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© Issue No. 555 Oct. 16 2023



# the Montrose Mirror

## D.A. SETH RYAN SPEAKS OUT ON CRIMINAL JUSTICE 'REFORMS' "The last few sessions, a lot of the judicial reform bills that have come through have come through by ambush."

By Steve Middendorp, Courts Reporter

MONTROSE-Citizens in Colorado's 7<sup>TH</sup> Judicial District are increasingly concerned about personal safety, as criminal suspects routinely miss court dates and are not detained. Those concerns were expressed by local officials during a work session discussion that 7th Judicial District Attorney Seth Ryan had with the Montrose Board of County Commissioners and officials from Delta County three weeks ago. Ryan had presented his case at the BOCC work session to obtain more funding for a non-attorney position that would do the filing work and go through evidence to make sure they have everything they need for discovery in trial.



7th Judicial District DA Seth Ryan. Courtesy photo.

Ryan also spoke about the social justice principles that have modified the judicial process. Among the issues are body cam footage and bail reform. The body cam statute was passed in 2021 and requires that all body cam footage for every officer on the scene be turned over during the court discovery process. The intent is to give all of the potential evidence to the defense, so they can adequately prepare for trial. "If an officer's body camera is not rolling during specific types of interactions, there is a presumption that there is some nefarious bad faith reason for that body cam not to be running," Ryan explained. "We as the prosecution have to disprove that it was a nefarious reason. Otherwise, a lot of whatever that interaction should have reported would be suppressed."

[Continued pg 39](#)

## RED HAWKS BLAST CORONADO 57-8

By Cliff Dodge

MONTROSE-It didn't take long for the home-standing Montrose Red Hawks to establish dominance over the hapless Coronado Cougars on Friday evening. The Cougars won the toss, elected to receive and promptly threw the first of several Red Hawk interceptions as senior Dylan Jessup turned the ball over to the Red Hawks offense 10 seconds into the game. The Red Hawks scored in three plays as Blake Griffin ran 32 yards untouched into the end zone. The 2 point PAST made the score 8-0.



Red Hawks set to take the field on Friday night to take on the Coronado Cougars. Photo by Cliff Dodge.

Interception number two occurred on Coronado's second play from scrimmage as Gage Wareham (the QB playing strong safety on defense) picked off the Cougar pass at the 15-yard line. Griffin scored again this time from the 7 yard line for a 15-0 lead less than 2 minutes into the contest. The Red Hawk defense played a strong game throughout and forced the Cougars to

[Continued pg 34](#)

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<a href="#">Montrose Red Hawks Sports Roundup!</a>	<a href="#">Twyla Righter: The Coffee Mug on My Counter!</a>	<a href="#">County Reviews Proposed Budget for 2024!</a>	<a href="#">RE-1J Board Presentation on Facts &amp; Resources!</a>
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## BALLOT TRACKING AVAILABLE STATEWIDE

Special to the Mirror

DENVER— Colorado voters in all 64 counties have the opportunity to track their ballots for the 2023 Coordinated Election using Ballot-Trax, a program first implemented statewide in Colorado by Secretary of State Jena Griswold in 2020.

“Statewide ballot tracking allows a voter to follow their ballot from the time it is sent to when it is counted,” said Secretary Griswold. “I encourage all Colorado voters to take advantage of this program during the 2023 Coordinated Election in Colorado.”

Statewide ballot tracking enables voters to receive notifications by phone, email, or text about the status of their mail ballot. More than 2,040,000 Colorado voters are enrolled in BallotTrax, which is approximately 52% of the electorate.

Counties mail ballots to active registered voters the week of October 16. Voters enrolled in BallotTrax will receive status updates from BallotTrax once their ballot is sent. Military and overseas ballots for the Coordinated Election were sent by September 23, 2023.

Voters can enroll themselves in BallotTrax by going to [GoVoteColorado.gov](https://GoVoteColorado.gov) and clicking on “Sign up for BallotTrax.” For more information on Colorado’s 2023 Coordinated Election, to register to vote, or update your voter registration, please visit [GoVoteColorado.gov](https://GoVoteColorado.gov).

# THE MONTROSE MIRROR

Published every Monday since 2010 in Montrose, Colorado, to a readership of over 18,000 residents of Western Colorado. Founder, Editor, and Publisher: Caitlin Switzer

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# Death Café

**October 17, 7-8 PM  
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Join us to drink tea, eat cake, and discuss death. Death Café is an open forum to discuss all things



death and dying, in a supportive atmosphere. Death Café is not a grief support group, but is instead a way to think and talk about this often taboo subject. Visit [deathcafe.com](http://deathcafe.com) for more information or email Sara at [srinne@montroselibrary.org](mailto:srinne@montroselibrary.org).

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# REGIONAL NEWS BRIEFS

## CHILDRENFIRST OF MONTROSE LAUNCHES OFFICIAL WEB SITE

*Special to the Mirror*

MONTROSE-ChildrenFirst of Montrose is excited to announce the launching of its official website: [www.childrenfirstmontrose.org](http://www.childrenfirstmontrose.org). Our website will provide a wide variety of important information regarding many facets of education in Montrose, as well as national items of interest in the field of education. As ChildrenFirst is committed to fostering excellence in education, we will be focusing on introducing alternative educational opportunities for students in Montrose, while still maintaining an interest in current Montrose County School District Board issues. PLEASE CHECK US OUT!



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# COUNTY REVIEWS PROPOSED BUDGET FOR 2024

By Caitlin Switzer

MONTROSE-On Tuesday, Oct. 10, the Montrose Board of County Commissioners (BOCC) convened for a special meeting to consider the budget for 2024. BOCC Chair Sue Hansen opened the meeting; Vice Chair Roger Rash led all in saying the Pledge of Allegiance. Commissioner Keith Caddy was absent.

### PUBLIC COMMENT PERIOD

There were no comments heard from the public on non-agenda items.

### GENERAL BUSINESS & ADMINISTRATIVE ITEMS

County Manager Jon Washbusch welcomed all to the presentation of the proposed 2024 budget and introduced key staff, including Finance Director Cindy Dunlap, Communications Director Katie Yergensen, and Assistant Finance Director Lanny Paulson.

Washbusch gave special thanks to Paulson. "The superman of spreadsheets, master of models, he puts the fun in fund-based accounting," Washbusch said. "Putting together a \$119M budget, from departmental line level on up to fund

models is a huge undertaking--just the amount of information to compile. Lanny's done that for us for years, he does a great job, and he did it again this year. Thank you very much Lanny for the tedious work of getting it all assembled."

Staff must deliver a proposed budget for the subsequent fiscal year by Oct. 15 of the preceding year, Waschbusch said.

Departmental meetings will take place later in the month. Final consideration will be on Dec. 13. Included in the meeting packet are a Summary Packet and Budget Presentation. Total budgeted Revenue is \$87.5M; total budgeted expenditures are \$103.4M.

While speaking about capital projects, Waschbusch noted that the absence of USDA funding for the Courthouse project will require the county to issue debt to fund the North Campus. "That's something that we're going to want to continue to discuss," he said.

Paulson discussed property tax, and restrictions on the property tax levy. "...Property tax revenue will go up \$2.8M; \$1.3M is an increase in the authorized mill

levy, and the balance is a \$1.5M decrease in the temporary credit mill levy for the TABOR refund."

Dunlap discussed Sales & Use tax. Montrose County has two sales tax authorities, one for the Public Safety Sales Tax and one for the Road & Bridge 1% Sales & Use Tax. She noted the impact of inflation. "...That inflationary component is definitely having an impact on both the expense and the revenue side for the county," Dunlap said.

Following the presentation Hansen opened the floor to public comment. Constituent Connie Williams asked about a 60-percent increase to the Cooperative Extension budget.

Hansen said that over the years the Extension Service has collected a reserve to supplement payroll.

"The State instructed the Extension Service to get rid of the reserve...now that's gone." The increase in expenses is a result of the lessening of the reserve, Hansen said.

With no further business, commissioners voted to adjourn.



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# REGIONAL NEWS BRIEFS

## FREE FLU SHOTS: ANNUAL DRIVE-THROUGH FLU SHOT CLINIC OCT. 18

*Special to the Mirror*

**MONTROSE**—Stop the flu bug! Join Montrose County, Montrose Regional Health, and partners on **Wednesday**, Oct. 18 for the annual free drive-through flu shot clinic.

This year's clinic will be held from 3-7pm at the following clinic locations: the Montrose County Event Center (1036 North 7th Street, Montrose), Olathe Sweet Corn Park (59618 US-50, Olathe), and the Basin Clinic (421 Adams Street, Naturita). All locations will have regular dose flu shots for people over six months of age and high-dose flu shots for seniors 65 years of age and older. The flu shots are free of charge and no appointment is required.

"The flu shot is an easy way for protection throughout the whole flu season. While

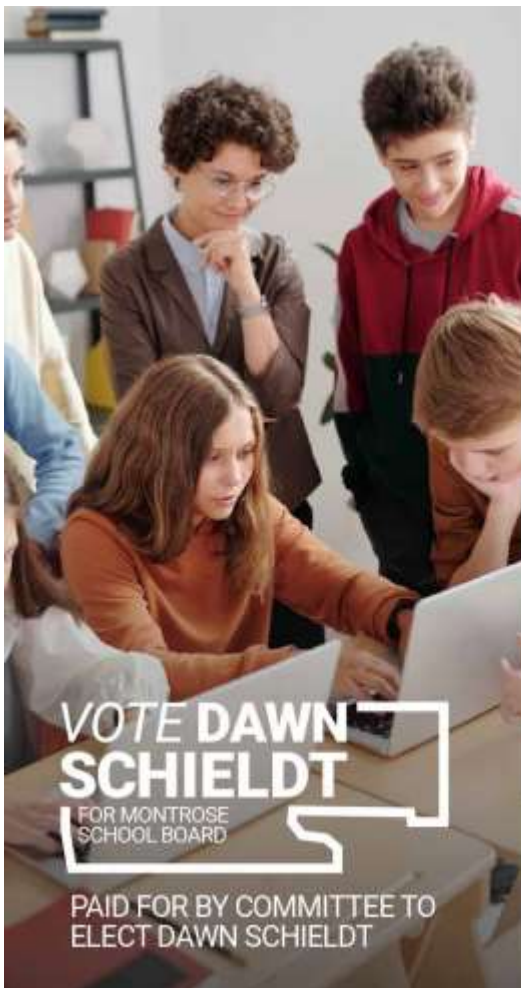
some people may think of flu as a quick cold, it can have more serious complications for both young and old," said Lisa Gallegos, EPR and Communicable Disease Coordinator. "This shot doesn't only just protect yourself, but offers protection from spreading influenza to friends, family members, and immunocompromised community members."

"Getting a flu shot from the convenience of your car is the quickest and easiest way to make sure you are protected this year," said Scott Hawkins, Montrose County Emergency Manager. "We are proud to once again bring back high-dose flu shots for people 65 year old and older, who often have the highest risks of flu complications."

Participants may stay in their vehicles for

the duration of the process or utilize the walk-up depending on the number and age of people in the vehicle. Upon arrival, all participants must sign a consent form. Vehicles attending the Montrose County Event Center location must enter through the right-hand turn lane off the San Juan Bypass. Volunteers include staff from Montrose County, the City of Montrose, Montrose Regional Health, Town of Olathe, Montrose Fire Protection District, River Valley Family Health Center, Basin Clinic, Montrose County Sheriff's Office, Pediatric Associates, Montrose Police Department, and the Montrose County Sheriff's Posse.

Shots are available while supplies last. For more information please visit [www.montrosefluclinic.com](http://www.montrosefluclinic.com).



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# REGIONAL NEWS BRIEFS

## CRAB CRACK IS NOVEMBER 17

*Special to the Mirror*

MONTROSE-The Black Canyon Boys & Girls Club's (BCBGC) Crab Crack fundraiser is back for its 9th year! Presented by TEI Rock Drills, the event will be held Friday Nov. 17, 2023, at the Montrose Pavilion starting at 5:30 p.m. Tickets are \$50 for an

all you can eat land and sea feast with first come, first served family style seating. For an extra \$25 you can get an event glass with access to the beer and wine garden. Sponsorships are still available and include reserved seating, event glasses with beer and wine garden access included, event

sponsorship recognition, and more. All proceeds benefit the BCBGC. Hurry and get your tickets because this event will sell out.

For tickets and sponsorships and for more information on the BCBGC, visit [www.bcbgc.org](http://www.bcbgc.org).

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# REGIONAL NEWS BRIEFS

## KRINKE ELLINGER DUO – MUSIC FOR VIOLIN AND PIANO

*Special to the Mirror*

REGIONAL-As a special concert to celebrate our 75<sup>th</sup> anniversary season, the Delta Montrose Community Concert Association is pleased to present two accomplished award-winning musicians: Violinist Brian Krinke, Assistant Professor/Upper Strings at Colorado Mesa University, and Pianist Susan Ellinger on the piano faculty at Oberlin College. The concert is scheduled for Sunday, Oct. 22, at 3 p.m. at the Delta Performing Arts Center, 822 Grand Avenue in Delta Colorado.

Please note that this is an afternoon matinee performance.

They will perform as a duo playing jazz-influenced compositions by Nikolai Kapustin and the music of William Grand Still, the Dean of Afro-American composers plus additional pieces demonstrating the blending of the beautiful harmony of the piano and the violin. Single admission tickets will be available at the door on the afternoon of the performance, \$25 for adults and \$5 for students.

For more information please contact Connie at 970-249-4308 or Bob at 970-835-4480 or visit our website at [www.deltamontroseconcerts.com](http://www.deltamontroseconcerts.com).



