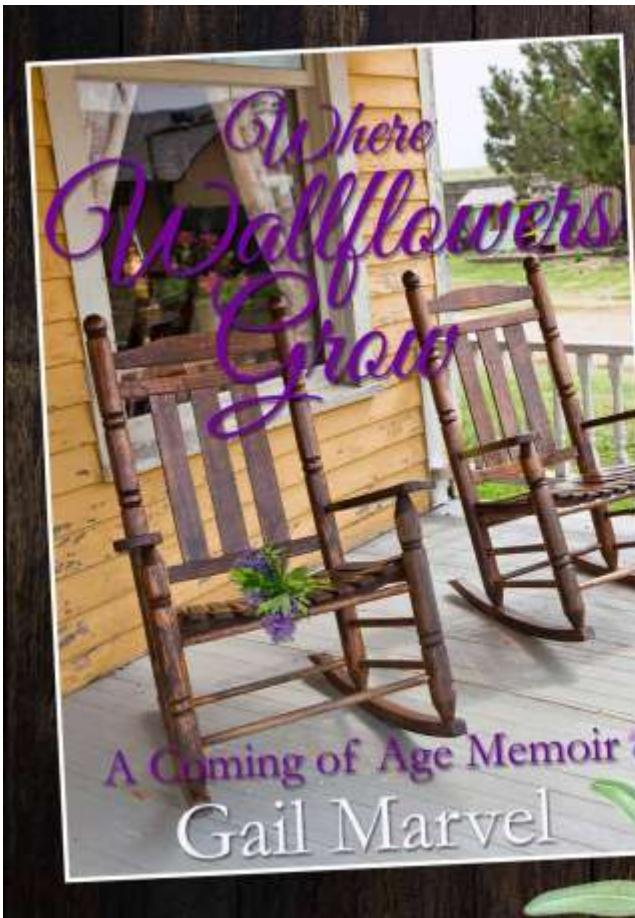
Nov. 22-The San Juan Weavers Guild 47th annual Show & Sale is scheduled for Saturday, Nov. 22, 9 a.m. to 4 p.m., at the Ute Indian Museum, 17253 Chipeta Rd., Montrose. The event is free to the public and will feature educational exhibits, demonstrations and hands-on activities. A vast selection of handwoven, handspun, and related fiber items made by guild members will be for sale. The facility is wheelchair accessible and provides on-site parking.

Dec. 3-On Wednesday, Dec. 3 5 – 9 p.m. Uncompahgre Nordic Association Winter Stoke and Ski Waxing Party. Enjoy a night of comradery with other Nordic skiers at the UNA season kick off (fundraiser) soiree. Beverages, chili and desserts will be available while you get your cross-country skis waxed. UNA will also have a silent auction and an area to sell used Nordic ski gear. Montrose Surf & Cycle (245 W Main).

TRICK OR TREAT STREET!



Butterflies and other amazing creatures flocked to Main Street in Montrose on Friday, Oct. 31 for the Halloween Trick or Treat Street Event, a safe alternative for kids and families to enjoy the holiday and have fun together. Photos by B. Switzer.



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 and wingedpublications.com.