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the Montrose Mirror

© Issue No. 568 Jan. 15 2024

BOARD OF EDUCATION SUPPORTS HEIDI VOEHRINGER APPOINTMENT TO CHSAA BOARD

By Caitlin Switzer

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

The board voted unanimously to approve the meeting agenda with one amendment, the addition of an executive session to consider two items related to the sale of district property.

STUDENT SPOTLIGHT

RE-1J Public Information Officer Matt Jenkins welcomed longtime Montrose High School Head Volleyball Coach Shane Forrest, who said that this year seniors chose to raise funds for Special Olympics. Volleyball Team members Jadyn Hall, Bailey Cheezum, and Madison Lucero were present; Cheezum spoke about the program and its impact as well as reasons for the donation, and thanked Coach Forrest, "She leaves us something we can take beyond the court and something we can take beyond high school."



MHS Senior Volleyball players have chosen to donate to Special Olympics this year. Volleyball Team members Jadyn Hall, Bailey Cheezum, and Madison Lucero were present at the Board of Education meeting (screenshot).

[Continued pg. 20](#)

BOCC MEETS FOR ANNUAL REORGANIZATION



Roger Rash was selected to serve as BOCC Chair for the coming year. Courtesy photo.

Mirror Staff Report

MONTROSE-The Montrose Board of County Commissioners (BOCC) gathered for the annual reorganization of the board in a special meeting on Tuesday, Jan. 9. All commissioners were present, with Vice Chair Roger Rash attending virtually. BOCC Chair Sue Hansen called the meeting to order; all joined in reciting the Pledge of Allegiance.

Delivering the Invocation was Pastor Buddy Cook of the 1st Church of the Nazarene. "Heavenly Father, we thank you for this day...your word says that you make all things new...your mercies are new every morning..."

PUBLIC COMMENT PERIOD

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

COUNTY MANAGER

County Manager Jon Waschbusch had no changes to the meeting agenda.

[Continued pg. 2](#)

BOCC MEETS FOR ANNUAL REORGANIZATION

From pg 1

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REORGANIZATION OF THE BOARD

Commissioners selected Roger Rash as Chair and Keith Caddy as Vice Chair of the Board of County Commissioners for the coming year. Hansen read into the record the annual appointments and the [organization resolution](#). Commissioners voted unanimously to approve Resolution 04-2024 concerning annual appointments and reorganization of the Board of County Commissioners, as reviewed by Counsel. The BOCC Meeting Calendar for 2024 is attached to the agenda.

Following reorganization Hansen relinquished the gavel to Caddy for the remainder of the session, as Chairman Rash was attending virtually.

CONSENT AGENDA

Commissioners voted unanimously to approve the item on the Consent Agenda, Resolution 05-2024-regarding the County Treasurer to deposit and invest public funds.

ADJOURNMENT

With no further business, the special meeting was adjourned.

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REGIONAL NEWS BRIEFS

WOMEN'S GIVING CLUB TO MEET FEB. 8

Special to the Mirror

MONTROSE-Exciting News! The Women's Giving Club is moving their meetings to Thursdays! Join us for our next meeting on Feb. 8 at 5:30PM at the Bridges as we kick off our 8th year. We have already contributed \$330,000 to local non-profits, and we're always welcoming new members. Plus, we're waiving the \$100 voting fee for those who would like to come and observe. Please come on the 8th of February (Thursday) and be a part of our impactful community.

MONTROSE REPUBLICAN WOMEN TO HOST LUNCH & MEETING JAN. 19

Special to the Mirror

MONTROSE-Montrose Republican Women meet on Friday, Jan. 19 for the monthly lunch program and meeting from Noon - 1:30pm at Montrose Hampton Inn. All are invited to hear Montrose County Manager Jon Waschbusch give an update on county issues and projects. Clerk Tressa Guynes will explain the CAUCUS process and have the 2024 ballot available. Brown bag lunch- call Kerri 970-209-5170.

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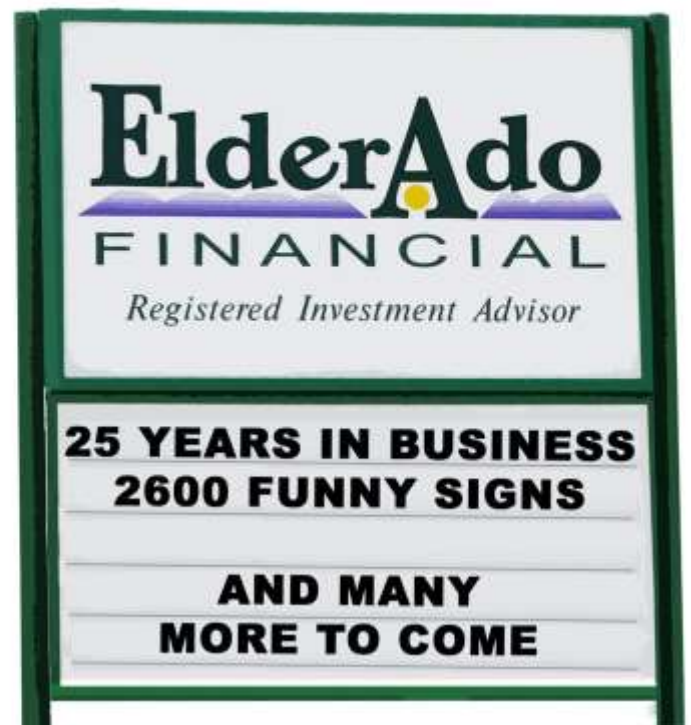
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OPINION/EDITORIAL: LETTERS

AN ANGRY WHITE DUDE

Editor:

There is a certain sect out there who will have you believe our nation is to be made up of predominately White Judeo-Christian folks. I only meet fifty percent of that criteria. I choose not to follow Christian doctrine or any other major faith-based organization primarily because of their restrictive value systems. I believe in choice. I also believe in educating the populace, in not banning books.

An educated population is an enlightened one able to engage in critical thinking.

I'm angry because of all the falsehoods being spewed on news stations and social media. The Republicans will have you believe illegal immigration falls squarely on the shoulders of the Democrats. Immigration reform has been challenging for several decades. Neither Republican nor Demo-

crat presidents let alone congress has been able to curb the tide of illegal immigration. Yet the Republican Party wants to forget or whitewash the fact that a few months into his presidency, Ronald Reagan issued a statement. ***He called for the millions of undocumented "illegal immigrants" present in the country to be given recognition and a path to legal status.***

I'm angry because the Republicans want to blame the tremendous debt the United States carries on the Democrats. No doubt deficit spending is an evil cycle that continues across administrations. Some are too young or too forgetful to remember Bill Clinton handed George Bush a balanced budget. They don't recognize the tax cuts passed by George W. Bush and Trump added an estimated 10 trillion dollars to the debt.

It angers me to see more and more posting from the far right claiming if one doesn't have the same train of thought as them then you are a communist. I get angry because I and three of my brothers, all unaffiliated, enlisted during the height of the cold war. We were there to support the fight against the spread of communism. In fact, my mother (an immigrant) received a commemorative letter from Ronald Reagan recognizing my brother's service upon his death. What angers me the most is people cherishing a political leader who seeks support by appealing to the base desires and prejudices of ordinary people rather than by using rational argument.

Help relieve the anxiety of an Angry White Dude. Think about where you want America to be and who can best get us there.

Dave Stockton, Montrose



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OPINION/EDITORIAL: LETTERS

BEWARE OF NEW SHOPPER SCAM WHEN ORDERING GROCERIES ONLINE

Dear Editor,

I am very thankful for the grocery delivery service from our local stores. It helps people who are unable to go in person to the markets and stores, the elderly who are not able to shop by themselves any longer, and those who are ill or have back or other issues. I am not so grateful for the person or persons who added to my online shopping order and delivered my groceries to someone else. I just hope they really needed the food and dog food. I am grateful that I did not have any emergency supplies on my order. Customer service did refund the almost \$300 the next day, but I had to re-order my needed groceries and am waiting for their delivery today. I just want people to know about this new shopper scam and to know if it happens to them, they can call customer service right away. I am grateful for the creativity of people, but let's use it in constructive ways to help, not harm others.

Arlyn Macdonald, Montrose

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MONTROSE COUNTY TREASURER, ROSEMARY MURPHY, ANNOUNCES THE DELAY OF MAILING PROPERTY TAX STATEMENTS

Legislative changes enacted by the Colorado Legislature to accommodate property tax relief will delay the certification of the County tax rolls. The new deadline for the tax roll certification is January 24, 2024. The reason for the delay is to give taxing authorities sufficient time to certify their mill levies and to give county assessors more time to gather data.

Please be aware that these changes do not alter the first-half payment due date, February 28, 2024. The Colorado Legislature chose not to extend the payment deadline to ensure that special districts like fire departments, school districts, health districts, hospitals, and other public entities have the revenue to continue to operate.

Once the tax roll process is complete, property owners will receive their statements by mail in early February. The property tax amount will be available after February 1st at <https://montrosecounty.net/treasurer> by clicking on SEARCH PROPERTY TAX RECORDS. Contact our office at 970 249-3565 or email etreasurer@montrosecounty.net for assistance.

MOVING – The Treasurer's office along with the Assessor and GIS Offices will be moving to temporary locations in January. The Old Montrose County Courthouse will close for restorations beginning JANUARY 22, 2024.

- ASSESSOR and GIS Offices will reopen January 29, 2024 at 949 N 2nd Street (next to Friendship Hall)
- TREASURER and Public Trustee Offices will reopen February 5, 2024 at 1001 N 2nd Street (southwest entrance of Friendship Hall)

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REGIONAL NEWS BRIEFS

CITY CLOSURES FOR MLK DAY

Special to the Mirror

MONTROSE— The City of Montrose will be closed on Monday, Jan. 15, in observance of Dr. Martin Luther King Jr. Day. City Hall, the Downtown Visitor Center, Municipal Court, Animal Shelter, Montrose Pavilion, and the City Shop will all be closed. Police Department offices will be closed but officers will be on duty and will respond to calls. The Black Canyon Golf Course is closed for the month of January. The Rusty Putter restaurant will also be closed Monday, Jan. 15.

Trash and recycling schedules will be adjusted for the holiday. City residential trash customers who would normally receive service on Monday, Jan. 15, will instead be served on Tuesday, Jan. 16, and Wednesday, Jan. 17.

For trash routes normally scheduled for Monday, Jan. 15, residences south of San Juan Avenue and U.S. Highway 50 will receive trash collection services on Tuesday, Jan. 16.

For residences north of San Juan Avenue and U.S. Highway 50, trash pickup will occur on Wednesday, Jan. 17.

Recycling customers who would normally receive collection service on Monday, Jan. 15, will instead be served on Friday, Jan. 19.

Residents with questions about route adjustments are encouraged to call City Hall at 970.240.1400 or visit CityofMontrose.org/Trash



MONTROSE GRAPPLERS TAKE DOWN BRIUNS 54-33

By Cliff Dodge

MONTROSE-The Montrose boys' wrestling team hit the road last Friday and invaded the lair of the Cedaredge Bruins and came away with a 45-33 victory. The Red Hawks and the Bruins split the first 10 matches and were tied at 24 when the Red Hawks won three of the final four matches for the victory. The individual matches finished as follows:

- 106 Ricky Olmos (Mont) over Jared Roberts (Cedaredge) (Dec. 3-2)
- 113 Cash Martinez (Cedaredge) over Marques Acosta (Mont) (Dec. 8-6)
- 120 Gabe Hardin (Mont) over Andreas Thomas (Cedaredge) (Fall 2:48)
- 126 Josh Martinez (Cedaredge) over Ryan Reeder (Mont) (Fall 3:01)
- 132 Ethan Hice (Cedaredge) over Holden Putnam (Mont) (Fall 3:07)
- 138 Austin Zimmer (Mont) over Tayton Nelson (Cedaredge) (Fall 4:29)
- 144 Landon Martin (Cedaredge) over Landon Linville (Mont) (Fall 1:50)
- 150 James Schaefer (Mont) over Wylan Lorimer (Cedaredge) (Fall 1:32)
- 157 Ethan Toothaker (Cedaredge) over Trev. Anstine (Mont) (Fall 5:07)
- 165 Quinn Brown (Mont) over Kolter Mann (Cedaredge) (Fall 2:34)
- 175 Jayce England (Mont) over Cole Wyatt (Cedaredge) (Fall 1:27)
- 190 Corbin Wallace (Mont) over Ty O'Connell (Cedaredge) (Fall 1:03)
- 215 Frank Gargus (Cedaredge) over Vincenzo Mascia (Mont) (Fall 1:34)
- 285 Jack Carson (Mont) over Travis Gill (Cedaredge) (Fall 1:49)
- 106 Extra Chance Culver (Mont) over Hoerr (Cedaredge) (Dec. 10-3)
- Extra Hunter Hess (Mont) over Crawford (Cedaredge) (Fall 0:53)
- Extra T. Ryan (Cedaredge) over Lucas Hesse (Mont) (Fall 3:29)
- Extra Brent Brashers (Mont) over Maxfield (Cedaredge) (Fall 4:55)

The next action for the Red Hawk wrestlers is a trip to the front range and a tournament hosted by Arvada West High School. Stay tuned.