*Violinist Brian Krinke, Assistant Professor/Upper Strings at Colorado Mesa University, and Pianist Susan Ellinger on the piano faculty at Oberlin College. Courtesy photo.*

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## PUBLIC HEALTH IMPROVEMENT PLAN

West Central Public Health Partnership surveyed your community to learn what the big issues are, and each of the public health department's ability to address those issues. We've chosen Behavioral and Mental Health as our top priority to address over the next 5 years (2024-2029). Below you'll see our goal and strategies to address Behavioral and Mental Health issues.

Please give us your feedback: <https://www.surveymonkey.com/r/wcphpphip>

### Community Health Assessment

- In the Fall of 2022, we gathered data from big data sets, collected 1,929 surveys, and interviewed 83 agency members across the region.
- We asked about home life, access to healthcare, health insurance, childcare, citizenship housing, behavioral and mental health, food security, aging in place, and demographics
- Behavioral and Mental Health was the top concern and our chosen priority for the region. To learn more about the data visit <https://www.wcphp.org/20222023-data>

### Behavioral and Mental Health Goal & Strategies

Our **goal** is to improve behavioral and mental health by **promoting holistic individual and community well-being** by **building confidence** and **trust** in the **public health system** to improve behavioral health outcomes.

Strategy #1 Internal education: Educate all local public health staff in the six counties on behavioral and mental health conditions and on available behavioral and mental health resources.

Strategy #2 External education: Educate and engage the public about behavioral and mental health topics.





## EL PLAN DE MEJORA DE SALUD PÚBLICA

La Asociación de Salud Pública del Centro Oeste estudio a la comunidad para aprender sobre los grandes problemas que existen, y sobre la capacidad de cada departamento de salud pública para enfrentar a esos problemas. Decidimos enfocarnos en la salud mental y en la conducta como nuestra primera prioridad para resolver en los siguientes cinco años (2024-2029). Abajo veras nuestras metas y estrategias para solucionar los problemas de la salud mental y de conducta.

**Por favor envíenos sus comentarios y sugerencias:**

<https://www.surveymonkey.com/r/MTKN9SH>

### La Evaluación de la Salud Comunitaria

- En el otoño del 2022, obtuvimos datos de un gran conjunto de datos, recopilamos 1,929 encuestas, y entrevistamos a 83 miembros de agencias de la región.
- Les preguntamos sobre la vida casera, la accesibilidad de salud médica, el seguro médico, el cuidado de niños, asuntos de ciudadanía, la salud mental y de conducta, la insuficiencia alimenticia, el envejecimiento en el lugar, y la demografía.
- La salud mental y de conducta fue la máxima preocupación y las escogimos como prioridad para la región. Para aprender más sobre los datos visite al: <https://www.wcphp.org/20222023-data>

### Metas y Estrategias para la salud mental y de conducta

Nuestra **meta** es mejorar la salud mental y de conducta al **promover el bienestar holístico (cuerpo y mente) del individuo y de la comunidad creando confianza en el sistema de salud pública** para mejorar las consecuencias de la salud de conducta.

Estrategia #1 Educación interna: Educar todo el personal de salud pública local en los seis condados sobre las condiciones de la salud mental y de conducta y sobre recursos disponibles.

Estrategia #2 Educación externa: Educar e involucrar al público sobre temas de la salud mental y de conducta.



# REGIONAL NEWS BRIEFS

## GMUG ANNOUNCES FOREST WIDE FALL AND WINTER PILE BURNING PROJECTS

### Special to the Mirror

DELTA— Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests will be looking for an opportunity to initiate the burning of slash piles over the next few months.

The slash piles are the result of multiple timber sales, fuels reductions and hazardous tree removal projects. Pile burning will begin as early as mid-October when there is sufficient snow or rain present to prevent fire spread and will continue as long as conditions allow.

Slash piles have been created to remove debris and vegetation (fuels) to help reduce the risk of larger wildfires. The piles are burned in project areas where other means of disposal are not feasible. Forest

thinning projects improve forest health and wildlife habitat and reduce wildfire risk near private residences and other infrastructure. Implementing slash pile burning is a critical part of reducing the risk of wildfire to communities and improving forest health conditions.

The public is reminded not to call 911 or emergency services if smoke is visible in specific burn areas. Slash piles areas and possible dates will be posted on the [GMUG Fire Info Facebook page](#).

Slash pile burning is only implemented under specific environmental conditions (e.g., wind speed, relative humidity, smoke dispersion). Trained fire managers conduct the burning of slash piles with a strong understanding of fire behavior and years

of on-the-ground experience.

The safety of firefighters and the public are the most important factors considered when planning slash pile burning. Burning will only occur when all conditions of the state-issued smoke permit are met. Learn how smoke from wildfires, prescribed burns and pile burns may affect your health by visiting the Colorado Department of Public Health website <https://www.colorado.gov/pacific/cdphe/wood-smoke-and-health>.

For information on current fire restrictions, conditions and recreation opportunities, visit the [forest website](#) or [www.westslopefireinformation.com](http://www.westslopefireinformation.com). Connect with us or follow us on social media ([Twitter](#) and [Facebook](#)).

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## MAD HATTER TEA PARTY

By order of the Queen of Hearts, Sharing Ministries Food Bank invites you to come down the rabbit hole and join us for our Mad Hatter Tea Party. Dress up as your favorite Alice In Wonderland character, wear your favorite hat, or come as you are. Read the following directions and directly you will be directed in the right direction!

**When:** Oct. 28, 2023

**Time:** 1:00 – 3:00 pm

**Where:** 2351 Sunnyside Rd.  
Montrose, CO 81403

**Ticket:** \$50.00 (check, cash, or online at [www.sharingministries.com](http://www.sharingministries.com))



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*RSVP: By Oct. 16<sup>th</sup> (bringing a friend? Just let us know)*



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## REGIONAL NEWS BRIEFS

### CHARLI OSWALD HOPES TO BRING FRESH PERSPECTIVE TO BOARD OF EDUCATION DISTRICT D SEAT

*Special to the Mirror*

MONTROSE-One of the scarcest resources we have is time with kids in their formative years to give them the tools they need to be productive in their lives, and thrive. I am running for school board to make sure that precious time is filled with the best options our district can provide for all students. I have been a resident of Montrose for the last eight years, and bring legal, personnel management and leadership experience to this position. I vow a solid commitment to introduce fresh perspectives, with a listening ear, and sincere desire to address the challenges our schools and students face today. I am eager to serve our community in this important responsibility; as a retiree, I have the time, and hope to receive your vote. More information is available on Facebook, or you may contact me at [commiteetoelectcharlioswald@protonmail.com](mailto:commiteetoelectcharlioswald@protonmail.com)



*Charli Oswald. Courtesy photo.*

**?**

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**MONTROSE COUNTY COLORADO**

# REGIONAL NEWS BRIEFS

## CITY OF MONTROSE'S 2024 BUDGET OPEN HOUSE

*Special to the Mirror*

MONTROSE--The City of Montrose's 2024 budget open house will be Tuesday, Oct. 17, in the City Council Chambers located at 107 S. Cascade Avenue, starting at 4:30 p.m. View the proposed budget at [CityofMontrose.org/Budget](http://CityofMontrose.org/Budget). Copies are also available at City Hall (400 East Main Street) from 7 a.m. to 6 p.m., Monday through Thursday. All interested citizens are encouraged to give written and verbal comments.



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# OPINION/EDITORIAL: LETTERS

## CITIZEN SUPPORT OF SHERIFF LILLARD UNWAVERING

*Editor:*

Our Montrose County Sheriff is HANDS DOWN the most respected elected official I have ever had the pleasure of knowing. His integrity, professionalism and experience has transformed the Montrose Coun-

ty Sheriff's Department into a cohesive organization that unlike in the recent past was denigrated beyond belief. Currently what is missing is a Board of County Commissioners that to date and as noted in the recent budget workup lacks the under-

standing that the Sheriff's decision package (or request) should be approved. We the people have supported the Sheriff's Department financially to the tune of millions of dollars in Public Safety Sales Tax (PSST) REVENUE THAT IS A SEPARATE FUND from the General Fund of the county 70% of which is available to support the Sheriff's latest request.

Too often we say that we (including the BOCC) say that we support our law enforcement personnel and the citizens of Montrose County and then go about our business and assume our elected BOCC will do the right thing. But that has not been the case. Not this time! There is no room for assumptions and excuses. We stand firmly behind Sheriff Lillard and the men and women of the Montrose County Sheriff's Department 1000%. It is time that we deliver for them the retirement program and pay increases that they not only deserve but have earned.

To our MCSO department personnel, you are the very best, we know it, and we will not turn our back on you or remove this issue from the political process until it is satisfactorily resolved to your satisfaction. The money has been provided by Montrose County taxpayers and has been collected; it is time that it is dedicated and spent for the purpose that the PSST was passed.

We all have a deep seated interest in this issue. Please attend the Sheriff's Budget request that will be before the BOCC on October 19, 2023 at 10:00 A.M. at the Road and Bridge facility conference room on LaSalle Road.

I submit this with my deepest respect for the men and women of the MCSO,  
*William Bennett, Montrose*

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# OPINION/EDITORIAL: LETTERS

## THANKS FOR STEPPING UP, MONTROSE!

Dear Montrose Republicans,

Did you know that Montrose has way more Republicans than Democrats? We are a very Conservative community. The sad thing is that many Republicans think their votes don't count because of fraud; and while I agree that there is voter fraud, I still want to encourage all my fellow Republicans to make sure you cast your ballots!! There should be NO reason why we can't elect Republicans in our community. I know School Board races are supposed

to be non-partisan, but who are we fooling when it comes to what Principles we allow in our schools?? Democratic policies teach that the teacher or doctor have more of a say than a parent does. Republicans, please don't throw that ballot in the trash and do your Montrose Community a favor by electing:

- Ted Valario
- Dawn Shieldt
- Charli Oswald
- Neisha Ballack

There is no reason why we can't get these people in, if you will just VOTE! Ballots come out this week!

P.S. You may want to know that two of the opposing Candidates have accepted money from the Democratic Party (see the Tracer website). I don't know about you, but I don't want anyone elected that partners in any way with the values of the Democratic Party. Thanks for stepping up, Montrose!

Jodi Woodden; Montrose



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# OUTSIDE THE BOX: BY TWYLA RIGHTER

## THE COFFEE MUG ON MY COUNTER



**Twyla Righter. Photo by Jess Pollard.**

By Twyla Righter

MONTROSE-I have a coffee mug on my counter today. It's red and white and it says, "El Tapatio." Why would I have this mug? Some of you know. A small minority of locals will see this comment and immediately nod and think... 'I bet I know.'

When I say: 'This coffee mug comes with an amusing story of a dinner out in Delta one cold fall evening...' those of you who wondered are now nodding and maybe have a small giggle. Those of you who are not giggling might be a bit more clued in if I were to say - I once had a similar evening (not to the same level) but similar - at El Jimador here in Montrose.

Now I bet a good chunk of you have hopped on board. You've had the... "Oh no... wait a second now," moment that I am about to share. Well - here's a story with a bit of a shout out to - and a warning - regarding an awesome, but buyer be weary, local restaurant.

It started on a working day with my ridiculously good looking husband. We had spent an entire day doing manual labor in the cold. I had multiple layers on, under a big stained old puffy coat. Complete with



**The El Tapatio mug gracing the counters of Western Colorado is a sweet memory for all those uninitiated folks who say, "Yeah - we'll take the big one." Courtesy photo by Twyla Righter.**

work gloves and beanies and carharts that smelled of linseed oil and campfire smoke. We had been working all day and we were spent. He was similarly smelly and chilly and tired.

Added to this long, cold and physically taxing day we then had the difficult responsibility of having been the first to arrive on the scene of a car accident. It wasn't horrible, but it wasn't great. In a section of road with no cell service we spent a good hour flagging people down to get help and then waiting for help to arrive. By the time the troopers arrived it was dark and cold and we were so ready to eat and get warm and relax.

This is when we pulled into Delta and pulled up to El Tapatio restaurant. I will say it with all the confidence I have ever had: Mexican food is the best. Period.

It is one of the greatest blessings to all of humanity. I do not think more happiness has been brought with amusement parks or mediation studios or antidepressants than has been brought by a plate of perfect tacos and a margarita. God bless the Mexican culture and may they forever reign as the greatest culinary geniuses - of all time - in all the world forever. Amen. Amen. So said and so shall it be.

DO NOT even talk to me about about French food. A nice Croissant is great - it

is. And I love cheese and wine- it's lovely. But it is nothing - NOTHING on a great enchilada. Good Italian is lovely. I admit Thai food when it's excellent is a worthy adversary to our south of the border legends. But neither beats great Mexican. Nothing can touch a massive plate of nachos, or a stuffed smothered burrito with green sauce or red sauce, hot chilis and jalapenos or sopapillas... heck - just really good chips and salsa - done. Sorry to all the other cultures. You are all very pretty - but c'mon now. Good Mexican food is just completely a world beyond. They win.

So - we entered the blessed sanctuary that is a lovely local Mexican restaurant and the waiter responded to our request for margaritas with, "Do you want the big one?" and after a cold and exhausting and emotionally difficult day we said:

"Absolutely." We are going to take a nice long dinner and we want the big one.

Here's my first tip. You do not want the big one.

Or - you want to share the big one.

What you do not want is to order two big margaritas from El Tapatio in Delta. They aren't what I think of when I hear "big." Don't picture a large drinking goblet... instead picture your cuisinart mixing bowl... picture your big dutch oven pot... picture your home depot bucket.

