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## INCOMING RE-1J BOARD OF EDUCATION DIRECTORS SWORN IN AT SPECIAL MEETING



Newly elected directors of the Montrose County RE-1J Board of Education were sworn in on Tuesday, Nov. 28. Meeting Screenshot.

*By Caitlin Switzer*  
MONTROSE-On Tuesday, Nov. 28, the Montrose County School District RE-1J Board of Education convened at District Offices for a special board meeting. Board President Sarah Fishing called the meeting to order. Seated with Fishing were District C Director Alice Murphy, District D Director Tom West, and District G Director Stephen Bush. All joined in saying the Pledge of Allegiance; the board voted to approve the meeting agenda.

**BOARD ELECTIONS**  
Three new directors were elected on Nov. 7, and one director was re-elected. The newly elected board members were present at the start of the special meeting but were not yet seated, including District A Director Neisha Balleck (two-year term), District B Director Ted Valerio, and District F Director Jody Hovde. Following the Pledge of Allegiance, Fishing announced the results of the

[Continued pg 4](#)

## A VERY LONG COLORADO MARBLE GAME

*By Bob Cox*  
COLORADO-President Abraham Lincoln had only recently been laid to rest following his assassination in April of 1865 when efforts began to erect a monument in his honor. Construction of a monument on the U. S. Capitol grounds in Lincoln's memory was authorized by the U. S. Congress in 1867, but documents from the National Archives show that money for the project was not authorized until 1911, when \$2 million was dedicated to design and construction. Architect John Russell Pope's design was ultimately accepted, but things moved slowly-very slowly.

One of the most contentious debates over the building of the monument concerned just what kind of marble was to be used, and what the source of that marble would be. Colorado had a dog in the race. In the January 29, 1913 edition of the *Montrose Daily Press* an article, datelined Washington, read as follows:

[Continued pg 10](#)



*Replacement block: During a tour of the Yule Quarry in 2003 visitors looked at a block of marble that, at the time, was planned for sculpting and replacement of the monument at the Tomb of the Unknowns in Arlington National Cemetery. Photo by Bob Cox (then publisher of the Mountain Valley News) Inset: The crack in the monument. Photo courtesy of Arlington National Cemetery.*



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*Special to the Mirror*

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**Dec 2023**



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# REGIONAL NEWS BRIEFS

## CHARLIE REED TO PRESENT ON CANAL PROJECT AND HISTORY: MONTROSE COUNTY HISTORICAL SOCIETY PROGRAM

*Special to the Mirror*

**MONTROSE-**The Montrose County Historical Society welcomes Charlie Reed from Alpine Archaeological Consultants, Inc., as Reed presents his current work with the canal project and history. The program starts at 7 pm. Wednesday, Dec. 6, in rooms 1 and 2 at the Montrose County Events Center. Admission is free, the public is invited. Light refreshments may be available.



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# RE-1J DIRECTORS SWORN IN AT SPECIAL MEETING From pg 1

results of the election and called the new board members forward to be sworn in, along with re-elected director Tom West. Upon being sworn into office by Fishing, Balleck, Hovde, and Valerio took their seats at the dais.

### ACTION ITEMS

The first action item was a vote to accept the Certificate of Votes Cast for the Nov. 7, 2023 Election. Directors voted unanimously to approve.

Fishing then called for nominations for the office of Board President.

District G Director Stephen Bush nominated Fishing; the nomination received a second.

Balleck asked whether she could nominate Valerio; Fishing said that as a point

of order the first nomination must be voted on.

The board voted to approve Fishing in a five-to-two vote, with Balleck and Valerio voting "nay."

Fishing said, "So now, I would like to nominate Steve Bush for Vice President. I move to nominate Director Bush to the role of Vice President." Directors voted to approve in a six-to-one vote with Balleck voting "Nay."

"Now I would like to nominate Tom West for the position of Treasurer," Fishing said. The vote was approved six-to-one with Balleck voting "Nay."

Fishing nominated Executive Assistant Laurie Laird to the position of Secretary to the Board. Mrs. Laird's nomination was

unanimously approved.

Board election policy is included in the special meeting packet.

### AFFIDAVIT OF CONFIDENTIALITY

The final board action item was acceptance of an Affidavit stating compliance with confidentiality requirements. The Board voted unanimously to approve.

### ADJOURNMENT

With no further business the board voted to adjourn.

### UPCOMING

The RE-1J Board of Education will meet for a Work Session at The Broadmoor, El Pomar Room. On Wednesday, Dec. 6 and for a Regular Business Meeting in the district boardroom on Tuesday, Dec. 12 at 6:30 pm

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## REGIONAL NEWS BRIEFS

### DELTA HOMICIDE SUSPECT IN CUSTODY

*Delta Police News Release*

DELTA--On Nov. 24, 2023 at approximately 3:37 p.m. officers of the Delta Police Department were dispatched to the Four Seasons Motel and RV Park, located at 676 Hwy 50 #26 within the City of Delta. It was reported that two male subjects were involved in a physical altercation at that location.

Upon arrival, officers located an adult male subject laying on the ground. The subject was unresponsive and had no pulse. The officers and later, medical staff attempted life saving measures, but were unsuccessful. The subject was pronounced deceased at the scene from what was later determined to be multiple stab wounds.

Officers of the Delta Police Department were able to locate the suspect, 34-year-old Delta resident, Corbin Lovato in a nearby camper. Lovato was taken into custody. After being cleared by medical personnel, Lovato was transported and booked into the Delta County Jail for the charge of Murder in the 2<sup>nd</sup> Degree, a class 2 Felony. This investigation is ongoing, and the Delta Police Department has no further information to release at this time.



*Corbin Lovato.  
Courtesy image.*

### SAN MIGUEL POWER: STATEMENT ON MICROGRIDS FOR COMMUNITY RESILIENCE AND CLIMATE ACTION

*Special to the Mirror*

RIDGWAY--“When the Colorado Department of Local Affairs (DOLA) Microgrid for Community Resilience (MCR) planning grants were made available for local electric cooperatives like SMPA, several of our communities asked us to apply on their behalf,” stated San Miguel Power Association (SMPA) Key Accounts Executive, Terry Schuyler.

Given that the towns of Silverton and Rico had both recently experienced significant winter power outages, and that the towns of Ophir and Ridgway were recognizing that they could benefit from added backup power sources, all four expressed an interest in the possibility of exploring dedicated, local microgrids to serve backup power in case of future outages.

So, what is a microgrid and how does it provide backup power?

DOLA defines a microgrid as a group of interconnected electric loads and distributed energy resources (such as a battery, solar array, wind or a fossil fuel generator) with clearly defined electrical boundaries that can function as a single, controllable entity with respect to the electric grid. Therefore, a microgrid can be connected to or disconnected from the electric grid to enable it to operate either in “grid-connected mode” or in “island mode.” When it isn’t receiving power from the grid, the microgrid can sustain power delivery while conditions, which may have caused the outage, improve or while repairs are made.

Microgrids can:

- Improve customer reliability.
- Increase resilience to grid disturbances.
- Help deploy zero-emissions energy sources.
- Reduce energy lost through transmission lines.
- Help manage power supply and demand.
- Improve grid resilience to extreme weather.

Recognizing what a benefit microgrids can be for rural communities, DOLA initiated the MCR grants to bolster community resilience. When the eight statewide MCR planning phase grant awards were announced, SMPA had won four of them.

In addition to emergency resiliency, microgrids provide another benefit that helps achieve what most community members have deemed a high priority—climate action. On a typical day,” explains Schuyler, “a microgrid that uses a photovoltaic (PV) array to collect abundant solar energy, storing it in a battery system, can deploy that electricity during the “peak,” when the energy is most valuable.” The energy industry calls this time period the “Peak” because it’s when most residential loads are at their highest, and overall dependence upon centralized fossil-fuel generated power is at its daily maximum. When a microgrid is used in this manner, it brings down the peak and reduces the need for fossil-fuel-generated energy, resulting in fewer emissions. “This unique feature of a microgrid allows greater levels of locally-produced renewable energy to be delivered when it is most economically advantageous to the hosting

community as well as our entire cooperative membership, potentially deferring future pressure on rates,” Schuyler explained.

But a microgrid must exist *locally*, and this fact has brought about concerns from community members who were hesitant about SMPA moving forward with feasibility studies. Citing a variety of concerns, specific to the Ophir community, the General Assembly of Ophir recently voted “no” on a resolution to allow site access to town-owned property for the purposes of conducting this study. This has prompted discussions on possible alternative town resiliency solutions and a “pivot” on the MCR grant microgrid study.

“SMPA supports the will of the communities and understands that there’s not a one-size-fits-all solution for every town,” says Schuyler. “We stand ready to work with the Town of Ophir to determine the next steps.” The feasibility study is the vehicle to explore these possibilities. The results do not require a commitment to proceed with any identified solution. Rather, they serve as a tool to help inform us of what is possible.

As the communities consider their energy future, SMPA will continue to work in partnership, to leverage unprecedented near-term State and Federal incentives and to explore options to advance community sustainability goals and enhance power reliability.

A winning planning grant proposal needs to result in the right fit for the communities.





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## AMERICAN LEGION RIDERS SEEK VOLUNTEERS TO MAKE WREATHS FOR GRAVESITES OF VETERANS

*By Connie Williams*

MONTROSE-Join other volunteers at Camelot Gardens Saturday, Dec. 9 at 9 a.m. to assemble wreaths for the veterans' gravesite wreath-laying ceremony. According to John Boughton, American Legion Riders commander, last year was the largest turnout of volunteers since the wreath-laying in Montrose began six years ago. The Riders coordinate the event with Camelot Gardens and are joined by volunteers from the American Legion, Disabled American Veterans, Veterans of Foreign Wars and other organizations – military, civic and church.