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

SUPER TUESDAY

Tuesday, March 5, 2024 • Colorado Presidential Primary Election

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Thursday, March 7, 2024 • Registration starting at 5:30 PM
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OPINION/EDITORIAL: COMMENTARY

MAY PEACE PREVAIL, AND MAY WE CREATE IT: MLK TODAY

By Tom H. Hastings

PORTLAND, OREGON—Those who like violence, those who prefer cathartic rage, love to lift out King's words about riots: "riots are the voice of the unheard." But a more careful and correct understanding of what he said shows that he was merely explaining riots, not condoning them.

I know when I hear a cancer researcher describing the abilities of cancer cells to outcompete healthy cells in some situations I do not hear that explanation as the researcher cheering on cancer, but instead hear her explaining it—being able to understand it is how researchers learn to defeat some forms of cancer.

This is what Dr. King was helping white America to understand. In that speech he said, "I'm absolutely convinced that a riot merely intensifies the fears of the white community while relieving the guilt."

Boom. If we would honestly study MLK, his writings, his speeches, and learn from his actual words and actions, we would start to really grasp how we can heal our racial divide, stop our culture wars, and be the best version of America that we can be.

There are two references to MLK that have found their way into much of the American educational system (probably soon to be stricken from public schools at all levels in Florida and if Trump gets back in, possibly across the country). First, of course, is his hallmark I Have a Dream speech that he made to a quarter million people in Washington and eventually to billions of us worldwide. His challenges that day were cogent and powerful.

Second, from a few months before that August 1963 speech, was his iconic Letter from Birmingham Jail. That is often excerpted and included in readers that even middle school students read in many places. I know this because I teach Peace Studies every year and the Oxford University Press reader that I use also excerpts a section of the letter. Students frequently remark that they recall reading that in high school or middle school.

If you do nothing else to observe the holiday marking MLK's birth, perhaps read the entire text of his Letter from Birmingham Jail. It is a remarkable work of grace, intelligence, and exemplary strategy. It is as canonical as any document in American history, in my view.

What I might suggest is to go beyond these two fairly ubiquitous bits of what King left us. Perhaps check out his Beyond Vietnam sermon, delivered (4 April 1967) one year to the day before his assassination (4 April 1968).

That sermon was so powerful to me that when I first visited New York I had to go to simply stand in Riverside Church, where he delivered that brave and brilliant sermon, letting the world know that he strongly disapproved of the US war on Vietnam.

Some have said, with a certain logic, that

his words sealed his fate that day and that his murder exactly one year later was the direct result of that antiwar speech and that the choice of April 4 was the exclamation point on that vile act.

May peace prevail, and may we create it by creating the justice Dr. King asked of us.

Dr. Tom H. Hastings, PeaceVoice Senior Editor, is Coördinator of Conflict Resolution BA/BS degree programs and certificates at Portland State University.



Tom H. Hastings.
Courtesy photo.



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RED HAWKS BOYS BASKETBALL SPLIT TWO GAME ROAD TRIP

By Cliff Dodge

MONTROSE-The Montrose Red Hawks boys' basketball team showed the effects of a long holiday break as they attempted to keep pace with the Grand Junction Central Warriors up in Grand Junction. The Red Hawks gave it a good effort but ultimately fell to the Warriors by the score of 43 to 31. The loss ended the Red Hawks win streak at Nine games and also saddled the team with their first loss in league play.

The Red Hawks just could not seem to get untracked and they fell behind by 3 points after one period of play. The second quarter proved fatal as the Warriors moved out to a 10-point lead from which the Red Hawks could not recover. The Red Hawks were able to match the Warriors basket for basket in the second half but were unable to reduce the deficit and ultimately ended up losing by 12 points, 43 to 31. Junior Kaleb Ferguson led all Red Hawk scorers with 12 points and 7 rebounds. Senior Gage Wareham chipped in with 8

points and 3 assists. Junior Cooper Ross added 5 points and senior Jaxon Killen contributed 3 rebounds to the stat sheet. The Red Hawks passed out 8 assists but turned the basketball over to the opposition 18 times.

The second half of the Red Hawks road trip on Friday evening was as different as night is from day. The Red Hawks showed no signs of holiday blues as they raced out to a 20 to 8 first quarter advantage. The Red Hawks offense continued to hit on all cylinders and their defense totally upset the Palisade offense resulting in a Montrose 20-point victory margin, 53-33. The Red Hawks had three players in double

figures on the score sheet. Kaleb Ferguson tallied 16 points and 7 rebounds and nabbed four steals. Jaxon Kattner was on from long range as he sank 4 of 7 shots from behind the three-point line (13 points) while Brekin Hutto added 12 points and captured 10 rebounds. The Red Hawks passed out 15 assists, had 7 steals and turned the ball over only 13 times.

The Red Hawks finally return home to play two games in front of the home fans next week. The Glenwood Springs Demons visit the Fieldhouse on Tuesday and the Eagle Valley Devils are the opposition on Saturday.



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BOARD OF EDUCATION SUPPORTS HEIDI VOEHRINGER APPOINTMENT TO CHSAA BOARD *From pg 1*

Cheezum thanked Special Olympics for the joy and happiness they have brought into the world. The donation will be \$1,600, Forrest said, adding that Special Olympics is dear and true to her heart.

"Part of the fundraising money's kind of already gotten spent," Special Olympics Co-Coach (with Coach Taylor Brown) Paul Bel-ler said.

Students and coaches posed for a photo with a big check.

District A Director Neisha Balleck thanked students for their donation, "...You are on a platform, and you're recognizing how important all of us are...no matter where we're at or what we're doing, so thank you so much."

Jenkins thanked Sandy Head of Montrose Economic Development Corporation for loaning the big check to the school district for the presentation.

AWARDS & RECOGNITION

Jenkins shared information on community partnerships and recognition. The KREX Golden Apple Award went to Teacher Grace Walker of Johnson Elementary School; Olathe Middle High School student Cody Biesek was honored with the School Resource Officer Award for January. Biesek said he hopes to join the Army, where his lifelong dream is to become a successful med-vac officer. Biesek thanked his stepfather Chris Trujillo for being a role model.

DONATIONS

Jenkins said that Hot Water Productions has donated \$500 to help Peak Academy purchase gifts for 25 students from Northside Elementary who are in need. This is to support the Student Council's annual Northside Elementary Angel Tree Fundraiser.

BOARD POLICY DISCUSSION

As requested by District B Director Ted Valerio at the previous meeting, the Board of Education spent time discussing Board Policy BDA, "Board Organizational Meeting."

District A Director Neisha Balleck raised concerns that the current policy could violate Roberts Rules of Order; Board President Sarah Fishing said that after more than 16 years of using the current policy, "A precedent has been set." The current policy reflects that of the Colorado Association of School Boards (CASB).

District D Director Tom West said the Board should discuss the policy in depth during a work session.

"Obviously I think we need to go back and look at that," Valerio said. Directors agreed to add the discussion to a future work session agenda; Fishing urged all directors to research alternative policies prior to the work session.

COMMUNITY INPUT

Addressing the Board during the time for Community Input was Donna Elkins. She thanked directors for their service, "...Kudos to all of you...I am just very excited that we have such a talented group of individuals with a lot of strengths that complement each other...I sympathize with and empathize with you when it comes to...policy and Roberts Rules of Order...one of the things that I would just respectfully encourage you to think about is that your statute...does say that your President and your Vice President are elected positions, and that the Secretary, Assistant Secretary, Treasurer, are appointed positions. So you can kind of tell by the language that those are two different processes...when I watch the procedure and I listen to the language and I read the minutes, the differentiation isn't clear, so I love that you guys are going to have a workshop. I appreciate so much your professionalism and that you're all working together, that you are going to try to do those best practices..."

Elkins was still speaking when the three minutes allotted for comment ran out.

SUPERINTENDENT'S REPORT

RE-1J Superintendent Carrie Stephenson presented information on a Magellan Community Survey.

MASCOT REIMBURSEMENT REPORT

Stephenson gave an update on state reimbursement for mascot changes. RE-1J applied for and was awarded Colorado Department of Education (CDE) Mascot Reimbursement Grant funds in the amount of \$106,884.47. "We did get a little bit of our costs back..."

Funds will go to the General Fund. The total spent on mascot changes was more than \$500,000, Finance Director Emily Imus said. West said that the Strasburg mascot is still The Indians.

CONSENT AGENDA

The Board of Education voted unanimously

to approve the Consent Agenda as presented, including Personnel Report. Notable upcoming retirements included in the report are those of ECC Director Penny Harris and Longtime Montrose High School Teacher Kathlyne Gaber.

NEW BUSINESS

Directors voted unanimously to adopt Resolution No. 01-2024, in support of Montrose High School Principal Heidi Voehringer's service on the Colorado High School Activities Association (CHSAA) Board of Directors.

"...It's going to be great to have Heidi represent us on that committee," Stephenson said. "...it really is just an excellent opportunity for us to have a strong voice..."

The vote was followed by a round of applause.

Directors voted to approve a revision to Board Policy IKF Graduation Requirements, to better align with the Career Pathways Program. Voehringer and Instructional Coordinator John Steele shared a presentation, which is included in the meeting packet.

Directors also voted to approve and certify the Mill Levy for the Property Tax Year 2023 and approved Resolution 02-2024-Certify Property Tax Mills Authorized By Colorado Statutes for 2023-2024. RE-1J Controller Marjie Wickham presented information.

Following a discussion by Finance Director Emily Imus, directors voted to approve the following resolutions: 03-2024 Amended Budget Adoption 2023-2024; 04-2024 Appropriation Resolution; and 05-2024 Authorizing Use of Portion of Beginning Fund Balance 2023-2024.

Also presented by Imus was the Enrollment Report. As of Jan. 4, District Enrollment is 6,014, which is 40 students less than last month. The decrease is expected to be offset by an enrollment increase in January, Imus said.

EXECUTIVE SESSION

The Board voted to enter Executive Session to consider two items related to the sale of district property. During the session, the Board voted to accept a sales contract for \$285,000 for vacant land owned by the school district at 6725 Road, according to Executive Assistant to the Board Laurie Laird.

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RED HAWKS GIRLS SPLIT TWO GAMES ON THE ROAD

By Cliff Dodge

MONTROSE-The Montrose Red Hawks girls' basketball team played their tenth straight game on the road as they traveled to Grand Junction and faced the Grand Junction Central Warriors in their first league game. The team seemed just a bit rusty from a long holiday but ended up losing by 9 points 51 to 42.

