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the Montrose Mirror

PALACE LIQUOR BRINGS SELECTION, CONVENIENCE TO PENN CENTER MALL



Palace Liquor, above, is located in the Penn Center Mall, at 2229 South Townsend. Owner Fangling Kousoum, who also owns the Pour House Liquor Store and the El Patron Smoke Shop and Mexican Grocery, said that her newest retail outlet has more space, allowing for more selection and one-stop shopping.

By Caitlin Switzer

MONTROSE—When Fangling Kousoum purchased the former West Main Liquor Store at 113 West Main Street in Montrose two years ago, she already owned another full-service liquor store just down the road, the Pour House. So instead of staying on West Main, where her nearest competitor was the Pour House, Kousoum moved the West Main liquor store to a new location at 2229 South Townsend. The store also received a new name, Palace Liquor, while the former West Main location, still owned by Kousoum, is now the El Patron Smoke Shop and Mexican Grocery.

Today Palace Liquor is open to the public and business is good, Kousoum said. "I wanted a nice place for people to shop all in one," she said. "Not just liquor, but one-stop shopping with soda and snacks too."

[Continued pg 3](#)

LAST LOAD FOR HAWKS TRUCKERS

By Bob Cox

MONTROSE—In October of 1926 an accident occurred a few miles southeast of Montrose. A young Milton Hawks was injured while hauling a wagonload of potatoes. The incident was described in the October 19, 1926 edition of *The Montrose Enterprise*.

In part, the article read: (Hawks) was hauling a load of potatoes. The wagon started to tip over. Milton jumped off the front end of the wagon, and just then the horses started up and in the mixup he was thrown underneath the wagon and a wheel passed over his body at the hips. As the wagon was partially tipped, not the full weight of the load touched him.

The article went on to describe that no bones were broken and Milton Hawks was expected to recover.

That certainly was not the first loaded wagon or truck that became associated with the Hawks name and it by no means was the last. Now, over one hundred years of transportation involving members of the Hawks family has come to



Harry Hawks and his son, Richard standing next to one of their trucks in 1948 or 1949. Photo courtesy of the Hawks family.

[Continued pg 6](#)

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THE MONTROSE MIRROR

Published every Monday since 2010 in Montrose, Colorado to a readership of over 20,000 residents of Western Colorado.

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PALACE LIQUOR BRINGS SELECTION, CONVENIENCE TO PENN CENTER MALL

From pg 1

The store is large, welcoming, and fully staffed. "We have more space for display here," Kousoum said, "and space to offer more selection."

Palace Liquor is also convenient, located as it is in a busy strip mall with several anchor retailers close by. If you have not been in, "You might want to come and see the store," Kousoum said. "We have a huge selection, and it's a nice clean store."

Many customers know Kousoum because she also works behind the counter in her shops as needed. When asked if she enjoys the work, "Yes, I really do," Kousoum said. "It's my business."

Palace Liquors is located in the Penn Center Mall, at 2229 South Townsend. The store can be reached by phone at 1-970-765-8986.

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REGIONAL NEWS BRIEFS

TURF REPLACEMENT PROGRAM APPLICATIONS DUE MARCH 1

Special to the Mirror

MONTROSE—Montrose County announces added funding for the 2024 Turf Replacement Program to help conserve water, one of the community's most valuable resources. This year, Montrose County, the City of Montrose, the State of Colorado, Department of Natural Resources, and Colorado Water Conservation Board have all contributed to help increase overall funding that is available for projects.

Inspired by House Bill 22-1151, the county budgeted for and created a Turf Replacement Rebate Program in 2023. The bill was sponsored by local Colorado State Representative, Marc Catlin, and is intended to incentivize landowners to develop

water-wise landscapes. While there were several applicants in 2023, only five projects were selected due to the limited budget. This year, officials are hopeful 15 projects will be selected to move forward with the increased funding available. This program is available to all homeowners in Montrose County.