Last year a large group of young missionaries from the Church of Jesus Christ of Latter-Day Saints helped, adding to the speedy wrap-up of the wreath assembly process. It took approximately one hour to put the wreaths together.

Following the assembly this year, volunteers will fill pickup trucks with wreaths and will head for Grand View, Valley Lawn, and Cedar Creek cemeteries, with other volunteers following. There the wreaths will be placed with honors on the veteran's graves.

Often the volunteers form a circle after the placing of the wreaths and say the names of those buried there.

"It's a way to honor those veterans and their service to our country," Boughton said, "We are appreciative for all they did, and for all the citizens in this community who will never forget that sacrifice."



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# A VERY LONG COLORADO MARBLE GAME From pg 1

## *Fight Over Lincoln Memorial Temple Bill in Congress*

WASHINGTON, Jan. 29.- The house today started a fight over the proposed marble Lincoln Memorial Temple here which promises to continue all afternoon and possible over until next "calendar Wednesday." The members were flooded with proposals to substitute other projects for the Greek temple, which is proposed by the bill.

There was good reason for Western Colorado residents to take notice of the process. The United Press made the point in a release printed in several newspapers in October of 1913:

**COLORADO MARBLE IS BEST IN WORLD (BY UNITED PRESS) WASHINGTON, Oct. 7, 1913** — "Colorado produces the finest and whitest marble obtainable anywhere in the world," declares former President William H. Taft, in a letter to Senator John F. Shafroth of Colorado, defending the choice of Colorado marble for the Lincoln Memorial. Taft is chairman of the Lincoln Memorial Association and declares that the action in choosing Colorado marble needs no defense, since its use will result in the most beautiful memorial ever erected. Congressional delegations from Georgia and Alabama are making a determined fight to prevent the final use of Colorado marble and to substitute therefor (sic) Georgia marble. Senator Shafroth presented the Taft letter to Secretary Garrison.

Just two days later, the *Delta Independent* called attention to why the project was of importance to local residents:

*The white marble of which the great \$2,000,000 Lincoln Memorial temple is to be built on the banks of the Potomac in Washington is to come from the Sopris National Forest, Colorado. This is said to be the first great building in the east to be constructed of this stone, although much of it has been used as an interior finish in public buildings. In the west a notable example is found in the new federal building in Denver. While the marble quarries are in the midst of the national forest, they are on private land secured under the laws by which areas bearing deposits of building stone are disposed of by the government. Under the law, prospectors can locate and*

*secure title to mineral deposits on the national forests just as they can on the open public domain. The marble company which owns the quarry is a large user of national forest timber in the working of its properties, situated near Marble, Colorado. The history of the company is said to be of considerable interest, as representing indomitable enterprise against difficulties. The country in which the marble deposits occur is extremely rough and precipitous, and for a long time was inaccessible because of a lack of transportation facilities. Large sums had to be expended before the stone could be got out and brought to market. Up to 1907, when the product first began to attract attention, it is said that \$1,200,000 had been expended in developing the property.*

After several more delays, many caused by World War I, the necessary marble was shipped and the project was finally completed. The *Delta Independent* had been following the construction closely over the years. On February 11, 1921 they published a picture of the completed Lincoln Memorial. The caption read:

*The great Lincoln Memorial at Washington, costing about two and a half million dollars, is virtually completed and will likely be dedicated this year. Its architectural beauty impresses and inspires all who visit it, but big as it is, and beautiful as it is, it can only serve in its mute limited way to remind this nation in the centuries to come of the great spirit of the man whose memory it commemorates, the humble Abe Lincoln, American - born Feb. 12, 1809; died April 15, 1865.*

But the game was far from over. Not long after the memorial was completed Congress approved a bill that provided for the burial and memorial of unidentified soldiers at Arlington National Cemetery. On November 11, 1921, the unknown soldier brought back from France was interred in the Tomb of the Unknown Soldier. The plans began to erect a fitting monument. It was nearly five years later that Congress approved funding to build the monument.

Once again, focus was placed on the quarry where the Lincoln Memorial marble was mined. The marble from the Yule Quarry, about 40 miles northeast of

Paonia, Colorado, was considered to be some of the best marble in the world. The process began, but it was nearly a decade later that the 175-ton block of marble was shipped from Colorado to the Arlington site. Although the huge piece of marble displayed all the beauty that Yule marble is famous for, an almost invisible crack was present. The crack was noted in the early 1930s within a few years of the finishing and placement of the monument.

Over the next few decades there were several proposals to repair the crack. None of them were satisfactory. It seemed as though the only real answer was the replacement of the entire marble block. An article written by Dennis Ryan, which was published on the Arlington National Cemetery website in 1991, best explains some of the plans for replacement. In part, the article read:

*A crack in the Tomb of the Unknowns will result in its replacement by a stone from the same quarry.*

*The Tomb of the Unknowns had its origins in an ancient seabed that is now a 300-foot-thick formation of marble high in the Colorado Rockies. Once again, it's time to return to that same mass of stone to replace the sacred monument.*

Rex Loesby, operator of the Yule Quarry in Granite Colorado, asked to see the Tomb of the Unknowns up close when visiting Arlington National Cemetery in 1990. He arrived early in the morning before the Sentinels began their ritual. Officials granted Loesby such privilege because in 1931 his company provided the block of marble that became the Tomb. The mineral company president and quarry owner noticed cracks in the marble. "I said [to cemetery officials] 'we might have to think about replacing this one day,'" Loesby said. "When they first quarried the stone there was a crack, a small white line. Water gets in over the years and causes a crack [to grow]."

The efforts to replace the monument moved exceedingly slow. Even after a generous donation of \$31,000 from John Haines of Glenwood Springs and offers of free transport from other sources, the final decision seemed to float in the background of a bureaucracy. Then, in 2003, it



# A VERY LONG COLORADO MARBLE GAME

## From previous pg

seemed the idea would finally become a reality. The quarry announced that they were mining a piece of marble that appeared to be of the quality needed. Visits to the quarry were made by several groups that year to see the interior workings of the quarry and to witness the huge block of marble slated for eventual shipment to Arlington. A press release from the cemetery in late June of 2003 stated: *WASHINGTON — The Tomb of the Unknowns, the memorial that honors unidentified American servicemen and women killed in battle and attracts millions of visitors annually, is being replaced after 72 years.*

Visitors to the quarry in 2003 were shown the massive piece of marble that had only one more cut to be made before it could be moved and begin its transformation into a beautiful monument, but the game was nowhere near an end. Time and time again, promises were made; donations were made; plans for a 'back-up' piece of marble were announced and arrangements for transport seemed just days away. The *Denver Post* ran an article on August 17, 2008 that indicated that the marble was cut and was sitting outside

the quarry, ready for shipment. The author of the article, Nancy Lofholm, had to update the information on May 7, 2016. More 'studies' were done, but the only thing that had progressed much was the size of the crack, which at one point even sprouted ugly black algae. Memorial Day of 2023 has now come and gone. On November 14, 2023, Michael Robert Patterson placed the latest information on the Arlington National Cemetery website.

His article is headed, '**Unknowns Monument Will Be Replaced.**' Not much different than headlines that have been pub-

lished for nearly a century. In part the article read:

*"Arlington Superintendent John C. Metzler Jr. said last week that cemetery officials decided to replace the stone after concluding that a 1989 cosmetic repair job — which cemetery historian Thomas Sherlock compared to fixing a bathtub with tile grout — had done nothing to conceal the problem and may have exacerbated it."*

The article went on to explain that the exact cost of replacing the monument was not known, but could be between \$500,000 and \$1 million. As of today, the anticipation remains.

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## COACH'S CORNER: RYAN VOEHRINGER- MHS RED HAWKS BOYS BASKETBALL COACH



**Ryan Voehringer, Varsity Basketball Coach, Montrose High School. Photo by Cliff Dodge.**

*By Cliff Dodge*

MONTROSE-The staccato sound of basketballs being pounded on the gymnasium floor ushers in a new season. Football helmets and shoulder pads have been stored away, and young men and women fire jump shots at basketball nets perched 12 feet above the Montrose Red Hawks gymnasium floor. Basketball is about to begin.

Varsity Basketball Coach Ryan Voehringer was asked to evaluate his team after just a few days of practice. "Well to be honest, we have only had everyone for two days because of the length of the football season. Gage Wareham and Jaxon Killen played the bulk of the minutes for us last year and they are transitioning to basketball, getting over the bumps and bruises from football so we are happy to have them back with us."

Voehringer then talked about the makeup of his squad. "We're young. We have three guys that have experience. Kaleb

Ferguson, Killen and Wareham. The rest of the guys did not get a lot of experience. Kaleb Ferguson will be our leader. He is about 6 feet, 5 inches tall. He will be our leader, our go-to guy. Gage Wareham will be our point guard and these two guys will take us as far as they can. Jaxon Killen is a little dinged up from football but I am certain he will be ready."

After mentioning the seniors, Voehringer focused on the rest of the squad. "Our juniors are Ferguson, Cooper Ross, Brecken Hutto and Brody Cooling. I neglected to mention Brecken Hutto who also has a load of experience and will be a part of the leadership of this team along with Ferguson, Wareham, Killen and Kattner." Coach Voehringer said that the team is continuing to work on their identity.

"Obviously we are going to be a team that defends. We are not going to be a high-powered offense that scores tons of points so we have to be able to guard and play tight, stingy defense," he said.