# THE COFFEE MUG ON MY COUNTER From previous pg

Ok - maybe not that big. But the kinda big that makes you do a low whistle and mutter a long slow, "daaaaayyyuuuummm!" These are big. Then you start sipping. You start having giggle fits with your spouse. You start looking at the incredibly ornate designs on each individual bench seat. You start taking turns wandering around the restaurant to check out the other seats and report back to one another what you discovered. You start thinking that this is the most fun restaurant with the most hilarious husband and most incredible ambiance!

Then you start thinking maybe they put something in your massive margaritas. Maybe there's more than tequila because maybe this can't possibly be as ridiculously funny as you've decided it all is. And

maybe you and your husband have become that super annoying couple at the restaurant. And maybe the people of Delta are rolling their eyes at the weird Montrose interlopers who are so embarrassing. And so then you decide that you need to cut it with the margaritas and order some coffee and get your crap together. And while you sit for an hour or more chugging coffee and chatting with the teenager who is managing your unruly table your hubby decides he really wants to buy the coffee mug.

The necessity of this branded coffee mug is a clear sign that we are not the first. This is not a breakfast joint - this is a place that knows it is going to have few folks a week who think... Wow - that's what big means? And then think - um I think I'm going to need a cup of coffee and another

good hour. So we asked the young man if we can buy the mug and he immediately knew the price. Yet again - we were clearly not the first. Which means the following: Some of you also have the mug. Some of you heard about my coffee mug and immediately were suspicious. Somewhere around this community there are folks with the same mug, with a similar story and a happy memory of the joy and comfort that a great Mexican restaurant can bring. This may be the stuff of local legend. Like knowing you don't stop at Oak Grove Elementary when you're heading west. The El Tapatio mug gracing the counters of Western Colorado is a sweet memory for all those uninitiated folks who say, "Yeah - we'll take the big one."



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# OPINION/EDITORIAL: LETTERS

## IF YOU LIVE IN A GLASS HOUSE YOU SHOULDN'T THROW STONES

*Editor;*

Gosh, Douglas Crawford was sure bothered by Congress woman Lauren Boebert's sex life last week. His hissy fit included an accusation that she groped her date at a theater. After watching camera footage closely, she at one point briefly laid her hand on her date's thigh. Is this your definition of "groping", Mr Crawford? If so, that is a hateful and laughable accusation! Ms. Boebert was in violation of rules when it was obvious she was vaping on the video but left peacefully when asked and has apologized. The biggest mistake Boebert made that night was dating a Democrat. She dumped him without delay. Crawford used Anthony Wiener and Al Franken(both Democrats) as a supposedly comparison to Boebert's actions. Weiner had a sick habit of photographing his erect penis and putting the photos on the internet. That certainly was no comparison to Boebert's activity. And Franken had a photo taken of him with his hands cupped over the breast of a sleeping female and that picture went viral. That also was no comparison to Boebert's activity. Some people just can't stand an attractive female conservative politician and have to dig at them about any trivial little thing.

Crawford then described his abhorrent attitude towards the Republican Party when he said they have "gone to hell and back"! Well yeah, that's where we've all been the last three years under this Commander-in-bribery, Barack Biden. But America has yet to come "back". But Donald Trump will accomplish that when he is president again. By the way, Democrats love to use and misuse the word "democracy" when they think it's in their favor, but where's the democracy in their attempt to deny Trump from running for president?? Their goal is to send him to prison for life. That's the tactic used in communist countries. Congratulations for sinking to new lows, Democrats! Crawford said the GOP is the party of "hypocrisy and double standards"! Really?? How about Hunter Biden? The whole Democrat party is covering for all his crimes. The gun charge was dismissed that anyone else would have been convicted of. He used prostitute payments as business expenses on his tax filings. He has never been prosecuted for those false tax filings. His drug

usage is illegal under federal law, but his daddy condones it. He has had free rides at taxpayer's expense for years on Air Force 2 and Air Force 1 to foreign countries to conduct his treasonous private business deals with enemy communist nations. And now many members of the Biden crime family just happen to have an influx of millions of dollars into their bank accounts! Evidence is coming out now that daddy Joe was also involved in those deals. Ya can't remain hidden forever, Joe!! That is not just hypocrisy and double standards. That is treason, but is it ignored? You betcha! Being a Democrat guarantees it! Speaking of treason.....there is even a member of the women's Democrat House squad who has a Palestinian flag displayed beside her office door!

Already the three-year anniversary of the Lafayette Square Black Lives Matter riots in the nation's capital have come and gone and they have been easily forgotten. Rioters tried to get inside a fence at the White House. The next day rioters set fire to the historic St. John's Episcopal Church a block from the White House. Rioting continued all summer. Damages ran into billions of dollars. Some rioters were arrested, yet few faced federal charges that were dropped by the U.S. Attorney's office. Compare that with the Jan. 6 breach of the Capitol. The Biden Injustice Dept. has relentlessly pursued those Trump supporters involved. More than 1,033 have been arrested with approx. 485 federal defendants receiving sentences. Some were arrested for just walking into the Capitol and then leaving. One was arrested who wasn't even there that day. Many are still sitting in a filthy jail and not charged with any crime. That is unconstitutional, but the double standards of the Democrat party can do it without repercussions. Roughly 277 defendants received sentences behind bars. FBI agents worked about 16,000 MORE hours during the pay period of the Capitol riot of Jan. 6 than they did during the pay period of the 2020 BLM riots. How many BLM or Antifa rioters are in jail? ZERO! In fact our glorious Cacklin' Kamala Harris had a get-out-of-jail-free bonding service that turned criminals loose as fast as the police could bring them in. How's that so far for hypocrisy

and double standards of Democrats, Mr. Crawford? Examples are endless. It goes on.

In New York City.....there, they have agreed to pay \$21,500 to EACH of the hundreds of protestors who complained about police doing their jobs by using riot control measures in the Mott Haven neighborhood of the Bronx during the George Floyd riots of 2020! Settlement is expected to reach \$6 million. This also happened in Philadelphia paying \$9.25 million to Floyd protestors also alleging "police abuse". Again, how many of those rioters went to jail? ZERO! And those millions of dollars is only a drop in the bucket. Contributions and pledges to Black Lives Matter from 2020 to the present from companies total around \$99 billion according to the database that tracks these funds. That amount translates into a transfer of wealth from shareholders and pensioners to a class of professional agitators and race hustlers. How's that for hypocrisy and double standards in the field of criminal justice?

Now, the Commander-in-child-and-drug trafficking has another lame-brained idea. He has awarded an "anti-terrorism" grant worth more than a half-a-million dollars to an LGBTQ+ activist group which distributes condoms and "sex education" material to expand its "in-school support for LGBTQ+ youth as young as age 6. The school-based group, which is based on the Black Panther party, calls for the abolition of the police, the erasure of the U.S. border, and the "reclamation" of all "stolen lands" by Indigenous people. Although the grant is "intended" to prevent targeted violence and terrorism, the grant explains it will provide in-school support for LGBTQ+ youth training for school staff and youth service providers and resilience programming for LGBTQ+ youth ages 6-24. How's that related to "terrorism"? Hypocrisy? Double standard?

So, Mr. Crawford, be careful of who you accuse of hypocrisy and double standards, when the Democrat party is the champion of that behavior along with raking in treasonous bribes and collusion with America's enemies. They say that if you live in a glass house you shouldn't throw stones! And you shouldn't dwell so much on the sex lives of pretty conservative women! Jerry Bartholome



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# RE-1J BOARD OF EDUCATION HEARS SUPERINTENDENT PRESENTATION ON FACTS & RESOURCES

By Caitlin Switzer

MONTROSE-The Montrose County School District RE-1J Board of Education met State Golf Champ Noah Richmond and heard a presentation on Facts and Resources by Superintendent Carrie Stephenson at the regular board meeting of Tuesday, Oct. 10. Those present included Board of Education President Sarah Fisher, Board Vice President Eric Kelley, District A Director Erik Westesen, District C Director Alice Murphy, and District D Director Tom West.

District B Director Jacob Suppes and District G Director Stephen Bush were absent.

Fishing called the meeting to order and led in saying the Pledge of Allegiance. The Board voted to approve the meeting agenda.

## STUDENT SPOTLIGHT

RE-1J Public Information Officer Matt Jenkins introduced Montrose High School Senior and 4A State Golf Champion Noah Richmond. "Probably the toughest part was keeping at it," Richmond told the Board of Education, "...to just keep working on my game...and don't give up."

## STAFF SPOTLIGHT

Jenkins presented Altrusa Apple Awards to P.E. Teacher Laurie Brooks from Cottonwood Elementary School and to Early Childhood Educator Cherie Chavez from the Early Childhood Center (ECC). Cottonwood Principal Chris Lehman was present to honor Brooks, and Early Intervention Manager Jamie Simo was present to honor Chavez.

## BOARD ADVISORY COMMITTEE UPDATES

District C Director Alice Murphy gave an update. The District Accountability Committee met, elected Meydo Cooling as President, and heard a presentation on academic data. Murphy said, "...They had some ideas. I think it's going to be a good group this year."

Murphy discussed Homecoming events in Montrose and Olathe, where she won a game of Cow Pie Bingo. "I tell you that's a pretty fun activity," she said.

Montrose High School Band held a March-A-Thon and Yard Sale, Murphy said. Olathe put on a pretty good half-time

show despite having less than 20 kids. FFA had a chile fundraiser in Olathe, LULAC held a tamale sale. Oak Grove Elementary is selling butter braids, and book fairs took place during conference week. The Early Childhood Center is engaged in strategic planning. Also, "I heard there's a goat kissing thing..."

"I heard that tonight too," Superintendent Carrie Stephenson said. "That's at Pomona next Thursday."

District D Director Tom West gave a report on the facilities committee. Deferred maintenance is being completed little by little.

Board Vice President Eric Kelley, also on the facilities committee, said that evaporative condensers are being replaced.

## COMMUNITY INPUT

There were no comments heard from the community.

## SUPERINTENDENT PRESENTATION-FACTS AND RESOURCES

RE-1J Superintendent Carrie Stephenson gave a presentation. "I wanted to make sure that facts and resources are out there for our community when they are at these forums...I just wanted to make sure accurate information is out there for the community."

The [full presentation](#), with links to all resources mentioned, is included in the meeting packet. Stephenson said that she also serves on the boards of Colorado Mesa University (CMU) and the Montrose Economic Development Corporation (MEDC).

She addressed district communications, stating that when she was hired she filled the communications position that had not been filled since 2015. "I don't think that anyone can ever say we have enough communication..." The results are visible at every board meeting, when PIO Matt Jenkins shares district successes, she said, and the district's social media presence has increased.

The district web site is packed with data, Stephenson said, and walked directors through the process of finding information on [Board Docs](#).

Murphy said, "It's nice to have all the resources in one place."



*The Board of Education learned of a goat kissing event set for Oct. 12. Facebook graphic Pomona Elementary School.*

Also, the RE-1J phone system is outdated, Stephenson said, and staff are making frequent visits to student homes. "It's happening frequently, and I don't know if the community realizes that."

## OLD BUSINESS

Directors voted to approve on second reading revised Board policies [EF-E1](#) regarding school meal accounts, and [EFC](#) regarding Free and Reduced Price Food Services.

## CONSENT AGENDA

Consent Agenda items including [Personnel Report](#) were approved.

## NEW BUSINESS

The Board voted to accept the Altria Litigation settlement in the amount of \$32,081 and approve related expenditures. Stephenson gave background on the ongoing litigation, which is also highlighted in the meeting agenda:

**Background**-The meeting agenda notes that "over the past three years, the attorneys at Frantz Law Group have been working tirelessly representing nearly 1,000 school districts across the country against JUUL Labs and Altria to hold them accountable for the youth vaping epidemic that is impacting our nation. As a result of these efforts, in July of 2023, a proposed settlement was reached with Altria and its founders, directors, and board members. MCS D will be receiving a settlement in the amount of \$32,081. This settlement amount will go into the Student Wellness Engagement (SWE) budget."

*Continued next pg*



## PRESENTATION ON FACTS & RESOURCES From previous pg

Also approved were revised Board policies: AC, regarding Nondiscrimination/Equal Opportunity; BE, regarding school board meetings; and JB, regarding sexual harassment. Deletion of BDFC, Preschool Council was approved.

The following policies were reviewed on First Reading, with no action required: revised board policies BC-R, School Board

Member Financial Disclosure; IC/ICA, School Year/School Calendar/Instruction Time; IHBIB, Primary/Preprimary Education; KDB-R, Public's Right to Know/Freedom of Information.

Finance Director Emily Imus discussed the Oct. 5 Enrollment Report. The official October Count was taken Oct. 3, but has not

yet been released. Current district enrollment is 6,047. Fishing called enrollment numbers, "Really great news." Early Childhood Center (ECC) information including data dashboard is included in the meeting packet as well. With no further business, the board of education voted to adjourn.

# REGIONAL NEWS BRIEFS

## LONE CRAVER TIMBER SALE TO BEGIN ON NORWOOD RANGER DISTRICT

*Special to the Mirror*

NORWOOD— The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests' Norwood Ranger District announces timber harvest operations beginning for the Lone Craver Timber Sale. The Lone Craver Timber Sale includes mixed conifer units marked for treatment as a result of declining health due to insect damage, mainly from spruce budworm. Damage was first recorded in stand exams in 2018 and the severity of damage continued to increase in 2019 and 2020. Most of the area is moderately to heavily defoliated as a result. The subalpine fir and smaller diameter conifer trees were most affected.