The first half of the contest was virtually even as the Warriors held a 2 point half time advantage. The Red Hawk surged ahead in the 3rd canto to lead 34 to 27 entering the final period. The fourth quar-

ter proved the Red Hawks undoing as the Warriors outscored the Red Hawks 24 to 8 to run away with a 51 to 42 victory. Three Red Hawks hit the score sheet in double figures. Senior Haven Johnson and Sophomore Mayce Oberg each tallied 11 points while Senior Taygan Rocco chipped in with 10 points. Sophomore Maggie Legg added 7 points while passing out three assists and capturing two rebounds. Oberg led all rebounders with 14 while Rocco and Lilly Nelson each contributed 7 caroms to the team total. The Red Hawks long range shooting abandoned them as they hit only

one basket out of a dozen attempts from behind the 3-point line. The Red Hawks turned the ball over 13 times.

Better times were in store for the Red Hawks as they traveled to Palisade on Friday evening and found their groove as they defeated the Bulldogs by the score of 47 to 32. The first half action was a virtual deadlock as the Red Hawks led 19-18 at the half. The third quarter resulted in a 2-point advantage for the Red Hawks. The Red Hawks found another gear in the fourth quarter and outscored the Bulldogs 16 to 3 to make the final score 47 to 32. The Red Hawks forced the Bulldogs to foul and made seven free throws in a row going down the stretch to seal the deal.

The Red Hawks finally get a couple of home games as both the Glenwood Springs Demons and the Eagle Valley Devils come to call on Tuesday and Saturday.



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MONTROSE WRESTLERS TAKE NUCLA/ NORWOOD INVITATIONAL

By Cliff Dodge

MONTROSE-The Montrose Red Hawks wrestling team bested eight other wrestling teams to capture the Nucla/Norwood Invitational Wrestling Tournament this past weekend, amassing 156 points to finish ahead of Monticello (154) and Nucla (153.5). The rest of the field finished in the following order: Montezuma-Cortez, Dove Creek, Olathe, Norwood, Dolores and Delta.

The Montrose wrestlers finished in the following order and amassed the following team points.

- 106 Chance Culver (Mont) (15-7) placed 2nd and scored 18.0 team points.
- 113 Zach Quaid (Mont) (2-9) placed 7th and scored 2 team points.
- 120 John Hughes (Mont) (6-6) placed 3rd and scored 23 team points.
- 126 Rian Reeder (Mont) (9-5) placed 3rd and scored 18.0 team points.
- 126 Moises Najjar (Mont) (5-8) placed 6th.
- 132 Lucas Hesse (Mont) (0-11) placed 9th.
- 132 Hunter Hesse (Mont) (6-5) placed 4th and scored 20.0 team points.
- 144 Lincoln Jones (Mont) (1-13) placed 5th and scored 7 team points.
- 150 Landon Linville (Mont) (10-4) placed 3rd and scored 12 team points.
- 150 Brent Brashers (Mont) (4-5) placed 4th.
- 165 Carmelo Rendon (Mont) (1-3) placed 3rd and scored 11 team points.
- 175 Zach Charles (Mont) (0-4) placed 4th and scored 7 team points.
- 215 Vincenzo Mascia (Mont) (10-11) placed 2nd and scored 18 team points.
- 215 Anthony Gonzales (Mont) (7-8) placed 4th.
- 285 Jack Carson (Mont) (4-2) placed 1st and scored 20.0 team points.



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GAIL MARVEL
Montrose Author & Reporter

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Special to the Mirror

LEADVILLE— The highly anticipated Rocky Mountain Mining and Reclamation Conference is set to unfold in the historic town of Leadville, Colorado, from May 22 to 24, 2024. This immersive event promises to spotlight Leadville's storied mining past, its captivating venues, and the dynamic community that calls it home. Hosted for over 10 years as the San Juan Mining and Reclamation Conference, the roots of this event will always exist in the San Juan Mountains. However, the history of mining in Colorado extends throughout the Rockies. Therefore, the conference is expanding its horizons, now embracing the entire Rocky Mountain region under the new banner: Rocky Mountain Mining and Reclamation Conference. The Steering Committee consists of the following partners: Mountain Studies Institute, Uncompahgre Watershed Partnership, Arkansas River Watershed Collaborative, Schnabel Engineering, Colorado Division of Reclamation, Mining, and Safety, HDR, USGS, and Visit Leadville-Twin Lakes.

To learn more about the conference, visit mountainstudies.org/rmmrc.

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OPINION/EDITORIAL: LETTERS

THE HYPOCRISY OF THE MONTROSE COUNTY REPUBLICAN CENTRAL COMMITTEE

Editor:

Last evening's central committee meeting was an eye opener. The hypocrisy that is prevalent within this party was on full display. The first order of business was to take a vote to endorse Donald Trump for president. That is a violation of the pre-primary neutrality clause which was rescinded by the state party so the party could endorse the candidate of their choice before the citizens had a chance to vote for their choice.

Mind you this is 48 people making a decision that effects 13,300 citizens of Montrose County (13,300 is the approximate number of registered republicans in Montrose County).

During this discussion I pointed out that there was a violation of the central committee's pre-primary neutrality clause in progress because Scott RIBA the central committee chair was also running for county commissioner in district 3 which is a contested race because Rick Dunlap is also running for that commissioner seat. And that is a clear violation of the pre-primary neutrality clause. **Neutrality clause, "The following members of the Montrose county Republican central committee: Chairman; 1st Vice Chairman; 2nd Vice-Chairman/precinct coordinator; Secretary; Treasurer; Standing committee chairs**

of the Strategy & planning, Events & fundraising, Public Relations, and Candidate support committee shall not endorse, support, or oppose any federal, state, county, or local level candidate designation or nomination for partisan public office before a primary election. The exceptions are if a candidate is unopposed in the primary election".

The explanation was that because Ken Buck was state party chair in 2020 at the same time he was running for re-election to congress then the pre-primary neutrality clause didn't apply because Ken said he would recuse himself from any decision that would effect that race. And Riba said he would do likewise. But an hour and half later when Kay Heinschel pointed out that there were two candidates for county commissioner who hadn't had an opportunity to speak, in reference to Rick Dunlap and Luis Stark. Riba stated that they hadn't asked to speak prior to the meeting so that it could be put on the agenda so he would not allow them to speak. So, in an hour and a half he went back on his promise to refrain making decisions regarding the other candidate. Kay approached Riba and said something and Riba relented and said he would allow them each two minutes. And that is who Riba is, a totally corrupt politician who is using his chair

position to run for office and attempt to freeze out his competitor. Rick Dunlap went to the central committee meeting in November to announce his candidacy but there again he wasn't given the opportunity to speak. After I found out about that I told Rick that I would attend the January meeting and I would assist him in his campaign.

The other members of the central committee should be deeply ashamed of themselves for allowing this to continue. And the local elected officials who are also central committee members should not allow this to continue either. Some of them used to speak up against this but for some reason have gone silent. They must be afraid of being primaried it wouldn't be the first-time party officials actually sought a primary challenger to an elected official because they chose to challenge party officials.

So why don't the current by-laws reflect any changes regarding the Ken Buck decision? After all these by-laws were revised in January of 2023 and are the bylaws that are on file with the secretary of state's office. So, if the state and county Republican Party doesn't comply with their by-laws then are they just a rogue entity? Or maybe an exclusive club?

Ray Langston, Montrose



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Special to the Mirror

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OPINION/EDITORIAL: LETTERS

IN THE PRIMARY AND GENERAL ELECTION WE MUST ALL DO OUR PART TO ENSURE THAT THE DOWNFALL OF AMERICA DOES NOT OCCUR

Editor:

Since 2020 any observant citizen/taxpayer should certainly have concluded by now that the big "D" behind any politician's name stands for DISASTER. On the national level our country faces multiple major challenges including the threat of global war. Pick an issue related to states and cities and one will see a vivid example of planned incompetence.

Of all our domestic challenges, for me the greatest and most egregious problem with lasting consequences are the Democrat planned invasion of our country by over 10million illegal entries in just three years, with 2 million more projected for this year.

We constantly hear pundits estimating the cost of this invasion, but the most accurate costs I have found can be found at:

<https://www.fairus.org/issue/publications-resources/fiscal-burden-illegal-immigration-united-states-taxpayers-2023>.

Most Americans know we are paying for the staggering cost of housing, food, schools, etc. What is not discussed enough is the intentional engineering and overthrow of our political system that is no more than one generation away.

The blame for this plague falls squarely on the Democrat party and all who think Democrats deserve their vote for any office. It is very important that both in the Primary and General election in November that we all do our part to ensure that the downfall of America does not occur, and we are never addressed as "COMRADE" !!

Dee Laird, Montrose



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REGIONAL NEWS BRIEFS

DELTA HEALTH ACHIEVES COPPER DESIGNATION: ELEVATING PEDIATRIC EMERGENCY CARE IN THE WEST REGION

Special to the Mirror

DELTA— Delta Health proudly announces its achievement of the Colorado Pediatric Preparedness for Emergency Rooms (COPPER) Pediatric Advanced Designation, a significant milestone in pediatric emergency care. As the first hospital in the Western Region to secure this designation, and the fourth hospital in the state, Delta Health Emergency Department demonstrates its commitment to ensuring the highest standards for handling pediatric emergencies.

Administered by the Emergency Medical Services for Children (EMSC) program in Colorado, COPPER is a designation program designed to evaluate emergency departments based on evidence-based guidelines and best practices. It focuses on critical aspects of pediatric emergency care, including equipment, medication, protocols, and staff training.

Leading the charge for Delta Health's COPPER designation is Kayleigh Wright, Delta Health Trauma Nurse Coordinator.

"While pulling data I noted a significant increase in our pediatric trauma patients. In March 2023 our trauma number had doubled for kids, where we had already seen where in 2022 in that same period, we had only seen four," said Wright. Those seem like small numbers, but given how rural we are that is a big deal for kids."

Wright soon started spearheading the initiative after attending the annual PECC (Pediatric Emergency Care Coordinator) Seminar with her partner Caryl Showalter RN.

"Caryl has a true passion for our pediatric population, her knowledge and drive made her stand out to become a true champion for this program," stated Wright.

After the seminar, Kayleigh and Caryl quickly realized what a huge resource the COPPER program would be for Delta Health and the community. In June of 2023, they presented their findings and the COPPER program to the Emergency Room physicians for the first time - gaining both administrative and physician support. They continued with the process of creating a team to include Caryl Showalter Emergency Room RN, Tracy Kastner, Respiratory Therapist, and Dr. Jennifer Craig.

"This designation underscores our commitment to the well-being of our community's

children, ensuring they receive the best possible care during emergencies," states Julie Huffman, Delta Health Interim CEO and CLO. "We are extremely proud of the staff who invested their time, talents and passion to make this a reality."

Delta Health, a level IV trauma center, does not have a dedicated pediatric unit, which emphasizes the importance of COPPER in providing education, tools, and support for pediatric patients seen through its Emergency Department. The hospital's efforts align with the National Pediatric Readiness Project's mission to improve readiness for U.S. Emergency Departments in caring for children.

Visual changes that can be seen include a room dedicated specifically for pediatric patients, with distraction toys for a more of a calming, less frightening environment. This child focused setting will help decrease the trauma children often experience coming to the emergency room, coupled with the emergent situation that originally brought them in. The staff has also been trained on the importance of family-centered care, which includes keeping whomever the child identifies as a family in their vicinity during care to help calm, and be a source of security to the pediatric patients. Highlighting the critical role COPPER plays, the program aids in reducing mortality associated with pediatric illnesses by 76% and pediatric injuries by 60%. In 2022, Delta Health saw 35 children for pediatric trauma, and 40 in 2023.

"We are currently the first hospital in the west region to have this designation. If you have a sick child or injured, Delta Health has gone through the process, education and has implemented more policies to better care and provide for that population; leading to less deaths related to the injury and illness," said Wright.

"Our quality of care overall since implementing our additional education and policies surrounding the pediatric population has improved," said Wright. "I have seen a shift in our staff, beginning to feel more comfortable and confident taking care of this vulnerable population."

Delta Health maintains close relationships with larger facilities like SMMC and Children's Hospital Colorado in Denver, emphasizing the need for effective patient trans-

fers.