Offensively the go-to guy will be junior Kaleb Ferguson, Voehringer said, "Everybody knows that so we will need to have the rest of the crew step up, hit shots from long distance, and make this team a team."

Voehringer explained that this team will play a straight man-to-man defense which will be the Red Hawks bread and butter.

"Our JV team will be very good. We also have a really good freshman class. We are suiting up three freshmen on the JV squad, all will play guard, and one perhaps will play inside and outside. There are six or seven freshman that I have high hopes for."

The issue of scheduling comes up every year. The Red Hawks first eleven games are on the road. The Red Hawks don't play a home game until mid-January.

Voehringer said, "With our new Athletic Director Brad Schafer coming in we will have a lot more home games next year and going forward. Mr. Schafer is a basketball guy and we will host a tournament here in Montrose next year, so things are looking up."

The issue of competition came up in the discussion. Coach Voehringer then let it all hang out. "Our league will be much improved this year. There is a new coach in Grand Junction and a new coach at Fruita. Both of them are very good coaches. Durango had a 6-foot, 6-inch freshman transfer move in. The league is going to be much improved. Fruita is probably the best team in the league. They have a new coach and have multiple kids who can play, so it is going to be a dog fight to the finish. If I had to pick right now, I would say Fruita will be the team to beat."

When asked about his team in the early stages of the season, Voehringer said, "I like these guys who listen and work hard; they will run through a wall for me. We are not the most talented team but we have kids that play hard and want to win rather than having a bunch of athletes who don't want to work hard, so I will take what I have and we will be a team together."

On any given night in high school sports, especially basketball, you just never know what is going to happen. "On a cold Saturday night in a steamy gymnasium, anything can happen and usually it does. We have a great community, and great community support and this place gets rocking. That's what fun about high school sports. With 16, 17-year-old kids you never know from day in, day out what is going to happen. My job is to have the kids prepared, put them in a position to win, and then see what happens."

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## COACH'S CORNER: STEVE SKIFF- RED HAWKS GIRLS BASKETBALL COACH



**MHS girls trying out for the varsity, junior varsity and freshmen basketball teams. Photo by Cliff Dodge.**

*By Cliff Dodge*

MONTROSE-Out with the old season, and in with the new. Gone are the heavy hitters on the volleyball team and in with the three-point shooters on the girls' basketball team. Dribble, fake, shoot the jumper, fall back and play defense.

When head coach Steve Skiff was asked what he had in the way of players and talent, he said, "We are very excited for what we have. We have a very athletic team, perhaps not the biggest team in the world but I think we will get up and down the floor extremely well. I am excited about the energy that we play at. We may look a little different than we have in past years, but I am excited for this group. We have three really good seniors in Taygen, Kenzie and Haven. We have some good young kids to go with them. I think it's huge to have Maggie Legg and Mayce Oberg being sophomores. They have kind of gone through it. They know what to expect now. That freshman year was such a learning curve that I think we are ready to go. They're excited, I'm excited so it's a good mix."

The girls' program has more participation this season than in years past. More than

50 girls turned out to try out for one of the three teams (varsity, JV and freshmen) to be fielded by Montrose High School. Skiff said, "These are the best numbers that I have had since we have been here. Give credit to my assistant coaches, Justin Griffin and Alex Matlock--he's a new coach for our C team this year, and he really got a bunch of girls to come out and participate. I think we have 14 freshman in the program and we have a dozen sophomores in the program, so we are excited that we have not only a good group at the varsity level but we can also build on these different levels as well."

When asked about the imbalance in the scheduling of home and away games for the girls' team, Skiff was philosophical in his answer. "Does it bother me? The answer would be yes. However Coach Voehringer and I are used to this. I think it's going to change. I am really excited with our new athletic director Bradd Schafer coming in because he is going to really work hard to balance our schedule out a lot more. Our schedule this year is loaded with road games early and sometimes that is ok too. With a team that is young and somewhat inexperienced,

sometimes being on the road is a good thing, relieving the pressure of playing in front of a home crowd and all that goes with it. We have to beat these teams and there is nothing better than winning on their turf."

When asked to describe his team and their style of play, Coach Skiff said, "We are really going to use our athleticism this year. I think you will see us getting up and down the floor a little more. I think you will see us defensively extend a press or two. We don't have the outside shooters we have had in the past, but I think we will be very good at flashing, driving to the basket, so we will use these skills to really get our offense going."

Defense has long been a staple of Steve Skiff coached teams. "Our defensive staple is man to man. We are going to throw a lot of different things at teams this year; having a more experienced group, we are able to change things up and confuse people. We will be man-to-man but will also pop into some zones and do different things along the way."

When asked about the toughest parts of the coaching job, Skiff did not hesitate.

"It is always difficult to make the cuts. That is probably the worst day of coaching, that and the day the season ends. It's really tough because I tell the kids to just go out and do your very best and let the chips fall where they may. Kids show up with a great attitude and give it their best effort. It's always tough to figure out who those last cuts are going to be. We are excited with the group that we have. I think this group is very worthy. All three teams are going to be very successful this year."

When asked about the fact that Coach Voehringer and Coach Skiff both returned home to teach and coach, Skiff said, "I grew up in Montrose, graduated from Montrose High School in 1996. I am proud to be coaching right here at home. Coach Voehringer and I talk about this all the time, coaching at our home town high school."





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# REGIONAL NEWS BRIEFS

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Special to the Mirror

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# OPINION/EDITORIAL: LETTERS

## NEW REIJ SCHOOL BOARD DIRECTORS A REFRESHING CHANGE

*Editor,*

New members of the RE1J school board have been sworn in and what a refreshing change. Two new members, Niesha Balleck and Ted Valerio actually had the courage to step away from the group-think, everybody must vote the same way without any discussion, that we saw so often with the previous members, and vote for new leadership on the board. I congratulate them and encourage them to continue to think independently and bring constructive discussion of issues considered by the board and vote to represent their constituents' best interests. Keep up the good work!

*Ben Alexander, Montrose*

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# RED HAWKS SPORTS SCOREBOARD: *By Cliff Dodge*

**BOYS BASKETBALL:** Red Hawks 74, Bayfield Wolves 49 (1-0)  
 Red Hawks 40, Pagosa Springs Pirates 36 (2-0)  
 Red Hawks 51, Delta Pirates 32 (3-0)

**NEXT UP:** Glenwood Springs Tournament

**BOYS WRESTLING:** Red Hawks 42, Gunnison Cowboys 40 (1-0)

**NEXT UP:** North Fork (Dec. 6<sup>th</sup>, home)

**GIRLS BASKETBALL:** Red Hawks 43, Rocky Mountain Lobos 59 (0-1)  
 Red Hawks 40, Pagosa Springs Pirates 28 (1-1)  
 Red Hawks 47, Delta Panthers 38 (2-1)

**NEXT UP:** Glenwood Springs Tournament

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# UNITED STATES NEWS BRIEFS

## NATIONAL PARK SERVICE ANNOUNCES ENTRANCE FEE-FREE DAYS FOR 2024

*Special to the Mirror*

WASHINGTON, DC – During this festive season of joy and giving, the National Park Service presents the entrance fee-free dates for 2024. On these days, and throughout the year, all are invited to experience the magic and wonder of national parks.

“National parks are places that awaken senses, inspire curiosity, encourage reflection, and foster joy,” **National Park Service Director Chuck Sams** said. “The entrance fee-free days expand opportunities for people to visit their national parks and experience the beauty and history of our country.”

The entrance fee-free days for 2024 are:  
 Jan. 15 – Martin Luther King, Jr. Day  
 April 20 – First Day of National Park Week  
 June 19 – Juneteenth  
 Aug. 4 – Great American Outdoors Day  
 Sept. 28 – National Public Lands Day  
 Nov. 11 – Veterans Day

National parks are wallet-friendly options year-round. More than 300 of the country’s more than 400 national parks are free to enter every day. Also, with at least one national park in every state and most

major metropolitan areas, they provide close-to-home choices for recreation and inspiration. Detailed information about things to do and see in each park is available on NPS.gov and the NPS app.

The cost to enter parks with entrance fees ranges from \$10 to \$35. The funds remain in the National Park Service and 80-100% stays in the park where collected. The revenue supports visitor services, including enhancing accessibility, restoring wildlife habitat, and providing ranger programs, and adding or upgrading restrooms, campgrounds, trails, and other facilities.

The fee waiver for the fee-free days applies only to National Park Service entrance fees and does not cover amenity or user fees for camping, boat launches,

transportation, special tours, or other activities.

The annual \$80 America the Beautiful National Parks and Federal Recreational Lands Pass covers entry at more than 2,000 federal recreation areas, including all national parks. There are also free or discounted passes available for current members of the U.S. military and their dependents, military veterans, Gold Star Families, fourth grade students, individuals with permanent disabilities, and senior citizens.

Other federal land management agencies offering their own fee-free days in 2024 are the U.S. Fish & Wildlife Service, Bureau of Land Management, Bureau of Reclamation, U.S. Forest Service, and U.S. Army Corps of Engineers.