Norwood residents and forest visitors can expect to see logging equipment staged along National Forest System Road (NFSR) #615 near West Beaver Creek beginning Oct. 18. Trucks will travel on and off the forest using NFSR #611 and #615. Timber operations will continue throughout the fall, weather permitting.

Speaking to why this project is important to the forest, Megan Eno, Norwood District Ranger, stated that "drought-stressed and insect damaged trees are more susceptible to spruce beetle infestation. The benefit of treating these particular stands will not only decrease the likelihood of future spruce beetle impacts but also reduce hazardous fuel loading in the event of a wildfire and even more importantly, encourage natural regeneration that will provide more multi-aged and multi-storied stands for the future."

The Lone Craver timber sale is part of the larger Spruce Beetle Epidemic and Aspen Decline Management Response (SBEADMR) project. To learn more about SBEADMR, visit the Colorado Forest Restoration Institute website at <https://cfri.colostate.edu/projects/sbeadmr/>.



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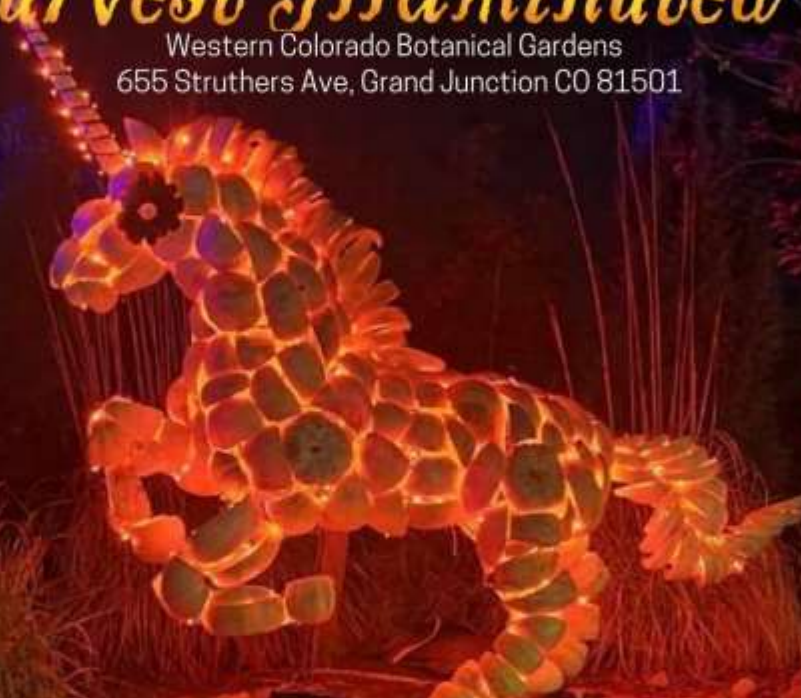
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## MONTROSE RED HAWKS SPORTS ROUNDUP

By Cliff Dodge

**Softball:** The Montrose Red Hawks softball team snapped a long losing streak last week as they swept a doubleheader with the Basalt Longhorns. The Red Hawks prevailed 20-2 in the first game and 16-1 in the nightcap.

The Red Hawks started slowly as they pushed 2 runs across in the first inning. The home team then exploded for 12 runs in the second inning and 6 additional tallies in the third and final inning. Senior Andie Blowers led the offensive fireworks with a long home run, 2 hits and 7 runs batted in. Senior Sadie Corn pounded out 3 hits and 2 RBIs. Junior Cali Fulkes and Senior Steve Firkins contributed 2 hits each to offensive effort. Andie Blowers was on the bump for the Red Hawks and allowed 2 runs on just 6 hits for the victory.

The second game of the twin bill saw the Red Hawks jump out to a 5-0 lead in the first inning. The major damage occurred in the third inning as the Red Hawks scored 10 runs to salt the game away. The Red Hawks pounded out 15 base hits. Leading the hit parade was senior Andie Blowers and junior Meridith Cervantes with three base knocks. Senior Sadie Corn, Senior Stevie Firkins and Senior Abby English all chipped in with 2 base hits. English also accounted for four runs batted in.

On Wednesday the Red Hawks traveled to Gunnison to take on the Cowboys in a non-league affair. This was a very close-knit contest throughout. The score was tied 1-1 then 3-3 and 4-4 after four innings. The Red Hawks erupted for 4 runs in the 5<sup>th</sup> inning to lead 8-6 heading into the final inning. The Cowboys scored 5 runs in the

6<sup>th</sup> inning and won the game 11-9.

The Montrose Red Hawks played gracious hosts to the Grand Junction Tigers for the final regular season game last Saturday. The two teams were even after two innings when the Tigers exploded for 13 runs in the next three innings to win 13-0. The game ended after five innings. The Red Hawks managed only three base hits including doubles by Senior Andie Blowers and Senior Abby English. Junior Aubrey Good had the Red Hawks' other base hit. Andie Blowers and Steve Firkins did the pitching for the Red Hawks.

The season was a difficult one for the players and the entire program. The team saw a coaching change in the latter portion of the season and faced adversity throughout. Despite a 6-16 season record the players played hard and never quit despite not having the results the coaches and the players expected.

**Volleyball:** The Montrose Red Hawks volleyball season comes to a close, as the team struggles valiantly to improve their record and cement a place in the upcoming state playoffs. The Red Hawks traveled to Grand Junction on Tuesday for a match with the Central Warriors which they won 3-0. The initial match was another glove-tight affair which was eventually captured by the Red Hawks 26 to 24. The narrow victory for the Red Hawks seemed to take the fight out of the Warriors as they then fell 25-14 and 25-18 to bring home a 3-0 margin of victory.

The win boosted the Red Hawks overall record to 10-5 and a perfect 7-0 record in league action. The Warriors record fell to 5-6.

Sophomore Maggie Legg led all Red Hawks with 13 kills. Senior Jady Hall

chipped in with 10 kills. Senior Logan Matouch led the Hawks with 10 digs. Senior Taygan Rocco led the team in assists as she handed out 30. Legg and Matouch handled 14 and 13 service returns to lead the Red Hawks in that department.

The road trip continued as the Red Hawks traveled to Coal Ridge on Thursday. The Red Hawks put the pedal to the medal and cruised to a 25-9 victory in the first match. The Titans awoke during the second and third matches, but the Red Hawks prevailed 25-22 and 25-23 to sweep the three-match set.

The win pushed the Red Hawks overall season record to 11-5 and a perfect 7-0 in league action. Looking down the road the Red Hawks have matches at home on Tuesday vs the Fruita-Monument Wildcats and road games vs Erie, Holy Family and Discovery Canyon. The Red Hawks are currently ranked 29<sup>th</sup> in the 4A classification with the top 32 teams advancing to the Regional Playoffs at the end of the season.

**Soccer:** The Montrose Red Hawks soccer team played host to the Grand Junction Tigers on Thursday afternoon at the Montrose pitch. The two teams were very evenly matched and they battled to a scoreless draw, 0-0. The Red Hawks overall season record moved to 5-5-3 and 2-2-3 in league action. The Tigers saw their season mark move to 5-4-4 overall and 2-1-3 in league play. The Red Hawks are currently ranked 29<sup>th</sup> in state rankings which would qualify the team for a spot in the Regional Playoffs.

The remaining schedule down the stretch calls for a home contest vs the Steamboat Springs Sailors and a road trip to Durango to take on the Demons on Oct. 17.

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# REGIONAL NEWS BRIEFS



## Uncompahgre Watershed Partnership

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[www.uncompahgrewatershed.org](http://www.uncompahgrewatershed.org)

## **For Immediate Release**

### **2023 Spirit of the River Youth Art, Poetry and Essay Contest**

- THEME:** The importance of protecting our rivers and what we can do to preserve our watershed
- WHAT:** Youth Art, poetry and essay contest organized by the Uncompahgre Watershed Partnership, open to those homeschooled and students in grades K-12, who live in the seven counties (Delta, Montrose, Ouray, Gunnison, Hinsdale, San Juan and San Miguel) within the Uncompahgre River watershed
- WHEN:** Contest submissions accepted through midnight October 31<sup>st</sup>, 2023.
- HOW:** All entries should be emailed to [info@uncompahgrewatershed.org](mailto:info@uncompahgrewatershed.org).

#### **Entry Submission Guidelines:**

- Must highlight contest theme
- Must be entrant's original work
- Must include with entry the entrant's name, age, grade, address, phone, and email

#### **Poetry & Essay Criteria:**

- Must be no longer than 500 words
- Must be submitted double spaced in 12 pt. Times New Roman font in a google doc, msword file or pdf file

#### **Additional Art Criteria**

- All art media acceptable
- Must be submitted via screenshot or jpg, and actual art must be provided for judging if requested, and for display at the recognition event on Nov. 16

#### **Prizes for the Art, Poetry and Essay contest: 1<sup>st</sup> place \$200, 2<sup>nd</sup> place, \$100, 3<sup>rd</sup> place \$50, and two \$25**

#### **Honorable Mention Awards**

Prizes will be awarded at the UWP's 10<sup>th</sup> Anniversary Celebration on November 16<sup>th</sup>, 2023. All submissions/work to be displayed/exhibited at the Celebration on November 16<sup>th</sup> at the Ouray Community Center from 5:30p to 8pm.

#### **Judging and Evaluation**

UWP Board and staff members and two to three community judges (possibly including teachers, artists, writers, and prize sponsor) will review materials based on submission criteria, as well as on the following criteria:

- ✓ **The entrant speaks from the heart and introduces conservation ideas.**
- ✓ **The poetry, essays and any text on art will be judged on spelling and grammar.**

**If you have questions, please contact: [info@uncompahgrewatershed.org](mailto:info@uncompahgrewatershed.org)**

# OPINION/EDITORIAL: LETTERS

## CRA PLAN NO LONGER MEETS THE CHANGING NEEDS OF SHERIFF'S DEPT.

*Editor:*

Two weeks ago the BOCC was scheduled to have a public work session for both the Sheriff and the DA to present their respective Budget Decision packages for next year. For an as yet unexplained reason the Sheriff's presentation was cancelled. One of the most important issues in the Sheriff's package was the Department's desire to change their retirement plan from the Colorado Retirement Association [ CRA ] to the statewide Fire Police Pension Association [ FPPA ]. One might logically ask WHY? The simple answer is that the CRA plan no longer meets the changing needs of the Sheriff's Department, particularly in regard to recruitment and retention of officers. By joining FPPA Sheriff deputies can retire at a younger age with a more well-funded pension.

It is interesting to note that here in our

local Western Slope area, Olathe, Mountain Village, the Montrose Fire District, and our own Montrose Police Department are participants in the FPPA plan which is 102% fully funded.

In 2018 the City of Montrose recognized the distinct benefit of the FPPA plan and adopted it for the Montrose Police Department.

Chief Hall indicated to me that it is working well and noted that FPPA "gives our officers a retirement future," a benefit sorely lacking in our Sheriff's Department under the current CRA plan.

For some as yet unknown reason, our Commissioners have expressed no support for the Sheriff's request. The only argument voiced to date against a change to FPPA has been that it is "unfair" to other county employees, which clearly indicates that FPPA is seen as a superior plan

to CRA. FPPA was created strictly for fire and police statewide, but I would suppose that when FPPA is adopted any envious county employee would be welcome to apply for any deputy positions. And it can't be an issue of money, since a Commissioner noted at the Republican meeting that the county is "flush with cash." In addition since Sheriff Lillard took office, Rosemary Murphy confirmed that \$23 + million have accrued to the benefit of the Sheriff in the PSST fund. All that is required for the Sheriff to change from CRA to FPPA is \$168,000, certainly a paltry sum considering the millions the county plans to spend. I would think the men and women who provide our front line defense are certainly worth that!!

Last Monday, October 9, the BOCC had a meeting with one item being a presentation by the CRA representative about FPPA, however no one was invited from FPPA! Of course, with FPPA representing a loss of revenue for CRA, the CRA representative was there to downplay his competitor's abilities to perform. To those in attendance it was plainly evident that this presentation was a poorly planned charade to give Commissioners cover to deny the FPPA request.

On Tuesday October 10 County Manager Jon Washbusch, in his budget presentation, recommended denying the FPPA plan and an additional 4% wage increase. Considering the fact that Montrose City Council saw the obvious benefits of FPPA for the MPD in 2018, it seems incomprehensible how the county could take such a position in 2023. It's becoming painfully concerning to many that our Commissioners are not coming across as the strong supporters of our Sheriff's Department as we have expected.

If this concerns you, please note that this Thursday October 19 the Sheriff will make an after the fact public presentation on his Budget Decision Package to the BOCC at 10:30 AM in the Road & Bridge office on LaSalle Rd. All are urged to attend to support our Sheriff and the officers who risk their lives to protect us all!

*Dee Laird, Montrose*

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## RED HAWKS BLAST CORONADO 57-8 From pg 1



**Red Hawks running back Aiden Grijalva (#6) scores one of his two touchdowns vs the Cougars in 57-8 victory. Photo by Cliff Dodge.**

turn the ball over on downs. The offense put together a 7 play drive with Elijah Womack catching a short pass and running 10 yards into the end zone for a 22-0 lead.

You have to give the Cougars credit for trying. Their next offensive attempt was thwarted when senior Jackson Barnett picked off the Red Hawks third interception. The score was 22-0 as the first quarter ended.

The Red Hawks opened the second half with a burst by Austin Zimmer and a 15-yard touchdown run by Jaxon Killen to up the score to 29-0. The Cougars then began their best drive of the game moving from their own 24 yard line to the Red Hawks 26 yard line. The Cougar's pass was picked off by senior safety Cash Vang ending the threat.