Delta Health also maintains a close relationship with Delta Ambulance District, which is Colorado Pediatric Emergency Care Coordinator (COPECC) certified. Delta Health will begin quarterly hands-on education with the ambulance district to make sure the full continuity of care is provided to the patient.

To enhance staff preparedness, in 2021 Delta Health Foundation supported the hospital in gifting a SimNewB infant simulator. The SimNewB simulator helps to foster realistic training for critical interventions and contributes to improving neonatal resuscitation and enhancing staff skills in handling pediatric emergencies. In 2023, Delta Health Foundation purchased all of the pediatric items such as toys, to support Delta Health Emergency Department's pursuit of the COPPER Designation.

"The Foundation was honored to use this grant money to highlight support for labor and delivery services at Delta Health," says Delta Health Foundation President, Darnell Place-Wise. "It's an incredibly vital component for our community; the infant simulator will help train staff for many years to come."

Beyond COPPER requirements, Delta Health has implemented additional measures, including quarterly pediatric education for the entire hospital. The hospital's commitment extends to addressing pediatric early warning signs, updating equipment, and incorporating child life services to support psychological and physical care.

The hospital's journey to becoming a pediatric-ready Emergency Department emphasizes the importance of the COPPER designation not only in reducing pediatric mortality but also in empowering the staff to provide high-quality care. Since implementing COPPER in December, Delta Health's Pediatric Readiness score has increased to 100% as noted by COPPER Project Director Dr. Kathleen Adelgaiss. With this increase, Delta Health is now recognized as an Elite Hospital for Pediatric Readiness within the nation.

Delta Health continues to strive for pediatric excellence, embracing changes brought about by the COPPER program to better serve this special and vulnerable population.

REGIONAL NEWS BRIEFS

MONTROSE REGIONAL HEALTH ANNOUNCES REVOLUTIONARY ROBOTIC PLATFORM FOR SPINE SURGERY – ONLY HOSPITAL ON WESTERN SLOPE



Photo of patient anatomy on the ExcelsiusGPS. Montrose Regional Health is announcing its acquisition of the Excelsius3D and ExcelsiusGPS systems. Montrose Regional Health is the only hospital on the Western Slope to offer the revolutionary systems for spine surgery patients. Courtesy photo.

MONTROSE— Montrose Regional Health is announcing its acquisition of the Excelsius3D and ExcelsiusGPS systems. Manufactured by Globus Medical Inc., the systems use advanced imaging, navigation and robotic guidance to provide the best patient care possible.

"We are proud to announce we have brought the revolutionary ExcelsiusGPS and Excelsius3D robotic systems to our

communities," said Jeff Mengenhausen, CEO of Montrose Regional Health.

"Montrose Regional Health is known for providing advanced care for our communities. As the only hospital on the Western Slope with Excelsius Technology tools, our spine surgery patients can expect the most advanced care available – right here in the Montrose region."

"Montrose Regional Health is the first and only hospital on the Western Slope with spinal robotics and advanced intraoperative imaging technology, making it the most advanced spine and pain center in the region. This demonstrates our long-term commitment to serving our communities by providing the highest quality spine and pain care," said Dr. Addison Wood, spine surgeon at the Montrose Regional Health Spine & Pain Center.

The robotics and imaging technology are expected to enhance the hospital's offerings of minimally invasive spine surgeries as well as management of large spinal deformities. ExcelsiusGPS™ is the next revolution in robotic spine surgery from Globus Medical, a developer of spinal and orthopedic implants and surgical instru-

ments for patients with spine disorders.

ExcelsiusGPS™ is designed to improve accuracy and optimize patient care by using robotics and navigation - much like a GPS in a car. On the day of surgery, medical images are taken and imported into ExcelsiusGPS™. The surgeon uses these images to determine the size and placement of implants and creates a plan based on each patient's specific anatomy. This is used to guide the rigid robotic arm to a specific region of the patient's spine, similar to a planned route or pathway on a GPS. The surgeon uses this pathway or route to accurately place the implants using instruments.

Throughout the procedure, the surgical instruments and implants are continuously displayed on the screen for the surgeon and staff to monitor and manipulate. This display allows the surgeon to view live feedback during procedures for more precise implant placement.

Dr. Addison Wood is experienced with the Excelsius Technology tools, allowing the hospital to offer the advanced technology to spine surgery patients in the immediate future.



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REGIONAL NEWS BRIEFS

OPENING OF THE SECOND REGULAR SESSION OF COLORADO 74TH GENERAL ASSEMBLY

Special to the Mirror

DENVER— On Wednesday, January 10, 2024, the Colorado General Assembly opened the Second Regular Session of the 74th General Assembly. State Representative Marc Catlin of House District 58 is entering his final year of his fourth term. The term-limited Representative continues to serve on the Agriculture, Water & Natural Resources Committee (Vice-Chairman); Transportation, Housing & Local Government Committee (Ranking Member); and Capital Development Committee.

The representative has two bills that have been introduced in the House, as of now. The bills entitled:

Regulate Sale Transfer Sodium Nitrite – HB24-1081

This bill will limit the general access to

products with sodium nitrite with concentrations above 10%; verified commercial businesses will still have access. Sodium nitrite has been promoted on popular social media sites as an effective method to complete suicide, due to it being readily available, fast acting, and the reversing agent not commonly found. According to the Federal Center for Disease Control and Prevention, one in ten high school students attempted suicide in 2021.

Veterinary Technician Scope of Practice – HB24-1047

The bill will establish a veterinary technician specialist designation. The bill will direct the State Board of Veterinary Medicine to promulgate rules for supervision and veterinary medicine tasks for veterinary technician, veterinary technician specialist and other licensed veterinarians.

Representative Catlin says, "I am honored to be entering my final year at the legislature. It is humbling to have the people of Western Colorado send me back for eight years. There is still a lot more to complete, policy that the people of rural and western Colorado need. I am looking forward to bringing legislation that the people have asked for to help our economies thrive."

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

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OPINION/EDITORIAL: LETTERS

BIDENOMICS IS NOT A “FAILURE” AS CLAIMED BY SOME

Editor:

There's no denying the feeling of unease about the economic future amongst a sizable portion of our country. Many people, within this paper, all the way up to some presidential candidates, fan the flames of this unease in ways that are unhealthy, while at the same time offering no realistic solutions on how our leaders can work together to continue improvements to the lives of our citizens, no matter whether they live in cities or rural areas. The constant barrage of bad news they pedal is belied by actual facts such as the following: First, though inflation is undeniable, it has been brought down to reasonable levels, post pandemic, by cool heads within the Federal Reserve. The annual inflation rate has fallen from a pandemic high of 7% in 2021 to just over 3% in 2023, and it's still falling. Most remember when the pandemic hit. Everything from toilet paper to housing became scarce, supply lines were disrupted, travel and manufacturing slowed to a crawl, and many products became scarce. These supply disruptions had the predictable effect that, as products became more scarce, prices rose, and inflation soared. Yes, the prices of these commodities remains high; but these prices are caused by the market, and have nothing to do with the president. Thus, folks that blame “Bidenomics” for inflation are simply spreading lies in order to divide the nation. Yes, many of our young people are hurting because of inflation and the lack of affordable housing, but, instead of shouting at each other, our leaders should be working across the aisle for solutions.

However, looking at the big picture, the facts are that the economy is humming along quite well indeed under the even-keel leadership of the Biden Administration. In addition to taming inflation, while avoiding the long predicted recession scaremongered by Republicans, unemployment has dropped from a pandemic high of 14% down to about 3.5% currently, which is historically low.

The Inflation Reduction Act, far from being the failure that opponents claim, has resulted in the following: Due to “Buy

American” requirements, there has been an increase in construction of large EV battery manufacturing factories from two in 2019 to thirty either under construction or operational today (source: TechCrunch). Additionally, in 2022 alone, \$74 Billion was invested by manufacturers constructing EV plants (source: Atlas Public Policy). Most of these new factories are in rural areas; where unemployment is higher and wages lower. Before the passage of the IRA, the Chinese were developing a lock on this extremely lucrative and rapidly expanding market; but now the USA is clawing back some of this market due to the forward looking vision of the Biden Administration, which recognizes the vital importance of being competitive in this market.

The IRA also incentivizes upgrades to the nation's electrical grid, including increased capacity and reliability for rural areas (much as FDR's rural electrification resulted in our local electric coops, like DMEA). The act also incentivizes clean energy to add to/backup existing powers sources; including residential PV. This decreases energy expenses by cutting back on fossil fuel costs, while distributing energy production, leading to less reliance on large base load plants, and large, expensive, maintenance intensive transmission lines. It also provides economic rocket fuel for innovative small startups working to build new products for a “smarter” grid, along with new jobs. Concurrently, solar PV prices continue to drop rapidly, while PV conversion efficiencies are rising ... a win-win situation for all of us. Meanwhile “Agrivoltaics”, the practice of farming underneath large, raised PV arrays, produces electricity with no recurring fuel costs while protecting crops that slow down due to withering sunlight from late June through August, thus leading to higher outputs for heat sensitive crops such as tomatoes and greens (as anyone who gardens in this sunny area understands). These, and many other provisions of the IRA (too many to list here) translate to MANY new jobs across the country ... 21st Century jobs that will continue to

benefit our economy.

The Affordable Care Act (ACA) is growing rapidly in popularity every year. There are provisions in the IRA that support subsidies for poor Americans, so that they can see a doctor when in need. If it weren't for the ACA, millions of people would not have any coverage. If the Republicans had their way, the ACA would be dead, and only the well off would have coverage; this despite their constant claims to “have a better plan for healthcare.” But no one knows what this “plan” would entail, because when asked about it, they have no answer. Instead, they simply attack the ACA, and provide no sensible alternatives!

One more initiative under Bidenomics is the CHIPS Act. You may recall that, during the pandemic, auto manufacturers, and other industries, were hobbled by disruption of computer chip supplies manufactured overseas. The CHIPS Act targeted allocated \$39 billion in incentives; which has so far attracted \$231 billion in private investment to build chip manufacturing factories here in the U.S. Of course, you will never hear about this success in the right wing media, but there it is! The CHIPS act is moving back such manufacturing, and jobs, to the USA from places like China.

On the other side of the political/economic chasm, the same people who misrepresent Bidenomics once groused loudly when the market turned towards fluorescent and LED light bulbs, water saving appliances, high gas mileage goals for cars, and many other energy saving devices that have proven successful money savers for consumers. They are now going after Electric Vehicles, denying the benefits they will bring to us all. The transition is having challenges, as all game-changing transitions do, but we will all be much better off when it has come to fruition; besides, ALL of the major auto manufacturers worldwide are in transition already, and the tide that cannot be reversed. Right now, EV many manufacturers are losing money, but that's because of the money being invested in new factories and retooling, NOT lack of demand, which is skyrocketing (look out the window for a

Continued next pg

BIDENOMICS IS NOT A “FAILURE” AS CLAIMED BY SOME

From previous pg

few minutes, and you'll see several EVs driving by). Here are a few of the advantages of this transition: Greatly improved power, performance, quieter, clean air, greatly reduced maintenance costs, higher reliability, and electric vs. gasoline savings of anywhere from 50 to 100% (if you have PV panels on your roof). Range anxiety and charging times will be a thing of the past in about two more years; and the relative cost of purchase will be lower as well (EVs are MUCH simpler mechanically). No surprise, the fossil fuel industry is funding EV misinformation, much as they did, and still do, for Climate Change. This is because they stand to lose the \$50-\$100/week they get from nearly all of us at the gas station. Auto dealers are also opposing EVs, because, by their own admission, dealerships make most of their money on maintenance, which is MUCH lower with EVs, due to their extreme mechanical simplicity; for instance such details as braking efficiency (brake shoes last the life of the car), no more oil changes, radiator flushes, as well as no belts, ignition, fuel, starters, water pumps, filters, and other components to wear out. Of course, if you are listening to Fox News, OAN, Newsmax, Sinclair, or any of

the other misinformation networks that blossomed since the 1990's by fueling anger, resentment and conspiracy theories; all of what I have written may sound like nonsense. If you think so ... then only time and reality, while slow in coming, will eventually change your mind.