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# OPINION/EDITORIAL: LETTERS

## IF DEMOCRATS GAIN CONTROL, WE WILL ALL BE COMRADES

*Editor:*

I find it puzzling that people don't always act logically, or in their best interest. I continue to be amazed that various groups continue to vote for Democrats whose policies are detrimental to those very people. The most obvious example is American Jews, most of whom totally support the Democrat party, even though that party, especially its left wing, is virulently anti-Semitic and anti-Israel. In Congress, despite the fact that Trump was the most pro-Israel president in history, the anti-Trumpists are led by Jewish Democrats Schiff, Schumer, and Nadler. In the 2020 election, 70 to 80% of American Jews voted for Democrats. Meanwhile, Biden continues Obama's practice of pretending friendship with Israel while simultaneously stabbing it in the back. Perhaps because the last two generations of American Jews have not experienced the hardships of anti-Semitism, they felt comfortable shifting to the left, striving to blend in and be less "Jewish." After October 7, domestic anti-Semitism erupted in America. Overnight, it became unsafe for Jews around the world, including in America, to openly display their Jewish heritage. Reason would dictate that these leftist Jews, having tasted the bitterness of hatred toward them and having personally felt what their grandparents were all too familiar with, will wake up and oppose their oppressors - the Democrat party.

Similarly baffling is the support black Americans give to the Democrat party. There is one constant in America, and that is Democrats' toxic effect on blacks. From the time the party was formed it became the slavery party. After the Civil War, it became the Jim Crow party, with the KKK as their enforcers. When the Civil Rights Act came up for a vote, Democrats opposed it vociferously. Then LBJ came up with the clever idea of pretending to support blacks to get their vote. Nothing has changed from that time, with disastrous effects on American black voters. Since 1964 Democrat policies that are ostensibly intended to benefit blacks have, instead, impoverished them, broken up their families, ravaged their communities with unchecked crime, and left their children poorly educated. Meanwhile, any conservative black voter who dares chal-

lenge the Democrats' destructive policies is re-defined to be not black enough. Thankfully, American blacks are (slowly) coming to realize Dem policies toward them are "Jim Crow with a smiley face."

Two other pieces of the Democrat coalition are women and the LGBT community. Unfortunately, when the goals of those two groups differ, women are thrown to the bottom of the barrel by Democrats. Even though women have been at the forefront of fighting for fair treatment and social acceptance of gays, the LGBT community, in the name of the "T" faction, has chosen to target women --- largely through their daughters. The Democrat party totally supports men identifying as women dominating women's sports and using those daughters' locker rooms --- even when serious physical injury is inflicted on the female victims. Meanwhile, all the left-leaning women's rights groups are embarrassingly totally silent.

Those same women's rights groups, including at the United Nations, are also strangely silent in the face of mass rape, torture, murder, and kidnapping of unarmed civilian women of all ages by Hamas. Democrats like to feign support of women's rights, but only if those women's rights are not in conflict with any other groups in their coalition. In this case, the pro-Hamas terrorist wing of the Democratic party easily trumps women's rights if those women are Jewish. Rape as a weapon of war then becomes acceptable.

Many Hispanics have traditionally been Democrat voters, but are abandoning that party in droves. They are becoming aware that opening our southern border to invasion has a direct negative impact on Americans, including Hispanics. Because many are small business people, they are becoming more aware of Biden's anti-small business policies. Most are family oriented and many are practicing Christians, and are seeing how anti-Christian and anti-family Dem policies are. Most love their country and are disgusted with Democrats' "America Last" actions.

Most puzzling are those registered Democrats who want so badly to believe their party is still the party of JFK and Martin Luther King, Jr. If JFK were alive today and

still espousing the ideas evident in his presidency, he would be a Republican. JFK was a staunch anti-communist / anti-socialist. He espoused lower tax rates, was pro-life, served our country valiantly in uniform, was not ashamed to be patriotic, was totally in favor of protecting our First Amendment, and, along with his brother, took on union and government corruption.

These everyday Democrats desperately want to believe their party still believes in those mainstream Democrat ideals of 60 years ago --- in the face of overwhelming evidence to the contrary. Likewise, MLK, Jr. would turn over in his grave if he were to see the Democrat Party of today, which now wants everyone to be judged by the color of their skin. If you are white, you are innately a racist oppressor, and if you are black, you are a helpless victim of those racist whites. These loyal Democrat voters want so desperately to believe Hunter and Joe Biden have not received multi-million dollar payoffs from our enemies, including communist China; that our borders are not really totally open; that their party really doesn't advocate and even celebrate unrestricted abortion through nine months of pregnancy; that our DOJ and FBI have not been totally corrupted and weaponized against Trump and his supporters; that our universities and media have not become little more than Marxist propaganda centers; that many of our school unions and school boards don't really want parental rights eliminated; that Dems don't really want to exacerbate racial tensions, and defund and demonize the police at the same time they totally disarm every law abiding citizen; that Dem policies have not really destroyed those inner cities controlled by Democrats, and much more.

What these traditional Democrats don't realize is that if Democrats were to succeed in gaining total control, traditional Democrats will not be part of the new and very small ruling elite. They will fare no better in the new socialist "utopia" than the staunch conservatives who fought the destruction. We will all be equal; equally poor, equally oppressed, equally miserable --- and equally submissive to the ruling elite.

We will all be comrades.

*Ed Henrie, Montrose*



# FORMER SHERIFF RICK DUNLAP ANNOUNCES CANDIDACY FOR BOCC DISTRICT 3 SEAT



*Enthusiastic supporters assembled on the courthouse steps to hear Rick Dunlap officially announce his candidacy for Montrose County Commissioner, District 3. Photo by Gail Marvel.*



*Officially declaring his candidacy for Montrose County Commissioner District 3, former Montrose County Sheriff Rick Dunlap (center) visited with approximately three dozen campaign supporters. Photo by Gail Marvel.*

By Gail Marvel

MONTROSE-At noon on Nov. 27, approximately three dozen citizens assembled in front of the courthouse to hear former Montrose County Sheriff Rick Dunlap announce his candidacy for the Montrose Board of County Commissioners (BOCC) District 3 seat. Currently the seat is held by County Commissioner Roger Rash, who is term limited.

Said Dunlap, who worked for five years in Code Enforcement for the City of Montrose and served 12 years as Montrose County Sheriff, "I've been living in Montrose for 42 years. For me that makes it easy to start into the [commissioner] posi-

tion on day one. Thank you for coming and helping us make the campaign a success...God Bless."

In a sidebar conversation with Dunlap he said, "I retired in 2019, but I've always tried to stay connected and active in the community. I'm on the board of West

Montrose Sanitation District and the Welcome Home Alliance for Veterans.

"I serve on the Grace Community Council and during the school year I volunteer at Jim's Diner at the church, where we serve Wednesday lunch to high school kids. This last week we fed 130 kids."

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# OPINION/EDITORIAL: LETTERS

## LONG JOURNEY STARTS WITH SINGLE STEP: CITIZENS CLIMATE LOBBY MOVES TO REDUCE GREENHOUSE GASES, KEEP OUR VALLEY BEAUTIFUL

*Editor:*

Citizens Climate Lobby of Montrose CO would like to spread the word about how thankful we are for the progress made in reducing greenhouse gases (GHG) and recognize there is a long way to go. Maps of solar large-scale utility show the US has built solar fields that in total produce nearly 160 gigawatts, more than half of which is utility-scale. 358 gigawatts — is forecast to be installed in the U.S. by the end of 2030.

In Colorado there are 50 large scale sites producing 1MW or more. In the Uncompahgre Valley the Garnet Mesa utility scale solar project will produce enough energy to energize 18K homes. Medium size solar projects line the City of Montrose 64kw solar array at the Safety Complex and the City of Delta's proposed microgrid will generate more renewable, non GHG elec-

tricity. On the smallest of all scales is the generation of energy on home rooftops that is not accounted for in DMEA's energy profile.

The effect of rooftop solar decreases the demand for electricity and avoids the transmission loss of energy as it is used at the home. But if we continue to be creative and productive on many scales, we can achieve the reduction of GHG in the Uncompahgre Valley.

We have a long way to reach Net Zero. Transportation is another sector we need to inform ourselves on and to pursue alternatives. Unfortunately the State of Colorado just reported that, as a state, we will not meet the goal of a 25% reduction in GHG in the transportation sector by 2025. Much work will have to be done to have a significant reduction in GHG emissions in transportation.

Alas, predictions for our future are not very clear. There are predictions that we will push past warming our globe by more than 2.7 degrees Fahrenheit. There are also predictions that once we hit net-zero we will not be contributing more carbon to the atmosphere and the warming will slow down, eventually stop and our globe could start to cool. It all depends on us and how we handle the future.

We Thank You for all your efforts in talking with friends to get them to do the right thing, to encourage our local, state, and federal governments to pursue the decrease of GHG. A long journey starts with a single step- fortunately we have taken many in our journey to keep the Uncompahgre Valley beautiful and a pleasant place to live.

*Tony Hoag, Montrose Citizens Climate Lobby*



Our aim is true

the montrose mirror



# OPINION/EDITORIAL: LETTERS

## DUNLAP AVOIDS SPEAKING TO THE #1 ISSUE FACING THE COUNTY COMMISSION---THE MIS-USE OF THE PUBLIC SAFETY SALES TAX!

*Editor:*

The number 1 issue in our county was not addressed by Rick Dunlap as he announced his candidacy for County Commissioner this past week. In the MDP candidate Dunlap went on and on without mentioning the ongoing misappropriation of the Public Safety Sales Tax to other far less important purposes than PUBLIC SAFETY.

If I were him, having contributed to the practice of that MISAPPROPRIATION during his tenure as sheriff at the PSST's inception, I would have stayed away from that issue too. Simply put, we the taxpayers put forth significant effort to get that PSST passed by the voters and then he failed to make the MCSO better equipped or trained by using THE TAX MONEY for the purpose intended. Instead he chose to return a large amount of the funds to the BOCC to miss-use it as they pleased and thereby set the stage for the present BOCC to continue the practice. And so. in

spite of the availability of more than adequate funding and it being his responsibility (and in fact obligation to do so) he failed to provide to his deputies a very long list of safety equipment including, but not limited to, safety vest 'armor' plates and tasers. These items, and more, of life saving equipment had to be provided by the incoming and present sheriff when they should have already been in use. It is my considered opinion that failure to provide such items IMMEDIATELY UPON THE AVAILABILITY OF FUNDS constituted malfeasance of performance and spurious leadership.