The Red Hawks fumbled the first offensive snap and turned the ball right back

over to the Cougars who again were unable to move the football and turned it back to the Red Hawks on downs. Aiden Grijalva then put together two long runs, the second a 25-yard sprint to the end zone increasing the score to 36-0.

Once again the Cougars turned the ball over on downs to the Red Hawks. Aiden Grijalva then scored his second touchdown of the game by racing 43 yards to pay dirt. This moved the scoreboard to 43-0, which triggered a "running clock" for the entire second half of the game.

The Red Hawks took the second half kickoff and scored almost immediately as junior Will Neuman lugged the rock 16 yards for the score, 50-0. The Red Hawks defense snuffed a drive of 40 yards by the Cougars with another interception, this one by senior Landon Linville. On the next offensive play, the Red Hawks running back Elijah Womack scored on a 70-yard

sprint to make the score 57-0. The second, third and fourth units for the Red Hawks played basically the second half giving up one long 13 play drive for the Cougar's only score. Final score 57-8.

The final stretch run for the Red Hawks will determine who wins the league championship. Currently Montrose and Mesa Ridge are atop the standings at 2-0. They are followed by Pueblo West, Falcon and Coronado. The CHSAA 4A football rankings have Palmer Ridge, Erie and Montrose in the top three. In the overall state rankings Palmer Ridge is ranked 6<sup>th</sup>, Erie 7<sup>th</sup> and Montrose in 12<sup>th</sup> position.

The next game for the Red Hawks will be a much more difficult proposition. The Red Hawks play host to the Mesa Ridge Grizzlies who have put up big numbers throughout the season. The game is now scheduled to kick off at 6 p.m. on Friday, Oct. 20 at the stadium here in Montrose.



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# REGIONAL NEWS BRIEFS

## RESTORE THE BALANCE RATES DELTA COUNTY SCHOOL BOARD CANDIDATES

*Special to the Mirror*

DELTA—While many people debate political polarization on the national level, some Delta County residents are thinking locally.

The recently formed Delta County affiliate of Restore the Balance (RTB-Delta County), a nonpartisan nonprofit organization working to build “an alternative to political extremism,” surveyed candidates running for the Delta County School Board and released its first evaluation.

Dan Burke (District 4) received the highest score, while Bethany Suppes (District 3) received the lowest score. RTB-Delta County could not evaluate the other two candidates, Tony Bohling (District 2) and Hardy Hutto (District 4), because they did not respond to the questionnaire.

“We are Democrats, Republicans, and independents who want to ensure political extremism and violence don’t take root in Delta County local government,” said

RTB-Delta County Chairman Aaron Clay. “The school board election is a great place for us to start because education must be free from political partisanship and ideology.”

RTB-Delta County sent questionnaires to the four school board candidates running for the three open seats. The questionnaire consisted of nine questions and addressed three primary categories: the candidates’ qualification for office, their grasp of and vision to address important issues, and their ability to separate education from partisan politics and ideology.

“Ideally, if you’re running for public office, you want to be as transparent as possible, so we are encouraged that some of the candidates made an effort to respond,” said Clay.

With the completed questionnaires, RTB-Delta County Election Task Force members reviewed and evaluated the candidates’ essay-style responses based on RTB’s

guiding principles, which promote nonpartisan, good-faith, civil discourse and reject political violence and extremism.

The task force members independently scored the candidates’ responses to each question, with 7 being the highest score. Burke received an overall score of 6.7. Suppes received an overall score of 2.8.

The questionnaire, candidate responses, tabulations, and scoring rubric are all posted on the [RTB website](#). (The supporting documents are also attached to this email.)

Encouraged by their first effort, RTB-Delta committee members are already planning for future elections.

“This was a great learning experience for us,” said Clay. “We hope to improve our processes and grow our membership before the next election.”

More information about RTB-Delta County is available at [rtbdeltacounty.org](#) and [restorethebalance.org](#).

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## **D.A. SETH RYAN SPEAKS OUT ON CRIMINAL JUSTICE 'REFORMS' From pg 1**

I caught up with Ryan after the work session, to further discuss citizen concerns. Ryan said that 7<sup>th</sup> Judicial District Chief Justice J. Steven Patrick has attempted to issue an executive order mandating discovery that goes beyond that required by Rule 16, the statute that involves deadlines for the prosecution to get all evidence to the defense for the discovery process. This includes recordings of statements by witnesses and/or the defendant and photographs of the scene among other things.

Patrick's mandate would violate state law, Ryan said, noting that while Judges are given complete discretionary power, they do not have the authority go beyond the guidelines contained in Rule 16.

"There's a case that just came out," Ryan said. "Kilgore, a few years ago, that basically said judges do not have the discretion to order something outside of rule 16. Technically that would be a violation of the law if judges tried to order something that goes above and beyond rule 16.

"We get that information out to defense," he explained. "If they feel we have not given everything out to them that they are supposed to get, they can file a motion with the court that says they don't have x, y, z. Because they don't have x, y, z, it is prejudicial to them and the appropriate sanction for the court to impose would be either dismissal of the case or suppression of the evidence. There are times when if something is suppressed as a piece of evidence, we can no longer meet our burden of proof and we would have to dismiss that case on our own. If the court feels like a certain discovery violation is extremely prejudicial and egregious, they can grant a motion to dismiss a case."

Additionally, the cash bail system that has long been the rule for criminal court cases has received scrutiny in recent years for violating defendant's constitutional rights; under that system, if someone is detained who cannot afford to pay cash bail, they remain imprisoned until after the trial, even on misdemeanor charges.

"People who don't have money sit in jail longer than those who do have money," Ryan said. "It is not based on whether they will appear in court or if they are a safety risk. That is one reason why we as a socie-

ty are getting away from cash surety bonds. Another reason is people are presumed innocent unless they are found guilty."

Under the old system, those with limited funds to pay for bail could retain a bail bondsman who is responsible for making sure the suspect shows up to court. The bail bond cost could cost about 10 percent of the total bail amount.

Under the current system, suspects receive only a personal recognizance bond—a bond that requires just a signature from the suspect for them to be released. There is supposed to be a fee that is charged when the suspect does not show up to court; Ryan stated at the work session meeting that there is no evidence that this fee is being collected. This explains the high number of suspects who fail to appear as many as six times. There is virtually no accountability for suspects to show up to court, which pushes back the trial date while the suspect remains in the community.

"We should only be holding people in pre-trial if they are a flight risk or a community safety risk," Ryan said. "Different instruments have been developed to assess whether someone is a flight risk or community safety risk. That's where the pre-trial services movement has gained traction."

Districts with access to pre-trial services can provide a report to the court that includes a suspect's criminal history, confirmed failures to appear, and other evidence that indicates whether the suspect is a flight risk or community safety risk. The court also allows arguments from the defense and prosecution before determining whether a bond will be set and how much it will be. The only factors that should determine bail are whether the suspect is likely to flee the area or to be a community safety concern between the bail hearing and the trial.

"Right now, that is the future of where bonds are heading," Ryan said. "It can be frustrating...It's a change in our system based on a lot of things going on in the social justice movement. More people are getting out on personal recognizance bonds than in the past when the primary way to get people to come to court was

through a bail bondsman. A bail bondsman will make sure somebody shows up to court."

I asked Ryan what kinds of changes could be made to the criminal justice system and how the community could advocate for these changes. He talked at length about legislators passing laws without having any courtroom experience and without understanding the bigger picture.

"I'm not saying the criminal justice system doesn't need to be reformed," Ryan explained. "But I think it needs to be reformed in a meaningful way with the participation of all parties involved. Whether that's the defense, sheriffs, police chiefs' associations, judges, probation, district attorney's office. It needs to be done in a very thoughtful, data-driven way where the people who have the experience on a day-to-day basis practicing criminal law can come up with the best solutions, rather than legislators who are in their first term as legislators."

Ryan expressed frustration that the Colorado Commission on Criminal and Juvenile Justice, formed in 2007 and intended to be a non-partisan group to discuss and draft criminal justice policy, was defunded in the legislature this year. "The majority party felt like it was slowing them down," Ryan said. "That they weren't getting to the things that needed to be reformed in the criminal justice system. Right now, we have a slate of legislators in Denver who have passed some very concerning laws involving criminal justice reform."

The Colorado legislative session for 2023 passed [30 criminal justice bills](#). One of those, HB23-1293, reclassified dozens of felonies. Many were given harsher classifications, some given lighter classifications, and some crimes were removed completely. First degree burglary of a controlled substance from a pharmacy was classified as a second-degree felony and has been removed as a crime classification. Aggravated robbery of a controlled substance was removed as a crime classification. Smuggling of humans has also been removed and several classifications that fall under harsher penalties for a second offense. Arson, burglary, trespassing, and explosives are among the crimes that have received lower felony classifications under

## D.A. SETH RYAN SPEAKS OUT ON CRIMINAL JUSTICE 'REFORMS' From previous pg

this bill.

Ryan did not mention specific bills that he found concerning, but he did ask that the public pay closer attention to the legislative agendas and to message representatives with any concerns. "I think it's extremely important for people to follow

the legislative sessions and to follow the criminal justice bills that are on the agenda," Ryan said.

"And to reach out to their legislators with their opinions on whether their legislators should be pursuing these sorts of reforms. This is a danger of having a super majority

in the legislature--really any super majority in our democracy--that you can also push things through by stringing them on at the last minute. The last few sessions, a lot of the judicial reform bills that have come through have come through by ambush."

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### FOREST WIDE FALL AND WINTER PILE BURNING PROJECTS

DELTA – Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests will be looking for an opportunity to initiate the burning of slash piles over the next few months. The slash piles are the result of multiple timber sales, fuels reductions and hazardous tree removal projects. Pile burning will begin as early as mid-October when there is sufficient snow or rain present to prevent fire spread and will continue as long as conditions allow.

Slash piles have been created to remove debris and vegetation (fuels) to help reduce the risk of larger wildfires. The piles are burned in project areas where other means of disposal are not feasible. Forest thinning projects improve forest health and wildlife habitat and reduce wildfire risk near private residences and other infrastructure. Implementing slash pile burning is a critical part of reducing the risk of wildfire to communities and improving forest health conditions.

The public is reminded not to call 911 or emergency services if smoke is visible in specific burn areas. Slash piles areas and possible dates will be posted on the [GMUG Fire Info Facebook page](#). Slash pile burning is only implemented under specific environmental conditions (e.g., wind speed, relative humidity, smoke dispersion). Trained fire managers conduct the burning of slash piles with a strong understanding of fire behavior and years of on-the-ground experience.

The safety of firefighters and the public are Learn how smoke from wildfires, prescribed burns and pile burns may affect your health by visiting the Colorado Department of Public Health website <https://www.colorado.gov/pacific/cdphe/wood-smoke-and-health>.



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Delta: CB's Tavern  
970-399-3570

Delta: Pour Ernie's  
970-546-0074





# CIMARRON CREEK

**BRAND NEW CHAMPION HOME**

**LOT #1502 • \$194,000**

**WWW.CIMARRONCREEKCOMMUNITY.COM**



# WELCOME HOME!

Cimarron Creek is a beautiful community with great walking paths and views of the San Juan Mountains.

- 1,500 Sq. Ft., 3 BR/2 BA
- Spacious Open Concept Home
- Kitchen Island and Tile Backsplash
- Stainless Steel Appliances
- Shiplap Accents in Kitchen and Dining Room
- Large Garden Tub in Master Bath
- Split Floor Plan



**\$5,000 OFF  
NEW MODEL HOME  
& TWO MONTHS  
FREE LOT RENT  
THROUGH DEC. 31,  
2023**

**CALL TODAY TO SCHEDULE AN APPOINTMENT!**

**901 65.30 ROAD, #1000  
MONTROSE, CO 81401**

**970-249-0493**

# REGIONAL NEWS BRIEFS

## SAN JUAN WEAVERS GUILD ANNUAL SHOW AND SALE

*Special to the Mirror*

MONTROSE-On Saturday, November 18, the San Juan Weavers Guild celebrates its 45th annual Show and Sale at the Ute Museum, 17253 Chipeta Rd., Montrose, from 9 a.m. to 4 p.m. In addition to offering a large inventory of hand-crafted items for sale, there will be educational displays and hands-on opportunities for visitors of all ages to try weaving and spinning for themselves. Entry to the Guild sale is free, and the public is welcome. Museum facilities are wheelchair-accessible.

The Guild Show and Sale coincides with the ongoing celebration of Native American Heritage Month. CJ Brafford, Museum Director, anticipates they will have Navajo rugs on display and for sale in association with the Adopt-A-Native-Elder program that promotes and assists the work of Navajo weavers, one of whom may be on-site demonstrating tapestry weaving.

On November 18, access to the museum's wonderful exhibits will be free for one person when accompanied by a paid visitor (\$7 adult, \$5 senior, children under 12 free). Those showing AAA membership cards are also eligible for a discount. Delicious Ute frybread will be for sale on the outside patio.

The San Juan Weavers' Guild Show and Sale is one of the oldest holiday traditions in the area and draws attendees from throughout western Colorado and beyond. Many repeat customers line up before the doors open, in anticipation of this one-day event. All items are handmade by members, who work all year to create a vast and varied inventory of fiber art items.

The Guild maintains high standards for items offered for sale, many of which are not sold elsewhere. The annual sale began shortly after the Guild formed in the

1970s, primarily to give members who do not sell at craft fairs or shops an opportunity to market and exhibit their creations.

The inventory includes scarves, shawls, and other wearables, as well as decorative hangings, bowls, baskets and ornaments. Even useful kitchen items such as towels, placemats, and

potholders are elevated to the level of art in the hands of Guild members.