The Bottom line: the Biden Administration is working to increase competition with China and other rising economies, and boosting trade with Mexico and other partners, while the opposition party wants to “Make America Great” by looking backwards, spreading fear and loathing, fueling division, and deliberately sowing chaos. However, walking the path to the future, holding a mirror in front of your face, while following the voice of a loser who has an unprecedented disdain for the truth, along with a desire for dictatorial powers, is a recipe for disaster. Additionally, appalling numbers of Republicans actually prefer Putin to Biden; in itself a stunning demonstration of the decline of the party! Perhaps Putin's “decisiveness” is attractive to Trump's followers; but putting your faith in one “strongman” to solve all of a nation's problems never works out in the long run, as proven so

many times throughout history. Besides, Trump has proven himself a loser time and time again ... so much losing! I often ask myself: when will his followers wake up to that fact; and stop participating in his national grift?


Yes, many Americans are hurting financially due to high prices in housing, food, and commodities. But at least Joe Biden is taking solid actions to stem the tide, while the former president does nothing but spread lies and hatred, and talk incessantly about how he has been

“cheated”. I am not buying his claims of victimhood, nor should you.

I've only scratched the surface of the accomplishments made by the Biden Administration, despite the false claims of naysayers, but space is limited. Nonetheless, I hope that what I have written will convince reasonable people that, only by working together, rather than following the prognosticators of doom, division, and utter nonsense, will we find solutions to the nation's problems, and pass on a safe and secure country to our children; who deserve nothing less.


David Congour

Montrose, Colorado



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OPINION/EDITORIAL: LETTERS

GOD BLESS AMERICA!

Editor:

On Dec. 25 Mr. Stockton's letter asks, "who are we the people?" He states he is being sucked into the darkness of pessimism and then tears into Donald Trump accusing him of making divisive statements. But there's a fine line between "divisive statements" and the plain truth such as Trump's statement that migrants are poisoning the blood of the U.S. Trump was talking about the "illegal" migrants invading our country. Mr. Stockton should realize that, but he chose to equate illegal migration with legal migration hoping no one would notice. Sure, we're probably all descendants of migrants, but LEGAL migrants! Trump wasn't referring to legal migrants "poisoning the blood", but that's how people with the Trump derangement syndrome twist words and meaning of words to change the meaning of Trump's statements. And it's despicable he brought Melania Trump and their son into his tirade of Trump hatred. Melania spent many years and went through all the steps to become a respectable U.S. citizen. Mr. Stockton, can you say that about the illegal invaders who are poisoning the blood of America and will soon be your neighbors? So, Melania and her son are in fine legal shape, Mr. Stockton, thank you for your concern. And in complying with Stockton's request to "look into your hearts" to see who We The People are, let's do just that. Yes, Mr. Stockton, "We The People" means ALL Americans regardless of your suggestion that there might be some kind of evil racial intent in that phrase. Rest assured it's not "We The People" Americans who have that evil racial intent and then weaponize the Constitution against their opponents. We The People have the freedom to believe or not believe that: There's only two human genders placed on earth by God and that Democrats created all the other genders. That climate change is a hoax because science has proved there hasn't been any abnormal climate change on earth since the Ice Age. That freedom and liberty are better than socialism and communism. That the false charges against Trump without trial and conviction doesn't make him a con-

victed criminal. That Trump wasn't involved in any "Russian Collusion" and instead it was the Clinton Campaign and the DNC who were caught with numerous foreign enemies to take down Donald Trump. That some women believe they have a constitutionally protected Right to murder their own children in their womb. That Biden didn't win the 2020 election without campaigning because by his own admission just days before the 2020 election he said, "We have put together the most extensive and inclusive voter fraud organization in the history of American politics". That Trump actually received 11-million more votes in 2020 than he did in 2016, but thanks to the Democrats' stuffing of fraudulent Biden-only ballots into remote mail boxes for weeks after the election deadline, their "fraud" kept adding votes for Biden until their deceitful totals finally added up to more votes than Trump's. That Leftist judges refused to allow the thousands of hours of evidence of voter fraud into their courts with their smug excuses of "no legal standing". Those judges are saying legal voters don't have legal standing on voter issues! And no-one has had to go to court to prove the election was honest.

That Democrats constantly rant about how important "democracy" is, but their feverishly sinister and illegal acts of removing Trump from voting ballots proves how "democratic" those hypocrites are. Their favorite concern about voting is that they are worried about "disenfranchising" THEIR voters if they have to show an ID. But they promote disenfranchising Trump voters by illegally taking him off the ballot! Furthermore, they don't seem to know the Constitution guarantees every Citizen and State "a republican form of government", not a democracy. And they don't know the difference. That Democrats support global terrorists like Hamas, Hezbollah, Islamic Jihad, antifa, black lives matter, and the #1 terror sponsor state, Iran. Just look at the Leftist anti-Israel and anti-America riots in Democrat cities! That Democrats believe they are entitled to the earnings, incomes, and assets of those who work hard to earn those things and they vote for candidates

who will rob others to give it to them. That Democrats will require invaders ushered into our country to vote for Democrats and then America will be destroyed forever from within. That Democrat Joe Biden and his family members are taking in \$millions in bribes from enemy countries and foreign business partners. That Dave Stockton lied when he said Trump "encouraged his followers to 'storm' the capital to stop the certification of the election." Instead, Trump told his huge crowd that day to "go peacefully and patriotically and let your voices be heard." Trump said nothing about stopping the certification of the election. Also why, Mr. Stockton, did you lie and say Trump told his crowd to, "storm the capital??" That crazed Democrats spread the lie that Trump committed insurrection, but even their weaponized injustice dept. didn't charge Trump and his followers with insurrection because they knew it wasn't an insurrection and an FBI investigation confirmed that fact. Instead, they locked up hundreds of Trump's followers in filthy jails without being charged with a crime and denying them their Constitutional rights while letting them rot in jails with no bail for a crime they didn't commit. And recent news revealed they are still rounding up people who were just there on J6 without even going into the capitol! That's in violation of the Sixth Amendment of the Constitution! Some pleaded guilty to flimsy bogus charges just to regain their freedom. This is the Democrats' brand of DEMOCRACY! It's all out in the open now in full raw naked view! Democrats can get by with anything illegal. The Biden crime family are the perfect example of that. That's what communist countries like China, N. Korea, Russia et al do to their political prisoners and Biden and his comrades have joined their method of operation and are performing as trained.

That in 1974 during a television interview, then-Senator Joe Biden said about raising money for one of his earlier election campaigns: "I went to the big guys for the money. I was ready to 'prostitute' myself to raise money for an election campaign. The highlighted key sections of Biden's

Continued next pg

GOD BLESS AMERICA! From previous pg

responses to questions surrounding campaign finance reform included comments like, "I'm not sure you should assume I'm not corrupt....." and "I went to the big guys for the money. I was ready to "prostitute" myself in the manner in which I talk about. Now we can connect the dots with his \$millions in bribes from communist countries and foreign business partners. "That Biden whispers in his mic instructing America to "pay your fair share" of your income tax when he himself and his family member benefactors haven't paid ANY taxes on their \$millions in bribes. That they see Biden and his Democrat comrades providing \$BILLIONS to arch enemy, Iran, who threatens to wipe America and Israel off the earth. That Democrats believe invaders should have the right to vote if that's what it takes to win elections. That Democrats believe lying and cheating, even political persecution is acceptable in order to win elections.

That Democrats scream J6 was an "insurrection" despite the FBI investigation concluding J6 didn't meet the definition of an insurrection. In real and actual insurrections the participants are armed with weapons to defeat their foe, but no Trump supporter was caught with a firearm that day. That Democrats keep lying about five people dying the day of their perceived "insurrection", but the truth is that only one person died that day and that was an

innocent, unarmed female veteran who was murdered by one of Nancy Pelosi's gestapo police officers whose excuse was that he, "felt threatened"! Threatened by an unarmed woman?? Whatta coward!!! He should have been prosecuted for murder, but of course if you're a Democrat or work for a Democrat, any violation of laws are ignored and swept under the rug and then you get a promotion like that officer did! That's insane! No one was murdered that day by Trump supporters. That Democrats insist Trump is GUILTY of false accusations without trial. That Democrats believe their followers have a right to riot, loot, burn cities and murder to get what they want. That Democrats believe it's right for government to be weaponized against all political opponents except when they're the victim. That Biden's injustice dept. violated the Fourth Amendment rights of President Trump for the unlawful search and seizure of classified documents which Trump lawfully possessed at his Mara Largo home. But Biden was discovered to have classified documents illegally in his possession from years back when he was just a senator and vice president. And those documents were illegal for him to take and possess at his home as a senator and VP where his son, Hunter has full access to information available to Communist China, but Joe Biden's law-breaking was ignored.

That Biden has no plans to release Navy Lt. Ridge Alkonis who has been in a Japanese prison for three years for a traffic accident and recently transferred to American soil. Biden said he doesn't want to make Tokyo mad! But he doesn't care if he makes the family of Alkonis mad. And yet Biden released thousands of marijuana convictions from prisons without a second thought.

So now, Mr. Stockton, do you have a better understanding of who "We The People" are now? It's everyone, including you!! We would like to form that "more perfect Union" in spite of the Marxist Left attempts to tear us apart. We want to establish Justice and insure "domestic Tranquility". Not Democrat injustice and violence. We support the general Welfare (meaning happiness, well-being and prosperity, not the Democrat idea of give-away everything free welfare) of every American. We worship the Blessings of Liberty to ourselves and future generations. It looks like America has a lot of work ahead of her to heal the destruction of our nation by Democrats since they run President Trump out of office. But there's another election around the corner hopefully free from Biden's bragged about election fraud. GOD BLESS AMERICA!

It's not that I dislike Democrats. It's that I'm an American!

Jerry Bartholome, Montrose



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TWYLA RICHTER: OUTSIDE THE BOX

A DECENT ROBE OF SNOW WOULD DO WONDERS...

By Twyla Richter

MONTROSE-Montrose is normally one of the most beautiful places in the world. But.... Bless your heart sweet Montrose but you are not looking your best these days. There cannot possibly be enough shades of brown in your endless layering of dry brown dead... everything.

I'd like to claim that the evergreen trees are a bright spot of green on the vague nothing palette, but nope. They are somehow more grey than green... or brown than green. Whatever they are it's somehow still dead and dreary looking.

You'd think the world-famous legendary Colorado Blue skies would be a vivid contrast. But alas, it's been incessantly overcast so far this winter. Just grey above - brown below and dead dry nothing everywhere.

Montrose looks like the citywide embodiment of morning breath. Montrose is a hangover writ large. Massive cottonwoods that look like huge dead tumbleweeds - brown/yellow grass on grey dirt hills. We

are walking within some artists' rendition of a horrible breakup painting. If brown and grey got married and made a city... we're living in it.

I don't love snow and shoveling driveways and winter freezing the snot in my nose and the tears in my eyelashes... but right now that is all I am dreaming of. Montrose is a pasty plain girl with a desperate need for a makeover. A decent robe of snow would do wonders to her lackluster appearance.

I know January and February are always just miserable - and with the bright greens and blues of spring comes a lot of mud and mess - but whatever season this is - this dead ugly 'not winter' winter thing - it's just the worst.

I once ate Kentucky Fried chicken and woke up realizing my face was too old for that food. Somehow the grease and salt had caused my face to explode. I had bags under the bags under my eyes... Montrose is worse. Montrose is a thousand rounds of bedhead - with some belly button lint

and that candle that shrek made out of ear wax. She's the first month your kid starts learning the trumpet. It's just rough. She's a very, very, beautiful girl ... most the time... (as long as you don't stare at the adobes too closely - that's her bad side). But right now this pretty girl looks like she was ridden hard and brought home late and hung over. Somewhere some little cloud of precipitation is looking to drop a nice white outfit on a cute little valley - I'm really hoping she'll get the chance.