In the Montrose Daily Press (MDP) Commissioner Candidate Dunlap announced to his public that "his experience as an elected county official" would enable him to 'hit the ground running' the first day on the job and that 'ALL I WANT TO DO IS TO SERVE YOU.' Both of these statements are meaningless 'pap' as his experience in elected positions (as Sheriff) has no rela-

tion to the shared administration of a large Colorado county. My opinion is 'serving the electorate' means he will justify the miss-appropriation of the PSST money he fostered in his past elected position by continuing the practice during his tenure as a commissioner.

Remember voters that "Ignorance is to continue to do something that has failed, EXPECTING DIFFERENT OUTCOME!

In most of our BOCC elections we elect people who have never shown what they are capable of or stand for. Whether the candidate will turn out good or bad (in this case, for the people of Montrose County) is highly speculative.

In the case of County Commissioner Candidate (CCC) Rick Dunlap we have had the opportunity to observe his behavior over fifteen years and at least in the aforementioned case what we have seen is not evidence of sound decision making FOR THE COMMUNITY.

*Bill Bennett, Montrose*



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# OPINION/EDITORIAL: LETTERS

## MEDICARE ADVANTAGE (MA) IS NOT MEDICARE AND IT IS NOT AN ADVANTAGE

To the editor:

We are in the midst of open enrollment for Medicare. Seniors and the disabled are being inundated by the hard selling booths, ads and junk mail for Medicare Advantage (MA)—it is NOT Medicare and it

is NOT an advantage. Too many people find this out when they are denied care that would have been covered under traditional Medicare with a gap plan.

The goal of the insurance companies that provide these plans is to maximize profit

by denying care. Investigations into claim denials have repeatedly shown that these profiteers refuse to pay for medications and procedures covered by Medicare — denials that cause unnecessary illness, suffering and even death.

These companies are also ripping off taxpayers, by turning in exaggerated or completely false diagnosis codes (a practice known “upcoding”). Several companies, including United and Cigna, have been sued or fined, or agreed to large settlements, over this practice. (<https://www.justice.gov/opa/pr/cigna-group-pay-172-million-resolve-false-claims-act-allegations>) (<https://www.nytimes.com/2017/05/19/business/dealbook/unitedhealth-sued-medicare-overbilling.html>)

As a physician, I often saw patients facing life-threatening lack of coverage after they had been lured by the false promises of MA plans. Don't let yourself be one of them.

Madeleine Jacobs, MD, Florence

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Montrose County

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# OPINION/EDITORIAL: LETTERS

## US GOVERNMENT SHOULD MASSIVELY INCREASE FEDERAL FUNDING FOR CELLULAR-AGRICULTURE DEVELOPMENT

To the editor,

I was excited to read the German government is investing €38 million in 2024 toward the alternative-protein transition. This will include funds for cultivated-meat research. For those who don't know, cultivated meat is grown from livestock cells, without slaughter. It has the potential to reduce our greenhouse-gas emissions, pandemic risk, and the suffering we inflict on animals. So as not to fall behind, the United States government should massively increase federal funding for cellular-agriculture devel-

opment. America can lead the world in creating a more sustainable, healthy, and compassionate food system. Readers should encourage their legislators to support this

effort. It's the right thing to do morally and for the sake of our country's position on the global stage.

*Jon Hochschartner, Granby, CT*

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## OPINION/EDITORIAL: LETTERS

### TENETS OF LEFT-WING TOTALITARIANISM ARE CONFORM, COMPLY, SUBMIT, AND OBEY

*Editor:*

A local Left wing newspaper -- GJ Daily Sentinel 5 October 2023 -- recently published an article to expose the Indian schools of a hundred years ago for guiding American Indian children to adopt the melting pot culture and ways of Americans.

*"The schools were opened across the country as part of a Bureau of Indian Affairs policy to assimilate Native Americans into white society. And while operators of the schools were supposed to get permission from families to board students, they often didn't, ripping students away from their parents..."*

The first fundamental was to separate the children from their parents in order to break the family influence to preserve the old tribal ways.

The decades-long goal by our modern Leftist education establishment to destroy

the melting pot culture and ways of Americans, and re-institute tribal ways by pitting groups of Americans against each other uses the same first fundamental, separating children from their parents. Far Left extremist school board candidates distinguished themselves by opposing parents' power to choose what school would educate their children. It was the fundamental of this election. The Leftists are supported by big money extremists and your tax money laundered through "nonprofits".

Now we have a headline in the Montrose Daily Press, "Trafficking doesn't look like you think it does".

Well yes, it turns out that it does.

"To prosecute sex trafficking of adults, force, fraud, or coercion must be provable, although that isn't so when it comes to children, who cannot legally consent to any kind of sexual conduct."

Our school establishment and Library Board are adamant that they are entitled to engage children in any sexual contact that is their ever more extreme fashion, without any legal consent.

Police still make arrests on child pornography charges, but there are no arrests for child molestation or exploitation by members of the virulent anti-Christian, anti-traditional-American education establishment.

The ultra-Left extremist "Educators" and Librarians have free rein to engage minors in sexual conversation and activities and guide them to sexual mutilation without their parents' consent, and call parents who wish to protect their children from such depredation Domestic Terrorists. There is no sign that police and DAs have any investigations or intent to protect families.

*Charles Zimmerman, Montrose*







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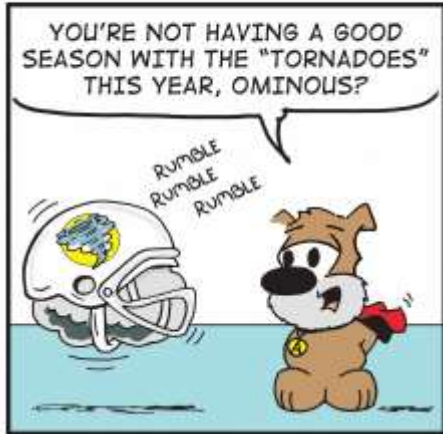


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## COMMUNITY OBITUARIES

### ROBERT DUVAL JACKSON

In loving memory of our dear father, Robert Duval Jackson.

Ninety-eight years ago, on July 18th, 1925, in Denver, Colorado, a remarkable man came into this world. Born to the late John and Gladys Jackson, Robert was a devoted brother to Esther Montgomery, Betty Frasier, and Margaret Hammit, who preceded him in death. In his lifetime, he was blessed with three children—Ronald Roe from Montrose, Colorado, Carolyn Gene Ethridge-Taggart from Montrose, Colorado, and Barbara Jackson from Coos Bay, Oregon. His son Ronald left this world before him, but his daughters Carolyn and Barbara carry on his spirit.

Robert's love story began on May 11th, 1944, when he married the love of his life, Dorothy Gene McCombs. Their union was a source of joy and strength until Dorothy's life was tragically cut short on September 27th, 1974. Together, they navigated the journey of life, facing its challenges hand in hand. A proud Navy veteran, Robert served as an American hero during World War II. His dedication to his country was matched only by his commitment to family. A businessman, contractor, and broker, he wore many hats throughout his career, but the one he cherished most was that of a father, which he was remarkable at.

Robert was a devout member of the Episcopalian Church and an active participant in the Elks Lodge, embodying the principles of service and community. His faith and involvement in these organizations were integral parts of his life.

Beyond his professional and community contributions, Robert embraced life with passion. His hobbies included swimming, hunting, fishing, flying his plane, and restoring vintage vehicles. His zest for life was contagious, leaving an indelible mark on those who shared in his adventures.

Robert Duval Jackson will be laid to rest on December 5th, 2023, at 10 a.m. MT at Crippin Chapel, 802 E Main St., Montrose, CO 81401. As two loving daughters, we celebrate the life of our father—a man whose kindness, strength, and love will forever echo in our hearts.

May he rest in peace. Crippin Funeral Home of Montrose is assisting the family.



### LEE RALPH DEVINNEY

***May 24, 1944- November 24, 2023***



LEE RALPH DEVINNEY born May 24, 1944, passed away peacefully in his home November 24, 2023. Ralph and his wife Caroline were life-long residents of Montrose, Colorado. Ralph was an avid horseman, loved fishing, hunting and was a lifetime member of the Elks Lodge, where he served his community his whole life. He retired from US Tractor as the parts manager on November 31, 2015. He loved spending time with his family and friends.

Ralph was preceded in death by his loving wife, Caroline E DeVinney, Father Lee, Mother Hazel, Brother Clyde and two sisters Susan and Judy. He is survived by two sisters Linda, Peggy, many nieces, nephews and friends.

Ralph will be laid to rest next to his beautiful wife Caroline at Grand View Cemetery at a later date. He was loved and will always be missed by many. Crippin Funeral Home of Montrose is assisting the family.



## COMMUNITY OBITUARIES

### ROBERT “BOB” N FOULK

ROBERT “BOB” N FOULK, age 59, passed away peacefully on November 14th 2023, at his home in Montrose, Colorado. Bob was born in Denver and grew up in Wheat Ridge, Colorado. He moved to Montrose, Colorado with his wife and daughter in the late 1990’s. Bob was passionate about many things including racing and football, but above all he was a proud father, son, brother, and a good friend to many.