"We had a great first year of this program and I'm looking forward to seeing expanded results," said Commissioner Sue Hansen. "Water-wise landscaping is important for helping keep water in the river for agricultural and potable uses. Looking holistically at water conservation, every little bit helps. Converting water-thirsty landscaping to more native plants and grasses is a

small move that can make a big difference in the long run." The program reimburses approved landowners for up to \$2,000 in project costs and as much as \$2.00 per square foot to replace turf. There is limited funding available, and a competitive award process will reimburse plans that best accomplish the criteria. The application deadline is March 1, 2024. Applicants selected will have 30 days to submit a full landscaping plan along with the required paperwork. It is important that projects help showcase the beauty of landscaping that is well-adapted to Western Colorado climate as well as water-wise landscaping. To learn more about the criteria and to apply, please visit the [project page](#).



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- +History of the department
- +Patrol procedures & equipment
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- +Mental health co-responder program
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LAST LOAD FOR HAWKS TRUCKERS *From pg 1*

an apparent end. As of January 31, 2024, the last of the Hawks trucking men, Danny and Donnie Hawks, have applied the brakes. Danny and Donnie Hawks recently shared some of the history and memories of family and trucks.

Milton Hawks is best known for his Milt Hawks and Sons Trucking, which he and his son, Raymond started together. At the time Raymond, after getting out of the army and spending some time in California, was working at the family feed store in Montrose. As part of his regular duties, Raymond drove a truck loaded with hay bales or other agricultural products hundreds of miles. According to information provided by the Hawks family, when the Hawks Fuel and Feed store in Montrose closed, Raymond continued to drive trucks and was associated with several well-known persons in the area. He helped his father develop the Milt Hawks and Sons Trucking.

Milton Hawks died in August of 1995, but the business continued and Raymond took the lead. As the business grew, so did Raymond's family, which included twin boys, Donnie and Danny. The boys related a family story about one of their first trips in a Hawks truck, when their mother, Alice, sat on the passenger side of the rig and tended to her very young twins. One of the boys would occupy a shoe box at her feet while the other was held on her lap. The two unique positions were alternated every few minutes.

One of the most notable of the Hawks trucking enterprises was Harry B. Hawks, a brother to Milton Hawks and grand uncle of Donnie and Danny Hawks. Harry was known around the Montrose Community as "Babe"

from the time he was a youngster in the Montrose school system. Although Harry was involved with other business ventures over the years, current family members remember him as being a hard-working man who liked trucking. In the 1940s Harry's trucking company went by Hawks Express. According to information obtained from the Hawks family, Harry obtained his first PUC authorization under the Hawks Express in the early 1940s. He purchased the Wilson Transport business of Olathe. His first contracts included the transportation of various types of petroleum products for the Co-Ops in Montrose, Olathe and Delta. He added more trucks and more drivers and began hauling propane and other products, including lumber. He crisscrossed the states of Colorado, Utah, New Mexico, and Wyoming. Harry's son Richard later became a very big part of the Hawks legacy.

In about 1958 Harry obtained several contracts from the U. S. Postal Service and began hauling mail. His mail trucks travelled from Denver to Montrose, Grand Junction, Telluride, Nucla, Naturita, and Paradox. It was during that time when one of the main mail hauls was from Grand Junction to Montrose. Richard became more and more involved and eventually took over the business. Harry (Babe) Hawks died in May of 2009 at the age of 93.

Danny Hawks recalls that he was working at a good job at a local fuel company in the mid 1990s. He said Richard came to his place of employment several times with proposals for Danny to take over the trucking business. Richard's son evidently had no interest in taking over the business. Danny said, "I was happy doing what I was doing,

but Richard kept coming and coming. I guess when you start doing something when you are two weeks old, it is hard to give it up."

After an estimated seven visits, Danny finally agreed to start trucking. His first rides in a shoebox seemed to have left a desire to do what his predecessors always strived for, to be his own boss. As time went on, the postal contracts increased and, in 2009 Danny added two more trucks and asked his brother Donnie to come on board as a mechanic to keep the trucks rolling. Donnie agreed to do so. Within a few years the postal contracts resulted in the need for 10 employees and Donnie often found himself in the driver's seat to keep up with the fact that Hawks trucks were stopping at 16 docks per day, often operating under a 15-minute window. The trucks were literally logging millions of miles. A few years ago, when health problems prevented Danny from driving a truck, Donnie took on the loads. Some of the postal contracts were let go, but the remaining ones put a burden on the company, and anticipated changes in the structure of the upcoming contracts caused the brothers to take a serious look at their futures. As they sat talking about their plans Donnie expressed his desire to spend more time at home and doing the things he has not had the opportunities to do. As for Danny, well, he recently obtained a non-operative 1923 Chevrolet truck, similar to one of the trucks that started this whole thing. He says he wants to rebuild the truck and get it into one of Montrose's many parades. There is a high likelihood that Montrose has yet to see the last truck with the Hawks name proudly imprinted on its doors.