Fiber art education is one of the Guild's goals, and the demonstrations and hands-on activities are always popular. Learn how to turn fiber into yarn or felt and weave yarn into cloth. There will also be a display of this year's design challenge, an optional activity to encourage creativity in weaving as well as other textile crafts. This year's challenge projects are inspired by old fabrics.

Jane Errion, a felter and rugmaker who is coordinating this year's event, says "The annual Guild Show and Sale never disappoints. Hundreds of handwoven and hand-crafted items will be on display for attendees to view and purchase. Whether interested in finding special gifts or just wanting to view beautiful handcrafted items, those in attendance will see techniques invented hundreds or even thousands of years ago."

The San Juan Weavers Guild meets monthly in Olathe during the school year and into June, and spinners meet year-round in Delta; both interest groups sponsor periodic workshops. Members come from across the Western Slope and beyond. Regular meetings are free, and visitors and new members are always welcome.

See the Guild website for more information: [www.sanjuanweavers.org](http://www.sanjuanweavers.org)



*Courtesy photo.*



**WELCOMES**  
**DR. JOSHUA BAGLEY**

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**FOOT & ANKLE**

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School of Medicine  
Seattle, WA

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Medical Center  
Hershey, PA

**Fellowship**  
Baylor University Medical Center  
Dallas, TX

**Office**  
Western Slope Orthopaedics  
910 S. Fourth Street  
Montrose, CO 81401  
970-249-6641



*Now Accepting New Patients*

# Annual Holiday Crafts & Bazaar

**FRIDAY, NOV. 3RD  
9:30AM TO 6PM**

**SATURDAY, NOV. 4TH  
9AM TO 4PM**



**MONTROSE COUNTY  
FAIRGROUNDS  
FRIENDSHIP HALL**

**FREE ENTRY**

**HOURLY  
DOOR PRIZES**



For Vendor Information call **Debbie 970.531.2438** or email **montrosefootwear@aol.com**



# CIMARRON CREEK

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**WWW.CIMARRONCREEKCOMMUNITY.COM**



**\$5,000 OFF  
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# WELCOME HOME!

Cimarron Creek is a beautiful community with great walking paths and views of the San Juan Mountains.

- 1,394 Sq. Ft., 2 BR/2 BA
- Large Kitchen with Lots of Storage
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- Has a Den for Home Office or Formal Dining Room
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- Covered Patio for Outdoor Living

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**901 65.30 ROAD, #1000  
MONTROSE, CO 81401**

**970-249-0493**

# COMMUNITY OBITUARIES

## H. ANDY WICK

H. ANDY WICK was born into the loving family of Harold and Ruth Wick on October 13, 1951. At the time of his birth, he had two sisters, Kaye and Leslye, but soon a little brother, Charles, arrived to make the Wick family complete. Andy was raised on a farm at the south end of Cedaredge where fond childhood memories were created, mostly stemming from the childhood adventures of these two rambunctious brothers, but also with cousins and friends. While attending high school, Andy loved sports, so he played football, basketball and ran in track. As the Senior class President, he graduated with his class in 1970 and continued his education at Mesa State.

In 1971, Andy married his high school sweetheart, Polly Jo Hartig. The next year, at the encouragement of Polly Jo's parents, they began their lifelong commitment to building a successful dairy farm. Although most days were full of work and things to do, the love in the Wick household was abundant. Andy and Polly Jo raised three children, Jeff (Melody),

Sarah (Eric), and Matt, and are grandparents to nine grandchildren and one great-grandson.

Andy was a true advocate for agriculture, especially for the dairy and beef industries. He spent decades serving on local, regional/state, and national beef and dairy boards. He was the President of two local ditch companies, where his knowledge of the ditch systems should have been recorded. For the lifetime commitment Andy gave to agriculture, he most recently received the great honor of being an inductee into the Colorado Agriculture Hall of Fame, as well as receiving the Lifetime Achievement Award from the Delta County Livestock Association.

Andy loved his "church family" at the Eckert Presbyterian Church, where he was a member and currently served as a Deacon. He embraced every person there and greeted each with his great smile and a handshake or hug. He was genuinely concerned about every friend, whether they be at church or elsewhere. Andy's weekly joy in life was getting together with special

friends to play pool, where great camaraderie was created.

There will be a private memorial service on November 25 at 2 p.m., which will be streamed live and recorded

at [www.taylorfuneralservice.com](http://www.taylorfuneralservice.com). A Celebration of Life service, where all will be welcome to join in fellowship and share their stories about Andy, will take place early next summer. Memorial gifts can be sent to the Eckert Presbyterian Church, P.O. Box 7, Eckert, CO 81418 or to the Cedaredge FFA, c/o Cedaredge High School, 575 SE Deer Creek Dr., Cedaredge, CO 81413.

Although his death has brought great sorrow, every day with Andy was a true, true blessing.



*Now more than ever...*

*Thank you for reading*

**THE MONTROSE MIRROR**

## COMMUNITY OBITUARIES

# JERRY (BUZZ) WALTER MARCHBANKS

## January 17, 1947 - October 12, 2023

JERRY (BUZZ) WALTER MARCHBANKS, age 76, of Montrose, Colorado, passed away peacefully in his sleep on October 12, 2023. Born in Montrose to Bill and Nina Marchbanks, Jerry was raised on a farm and graduated from Montrose High School. He went on to be an example of resilience, strength, generosity, and kindness to his family and friends. Those who knew him will forever remember his shared memories, stories of adventure and the warmth of his embrace.

From a young age, Jerry was known for his outgoing, bigger-than-life, playful personality and remarkable physical strength. The love for hunting and fishing was instilled in him early on by his cherished grandmother, Rose Hotchkiss. The bond they shared and the values she imparted meant so much to him.

A dedicated patriot, Jerry proudly served his country with the US Navy as a corpsman completing two tours in Vietnam. His bravery and service were sources of inspiration for his family.

Jerry never knew a stranger and his generosity knew no bounds. Whether spoiling his children and grandchildren, offering the actual shirt off his back to a stranger, or helping anyone in need, Jerry was always there for his fellow man, especially those down on their luck.

Jerry had a love for traveling that was only rivaled by his passion for fishing and

die-hard dedication for the Denver Broncos. Game days in his home were energetic and passionate with a required quiet reverence if you were going to watch with him. If he wasn't watching his beloved Broncos, Jerry reveled for any day he could spend trolling on a lake fishing with the Grand Mesa being a favorite spot.

Jerry truly loved his work and spent over forty years within the mining industry. His professional life was marked by his accomplishments in explorative open-pit mining. His expertise and dedication to his work made a significant impact on the industry in addition to providing for his family.

Jerry lives on through his loving children, Paula Buckmier, Brian Barr (Angela), Allison Duncan (Rob), Shannon Marchbanks, and Jacqueline Davis (Lincoln) and his sister, Sherlyn Carles. As the head of a large and vibrant family, he was also the cherished grandfather to ten grandchildren and the adoring great-grandfather to four great-grandchildren. Each of them will remember his tales of adventure, the warmth of his embrace, and a nickname for everyone.

Preceded in death by his father Jesse (Bill) Marchbanks, mother Nina (Hotchkiss)



Marchbanks, and brother Dwayne Marchbanks.

Jerry's life was a testament to the power of hard work, perseverance, and the joy that comes from loving and being loved. His memory will be cherished and celebrated by all who loved him.

A service to honor Jerry's life will be held at Montrose Seventh-day Adventist Church on October 17th at 2 p.m. A special thank you to Senior Community Care of Colorado PACE and Valley Manor Care Center for the love and incredible care you showed our father.

May he rest in peace and his love of adventure, service, and generosity continue to shine brightly through his legacy, his family.

Crippin Funeral Home of Montrose is assisting the family.

CELEBRATING LOCAL BEAUTY.





# COMMUNITY OBITUARIES

## IVEN A. GALLEGOS

IVEN A. GALLEGOS 83, of Montrose passed away at Elk Ridge Health and Rehabilitation Center on October 5, 2023. Crippin Funeral Home and Crematory is assisting Mr. Gallegos' family.

## BABY WILLOW SOPHIA HESS-HERNANDEZ

***September 21, 2023-October 7, 2023***

BABY WILLOW SOPHIA HESS-HERNANDEZ was welcomed into this world with so much love on September 21, 2023, by her daddy and mommy, Cashten Hess and Mariah Hernandez-Felix. The Lord opened the gates of Heaven and welcomed Baby Willow home on October 7, 2023. Willow was just too perfect for this world...everything about Willow from her beauty to her perfect long, little toes to how alert and aware she was of everything going on around her was absolutely Angelic. Everyone loved her so so much, especially her daddy and mommy. Mariah was so attentive to her every need and Cashten shared a special song with her when she cried that would calm her down. If you ever got the blessing of holding her, you were lucky because they didn't want to ever put her down. Willow will forever hold a special place in so many people's

hearts. From day one she stole your heart, everyone melted in her tiny little hands. Mariah and Cashten, you both have the most beautiful Angel in Heaven. Willow is survived by her daddy and mommy, Cashten Hess and Mariah Hernandez-Felix, her grandparents. Juanita "Mimi" and David Sr. Dunham, grandma Kari "Lala" Escher and grandpa Tye Hess, grandparents Albaro and Adriana Felix and Auntie and Uncle Olivia and Case Dunagan -Hernandez, Uncle and Aunts; Aj, Isabel and Leslie Felix and Auntie and Uncle Grace and Hunter Hess, Great grandparents Olivia "Nana" and Joseph "Papa Joe"



Trujillo and LeRoy "Papa Lee" Hernandez, great grandpa Jose Felix as well as great grandparents Carol and David Grove and great grandma Angela Wadell. She is preceded in death by her great Uncle Manuel "Huelo" Hernandez and her great grandma Ophelia Felix as well as her great Aunt Heather Washington and David Grove. Fly high precious Angel...until we meet again... Crippin Funeral Home and Crematory is assisting Baby Willow's family. 970-249-2121.



ISSUE 440 Oct. 16, 2023

# ART & SOL

## MONTROSE WOMEN'S CLUB CRAFT SHOW BENEFITS LOCAL CHARITIES



*Courtesy photo by Lorraine Shide.*

### *Special to the Mirror*

MONTROSE-It started more than 40 years ago, an event designed to provide an early holiday shopping opportunity which would also help those in need. Montrose Women's Club (MWC) gathered local artisans, artists, and crafters to show and sell their work at an annual pre-holiday event. Proceeds from renting vendor tables for the show is given back to the community in the spring, when the club selects several groups to receive the show bounty.

Because the show was, and still is, run entirely by volunteers, table rental costs are affordable, which helps the vendors. Many spend much of the year working on their creations, so this is a big event for them, a chance to sell the things they

made at a low-cost venue.

Participating vendors come from all around the region, not just Montrose and Delta. Some travel from Paonia and Hotchkiss, even Grand Junction. Others come down from Ouray, Ridgway, Telluride, and Silverton. We even have a few from Durango!

The MWC show is also a timely socialization event for old friends, Vendors and customers enjoy catching up on what everyone has been doing since the last time they all got together. New home, new kids, grandkids, pets, maybe a job change. Sometimes customers, after retiring, become vendors, too.

Originally called the Holiday Bazaar, this community event is now called the Har-

vest and Holiday Bazaar. Covid shut the show down for a couple years, when people avoided public gatherings. Then a flurry of shows run by commercial enterprises encompassed MWC's original show dates. So, wanting to keep it an affordable alternative for vendors and available for early shopping by locals...MWC moved the date back to include fall holidays as well as the Christmas season.

It was a good move, embraced by both sellers and buyers. The show has grown since its beginning in the 1980s. We're now at 100 tables...offering personal and commercial services, tables for non-profits, and an eclectic array of merchandise. You can find hand-crafted wood, glass, and metal work, fine art and artisan-made items, antiques and collectibles, personal products, clothing and jewelry, fall and holiday décor, toys, things for pets, and a variety of food items. And, of course, the ever-popular stick-horse you always see galloping around the hall. There is...literally... something for everyone.

To add to the fun and excitement, the show also includes a section for bargain, flea-market tables, food and snacks' trucks, a kids' activity table, door prizes, and \$5 grab bags.

Admission is Free.

Montrose Women's Club invites you to join them, Friday, Oct. 20 from 9 am to 6 pm, and Saturday, Oct. 21 from 9 am to 4 pm, at Friendship Hall, Montrose Fairgrounds.

# COMMUNITY NEWS BRIEFS

## FREE SEMINAR: LEARN HOW TO GET YOUR KID INTO A GREAT COLLEGE AND HOW TO OPTIMIZE FINANCIAL AID

*Special to the Mirror*

MONTROSE-Do you know about the "How to Get your Kid into a Great College and How to Optimize Financial Aid" seminar on 10/17 at 6:30pm? It's FREE and hosted by Miss Suzy's Educational Services at 843 E. Main Street in Montrose...it's just next to Coffee Trader and across from Horsefly Brewing. It's ideal for kids and parents of all ages!



## THE FRUITA AREA CHAMBER FOUNDATION HOSTS FOURTH ANNUAL CUPS FOR A CURE FUNDRAISER

*Special to Art & Sol*

FRUITA- The Fruita Area Chamber Foundation is proud to be hosting the 4th Annual Cups for a Cure at Fruita Civic Center Park (325 E Aspen Ave) in Fruita from 1pm-4pm on Saturday, October 28th! Cups for a Cure is a fundraiser dedicated to bringing awareness to breast cancer and giving back to local nonprofit groups that support and treat those in our community fighting breast cancer. Cups for a Cure will be an evening filled with chili & soup, local beer and beverages, live music, a silent auction, and fundraising--all for a meaningful cause!