He was preceded in death by his wife Nancy Lee Foulk (Hardt), his father and mother Robert and Bonnie Foulk, and his niece Amity Chamberlain. He is survived by his daughter and son-in-law Allison and Nick Blonski, and his four siblings. His family takes great comfort that Bob had a close relationship with God the Father through Jesus.

Family and friends are invited to attend a Celebration of Life Memorial Service on Saturday, December 9th at 10 AM at Grace Community Church in Montrose, Colorado.

In lieu of flowers or gifts, the family requests that donations be made to the Hospice program in Montrose, as Bob always held them in high regards and stated they were integral in helping him care give for his mother.

Crippin Funeral Home is assisting the family.



### RONALD ROBERT HANSEN



RONALD ROBERT HANSEN died peacefully in his sleep on November 26th, 2023 at Grand Villa Assisted Care in Grand Junction Colorado at the age of 86 . He is survived by his wife Arlene of 64 years of marriage and three children. Robert, Betty and Frank along with nine grand grandchildren and eleven great grandchildren. Born in Brooklyn New York his Father (Hans) and mother (Winifred) moved to Burr Ridge Illinois where they built a home to raise their family. As an avid sports fan his favorites were baseball, bowling, drag racing and table tennis which he all excelled in. Ron worked for Jays Foods in Chicago for thirty-six years. Then in retirement he liked working at Funway part time along with volunteering at a local food bank when in Montrose Colorado. Ron and Arlene’s dream of retiring to Colorado came in 1998 when they left Illinois to start a new adventure in their life. Since then, they enjoyed square dancing, golf, seniors’ softball (the best third baseman ever!) while also making many new friends while members of the Elks Lodge in Montrose. They also enjoyed every visit from their children over the years, even snowmobiling! Dad never said much, being a passive man, to us kids. You could tell he wanted to say more but instead always expressed how proud he is of his children to many others. This past thanksgiving he was asked, “what are you thankful for Ron” his response -MY FAMILY- that says it all. Crippin Funeral Home of Montrose is assisting the family.

# COMMUNITY OBITUARIES

## GEDO FRIGETTO

***November 22, 1929 - November 24, 2023***

GEDO FRIGETTO passed away peacefully at home on the morning of November 24, 2023. Gedo was born on November 22, 1929 to Louie and Maria (Beltrame) Frigetto in Sterling, Colorado. Gedo moved to Montrose at the age of 6 with his family after his father Louie was recruited from the Holly Sugar Company to grow sugar beets.

On July 9, 1955 he married Beulah Shepherd. They were married for 68 years. Together they had two children, Kathy and Gary. Gedo continued his love for farming along with his son Gary and later on his grandsons Justin and Jordan. Gedo, along with his brother Bill, received many farming awards. These included top sugar beet growers and made it to the 1000-pound sugar club in Colorado in 1972. In 1985 the brothers were honored with the Conservation Farmer of the Year Award. In 1986 they won the outstanding farmer of the year award.

Gedo enjoyed growing all kinds of crops and took a lot of pride in all his hard work. The only hobbies Gedo enjoyed were farming, farming, farming and all the way up to his last days chopping weeds and anything with the color green in his yard!

Gedo was a member of St Mary's Catholic church. He and Beulah could almost always be found on a Saturday night attending church. Gedo Frigetto is survived by his beautiful wife, Beulah, daughter Kathy (Gary) Cooper, son Gary (Joni) Frigetto, grandchildren, Gina Cooper, Cole (Nicole) Cooper, Justin (Kareen) Frigetto, Jordan Frigetto, great grandchildren, Haylee and Raylee Ramsey, Tinley and Remi Cooper, Kayren and Cade Frigetto, Hayden and Allie Frigetto.

Gedo was preceded in death by his parents Louie and Maria Frigetto, his siblings, Deno, Agnes, Nora, Pete and Bill and grandchild Travis Cooper.

In lieu of flowers, you can make donations to Hope West 725 South 4th Street, Montrose, Colorado in memory of Gedo Frigetto. Crippin Funeral Home of Montrose is assisting the family.

## THOMAS (TOMMY) RAY SAMPLEY

***April 27, 1971 - November 25, 2023***

Thomas died peacefully in his home at 126 Rose Ln. #54 Montrose, CO on November 25, 2023. He battled colon cancer for 2 ½ years.

His life will be celebrated on December 11, 2023 at 11am, at Grace Community church, 16731 Woodgate Rd. Montrose, Co. 81401

Thomas will be cremated at Crippin Funeral Home. He was born at Fitzsimmons Army hospital to Cathy A Sampley and Patrick M Sampley on April 27, 1971.

He was a truck driver in his later years. He put himself through truck driving school at the top of his class.

He earned his GED in 1996

Tommy enjoyed riding his Harley before he got sick, going for hikes with his fur babies, he liked camping and enjoyed just sitting on the couch and watching movies with his luv.

Tommy is survived by his life partner Melissa Dillon, His mother Cathy Hall (step father Jerry Hall), his sister Tara Sampley, his half-sister Mary Zavala. His three Children Ian Brown, Emily Marcum and Elijah Weston, also a stepson, Tylor Hudson. And one granddaughter Tiger Lily Robitaille. And numerous nieces and nephews and three aunts and four cousins and their children. And his maternal Grandma Fran Baysdorfer

Preceded in death by his father Patrick Sampley, Grandfathers Thomas Baysdorfer and Charles Sampley, Grandma Ruth Cromlee.

He leaves behind his precious fur babies, Bubba Ray 9, Buckaroo Bonsai 5, Pepper Mae 5 and Chubberz Ray 2.

Tommy never regretted his colorful life spent in prison, he said it made him the man he became.





# COMMUNITY OBITUARIES

## MARIANNE J. COLDIRON

MRS. MARIANNE J. COLDIRON, 68 of Delta, Colorado, died Wednesday, November 22, 2023 at St. Mary's Hospital after complications of a surgery. Born in Germany, Mrs. Coldiron attended and graduated high school in Paonia, Colorado. After high school she met and married William L. Coldiron in 1973. Started a family in the Delta/Montrose area. Mrs. Coldiron was an active member of Boy Scouts of America from 1985-1990. She held many different jobs throughout her life. Her favorite job was being a mother, grandma and

great grandma. Some of her favorite hobbies were crafting and baking especially with her grandchildren. She may have had only two sons but she was a mother or grandmother to many others in her life. Marianne is survived by her husband William Coldiron, her sons Jason Coldiron and Daniel Coldiron, five grandchildren Christina Mayhew, James Coldiron, Shelby Coldiron, Sydnee Coldiron and Taylor Coldiron and great grandchild James Mayhew. She is preceded in death by her mother Erika Barger, stepfather Lyle



Barger and her father Cleve Weber. Crippin Funeral Home of Montrose is assisting the family.

## OLIVIA ANN GONZALES *June 12, 1980-November 24, 2023*



OLIVIA ANN GONZALES, 43, of Montrose, Colorado, passed away on November 24, 2023, after a courageous battle with metastatic breast cancer. She departed this world surrounded by the love and comfort of her family and friends. Born on June 12, 1980, in Las Vegas, New Mexico. She moved to Montrose, Colorado at eight years old with her mother. Olivia was a beloved daughter, sister, and friend. She touched the lives of those around her with her warmth, kindness, and unwavering optimism. Olivia faced her diagnosis with incredible strength and resilience, becoming an inspiration to all who knew her.

Olivia enjoyed baking, tattoos, and getting her extreme nails done. Olivia was a devoted family person. She cherished every moment spent with her loved ones and created lasting memories that will be treasured forever. She was particularly proud of her role as a loving parent, and her children meant the world to her. She instilled in them the values of perseverance, kindness, and the importance of embracing life with open arms. In addition to her professional and family commitments, Olivia was an advocate for breast cancer awareness and support. She actively participated in various community events, raising awareness about the importance of early detection, and offering encouragement to those facing similar battles. Olivia is survived by her three daughters Tatyana, Adriana, and Lluvia. She is also survived by her sister Jessica Harrell

and numerous family members, who will continue to honor her legacy by embodying the strength and love she exemplified throughout her life. Her memory will forever be etched in the hearts of her family, friends, and all those fortunate enough to have known her. As we mourn the loss of Olivia, let us also remember the joy and inspiration she brought into our lives. May her spirit live on in the memories we shared and the love she generously bestowed upon us. The family kindly requests donations be made to a GoFundMe account at <https://gofund.me/4d912553>. Crippin Funeral Home & Crematory in Montrose is assisting the family.

### CELEBRATING LOCAL BEAUTY.



ISSUE 447 Dec. 4, 2023

# ART & SOL

## YOUR BRAIN ON NATURE –HYGGE FOR THE HOLIDAYS



**By Lauren Hall Ruddell, Ph.D.**

### *Greetings Mirrorites!*

Hygge (pronounced hue-gaah) is a Danish word that has no American translation, except for maybe ‘coziness.’ It’s a way to create an environment that is pleasing, calming, and memory-inducing. You should taste it, smell it, feel it, hear it. Seventy-one percent of Danes said that they experience the most hygge in their own homes. It seems the Danes have found ways to bring the outdoors, indoors, with style.

One hygge tool that is meant to encompass every sense except taste is that of including lots of items made of wood. The Danes have wooden floors, bookshelves, and tables. Even wooden children’s toys have become popular again in recent

years. Wood makes us feel close to nature; it is simple and natural, safe and familiar, while also evocative. A real double whammy for coziness is furniture with curvilinear forms. Sharp edges and 90-degree corner angles were all the rage once, but no longer. We now know that “curvilinear forms resulted in significantly stronger ‘pleasure’ ratings than the rectilinear forms.” (Dazkir et al, 2011). Another research team found that wood had a more calming effect on certain areas of the brain’s pre-frontal cortex than either marble or tile, and that stainless steel, like aluminum, decreased relaxation and felt unpleasant to the test subjects.