Twyla Richter. Courtesy photo

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OPINION/EDITORIAL: LETTERS

HERE'S WHAT IS HAPPENING WITH THE MONTROSE VETERANS MEMORIAL!



Paying tribute to a fallen friend. Courtesy photo.

Letter to the Editor:

Many are asking the "State of the Montrose Veterans Memorial," and here is the latest update from the Montrose Veterans Memorial Coalition:

MONTROSE CO Jan. 12, 2024 -We have been very busy at the Montrose Veterans Memorial Coalition with the planning process for the Montrose Veterans Memorial. At our December Board of Directors meeting, we set some goals that will be challenging and time consuming.

After careful discussion, several of the goals we set are for the actual building of the memorial. Pending donations and other obstacles we set the time frame for building the first phase as late spring 2024.

This timeline is completely dependent on donations. The idea of "building the first phase"—which may be new to some of our supporters—will allow us to begin the first portion of the memorial construction.

This planning is often used when projects are donation-dependent like ours.

The first phase will include preparation for the laying of tribute bricks. Once that preparation is completed, we intend to have an honor ceremony where everyone who has purchased a tribute brick will have an opportunity to hear the names on every veteran brick. The bricks will then be escorted to a spot along our new sidewalks and be placed in a bed of sand. The ceremony will be completed when 250 bricks have been honored and placed.

The company who is creating and engraving our bricks is located in Florida. They are one of the foremost companies in the nation involved with tribute bricks. They require 250 bricks be ordered before they can manufacture for us. We currently have approximately 160 bricks sold (thank you to those who have already purchased bricks) — so our challenge as a community is to sell 90 more bricks. Those who purchase one of the first 250 will be invited to participate in the first honor ceremony.

To participate in this challenge and order a brick online go to montrosevmc.us and scroll down to Memorial Bricks. Just click on [Register Today](#) and fill out the form, or drop off a check and fill out the form at the Welcome Home Alliance For Veterans office located at 4 Hillcrest Plaza Way, Montrose CO 81401.

Once the first order of bricks is complete, we will start on the next 250 and prepare for a second brick-laying ceremony. Normally these ceremonies take place on Memorial Day or Veterans Day.

For those who decide a cash/check donation is a better option for them you can donate online at

montrosevmc.us—just click on the Donate tab at the top of the homepage, or drop off a check at the Welcome Home Alliance For Veterans office.

These donations will cover the costs of construction. Current construction estimates for the complete project are approximately one million dollars. That figure does not include any "in-kind" donations that that we are currently negotiating with contractors.

We are also waiting to hear from the local Army National Guard company who is looking into building the memorial as a public project. If this is approved, the memorial timeline for completion will be adjusted according to their schedule. Stay tuned and join us on Facebook at [Montrose Veterans Memorial Coalition](#).

And join us for public appearances planned for San Juan Coffeehouse in Montrose on Saturday, Jan. 27 from 9 a.m. -3 p.m., and the upcoming Montrose Rod & Gun Club Show in early March. MVMC board members will be there to talk about the memorial mission. The Coalition is representative of the local branches of the American Legion, American Legion Riders, Disabled American Veterans, Veterans of Foreign Wars, as well as the Welcome Home Alliance For Veterans.

As you can see, we have work to do to meet fund-raising challenges, and we are hopeful that with your donations we will begin construction of one of the most honorable veterans memorials in Colorado. Please email me for more information.

Sincerely,

Les Williams

MVMC President

boodawglkw@gmail.com

CELEBRATING LOCAL BEAUTY.

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COMMUNITY OBITUARIES

WILLIAM E. BILL MARVEL

October 15, 1946 – January 12, 2024

WILLIAM (BILL) EARL MARVEL was born in Exeter, California on October 15, 1946 to Ruth and Dean Marvel. Following the war effort in California, the family moved back to Delta, Colorado where Bill graduated from Delta High School in 1964.

Bill had a three year enlistment in the US Navy as a "Roof Rat" and Electronic Counter Measures Operator over Vietnam, where he enjoyed the landings and take-offs on aircraft carriers. He said, "I was a 17 year old kid having fun, I didn't know you could get killed out there."

After military service, Bill was a dispatcher for 10 years with the Montrose Office of the Colorado State Patrol. He then began his career with the US Postal Service as a Montrose letter carrier, where he worked his way up to Postmaster and completed his 23 year postal career as Postmaster at Eckert, CO.

Bill was preceded in death by his parents, Dean and Ruth Marvel of Delta, and his older brother Ray Marvel of Hotchkiss, CO.

One of Bill's proudest moments in life was leading his parents to the Lord and baptizing them into Jesus Christ.

Bill is survived by Gail, his wife of over 53 years, daughter Leslie (Marvel) Jones and husband Tim of Lakewood, CO; son Troy Marvel and wife Heather and grandchildren David and Lydia Marvel, all of Montrose; younger brother Jim Marvel of Ammon, Idaho; along with numerous nieces, nephews, and cousins.

A longtime member of Montrose Christian Church, as well as a founding member of Christ's Church of the Valley in Montrose, Bill served as an elder in both congregations.

Included in his social circle was the local Woodworkers Guild, the Wood Turners Guild, as well as the DAV Rifle Team... where during the three volley (gun) salute these retired vets were known to occasionally be out of sync, "OK, who pulled their trigger late?"

To some, Bill's passing may have seemed

sudden.

However, to his oncologist, Doctor Steven Emmons and radiologist, Doctor Douglas Rock, he is a success story having

triumphed over metastasized prostate cancer for over 25 years. Bill wasn't necessarily ready to die, but he always looked forward to going home to be with the Lord.

The memorial service will be held at 10:00 a.m. on Saturday, January 20, 2024, at Christ's Church of the Valley, 10 Hillcrest Plaza Way, Montrose Colorado. The service will conclude at the church. Cremation has taken place and interment at Cedar Cemetery is to be determined.



SHARON KAYE BARRETT

October 20, 1943- January 7, 2024



SHARON KAYE BARRETT, age 80, of Montrose, CO, passed away on January 7, 2024, surrounded by family. She was born on October 20, 1943, to George McCreary and Martha Ferman in Metamora, IN.

Sharon was a beloved wife to Richard Barrett of Laurel, IN. Together they raised three children: Jason Barrett, Lance Barrett, and Kendra Barrett. She was a proud grandmother to Zach Barrett, Adam Barrett, and Jake Shook. She was also a mother and grandmother by marriage to Patsy Barrett and Marilyn and Madeline Alger.

Sharon has always loved God and was an anchor to her family. Her most cherished occupation was being a homemaker, mother and "grammy". She dedicated her time and love to her family, creating a life full of love and fostered a foundation that her family continues to build upon. Her Christian faith was deeply rooted and many sought refuge in her friendship.

The family will gather to celebrate her life on:

Friday, January 19, 2024. Crippin Funeral Home, 802 E. Main St, Montrose, CO 81401. Viewing at 2pm, Funeral Service at 3pm.

Sharon will be deeply missed and her memory will forever be cherished in the hearts of her family and friends.

COMMUNITY OBITUARIES

MARGUERITE MAE MUNYON

December 28, 1933-January 3, 2024

MARGUERITE MAE MUNYON of Olathe CO Passed away January 3, 2024 at the age of 90.

Marguerite was born in Rocky Ford CO December 28, 1933 to Jay and Alberta (Shoemaker) Craig.

She spent her childhood in Timpas CO where she attended a one-room school. She then attended High School in La Junta CO. Marguerite married Jack White in 1952 but were divorced a short time later. In 1954 she married Kenneth Munyon. They shared their lives together on the family farms.

When her farming duties slowed she began cleaning houses, offices and her Church.

Marguerite was a kind and selfless woman

who loved the Lord and helping others.

She was an excellent seamstress and made many beautiful dresses including her daughter's wedding dress.

Marguerite is survived by a son Matt Munyon of Olathe CO and a daughter Debbie (Lance) Holbrook of Delta CO.

Brother Vernon Craig of Pueblo CO and sister Evelyn Reed of Canyon City CO.

Five Grandchildren, 10 Great Grandchildren, four Great Great Grandchildren, and many Nieces and Nephews.

Marguerite was preceded in death by her first husband Jack White, husband Kenneth Munyon, sons Randy White and Dean Munyon, and her parents.

Crippin Funeral Home in Montrose (970-249-2121) will be assisting the family.



ROBERT REESE FLOYD

April 4, 1951-January 6, 2024



ROBERT REESE FLOYD went Home to the Lord on January 6, 2024, surrounded by his family. He was born in Fort Worth, TX on April 4, 1951, and after 47 years living in Texas, he was drawn to the mountains and moved to Colorado in 1998. He and his wife, Donna, spent the last 29 years traveling and working together.

He is survived by his wife, Donna; daughters Melinda Monasco, Amanda (Daniel Petrovic), and Catherine (David Ronderos); grandchildren Lauren Monasco and Collin Ronderos; sister Charlene (Kent Worley); sister-in-law Linda (Scott Chisholm); and nieces and nephew.

He was preceded in death by his parents Charles and Dolores Floyd; grandparents Wyatt and Addie Lee Jennings; son-in-law Jonathan Monasco; and in-laws Don and Alice Karr.

In lieu of flowers, the family asks for donations to AdventHealth Porter Foundation for the Center for Advanced Therapeutic Endoscopy.

Crippin Funeral Home and Crematory is assisting Mr. Floyd's family. 970-249-2121

CELEBRATING LOCAL BEAUTY.



ISSUE 453 Jan. 15, 2024

ART & SOL

YOUR BRAIN ON NATURE: OF LARKS AND OWLS



By Lauren Hall Ruddell, Ph.D.

Greetings Mirrorites!

I have recently been working with a very difficult client. This person is bright, witty, and talented. They are conscientious and creative. So what's the problem? We're never awake at the same time!

This client is a night owl, who typically goes to bed about the same time I'm getting up, at 2:30 in the morning. Our chronotypes are exact opposites. See, I'm a 'morning lark' in the lingo of those who study such things.

After struggling to find times of day for remote work sessions and conference calls and trying to overlook the incessant yawning of this client, this difference was very much on my mind. It is not completely in my wheelhouse, I just sorta knew

people were different that way.

It was pure coincidence that while listening to The Ezra Klein Show on January 5th this year, that the guest, an expert on attention (which *is* in my wheelhouse), mentioned the effects of chronotype on a person's ability to recover from attentional fatigue.

Gloria Mark, a professor at the University of California, Irvine, and author of the book [Attention Span](#) stated that "If a person has the luxury to go outside and take a walk in nature, that's the best break of all, because research shows that even just 20 minutes in nature can really replenish people." She went further into the subject to discuss how people with chronotype disfunction can find focused attention for long periods of time even more challenging, as well as finding daylight time to stroll in nature.

Your chronotype or "circadian tendency" is your natural inclination towards being a morning person (lark), evening person (owl), or somewhere in between. Chronotypes are likely rooted in evolutionary biology and have served as a survival mechanism. Morning lark types could gather resources in the daylight, while night owls could guard and protect the group through darkness.

Circadian rhythms are near 24-hour patterns of physiology and behavior that are present independent of external cues. These bodily tides are driven by hor-

mones, body temperature, mood, and sleep habits. While there is nothing intrinsically wrong with being in either one or the other camp, in the modern world persons at the extremes such as myself and my client, can find social expectations to be in conflict with our bodily clocks. While chronotypes can shift slightly with age, lifestyle, and environmental changes, you're likely to stay with the chronotype-hand you were dealt. Sleep patterns have a definite genetic connection, to the extent that *familial advanced sleep phase syndrome* is under current intense examination by sleep scientists. The name of this condition is a clue to what happens to night owls. Their internal sleep cues don't function that way morning lark's do, in that they cause the onset of drowsiness to *advance* into darkness, often because melatonin levels are genetically dictated to be low when they should be high.

One of the genes that helps to determine our internal sleep and wakefulness regime is called, imaginatively, CLOCK. Someone stayed up all night thinking that one up (or got too drowsy and just gave up). So your internal clock is something of a template, but it can be altered to a certain extent with lifestyle choices.