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RED HAWK GRAPPLERS TORCH GRAND JUNCTION 66-18

By Cliff Dodge

MONTROSE-Neil Samples, the head coach of the Montrose wrestling team, saw his Red Hawk wrestlers take another step toward the Regional tournaments and the ultimate prize, the CHSAA State Championships later in February, as they defeated the visiting Grand Junction Tigers 66 to 18 on Thursday, Feb. 1. The win moves the Red Hawks record to 6-2-2 overall and 2-2 in league action.

The results of the individual matches with the Tigers played out as follows:

- 132 Holden Putnam (Mont) over Cameron Waegli (G.J.) (Fall 3:42)
- 138 Austin Zimmer (Mont) over Rhett Kempton (G.J.) (Fall 1:33)
- 144 Gurule Valles (G.J.) over Landon Herald Linville (Mont) (Fall 0:30)
- 150 James Schaefer (Mont) over Eziah Morales (G.J.) (Fall 1:33)
- 157 Brent Brashers (Mont) over Cohen Calver (G.J.) (Fall 0:32)
- 165 Spencer Penkaty (G.J.) over Rylan Navarrete (Mont) (Fall 0:44)
- 175 Jayce England (Mont) over Unknown (Forfeit)
- 190 Corbin Wallace (Mont) over Eli Schultz (G.J.) (Fall 1:28)
- 215 Nick Jennings (Mont) over Jaden Owens (G.J.) (Fall 3:43)
- 285 Vincenzo Mascia (Mont) over unknown (forfeit)
- 106 Ricky Olmos (Mont) over Kyersau Wall (G.J.) (Fall 3:26)
- 113 Chance Culver (Mont) over unknown (forfeit)
- 120 Aadin Gonzales (Mont) over Lorenzo Trelo (G.J.) (Fall 4:58)
- 126 Murphy Harris (G.J.) over Gabe Hardin (Mont) (Fall 4:29)

The Red Hawks will now prepare for the 4A regional tournament on Feb. 9 and 10 to determine who will qualify for the State Championships in Denver on Feb. 15 through the 17th.



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REGIONAL NEWS BRIEFS

UPCOMING HERMAN ROAD AND HIGH MESA ROAD CLOSURE

Special to the Mirror

MONTROSE— Montrose County Road and Bridge Department will close the intersection of High Mesa Road and Herman Road from Feb. 5 to Feb. 16 for culvert replacement. Contractor Con-sy Inc., will be performing the work for Montrose County. Motorists are asked to use alternate routes.

For more information, please visit montrosecounty.net or contact Montrose County Road and Bridge Department at 970-249-5424.

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REGIONAL NEWS BRIEFS

EMILY SANCHEZ TO PRESENT PROGRESS UPDATE ON HISTORIC MONTROSE COUNTY COURTHOUSE

Special to the Mirror

MONTROSE-The Montrose County Historical Society presents Montrose County Assistant Manager Emily Sanchez, sharing progress on the renovation of the 1924 Montrose County Courthouse.

The program begins at 7 pm. on Wednesday, Feb. 7, in rooms 1 and 2 of the Montrose County Events Center. Admission is free; the public is invited and encouraged to attend. Light refreshments may be available.



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REGIONAL NEWS BRIEFS

NEW, ONE-DAY CITIZENS POLICE ACADEMY SET FOR MARCH 23

Special to the Mirror

MONTROSE— The Montrose Police Department is excited to announce its 2024 Citizens Police Academy set for Saturday, March 23, with a full day of presentations and classes designed to inform and educate those who wish to further their connection with local law enforcement.

This year the Montrose Police Department has re-envisioned the Citizens Police Academy with a new structure. Instead of a multi-week program, police command staff and trainers have formulated activities and sessions that will take place over the course of a single day.

The academy's range of subjects will resemble material covered in previous years but in a condensed format.