Maximizing warm light, natural light, and window space is another critical element. Hygge experts suggest you set up your ‘Hygge-krog’, or ‘nook’, near a window. At night, or on dark, stormy days, warm light, often from fireplaces or candles, is a key feature of hyggelig (the adjective form of “hygge”) places. Humans are more relaxed and in better moods in places lit with the sort of golden light produced by fires and candles. People tend to get along better with others and think more creatively under warm light—and creative thinking is regularly handy when people are spending a lot of time in close proximity to one another. Research has also shown that gazing into a fire can help with



*Photo courtesy of S. Douglas.*

cognitive restoration, which is important after a day spent doing focused work. The Heraclitean motion of ‘always changing yet always the same’ as exhibited by candles, fireplaces, and flowing water is both mesmerizing and soothing, and has been reported to improve concentration and memory while also enhancing patience and self-control. Speaking of candles, researchers have found that lots of candle-

*Continued next pg*



# YOUR BRAIN ON NATURE -HYGGE FOR THE HOLIDAYS

## From previous pg

light that emits aromas of lavender, lemon, or vanilla is very calming and reassuring to the stressed-out holiday host.

Truly hyggelig spaces should therefore feature lots of different natural materials. And as mentioned above, attention should also be paid to geometry. There are often lots of curves in truly hyggelig spaces, as there are in nature, where extreme linearity is the exception rather than the rule.

If this feels like something that you think might be beneficial for you and your family, and is even a little bit practical, then some suggestions below may help you begin to create that feeling.

-Keep it Natural - Natural materials are the simplest way to bring the gifts of nature inside your home. As mentioned, solid, well-crafted wood furniture, wood floor boards, paintings reminiscent of sea and sky, soft knitted throws and lap rugs are all great choices, and except for the hardwood flooring, pretty affordable. Habitat Restore in Montrose always has some awesome used furniture selections at a bargain price. If you have some really nice wood furniture, keep it highly polished and dust free, and if there are sharp corners, try a natural fiber throw over one side to soften the lines.

-Keep light in as well. I have a particularly dark hallway that has always depressed me to look at. A friend just gifted me with a huge oil painting of Tuscany wine country that is full of light, and I will be

mounting it in that dark hallway with a battery-powered art light above it for illumination. This is my big contribution to hygge this year!

-Plants with huge leaves are now all the rage for both hygge and dopamine décor modes. You can't go wrong with a philodendron for either purpose, plus they are easy to maintain. More on dopamine décor below.

-Keep it Human - Hygge is all about creating an atmosphere that fosters good feelings, but the heart of Scandinavian design, functionality for socializing is important too.

To dig into the heart of hygge, create social spaces that don't include screens, whether they are TV, computer, tablet, or phone. Hygge is all about being in the moment and connecting meaningfully and mindfully with what is in front of you, both in terms of nature, and with friends and family.

-Some folks find that stress is not a huge problem in winter, but depression is. Although I still highly recommend a hygge approach somewhere in your dwelling, you might want to experiment with the current craze called 'dopamine décor'.

This may involve funky memorabilia that gives you pleasant recollections, or wild wallpaper or paint jobs (Barbie pink is really trendy right now.) The intention is to boost energy and arousal levels in a good way. Plenty of whimsical citrus-scented

candles will assist in sensory stimulation and fighting the blues. And if you plan on entertaining, dopamine décor in the dining area will influence guest's perceptions of food and wine excellence. A study led by psychologist Lee Chambers and some of the UK's foremost interior designers tested participant's perceptions of the same wine across three interior environments - an eclectic interior filled with color, shape, and patterns inspired by the dopamine décor trend (Energetic), a calming space with natural elements (Relaxed) and a space deliberately designed with a lack of interior elements or fittings (Neutral). I was surprised to read that tasters preferred the wine served in the dopamine décor studio, feeling it was a superior and even more expensive wine than that which was served to them in the other settings, although it was the same wine. I believe I would have found the relaxed condition more conducive to my perceptions of wine quality and expense since I favor sipping wine in dark wood-paneled rooms with classical music in the background. But apparently other folks would disagree, so when entertaining persnickety guests who tend to find fault with the victuals and beverages offered, temporary holiday dopamine décor may help keep you energized and upbeat while convincing them that your holiday fare this year is the best ever!

-Happy decorating, whatever you choose.



8500

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# **MONTROSE REGIONAL CRIME STOPPERS**

*see something, say something*

# MIRROR CHURCH DIRECTORY

## ALL SAINTS ANGLICAN CHURCH

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

**Office Hours:** By appointment.

**Contact Information:** (970) 249-2451

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

**Worship Service Times:** Sundays 9AM, Sunday Worship. Wednesdays 11AM, Mid-

week prayer and communion, Wednesday, Noon, Multi-denominational Community Prayer Hour.

**Dec 20-6pm:** Advent Service of Lament & Hope

**Dec 24-4pm & 11:30pm:** Christmas Eve Services

All Saints Anglican Church is an Evangelical Anglican Church committed to the ministry of Word, Sacrament, and Spirit. Our

music is a combination of traditional hymns, contemporary, and modern songs. We invite kids preschool and up to join our kids worship time during the 9am Sunday service.

We would love to welcome you here. Following the service, join us for snacks and conversation. On the third Sunday of the month we celebrate a potluck meal together.

## 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 disciples. 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 Sundays

**Other Discipleship Opportunities:**

Youth Night: First & Third Wednesdays of month 6pm

Celebration Groups (all ages): Sundays – Fridays various times & locations

Seasons Young Adult (Ages 18-26) Celebration Group: Thursdays @ 5:30pm off campus location

Celebrate Recovery: Friday nights @ 6:30pm

## CHRIST LUTHERAN CHURCH

**Denomination:** Christ Lutheran Montrose

**Affiliation:** Lutheran Church Missouri Synod

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

**Contact:** 970-633-0226

**Website:** [www.montroselutheran.org](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 welcoming environment being comforted and encouraged by the forgiveness and love of Jesus, and sharing that with one another.

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

## FIRST CHURCH OF THE NAZARENE

**Denomination:** Church of the Nazarene

**Address:** 705 South 12th Street

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

**Contact Information:** Office Phone 970 249-9213, [mncfirst@gmail.com](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 older and younger people. We have younger families with children and young teens and older adults as well. We also support the work of Calvary Ranch Colorado and its addiction recovery ministry.

## FIRST PRESBYTERIAN CHURCH MONTROSE

**Affiliation:** Presbyterian

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

**Pastor:** Jesse Mabanglo

**Worship Service times:** 9:30AM, Student Worship at 6PM. *We strive to encourage, challenge and support one another*

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



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

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

## ST. STEPHEN'S ANGLICAN CHURCH

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

[rose@yahoo.com](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**





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# COMMUNITY NEWS BRIEFS

## DELTA MONTROSE COMMUNITY CONCERT ASSOCIATION PRESENTS CLASSICAL PIANIST CHARLIE ALBRIGHT

### Special to Art & Sol

REGIONAL-The Delta Montrose Community Concert Association is honored to present the brilliance of classical pianist, Charlie Albright. The performance is scheduled for Thursday, Dec. 7, 2023 at 7 p.m. at the Delta Methodist Church, 477 Meeker Street in Delta, CO. Please note that this is a different venue than our other concerts. Hailed as “among the most

gifted musicians of his generation” with a “dazzling natural keyboard affinity” by the *Washington Post*, American pianist/composer/improviser Charlie Albright has been praised for his “jaw-dropping technique and virtuosity meshed with a distinctive musicality” by *The New York Times*.

Mixing classical with a bit of pops and some improvisation, all tied together with



Charlie Albright. Courtesy photo.

his relaxed and friendly stage presence, Charlie Albright will provide a delightful evening of entertainment. Program highlights may include Beethoven’s “Moonlight Sonata,” Gershwin’s “Embraceable You,” and many others. Albright not only graduated with the prestigious Artist Diploma (A.D.) from The Juilliard School, and a Master of Music Degree in Piano Performance from the New England Conservatory, he also completed a bachelor’s degree in Economics and Pre-Med at Harvard. Albright is an official Steinway Artist. Single admission tickets will be available at the door on the night 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).

**MONTROSE REGIONAL HEALTH**

**Welcomes DR. MICHAEL TONZI**

**Urologist**

**Medical School**  
SUNY Upstate Medical University College of Medicine  
Syracuse, NY

**Internship/Residency**  
University of Tennessee College of Medicine  
Chattanooga, TN

**Office**  
San Juan Urology  
1550 E Niagara Rd, Suite B  
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# COMMUNITY NEWS BRIEFS

## DELTA HEALTH CHAPLAIN'S FOURTH ANNUAL ST. LUKE'S AWARD



**Jody Roeber and Chaplain Sherry Mitchem.**  
Courtesy photo.



**Jody Roeber and Susan Retherford.** Courtesy photo.



**Chaplain Jo Wells and Susan Retherford.**  
Courtesy photo.

### Special to Art & Sol

DELTA – The Delta Health Volunteer Chaplains hosted their fourth annual Delta Health Chaplain's St. Luke's Recognition Awards on October 25, honoring and celebrating healthcare professionals who consistently demonstrate exceptional compassion towards patients, families, and colleagues.

Inspired by St. Luke, renowned as the author of the Biblical books of Luke and Acts, and presumed to be educated as a physician, the St. Luke's awards honor caregivers, nurses, physicians, and hospital staff for their outstanding efforts in healing the mind, body, and spirit.