What does this have to do with your brain on nature? When it comes to attention, plenty as it turns out. Being an extreme lark has social consequences for me. Other senior citizen friends who are

Continued next pg

YOUR BRAIN ON NATURE: OF LARKS AND OWLS

From previous pg



Birds of a feather! Courtesy photo.

true retirees simply cannot understand why I won't simply sleep in and then party with them starting at around 6 PM. In this case, my "circadian misalignment" has caused some hurt feelings. It does, however, keep me in sync with nature. I can exercise at a time most beneficial to my overall health and restore depleted attention quickly by going outside into the sunlight. So there are social ramifications to being a morning lark that are negative, and physical ramifications that are positive. Sleep researchers would say that I have placed more importance on respecting my biological clock and that I am deescalating the effects of 'social jetlag', the new term for society's demands that a person ignore their natural diurnal tendencies in favor of late-night dinners, concerts, parties, etc.

I choose to indulge my larkiness for the sake of my health and let the social consequences take a back seat. This prevents chronic chronotype insult. Experimental studies have linked circadian misalignment to bad outcomes such as cardiovascular disease, diabetes, obesity, cancer, depression, bipolar disorder, schizophre-

nia, and attention deficit disorders. Pretty severe consequences. Why is that, do we suppose?

Factoid: the circadian clock is not exactly 24 hours and will "free run" when away from external cues, such as might be true of a prison, submarine, or hospital environment. External zeitgebers or "time givers" such as light, melatonin and to a lesser extent physical and social activity are important factors for synchronizing the circadian rhythm to the 24-hour day. The timing of these zeitgebers is highly important, in that they will have a different effect on the circadian rhythm depending on the time of exposure. Without relevant environmental light cues, the immune system is suppressed and inflammation is increased, leading to the extensive suite of ailments listed above.

One of the most significant and immediate consequences of misalignment of the sleep-wake cycle to the biological night is sleep disturbance and/or daytime sleepiness. Insomnia, difficulty waking in the morning and sleepiness caused by circadian misalignment are typical symptoms that lead patients to seek care in sleep

clinics for circadian disorders. My annoying client might benefit from such professional advice. Extreme disturbance has physiological and psychological consequences that are much broader than sleep-wake inconvenience. These include changes in eating patterns, metabolic function, and risk for mood disorders. Night owl ladies are more prone to depression and even breast cancer, guys tend to get fat easier.

Such a conundrum! Your CLOCK gene (and there are several others as well) are dictating an inherently unhealthy lifestyle, one that keeps many people from both proper exercise and time in nature for the promotion of attention restoration. My yawny owl client who has come to me for writing help can spend hours locked in a paralyzed trance over a single paragraph that doesn't sound quite right. Like many people with ADHD, this person is an overly anxious night owl who seldom spends time in exercise or strolling through nature.

My advice to this person, in addition to aiding with writing projects, is to get outside before noon and sit in full sunlight (even better, walk) for at least ½ hour. This will help the melatonin cycle to pull back from the delay and begin to peak shortly after midnight (instead of around 3 AM. Melatonin peaks make you your sleepiest of the night, and then decrease, allowing you to rise and shine at about 7 AM or so). Absolutely no exposure to blue light (computer, tablet, smartphone) after midnight. These lifestyle changes will not turn this person into a morning lark, ever, but it would help her clock with somewhat improved physical health, energy level, and attention.

If you, dear reader, find that you never spend time in nature because of your chronotype, be advised that the consequences can be pretty horrific. Adjustments and clever use of blue light exposure (and it's not all bad, as I will discuss in my next article) can yield tremendous benefits immediately and in the future.

COLORADO NEWS BRIEFS

RED SWAMP CRAYFISH IMPORTATION, TRANSPORTATION AND POSSESSION NOW LEGAL IN COLORADO

Special to the Mirror

DENVER - Crawfish lovers can rejoice as red swamp crayfish, otherwise known as Louisiana crawfish, become legal in Colorado. Beginning Jan. 1, 2024, Coloradans can import, transport and possess red swamp crayfish for human consumption. Release and use as bait remains illegal to protect Colorado's lakes and rivers. For many, spring crawfish boils are an im-

portant family and community event. Unbeknown to many, the importation of red swamp crayfish, tasty and popular to consume, was illegal in Colorado, until now. Colorado Parks and Wildlife now allows the importation, transportation, and possession of live red swamp crayfish in Colorado for human consumption, provided the following conditions are met: No person may possess an individual of

the species alive for more than 72 hours. Any person who possesses the species alive must have:

a copy of an importation license that authorizes the importation of the crayfish in the person's possession; and a receipt or delivery confirmation reflecting the date the person took possession of the crayfish.

The importation of many live aquatic species is illegal due to the threat they can pose to our aquatic resources (e.g. rusty crayfish, New Zealand mudsnails, zebra/quagga mussels) and the importation of most live crayfish species remains illegal in Colorado. This regulation change will primarily impact businesses that import crayfish into Colorado and should have minimal impact on the average consumer. In most cases, the business importing live crayfish will apply for the importation license and a copy of the approved license must accompany the shipment of crayfish. Consumers buying live crayfish from a vendor will receive a copy of the importation license along with the required receipt. Consumers buying cooked crayfish from a restaurant will be unaffected.

Importation licenses are available for \$91 per calendar year through cpwshop.com.

Why was this change made?

In early 2023, CPW became aware of a large market for live red swamp crayfish in the state. After further investigation, it was discovered that illegal imports of live red swamp crayfish had been occurring for years, if not decades, with most importers unaware they were breaking the law.

A public outreach campaign determined that many members of the public believed that CPW should allow the regulated importation of live red swamp crayfish for human consumption. CPW then drafted proposed regulation changes (approved by the Colorado Fish Health Board) that were finalized at the November Commission meeting. In Nov. 2023, the Parks and Wildlife Commission approved regulation changes to allow for the importation, transportation and possession of live red swamp crayfish in Colorado for the purpose of human consumption. The changes went into effect on Jan. 1, 2024.

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Dr. Addison Wood
Spine Surgeon

Dr. Samuel Holmes
Pain Management



MONTROSE
REGIONAL HEALTH

Spine & Pain Center

800 S. 3rd Street
Montrose, CO 81401
(970) 252-2584





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21 N. Cascade Ave.

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Relax with adult beverage or soft drink.**

Thr., Jan 25, 5:30-7:30 pm

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De-stress and come
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MIRROR CHURCH DIRECTORY

ALL SAINTS ANGLICAN CHURCH

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

Office Hours: By appointment.

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

 don@allsaintsmontrose.org)

Worship Service Times: Sundays 9AM,

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

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

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

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

BIBLE BAPTIST CHURCH

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

Olathe, Co 81425

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

Pastor Gabe Skillo

Sunday School 9:15 a.m.

Sunday 10:30 a.m.

Sunday 6 p.m.

Wednesday Bible Study/Prayer 7 p.m.

CELEBRATION CHURCH

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

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

Office Hours: By appointment

Phone: (970) 497-4925

Email: celebrationmontrose@gmail.com

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

Worship Service Times: 9am and 10:45am

Senior Pastor:

Pastor Brandon Mathis

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

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

Demographics: Multi-generational

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

Student (middle & high school) at 9am.

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

CHRIST LUTHERAN CHURCH

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

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

Contact: 970-633-0226

Website: www.montroselutheran.org

Email: montroselutheran@gmail.com

Pastor: Tim Onnen

Worship: Sundays at 9 AM

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

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

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

FIRST CHURCH OF THE NAZARENE

Denomination: Church of the Nazarene

Address: 705 South 12th Street

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

Contact Information: Office Phone 970 249
 -9213, mncfirst@gmail.com,
www.montrosenazarenechurch.org

Pastor: Buddy Cook

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

Wednesday: Prayer Boot Camp - 7 PM

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

*disciples in Montrose Colorado and around
 the world.*

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

FIRST PRESBYTERIAN CHURCH MONTROSE

Affiliation: Presbyterian

Address: 1840 E Niagara Rd. Montrose CO.

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

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

form@fpcmontrose.com,

www.fpcmontrose.com

Pastor: Jesse Mabanglo

Worship Service times: 9:30AM,

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

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

MIRROR CHURCH DIRECTORY From previous pg

HILLCREST CONGREGATIONAL UNITED CHURCH OF CHRIST

Denomination affiliation: United Church of Christ

Address: 611 South Hillcrest Drive, Montrose, CO 81401

Office hours: By appointment

Contact information:

Phone number: (970) 249-9047

Email address: office@montroseucc.org

Website: montroseucc.org

Current Pastor: Rev. Wendy Kidd

Worship service times: Sunday, 10 a.m.

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

on life's journey.

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

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

MONTROSE UNITED METHODIST CHURCH

Denomination Affiliation: United Methodist

Address: 19 S. Park Avenue Montrose CO. 81401

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

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

montroseumc.org

Current Senior Pastor: Rev. Kevin Young

Worship service times:

8:30 a.m. Sanctuary & Virtual

9:45 a.m. Christian Education & Fellowship

11 a.m. Sanctuary

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

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

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

ROSEMONT BAPTIST CHURCH

Affiliation: Southern Baptist

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

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

Contact information:

Phone: 970.249.4887

website: www.RosemontBaptist.org

email: office@rosemontbaptist.org

Senior Pastor: Rolland Kenneson

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

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

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

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

matter what stage of life they are in.

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

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

SPIRITUAL AWARENESS CENTER

Denomination affiliation: Independent Interfaith

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

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

Office – 970-252-0908

Contact information:

Rev. Dr. Arlyn Macdonald,

970-252-0908,

arlyn@spiritaware.org,

www.spiritaware.org

Name of current pastor: Rev. Dr. Arlyn Macdonald, Senior minister; Rev. Ruby Salaz, Assistant Minister. Spiritual Counseling available.

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

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

ST. STEPHEN'S ANGLICAN CHURCH

Denomination: Anglican-Reformed Episcopal Church (REC)

Address: 2405 Sunnyside Road, Montrose 970-249-4868

Contact: [ststephensmont-](http://ststephensmontrose.com)

rose@yahoo.com

www.ststephensmontrose.com

Rev. Dec. Garrett Agajanian

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

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

Sunday: Holy Communion 10 am.

Fellowship following service.

Children's nursery available (unstaffed).

MIRROR CHURCH DIRECTORY From previous pg

SUMMIT CHURCH OF MONTROSE:

Denomination affiliation:

Southern Baptist

Address: 10977 60.75 Rd. Montrose, CO 81403

Office hours: Varies

Contact information:

phone number: 970-275-7026

email: summitchurchmontrose@gmail.com

website: www.summitchurchmontrose.org

Senior Pastor: John DeSario

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

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

Lord. Summit Church has people of all ages!

We have families with children (babies, school aged, recent high school and college graduates) up to retired individuals. During the Sunday sermon we offer teaching for children ages birth to Kindergarten, in a kid friendly room called Base Camp. We also have a children's activity during our Monday night adult Bible study. We meet for prayer at the church every Wed. at 6:30.

VICTORY BAPTIST CHURCH OF MONTROSE

Denomination Affiliation: Independent Baptist

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

Office Hours: Monday-Friday 8am-12pm

Contact Information: Phone (970) 249-

6874; email at info@vbcmontrose.org;

website: vbcmontrose.org

Current Pastor: Roland Kassales

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

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

Church Directory

Mirror Editorial Staff

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

information to the Montrose Mirror:

Name of church

Denomination affiliation

Address Office hours

Contact information (phone number, email address, website)

Name of current Senior Pastor

Worship service times

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

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

Do your church services include Sunday School and childcare?

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FRIENDS OF YOUTH AND NATURE: LEVELING THE PLAYING FIELD

By Anita Evans,

Friends of Youth and Nature

REGIONAL-By now, we have heard how vital it is for the health and well-being of our youth to be active in the outdoors. Not only that, but nature immersion helps our youth develop resiliency and confidence! What kid doesn't need more of that these days? Unfortunately, many families living in rural Colorado have incomes where they can't afford the outdoor activities so popular in our local area. The good news is that kids living in Montrose and Delta Counties are lucky; new opportunities to help them experience outdoor activities are emerging. Efforts to expand access to the outdoors have been growing over the past few years in Colorado, and outdoor equity groups have been finding new sources of funding.