"Our intent with the new format is to make it easier for community members to participate," Montrose Police Chief Blaine Hall said. "Instead of committing to weeks of classes, we feel a single day will be more conducive for learning while providing an exciting, fun, hands-on, and action-packed experience."

The Citizens Police Academy will be held on Saturday, March 23, from 8 a.m. to 5 p.m. and lunch will be provided. There will be multiple break-out sessions covering various law enforcement and public safety-related topics. Each session will last approximately one hour with an informative "History of the Montrose Police Department" presentation during lunch.

Learn more about the operations of the Montrose Police Department, through hands-on activities and plenty of opportunities to chat with the PD team. Topics to be covered include:

Tour of the Montrose Police Department

History of the department

Patrol procedures and equipment

Crime scene/evidence processing

Use of force/critical incident simulator

Mental Health Co-responder program

Victims advocate

Drug Task Force / K9

Special Weapons and Tactics, (SWAT)

To be eligible, participants must be at least 18 years old, be able to pass a basic background check, be available to attend the entire program on March 23, and submit an application. Applications for the 2024 Citizens Police Academy are currently open and will close on March 4 at 6 p.m. To apply [visit here](#).

English to Spanish translation will be available.

In 1997 the Montrose Police Department created the Citizens Police Academy to help inform residents about the intricacies of the department's operations and build a stronger partnership with the community. Since that time, hundreds of residents have participated, each graduating from the academy with a much greater appreciation for the Police Department's role in keeping Montrose safe and secure. We look forward to welcoming community members to our new academy in 2024.

This program is for anyone with an interest in public safety and law enforcement in our community. Anyone with questions regarding the Citizens Police Academy is invited to visit the Montrose PD ([LINK](#)) or call 970.252.5215.

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MHS VARSITY PHOTOS BY GUNNISON CLAMP



Friday's Varsity Basketball game saw the Red Hawk Girls beat the GJ Tigers with a score of 54 to 22. The MHS Red Hawks Boys Varsity game was a thriller, with triple overtime resulting in a win by the Grand Junction Tigers with 40 points to the Montrose Red Hawks 38. Photos by Gunnison Clamp.

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Tonya Maddox

Our Town Matters - Founder & CEO
Montrose Business Times - Founder & Publisher
Greater Montrose Chamber of Commerce - Founding President

ENTIRE COMMUNITIES WIN

OPINION/EDITORIAL: LETTERS

TINA PETERS JURY SELECTION STARTS FEB. 7 AT THE MESA COUNTY COURT HOUSE

Letter to Editor:

Do you like where our country is headed? Would you like to help put it back on track? Would you like to see our elections fair and impartial again? Would you like to be a part of knocking over the 1st domino of the socialists' house of cards and start that ball rolling toward their ultimate downfall? Do you want to be a part of history?

Well, that opportunity has arrived.

Tina Peters caught the Colorado Secretary of State (Jena Griswold), and others, red handed, cheating. She caught them manipulating the vote so that their candidates would win, always, every time. She caught them trying to hide their tracks, and she can prove it. You know what they did? Rather than receiving applause, Tina had her door broken down by a FBI SWAT team and they confiscated various electronic devices and other personal items. She was arrested by Grand Junction Police and handcuffed. There are photos on the internet of Tina's bruised and swollen wrists. She was placed under house arrest and not allow to travel out of state. They hauled Tina off to court and tried to intimidate and bury her under multitude of various petty crimes, just like they are doing to Donald J Trump. How dare you

oppose us? Corrupt Jena Griswold, Colorado Secretary of State; Dan Rubenstein, Mesa County District Attorney and 21st District Judge Matthew Barrett appointed by our esteemed liberal governor, Jared Polis, are leading the charge.

The day is here. Finally she gets her day in court to be judged by a jury of her peers. She finally has an opportunity to get out from under the thumb of a corrupt and perverted legal system. She is charged with 7 felonies and 3 misdemeanors and if convicted could spend 20 years behind bars. Jury selection starts February 7th at

the Mesa County Court House. The trial lasts until February 21st. The trial will take place in courtroom 9, 125 North Spruce Street, Grand Junction. If you are coming from the south on highway 50, stay on highway 50 and turn left on Main Street (west). The Justice Center is one block from highway 50.