This year's five nominees—Susan Retherford, Glenda Gallegos, Jennifer Peed, Jody Roeber, and Shanna Baker—were recognized for going above and beyond in showing compassion and promoting a healing environment. They exemplify dedication to their profession by meeting patients and staff where they are, incorporating their faith and calling into their service.

Of these nominees, two winners were chosen, Susan Retherford from Nutrition Services and Jody Roeber from Administration, each receiving the prestigious Healing Hands statue/award. Jody's 30 years of unwavering service to Delta County and her ability to create a healing envi-

ronment were highlighted in her nomination. Susan, recognized by three individuals from different departments, stood out for her kindness, attention to individual needs, and her profound commitment to her role.

Jody's letter of nomination highlighted her dedication to the hospital and community. "She has an innate ability to foster a healing environment, always striving to meet patients, staff and the community where they're at. This exceptional quality has not only uplifted countless individuals during challenging times but has also set a precedent for compassionate care within our institution...Jody's faith plays a pivotal role in her service. It's evident in her interactions that she views her profession not just as a job, but as a genuine calling, a purpose-driven path to serve others selflessly.

Susan's nomination letters all recognized her kindness, attention to patients and their families' individual needs and going above and beyond in a profound way. One stated that, "Susan has a contagious smile and laugh. She will walk from the Oncology building to the kitchen ten times a day because she takes her job seriously. Everyone matters and she is so proud of everyone that gets to ring the Bell. And we're proud to have her work with us."

During the ceremony, Interim CEO and

Chief Legal Officer, Julie Huffman expressed gratitude for the work of our hospital chaplains. "All of you provide emotional and spiritual care but your role is much more complex than that. You're often tasked as acting as a go-between, between patients and providers," said Huffman. "You advocate for the patient to medical staff. You help alleviate fears related to the medical industry and hospital environment and medical processes, and you offer comfort and guide people who are experiencing their toughest trials. We are honored by the work that you do and we are truly grateful.

Concluding the ceremony, Huffman presented the volunteer Chaplains with a wooden harvest bowl as a token of appreciation, drawing inspiration from Luke 10:2, "The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into the harvest field."

The fourth annual St. Luke's Chaplain Service Awards were a great reminder of the compassionate, quality care that the volunteer chaplains continue to provide. It was also a way to honor the staff of Delta Health for their work in providing remarkable care in a healing environment.

For more information about the volunteer chaplains at Delta Health, please visit [deltahealthco.org](http://deltahealthco.org) or call 970.874.7681.



# COMMUNITY NEWS BRIEFS

## MARY ANN CROWE WINS FISCHER POETRY PRIZE

*Special to the Mirror*

TELLURIDE-The Telluride Institute is proud to announce the winner of the 26th Annual Fischer Prize for Poetry: Mary Ann Crowe of New Mexico for her poem, "Missing Daughters of Chicagoua" which first appeared in After Hours Summer 2023 as a Mary Blinn Prize finalist.

"In addition to the \$1,000 cash award, Crowe will be appearing on our monthly zoom poetry reading, Bardic Trails, on the first Tuesday in April," said Talking Gourds director Art Goodtimes. "And her winning poem is posted on the Talking Gourds website."

Five outstanding finalists will receive \$250 each: past Fischer finalist Partridge Boswell of Vermont for "Ode to a Bee on the Small of Your Back," Eileen Hale of California for "The Closing Crack," Ken Haas of California for "The Cypress," Sandra Gustin of Texas for "Life of Jays" and Philip Rösel Baker of East Anglia (UK) for "She Caught His Arm." Their poems and bios are also posted on the Talking Gourds website.

Judge Deborah Kelly of Boulder praised the high quality of the submissions this year and noted, "I chose Missing Daughters of Chicagoua because the poem explores an unusual set of experiences and relationships while raising questions, questions about the definite and indefinite racial identities of two women and how these changed over time, how their lapsed friendship continues to trouble the speaker's mind. The poem brings us to times and places by way of detail, the tone amplified by news-making events and intimate memories. The poem gives us cause to care."

She added, "I also want to praise Ode to a Bee on the Small of Your Back, the next finalist and one with a different approach. I want to praise the care with which the poet chooses observations, chooses every word, and the deliberate structure of the verses. The conclusion is both surprising and relatable to many. This is a skillful work of art. It offers intimacy and insight in ways similar to poems by Dickinson."

The Fischer Prize is awarded annually to

poets around the world writing in English.

Past Fischer winners include Anna Scotti, Michelle Bitting, Devreaux Baker and Ja'net Daniello of California, Jonathan Greenhouse of New Jersey and Carlos Andrés Gómez of New York.

"Our national poetry contests are the primary way poets can help us support the many poetry projects we do on Colorado's Western Slope," said Goodtimes, "with the added bonus that one might win a prize. We also offer feedback on submissions, if desired."

For more information on the Talking Gourds Poetry Program and its national Fischer and Cantor poetry contests, visit [tellurideinstitute.org/talking-gourds](http://tellurideinstitute.org/talking-gourds)



*Poet Mary Ann Crowe. Courtesy photo.*

*Free!*

*The Montrose Community Band*

*21st annual Christmas concert*

*Home for Christmas*

*Sunday, December 17th at 3:00 p.m.*

*At the Montrose Pavilion*

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← *Concert sponsor*



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# SAVE THE DATE! LOCAL EVENTS CALENDAR

## ONGOING-

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

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

**BOSOM BUDDIES BREAST CANCER SUPPORT GROUP**, Wednesdays noon-12:45, 645 S. 5th Street

**MONTROSE HISTORICAL SOCIETY** meets 1st Wednesday of the month @ Montrose Events Center, 1036 No 7th Street 7 pm (970) 249-2085 [www.montrosehistory.org](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

**Dec. 6**-The Montrose County Historical Society welcomes Charlie Reed from Alpine Archaeological Consultants, Inc., as Reed presents his current work with the canal project and history. The program starts at 7 pm. Wednesday, Dec. 6, in rooms 1 and 2 at the Montrose County Events Center. Admission is free, the public is invited. Light refreshments may be available.

**Dec. 8**-Please join us for our Christmas 'Chili' Party and White Elephant Gift Exchange this Friday, Dec. 8th. Doors open at 11:30a, Chili served at Noon. Please bring a side dish or dessert to the Hampton Inn Montrose, 1980 N Townsend Ave. Swap gifts and stories; find out who wins our raffle drawing prizes! For info, call Kerri 970-209-5170.

**Dec. 11**-Monday, Dec. 11 from 5-6 Citizens Climate Lobby meets in new location Community rm in Safety Complex (enter police entrance across from Centennial Plaza) Non-partisan, national, environmental. All welcome, info 970-765-9095.

**Dec. 14**-Montrose Regional Health presents a Sneak Peek of new Ambulatory Care Center. 4-6pm, ACC Construction site near Hobby Lobby.

**Dec 17**-3pm- **Home for Christmas**, Free Christmas Concert by the Montrose Community Band at the Pavilion. Enjoy favorites new and old.

Admission is free. Sponsored by Montrose Regional Health.

**Dec. 20**-All Saints Anglican Church presents Advent Service of Lament & Hope on Dec 20, 6pm.

**Dec 24**-All Saints Anglican Church —Christmas Eve Services at 4pm & 11:30pm



December 5



[ColoradoGivesDay.org](http://ColoradoGivesDay.org)

Help us get more kids outside!

Support Friends of Youth and Nature

# GIVING CLUB AWARDS \$13k TO MRS. CLAUS FOR A CAUSE

## Montrose Womens' Giving Club

MONTROSE-Christmas just got a little merrier for area children after the Women's Giving Club awarded \$13,000 to Mrs. Claus for a Cause at the Nov. 6 Giving Club meeting. Mrs. Claus For a Cause hosts an event on Dec. 16 for local kids where they can pick presents and warm clothing, participate in activities, and have a meal and Christmas treats. The event is at Friendship Hall from 10am – 5pm and is open to all, with a similar event on the 17<sup>th</sup> of December for those with special needs. The organization can be reached at 800-231-0609 or at [mrsclausforacause@yahoo.com](mailto:mrsclausforacause@yahoo.com) to answer any questions.

Other groups that were chosen to make a presentation at the Giving Club meeting were Cobble Creek Angel Tree, represented by Kathy DeVor, and Maslow Academy/Bright Beginnings represented by Lori Sharp.

The Women's Giving Club meets quarterly. All members contribute \$100 and the three presenting non-profits are chosen randomly. Members then vote to determine the winner for that quarter. This is an extremely impactful way to give a boost to a local group. All women are welcome to participate in this charitable and social event. The next meeting will be Monday, February 8, 5:30 p.m. at the Bridges. Those interested may contact Phoebe Benziger at 970-209-9598 or [phebenator@hotmail.com](mailto:phebenator@hotmail.com) for more information.



Pictured L to R: Lilly Ambani, Leah Cole, and Megan Lerdall. Courtesy photo Women's Giving Club.

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## MONTROSE REGION ECONOMIC OUTLOOK CONFERENCE 2024

### LAST CHANCE - RESERVE YOUR SEAT TODAY!

**06 DEC**

**11:30-1:30**  
AM PM

**MONTROSE COUNTY  
EVENT CENTER**

Admission includes  
a catered lunch.  
Doors open at 11 AM.

#### KEYNOTE ADDRESS



**Nathan Perry, PhD**  
CMU Associate Professor of Economics  
**2024 Economic Outlook**

#### STATE OF THE COUNTY ADDRESS

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#### STATE OF THE CITY ADDRESS

City of Montrose



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