Inclusiveness and equity are two of the main components of the Colorado Outdoor Equity Grant Program (COEGP) created in 2021 when Governor Polis signed House Bill 21-1318, funding more than two million dollars of awards each year to organizations dedicated to leveling the playing field for getting underserved and underrepresented youth connected to outdoor activities. Colorado Parks and Wildlife sponsor the COEGP, managed by a board who has developed guidelines allowing each community flexibility in identifying their community values, priorities and the resources needed to achieve their goals for "leveling the playing field." Whatever each community develops as their strategy, one of the focus areas of the Program is creating opportunities that instill a sense of wonder, excitement, and responsibility for the environment in Colorado youth and families.

The COEGP aims to increase the inclusivity of underserved youth and families in the outdoors.

What does underserved mean? Defined by the COEGP board, underserved youth participants are "youth and their families who face racial and environmental inequities, are low-income, are from the LGBTQ+ community, are disabled, or are members of a Federally recognized Tribe." Friends of Youth and Nature (FOYAN) has been awarded funding in 2023 from this Program to provide the needed assistance for connecting our youth to the outdoors through our partnership with youth



Photo courtesy Friends of Youth and Nature.

groups comprising the Together for Resilient Youth coalition (TRY).

Our award of \$67,180 has enabled us to reduce the barriers for our TRY youth coalition members to get outdoors. This hard-working group of youth services providers in Delta and Montrose Counties has come together for three years now to offer outdoor experiences to our youth most in need. These youth are receiving vital services through these participating organizations: Black Canyon Boys and Girls Club, CASA7JD, Families Plus, Haven House for the Homeless, Partners West, Outer Range, and Montrose Recreation District. The Colorado Outdoor Equity Grand award has given FOYAN the opportunity to offer five outdoor events over 2023-24. This grant has allowed us to build up a small bike fleet managed by Montrose Recreation District that is available to these groups free of charge at events or for group checkouts. This bike fleet will be available long after the end of this grant award. In addition, personnel of these organizations receive a stipend to recruit, organize, and transport youth to the event venues. FOYAN also provides food for all participants and has helped establish an additional free gear library managed by Partners West of Montrose and Ridgway State Park.

Since our grant award in March of 2023, FOYAN has offered several events for these youth and their families. In April of 2023, Ridgway State Park hosted more than 120 participants who learned ar-

chery, fishing, fish printing, and birding skills. In June, the TRY youth participated in one of two raft trips on the Gunnison River and our inaugural bike rodeo at Cerrise Park in Montrose. We also had another trip to Ridgway State Park where youth and their families learned to paddleboard, bike, swim, and fish! In October, we shared the Outer Range Campus in Montrose to learn about outdoor careers from representatives of the United States Forest Service, Colorado Parks and Wildlife, Bureau of Land Management, Colorado Canyons Association, and Montrose Recreation District. In 2024, we will revisit most of these amazing outings as well as have a fun day in the snow on Grand Mesa learning to cross-country ski, snowshoe, sled, build snow sculptures – and hopefully ice fish!

We are grateful to the Colorado Outdoor Equity Board for the support needed for helping us to break down the barriers to outdoor recreation for our Western Slope youth participants. Be sure to learn more about this invaluable program at: <https://cpw.state.co.us/aboutus/Pages/Outdoor-Equity-Fund.aspx>.

Friends of Youth and Nature (FOYAN) is a non-profit organization that promotes opportunities for youth and families to go outside, experience outdoor activities and explore nature. For outdoor safety tips, trail game ideas, hiking trails, and other ways to get young people involved in the outdoors, visit the FOYAN website at www.friendsofyouthandnature.org

COLORADO NEWS BRIEFS

SNOW CAPPED CIDER NAMED 2024 FINALIST FOR GOOD FOOD AWARDS Colorado Cider Brand Four Time Finalist in Nation's Best for Sustainability, Taste and Authenticity

Special to Art & Sol

DENVER – Snow Capped Cider, a Colorado apple grower and cider producer helmed by Kari Williams, is proud to be a finalist for the 2024 Good Food Awards, along with 311 industry-leading companies in various categories. A four-time finalist, Snow Capped Cider stood out amongst 1,650 entries in a blind-tasting test and sustainability vetting.

The Good Food Foundation celebrates the contributors within the food system that create tasty, authentic, and responsibly sourced food and drink to reform the American food system. Demonstrating a commitment to honor the companies that push the boundaries of sustainable food and drink, finalists were selected from a pool of over 1,650 entrants, and over 200 Good Food Awards judges rigorously evaluated submissions across 18 unique categories. The judgment included a blind taste test, along with a meticulous vetting process assessing sustainable practices, healthy work environments, diversity and inclusion, and more.

Says owner and head cidemaker Kari Williams, "It is an honor to be recognized as a finalist among many amazing compa-



Photo courtesy Snow Capped Cider.

nies in the food and beverage space. We put a lot of thoughtfulness and care into our products and are proud to show that some of the best apples lie in Colorado's Western Slope."

Snow Capped Cider's Akane, Elevation 6642, Porters Perfection, and Winesap were all highlighted within the cider category of finalists, two of which were released last year in Snow Capped Cider's 2023 Specialty 375 ml line. This line drew inspiration from renowned apples of historical significance. The full list of 2024 Good Food Award Finalists can be found [here](#).

Snow Capped Cider has been recognized by the Good Food Awards in previous

years with a 2023 award for their Ashmead's Kernel cider, a 2022 award for their Blanc Mollet cider and a two-time award winner in 2021 for their Dabinett and Harrison ciders.

Snow Capped Cider is recognized as one of the most awarded cideries during national competition, taking home numerous honors at both the CiderCraft Awards and Great Lakes International Cider and Perry Competition (GLINTCAP) in 2022 and 2023.

The Colorado-based brand has a rich family legacy in the orchard industry, spanning over 100 years. Established in 2014, the brand prioritizes superior cider-specific fruit cultivated in Colorado, embracing authentic orchard-based English and French styles. This approach eliminates the necessity for added artificial sugars, ensuring a clean and fresh taste in their high-quality cider.

The 2024 Good Food Award Winners will be announced on April 29th at the Good Food Awards Ceremony in Portland, Oregon, alongside the Portland Mercantile on April 28th. Ticketing and registration for Awards Weekend will be available later this month [here](#).

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COLORADO NEWS BRIEFS

PILE BURNS PLANNED FOR RIO GRANDE STATE WILDLIFE AREA

Special to the Mirror

MONTE VISTA— Colorado Parks and Wildlife, in cooperation with the Colorado Division of Fire Prevention and Control, will conduct prescribed pile burning operations at the Rio Grande State Wildlife Area during the months of January and February, as weather conditions allow.

Similar work has safely been completed on the property in previous winters. Piles have been created to remove debris and reduce hazardous fuel accumulation to help reduce the risk of larger wildfires and for public safety. The piles are burned in areas where other means of disposal are not feasible.

Smoke may be visible in the area and could persist for several days as fuels burn themselves out. Crews will be on scene to monitor the progress throughout the process. The public is reminded not to call 911 or other emergency services if smoke is visible from the burn areas.

CPW works closely with agencies such as the Colorado Air Pollution Control Division, Division of Fire Prevention and Control and local authorities in developing and implementing any burning project.

Prescribed fire smoke may affect your health. Additional information is available at <https://www.colorado.gov/pacific/cdphe/wood-smoke-and-health>.

For more information, contact CPW District Wildlife Manager Tyler Cerny at 719-850-6363 or tyler.cerny@state.co.us. Rio Grande State Wildlife Area is a 935-acre property in Rio Grande County that offers good fishing and hunting opportunities. It is closed to public access Feb. 15 through July 15 to protect nesting and wintering bird populations.



*A slash pile is burned at the Rio Grande State Wildlife Area.
CPW photo/Tyler Cerny*

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MONTROSE COUNTY SHERIFF'S POSSE, INC

P.O. Box 717

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2024 ANNUAL FUND DRIVE

Last year was the year technology and training met. We carry this challenge into 2024 and the job never gets old if it is never the same. The mission is always evolving, always different. When you have trained to the point you can use the technology, the technology is out of date.

The Montrose County Sheriff's Posse (MCSP) consists of 41 highly trained volunteers in two Divisions, based in Montrose and Nucla, who donate thousands of hours in service to the community each year.

Not only has technology changed, but our role in the community has evolved with it. New technology, such as cell phones with advanced GPS, mapping systems, and SOS features, have reduced the number of lost persons, meaning a little less time on the mountains. On the other hand, the Posse has spent more time serving the community, playing a bigger role with the Montrose County Sheriff's Office by working at many events. You have probably seen us out in force at the many parades in town, events at the Fairgrounds like Bucket Bull Riding and the Rodeos, the Olathe Corn Fest, and the annual Flu Shot Clinic. We have also assisted the Montrose Police Department with numerous city-sponsored events, such as the Mock DUI class at the High School.

The problem in keeping up with all the changes is the acquisition of new equipment, updating technology and training our people to use it in the field. All of this comes at a price. We incur costs each year maintaining, updating, and storing the vehicles and the gear that allow us to provide quick response to an emergency in a competent manner. We also have expenses for training and recertifying new and experienced Posse members in topics such as first aid/CPR, firefighting, GPS and mapping, radio communications, safe driving, traffic control and helicopter operations.

We apply for State and Federal grants which provide a small portion of our operating budget. The remaining balance of funds needed rests with the Posse, and without the donations we receive from the community, we could not exist.

Your support of the MCSP through this fund drive provides the financial resources needed to accomplish our mission. Any contribution you make will be of great benefit to our entire community. As a 501(c)(3) charitable non-profit corporation, all donations are deductible for income tax purposes. Please mail your gift today in the envelope provided.

The Posse appreciates and thanks all the members of our community for their continued support.

Sincerely,

Montrose County Sheriff's Posse

'Celebrating 60 years of serving our community'

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READER PHOTO SPOTLIGHT: DEB REIMANN

AN ICON OF THE NORTH FORK...



Photographer Deb Reimann captured this photo of the iconic Needle Rock near Crawford. "This beautiful formation is a volcanic plug and stands near the western edge of the West Elk Mountains," Reimann said.

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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

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

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

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

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

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

MONTHLY

Jan. 18-Montrose's Got Talent Auditions-Jan. 18 at 5:30pm, Montrose Pavilion. Finals are Feb. 10 at 2pm. [Click to register!](#)

Jan. 19-Montrose Republican Women meet on Friday, Jan. 19 for the monthly lunch program and meeting from Noon - 1:30pm at Montrose Hampton Inn. All are invited to hear Montrose County Manager Jon Waschbusch give an update on county issues and projects. Clerk Tressa Guynes will explain the CAUCUS process and have the 2024 ballot available. Brown bag lunch- call Kerri 970-209-5170.

Jan. 25-Burns Night 2024.

Feb. 8-The Women's Giving Club is moving their meetings to Thursdays! Join us for our next meeting on Feb. 8 at 5:30PM at the Bridges as we kick off our 8th year. We have already contributed \$330,000 to local non-profits, and we're always welcoming new members. Plus, we're waiving the \$100 voting fee for those who would like to come and observe. Please come on the 8th of February (Thursday) and be a part of our impactful community.



SEE SOMETHING - SAY SOMETHING

970-249-8500

ANONYMOUS CALL

MONTROSE REGIONAL
CRIME STOPPERS

MHS DIVISION AWARDS



Special to the Mirror

MONTROSE- Montrose High School Division Award Winners are L-R Blake Reule, Kenny Flanders, Yuliana Almanza-Mendez, Evelen Baltazar-Figueroa, Logan Cheezum, Logan Plumb, James Dumit, Havin Maestas, Lily Towle, Mya Wilcox and Olivia Schmidt.

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