Cups for a Cure will have a chili and soup cookoff with participating businesses and restaurants, which are all competing for the title of Best Bowl. The evening will also have a silent auction with unique items from across the Grand Valley. The night

will also feature testimonials from survivors and families, allowing everyone who attends to hear the stories of those from our community who are fighting or have fought breast cancer. If you or someone you know is interested in taking part in this event to share your story, please contact 970-858-3894 or email [events@fruitachamber.org](mailto:events@fruitachamber.org).

The Fruita Area Chamber of Commerce Foundation will donate all the funds raised at Cups for a Cure to benefit and support programs through the Family Health West Foundation and the Community Hospital Foundation, which provide resources and support to members of our community who are fighting their most challenging life event.

You can purchase tickets in advance and learn more about Cups for a Cure, the



*Fruita Area Chamber Foundation courtesy photo.*

Fruita Chamber Foundation, and upcoming events at [fruitachamber.org](http://fruitachamber.org).

Please join us at Fruita Civic Center Park on Oct. 28 to support those in your community with breast cancer and help bring awareness to early detection! Thank you to Timberline Bank for sponsoring Cups For A Cure!



# MIRROR CHURCH DIRECTORY

## ALL SAINTS ANGLICAN CHURCH

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

**Office Hours:** By appointment.

**Contact Information:** (970) 249-2451  
[https:// www.allsaintsmontrose.org/](https://www.allsaintsmontrose.org/) Rec-  
 tor: The Rev Preston Gordon, [don@allsaintsmontrose.org](mailto:pgor-<br/>
  don@allsaintsmontrose.org)

**Worship Service Times:** Sundays 9AM,

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

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

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

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

## BIBLE BAPTIST CHURCH

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

Olathe, Co 81425  
 Tuesday-Friday Phone: 970-808-1021  
[www.biblebaptistchurcholathe.com](http://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](mailto:celebrationmontrose@gmail.com)

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

**Senior Pastor:**  
 Pastor Brandon Mathis

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

**Demographics:** Multi-generational  
**Celebration Kids:** Nursery (Birth-4 years  
 old) 8am, 9:30am & 11am  
 Celebration Kids (Ages 5 – 10) 9:30am &  
 11am

**Discipleship:** Students (Ages 11-  
 18) 9:30am Sundays

Adult D2 Classes: 9:30am & 11am Sun-  
 days

**Other Discipleship Opportunities:**

Youth Night: First & Third Wednesdays of  
 month 6pm  
 Celebration Groups (all ages): Sundays –  
 Fridays various times & locations  
 Seasons Young Adult (Ages 18-26) Celebra-  
 tion Group: Thursdays @ 5:30pm off cam-  
 pus location  
 Celebrate Recovery: Friday nights @  
 6:30pm

## CHRIST LUTHERAN CHURCH

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

**Address:** 1980 N. Townsend Ave., Mont-  
 rose, CO 81401

**Contact:** 970-633-0226

**Website:** [www.montroselutheran.org](http://www.montroselutheran.org)

**Email:** [montroselutheran@gmail.com](mailto:montroselutheran@gmail.com)

**Pastor:** Tim Onnen

**Worship:** Sundays at 9 AM

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

find friendly people gathered in a welcom-  
 ing environment being comforted and en-  
 couraged by the forgiveness and love of  
 Jesus, and sharing that with one another.

We are a small congregation of seniors  
 and middle-aged, sprinkled with young  
 children and teenagers.

## FIRST CHURCH OF THE NAZARENE

**Denomination:** Church of the Nazarene

**Address:** 705 South 12th Street

**Office Hours:** Monday - Thursday 9 am-  
 Noon and by Appointment

**Contact Information:** Office Phone 970 249  
 -9213, [mncfirst@gmail.com](mailto:mncfirst@gmail.com),  
[www.montrosenazarenechurch.org](http://www.montrosenazarenechurch.org)

**Pastor:** Buddy Cook

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

Wednesday: Prayer Boot Camp - 7 PM  
**Mission Statement:** *Montrose First Church  
 of the Nazarene exists to make Christlike*

*disciples in Montrose Colorado and around  
 the world.*

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

## FIRST PRESBYTERIAN CHURCH MONTROSE

**Affiliation:** Presbyterian

**Address:** 1840 E Niagara Rd. Montrose CO.  
 81401 **Office Hours:** M-Thu 9AM -  
 12PM **Contact:** 970-249-4732, [in-](mailto:in-<br/>
  form@fpcmontrose.com)

[form@fpcmontrose.com](mailto:in-<br/>
  form@fpcmontrose.com),

[www.fpcmontrose.com](http://www.fpcmontrose.com)

**Pastor:** Jesse Mabanglo

**Worship Service times:** 9:30AM,  
 Student Worship at 6PM. *We strive to en-  
 courage, challenge and support one anoth-*

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

# MIRROR CHURCH DIRECTORY *From previous pg*

## HILLCREST CONGREGATIONAL UNITED CHURCH OF CHRIST

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

Phone number: (970) 249-9047  
 Email address: [office@montroseucc.org](mailto:office@montroseucc.org)  
 Website: [montroseucc.org](http://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](mailto:office@montroseumc.org), [mont-](http://montroseumc.org)

[roseumc.org](http://roseumc.org)  
**Current Senior Pastor:** Rev. Kevin Young  
**Worship service times:**  
 8:30 a.m. Sanctuary & Virtual  
 9:45 a.m. Christian Education & Fellowship  
 11 a.m. Sanctuary  
 Montrose UMC is a leader in being fully inclusive, loving, and just servants of

Christ. Our church family welcomes people from various cultural and faith backgrounds: single, married, remarried, with or without children, from diapers to dentures.  
 Wherever you are on your spiritual journey we invite you to come discover hope, joy, peace, purpose.

## ROSEMONT BAPTIST CHURCH

**Affiliation:** Southern Baptist  
**Address:** 1598 E. Niagara Road, Montrose, CO 81401  
**Office Hours:** Tues-Thurs, 9am-4pm  
**Contact information:**  
 Phone: 970.249.4887  
 website: [www.RosemontBaptist.org](http://www.RosemontBaptist.org)  
 email: [office@rosemontbaptist.org](mailto:office@rosemontbaptist.org)  
**Senior Pastor:** Rolland Kenneson  
**Worship Service Times:** Our engaging and relevant Sunday Worship Service is at

10:45 AM. We also have Bible Study for All Ages Sunday mornings at 9:15 AM. We provide a professionally-staffed nursery throughout both.  
 Rosemont Baptist's desire is to passionately bring people face-to-face with the life-changing power of Jesus Christ.  
 We are a multigenerational church from different walks of life who love Jesus, love each other, and love our community. Everyone comes dressed in whatever is comfortable. We love meeting new people no

matter what stage of life they are in.  
**Children's services:** We have a fun Sunday School for children from four years old through youth. We provide Children's Church during the Sunday Worship Services where children four years old through 9 years can learn to be worshippers of Jesus.  
 We provide a nursery for children under four years old with paid staff providing excellent care during Sunday Morning Bible Study and Worship Service.

## SPIRITUAL AWARENESS CENTER

**Denomination affiliation:** Independent Interfaith  
**Address:** Meeting at Lions Park Community Building, 602 N. Nevada, Montrose  
 Office hours: Tues-Fri, 9 am to 4 pm,  
**Home Office** – 970-252-0908  
**Contact information:** Rev. Dr. Arlyn Macdonald, 970-252-0908, [arlyn@spiritaware.org](mailto:arlyn@spiritaware.org), [www.spiritaware.org](http://www.spiritaware.org)  
**Name of current pastor:** Rev. Dr. Arlyn

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

come. The Spiritual Awareness Center is an interfaith spiritual community welcoming spiritual seekers and people of all faiths, providing a safe place to explore and nurture the individual's unique connection to the Divine through Unity services, classes, family and community projects, including the Great Community Give-away and Wellness Fair. People of all ages are welcome. There are currently no Sunday School or nursery services provided but craft supplies are available for youth.

## ST. STEPHEN'S ANGLICAN CHURCH

**Denomination:** Anglican-Reformed Episcopal Church (REC)  
**Address:** 2405 Sunnyside Road, Montrose 970-249-4868  
**Contact:** [ststephensmont-](http://ststephensmontrose.com)

[rose@yahoo.com](mailto:rose@yahoo.com)  
[www.ststephensmontrose.com](http://www.ststephensmontrose.com)  
**Rev. Dec.** Garrett Agajanian  
 St. Stephen's is a community of caring Christians rooted in the godly traditions of the past, focused on the challenges of the

present, hopeful for the future, continuing in the Faith once delivered to the saints, using the 1928 Book of Common Prayer.  
**Sunday:** Holy Communion 10 am. Fellowship following service.  
 Children's nursery available (unstaffed).

# MIRROR CHURCH DIRECTORY From previous pg

## SUMMIT CHURCH OF MONTROSE:

### Denomination affiliation:

Southern Baptist

**Address:** 10977 60.75 Rd. Montrose, CO 81403

**Office hours:** Varies

### Contact information:

phone number: 970-275-7026

email: [summitchurchmontrose@gmail.com](mailto:summitchurchmontrose@gmail.com)

website: [www.summitchurchmontrose.org](http://www.summitchurchmontrose.org)

**Senior Pastor:** John DeSario

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

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

*Lord. Summit Church has people of all ages!*

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

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

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

*We meet for prayer at the church every Wed. at 6:30.*

## VICTORY BAPTIST CHURCH OF MONTROSE

**Denomination Affiliation:** Independent Baptist

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

**Office Hours:** Monday-Friday 8am-12pm

**Contact Information:** Phone (970) 249-

6874; email at [info@vbcmontrose.org](mailto:info@vbcmontrose.org); website: [vbcmontrose.org](http://vbcmontrose.org)

**Current Pastor:** Roland Kassales

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

*Victory Baptist Church exists to exalt God, edify saints, and evangelize the lost.*

*Demographics: Victory Baptist serves everyone with age-appropriate classes, groups, and activities. Families with children make up the majority of VBC with young adults, singles, middle-aged couples, and seniors comprising the rest.*

### Church Directory

#### Mirror Editorial Staff

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

### information to the Montrose Mirror:

Name of church

Denomination affiliation

Address Office hours

Contact information (phone number, email address, website)

Name of current Senior Pastor

Worship service times

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

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

Do your church services include Sunday School and childcare?

**Local Immunization Providers**

Visit [www.montrosecounty.net/immunizations](http://www.montrosecounty.net/immunizations) for updated information on immunization providers.

**Questions? Call (970) 252-5011**



# MONTROSE WOMAN'S CLUB

FREE  
Admission

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Door  
PRIZES

\$5 Grab  
Bags

FOOD  
& Drink



# HARVEST & HOLIDAY BAZAAR

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*Your 1st Stop for Holiday Shopping*

Arts & Crafts, Antiques & Collectibles, Fall & Holiday Decor

Boutique items, Personal Products, Clothing & Jewelry

Pet Products, Toy & Stick Horses. Variety of Food Items

Live arts & crafts demonstrations. Kids' Coloring Corner.

Something for everybody...men, women, kids, pets...all ages & interests

*Montrose oldest and longest-running arts & crafts show*

And it benefits the community!

(Monies raised from table rentals are donated to LOCAL charities)

**Friday, Oct. 20. 9 am - 6 pm**

**Saturday, Oct. 21. 9 am - 4 pm**

## FRIENDSHIP HALL, MONTROSE FAIRGROUNDS

### 1001 N 2nd St., Montrose



# YOUR BRAIN ON NATURE – PREVENTING SEASONAL AFFECTIVE DISORDER



By Lauren Hall Ruddell, Ph.D.

## Greetings Mirrorites!

Glorious fall will be receding soon, and winter will take hold.

I don't suffer from Seasonal Affective Disorder (SAD) much, at least I don't think I do, but I'm not willing to take chances. But I do think I suffer from SAD anxiety... the fear of getting SAD.

The signs begin right about now. I know that endocrine levels decrease with the waning of sunlight after the autumn equinox. This changes my behavior. I become hyperphagic, which just means I can't help but eat too much. Carbs become particularly appealing. I sleep more and earlier. When I become aware of this happening right around the end of October, that is when SAD anxiety strikes. Will I become depressed, angry, lethargic, negative, crazy?

What is causing my body and mind to go into modalities that result in this fear? Is it a circadian pacemaker malfunction in some people like me? Maybe. A retinal pineal receptor issue involving melatonin? Perhaps. Serotonin related? Quite Possibly. Researchers have concluded that shrinking day length in northern latitudes really is a serious concern for about 5-10 percent of folks living in those climes, especially for women, who are more than four times as likely to suffer SAD than the menfolk.

For SAD inclined folks, winter lighting indoors is problematic. The brightness or intensity of light is measured in lumens. For example, when you are indoors, most artificial light is around 400 to 600 lumens.



Happy Friluftsliv lady. Photo courtesy of Austin Cope.

On a sunny day, the brightness ranges from about 1,000 lumens in the shade to more than 6,000 lumens on a large stretch of concrete, like a highway. Our unprotected eyes are comfortable until we get to around 3,500 lumens. Bright light therapy, which typically involves sitting near a 'light box' for about half an hour each morning, is currently considered the most effective treatment for SAD. It is reported to work more quickly than medication but does require consistent use upon awakening. It's a hot topic right now, and lots of manufacturers of inferior products have items on the market that promise you 5,000 lux (one lux is equal to one lumen per square meter. It enables us to measure the total "amount" of visible light present and the intensity of the illumination on a surface.) They might indeed deliver this if you keep your face pressed against the screen, which is not advisable. Unless you spend about \$300 smackers for a high-quality light box, you're wasting your money. I have never invested in any light box remedies, but that doesn't mean a person shouldn't try it (as long as they offer a 30-day money back guarantee). This year I am going to commit to winter *Friluftsliv* (pronounced "free-loofts-liv"), which is about stepping out under open skies and breathing fresh air. It's widely practiced during the two months of 24-

hour darkness in many cities in Norway, especially those above the Arctic Circle. "Norwegians regard [friluftsliv](#) as activities in nature, such as walking, bicycling, berry and mushroom harvesting, fishing, hunting, sleeping in a tent or hammock, sailing, climbing, skating, swimming, and cross-country skiing," says Bente Lier, general secretary at Norsk Friluftsliv, Norway's outdoors association. It goes without saying that they don't do much berry picking in winter, but walking and cross-country skiing are huge and generally indulged in at least three times a week.

On the surface, this makes my anxiety even worse. I save so much of my professional writing efforts, website maintenance, podcast crafting and so forth for the winter months when the obligations of outdoor landscape maintenance are less demanding. How can I possibly do all of that and still get outdoors into the 'free air' three times a week? I would love to, yes, since the air indoors (and domestic odors) begin to oppress me right about the end of January. The answer might be to do things the Scandinavian way, and slow down for the dark months. Unlike Americans, who work continuously, often at a fever pitch, all year round, Scandinavians work with the changing seasons. It's a matter of survival for them, really, since without it their rates of depression would



# **PREVENTING SEASONAL AFFECTIVE DISORDER**

## **From previous pg**

be much higher than they are now. Making a pact with myself that I will allow time for that *free air* that lifts the spirits may be well worth a dent in daily productivity, and begin to combat my winter dread this year. It will certainly help with the smell factor. Brian Christman, MD, a pulmonologist and professor of medicine at Vanderbilt University, concurs that bad indoor air is definitely a thing, and not just a product of a depressed imagination. "Homes used to be drafty, so people spent a lot of time trying to insulate. But eventually we began to have problems because of indoor air pollution." Seems like you

can't win no matter what you do! Air can deteriorate due to things like carbon monoxide leaks, cars idling by the building's air intake, or because of harmful radon emanating from the ground. Furniture off-gassing and chemical cleaning supplies can also fill the air with fumes. In January and February when airing out the home is next to impossible in this area, airing out your lungs can help pulmonary and cranial systems to compensate and cleanse.

In addition to fresh air, exposure to nature via sunlight outdoors stabilizes serotonin, which tends to drop in winter due to decreased sunlight. *Friluftsliv* on a sun-

ny winter day stimulates Vitamin D production and increases serotonin, at least temporarily.

Being well south of the Arctic circle, it should be possible for me and you to get outside three days a week in winter. Because sufferers of acute SAD tend to begin to isolate, they should be extra diligent in making themselves spend time outdoors with friends once a week. To ease my frigid fears, I am going to make an early New Year's resolution to manage my winter work/life balance better, get outside regularly even in sketchy weather, and get my *friluftsliv* on!



**Join us for the  
'Haunting of Downtown' Ghost tour  
October 21st at 6:00 pm**

The Montrose County Historical Museum takes a walk on the Spooky Side with tales of spooks, ghouls, and ghost stories. The museum's ghost authority mingles history and legends on a walk down Montrose's shadowy Main Street and dark alleyways. Armed with flashlights, patrons will enjoy the mysterious tales of the town's eerie history of paranormal activity and perhaps have their own experiences to share afterward

There are limited spaces for this family-friendly tour, to reserve a space call 970-249-2085 or email [info@montrosehistory.org](mailto:info@montrosehistory.org)  
Tickets are \$10.00/person

# REGIONAL NEWS BRIEFS

## CAREGIVER SUPPORT SUMMIT EXCEEDS EXPECTATIONS

*Special to the Mirror*

MONTROSE-Nearly 150 family caregivers and their loved ones packed the main meeting room at the Montrose Pavilion on Friday Oct. 6, exceeding the hopes of Caregiver Support Foundation Chair Laird Landon.

“When I stepped onto the stage to welcome the caregivers, I was almost lost for words,” Landon told the press after the three-and-a-half-hour event wrapped up. “I was hoping for a hundred, but apparently there are a lot more caregivers who are in need of help on their long journey than we thought.”

The event was aimed at providing support for caregivers who often work in isolation without any kind of guidance or assistance. An informal poll of attendees indicated that what the summit offered was incredibly useful.

Joanne of Montrose, a caregiver to her husband who has been ill for some time, said that the program was spot on, offering plenty of information.

Former Caregiver Melissa told this reporter that if she had been privy to what she heard at this summit her life would have been very much different when she was

caring for her late husband.

The three main speakers for the Summit included Landon; Region 10 Ombudsman Sandy Walker accompanied by Jessica Tejada and Loria Howard; and Montrose neurologist, Dr. Michael Hehman. Each of the speakers entertained questions from the audience as well as provided one-on-one time with caregivers.

“We are already working on the next summit,” Landon said. “We learned some things that will help us improve the next event. I really want to thank everyone who participated.”

The Family Caregiver Summit, which was free to the public, was presented by the Caregiver Support Foundation and Region 10’s League for Economic Assistance and Planning.

The event is supported as well by these generous sponsors: Hope West, Volunteers of America, The Beacon, Four Season’s Investment, US Bank, Elderado Fi-



*Caregiver Support Foundation Chair Laird Landon and Region 10 Ombudsman Sandy Walker. Courtesy photo.*

ancial, Copycats, ASEDD, Alpine Bank, Colorow, Montrose Regional Health, Timberline Bank, Montrose Daily Press, David Mize Family, Sinner Family, Ciel Bottomly, In Memory of Ellen Smith, James Jennings Family, Donald Sorenson Family and an Anonymous Family.

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**THE MONTROSEMIRROR**  
Your Source for Local Business News and Information

**MONTROSE REGIONAL HEALTH**

**Welcomes DR. ADDISON WOOD**

**SPINE SURGEON**

**Medical School**  
University of North Texas Health and Science Center  
Fort Worth, TX

**Internship/Residency**  
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- 1,500 Sq. Ft.
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**\$5,000 OFF and 2 Months Free Lot Rent if purchased by December 31<sup>st</sup>, 2023.**



# Hidden Lake

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- 1,680 Sq. Ft., 3 BR/2 BA
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**CALL TODAY TO SCHEDULE AN APPOINTMENT!**

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MONTROSE, CO 81401**

**970-249-0493**

# Kate Burke's Work ... Available Oct 20 & 21 MWC Harvest & Holiday Bazaar

## *Alcohol Ink Christmas Ornaments*



Sign up during show for  
Kate's November,  
Alcohol Ink  
Ornament Classes  
and receive  
Show Discount.

Other Alcohol  
Ink art & items  
also for sale  
at show.

Demonstrating how to make them, Friday 11 am - noon and 2-3 pm.

## *Winter Mountain Village*

Miniature  
houses, church,  
Santa's  
Workshop.

Hand-painted,  
decoupage  
wood.

For sale and  
to order.





# Santa's Workshop and Craft Show



**Friday, Dec. 1st • 9:30am to 6pm**  
**Saturday, Dec. 2nd • 9am to 4pm**  
**Sunday, Dec. 3rd • 11am to 4pm**

**Montrose County Fairgrounds Friendship Hall**

For Vendor Information call  
**Debbie 970.531.2438 or email [montrosefootwear@aol.com](mailto:montrosefootwear@aol.com)**

# SAVE THE DATE! LOCAL EVENTS CALENDAR

## ONGOING-

**THE MINDFUL BODY: FINDING PEACE THROUGH PAIN, ILLNESS, AND AGING.** Starts Oct 18th for a 6-week series every Wednesday from 5-6pm. \$100. Learn more and sign up at [newleafmindfulness.com/group-classes](http://newleafmindfulness.com/group-classes). 719-293-4600.

**MONTROSE ALTRUSA**-1st Tuesday of the month Program meeting; 2nd Tuesday of the month committee meeting; 3rd Tuesday of the month Business meeting. Meetings are held at the Field House on the corner of Colorado Avenue and Rio Grande Avenue at Noon.

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

Register at: [RosemontBaptist.org/events/griefshare](http://RosemontBaptist.org/events/griefshare) or call at (970)249-4887

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

**RIDGWAY FARMERS MARKET** at Hartwell Park, May 26-Oct. 13-Fridays from 10am to 2pm.

## **RIDGWAY TRUE GRIT WALKING TOUR**

Re-live the exciting days in 1968 when Ridgway was transformed into Fort Smith, Arkansas and John Wayne, Henry Hathaway, Robert Duval and Glen Campbell came for the filming of True Grit. A guide will escort you to downtown filming locations and share insights about Ridgway's film history and little-known facts and anecdotes about the Duke. The tour was recognized by True West as Readers Choice for Best Historic Town Tour. Meet at Ridgway's Hartwell Park gazebo. **FREE!** Details: 469.682.9710 (Donations are welcome.) **12 pm and 2 pm Saturday, September 23, 2023**

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

**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](http://www.montrosehistory.org)

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

**NURSE FAMILY PARTNERSHIP** Breastfeeding Support Group on the 1st and 3rd Thursday of every month. An infant scale will also be available to check your baby's weight. Breastfeeding Support Group (Bring your questions and your family!) Montrose County Event Center (1036 North 7th Street Room 3) 10am - 12pm. Questions? Please call 970-252-5015.

**BINGO EVERY FRIDAY, SATURDAY, SUNDAY** at 7pm at the American Legion Post 24 Olathe doors open at 5:30. Sunday Bingo will start at 1:30pm. More info call Tom 970 260 8298.

**THE HEALING COLLECTIVE OF WESTERN COLORADO** welcomes local practitioners, who focus on healing the whole being. Meetings are on the 1st and 3rd Tuesday of the month and both are from Noon-1 pm, upstairs at the Mother Earth store on Main Street. We support one another with our practices, business, and personal needs. For more information please contact Erin Easton at [ErinKEaston@gmail.com](mailto:ErinKEaston@gmail.com)

**THE MONTROSE GENEALOGY CENTER** at 700 E. Main St. is now open Wednesday and Thursday afternoons, 1-4 p.m. or call for an appointment: 970-240-1755. Free help and resources for your family history research." (The center is sponsored by the non-profit organization, Fore-Kin Trails Genealogical Society.)

## MONTHLY

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

**Oct. 16**-On Monday October 16th Citizens' Climate Lobby meets in person at Montrose library mtg rm in person at 5pm. Local action for environment. National, Nonpartisan, environmental. All Welcome info 970-765-9095.

**Oct. 17**-The "How to Get your Kid into a Great College and How to Optimize Financial Aid" seminar on Oct. 17 at 6:30pm is FREE and hosted by Miss Suzy's Educational Services at 843 E. Main Street in Montrose...it's just next to Coffee Trader and across from Horsefly Brewing. It's ideal for kids and parents of all ages!

**Oct. 17**-The City of Montrose's 2024 budget open house will be Tuesday, Oct. 17, in the City Council Chambers located at 107 S. Cascade Avenue, starting at 4:30 p.m. View the proposed budget at [CityofMontrose.org/Budget](http://CityofMontrose.org/Budget). Copies are also available at City Hall (400 East Main Street) from 7 a.m. to 6 p.m., Monday through Thursday. All interested citizens are encouraged to give written and verbal comments.

**Oct. 18**-The mindful body: finding peace through pain, illness, and aging. Starts Oct 18th for a 6-week series every Wednesday from 5-6pm. \$100. Learn more and sign up at [newleafmindfulness.com/group-classes](http://newleafmindfulness.com/group-classes). 719-293-4600.

**Oct. 20**-Please join us on Friday, October 20 from 5-8pm for Victory Baptist Church's Annual Fall Family Festival. It will be a great time for all ages, games, candy, chili & hotdogs and good family fun at 2890 North Townsend Avenue.

**Oct. 20 & 21**-Show. Montrose Women's Club Harvest/Holiday Bazaar. Friday 9 am - 6 pm. Sat. 9 am - 4 pm. Over 100 vendors, games, prizes, grab bags and more. Benefitting local charities. Free Event. More info, <https://www.facebook.com/Montrose.Womans.Club>

**Oct. 22**-As a special concert to celebrate our 75<sup>th</sup> anniversary season, the Delta Montrose Community Concert Association is pleased to present two accomplished award-winning musicians: Violinist Brian Krinke, Assistant Professor/Upper Strings at Colorado Mesa University, and Pianist Susan Ellinger on the piano faculty at Oberlin College. The concert is scheduled for Sunday, Oct. 22, at 3 p.m. at the Delta Performing Arts Center, 822 Grand Avenue in Delta Colorado. Please note that this is an afternoon matinee performance. For more information please contact Connie at 970-249-4308 or Bob at 970-835-4480 or visit our website at [www.deltamontroseconcerts.com](http://www.deltamontroseconcerts.com).

**Oct. 31**-Fall Festival Tuesday, October 31, 2023, 5:30-7pm at Rosemont Baptist Church 1598 E Niagara Rd Montrose, CO We will have Games, Candy, Treats, Amazon Gift Card Drawings, Lot's of fun, and much more. (970)249-4887.

## READER PHOTO SPOTLIGHT: AUTUMN GOLD



*At left, Cottonwood by B. Switzer. Above, Marigolds blooming into Fall.*

**Memorials honor those who served.**

**VETERANS**

**DAY**

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

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