Join us! Come give your support to Tina and make the rule of law great again. Help us write our civil liberties back in stone again. Help make our Constitution relevant again.

Don Hemme, Redvale



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OPINION/EDITORIAL: LETTERS

ONLY AN INFORMED ELECTORATE CAN MAKE A WISE DECISION ON HOW TO VOTE

Editor:

The talking points in the news these days are at odds with reality.

"The Republicans are at fault for the tsunami of migrants at the southern border." This is an odd thing to say when the Republican led House of Representatives passed HR 2 in 2023 that addresses this issue. Why have you not heard about it? Because a democrat senator, Chuck Schumer, tabled it in the Senate, and the media, including the opinion writers in the local paper don't want to discuss it. "If Trump is elected it will be the end of democracy."

Bringing about the end of democracy means the people don't get to cast a ballot for the candidate of their choice. Strange thing though, this is happening right now in Maine and here in Colorado. But Trump hasn't been elected yet.. Does this mean democracy is already ending under the Biden administration?

"There was all kinds of chaos during the Trump administration."

Let's see, there was a Russian collusion lie that was debunked by the Mueller investigation, there was Representative Schiff who lied when he stated he had the evidence about a Ukraine quid pro quo, there was a lie about Trump supporting an insurrection when he clearly stated to "peacefully and patriotically make your voices heard." Who are the ones truly causing the chaos? And what about chaos since 2021? President Biden steps in office and a year later Russia invades Ukraine. Any chaos there? Biden relaxes the sanctions on Iran's oil sales which enriches Iran. Who were the beneficiaries of that wealth? Hamas, so they could cause unspeakable suffering on Israeli citizens. Also Hezbollah, so that with Hamas they could make war on Israel with missiles and other weapons. Does this cause chaos? The Houthi rebels also receive funds so they can fire missiles at international shipping in and around the Red Sea. And now 3 US military members are dead due to aggression from Iranian proxies. That's chaos

none of us want.

"Bidenomics is working, you just don't understand."

Biden has had plenty of time to improve the economy. In 2018, mortgages were at about 2.5%, now they are around 7%. So if you purchased a home at the end of 2018, sold it then purchased another one at the end of 2023, your interest payment will have gone up by about 3x. A review of my gas heating bill shows that it increased by 50% since 12/18 with the same home and the same number of therms. Our grocery bill went up 26% even though we have cut back on things we don't need. Yes, there has always been inflation, but nothing like what we've all seen since 2021.

Only an informed electorate can make a wise decision on how to vote. Many people are moving away from traditional media and finding news in a variety of ways. Researching information from many sources will help cut through the bias and get as close to the truth as possible.

Sean Salaz, Montrose



ELECT RICK DUNLAP

For
MONTROSE COUNTY COMMISSIONER
District #3

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I Need Your Support!

The first step is going through the Montrose County Caucus and Assembly.

1. **Show up to the Republican Caucus** on Thursday, March 7, 2024 at 5:30-8:30PM at Montrose High School Cafeteria and become a delegate to the Republican County Assembly.
2. **All delegates need to be present for the County Assembly** on Saturday, March 23, 2024 at Centennial Middle School Gym at 8AM-3PM.
3. **Cast your vote for Rick Dunlap**, Montrose County Commissioner for District 3.

NOTE: All delegates will be voting for Districts #1 AND #3.

Thank You!

Professional Service

- 28 years Law Enforcement, Retired (including 3 terms as the Montrose County Sheriff)
- Past President of County Sheriffs of Colorado
- 21 years U.S. Army, Retired - Awarded Bronze Star

Volunteer Service to Montrose Community

- Current President of West Montrose Sanitation District
- Current Board Member for Welcome Home Alliance for Veterans
- Current Board Member of Grace Community Church
- Past Montrose County Fair Board Member
- Past Volunteer Firefighter - Montrose Fire Protection District
- Past Member of Montrose County Sheriff's Posse
- Past Board Member CASA of the 7th Judicial District

More About Rick

- Associates Degree in Business Management
- Married to my wife, Karen, for 52 years
- Proud father of 3 sons, with 8 grandchildren and two great-grandchildren
- Resident of Montrose County for 42 years.

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COLORADO NEWS BRIEFS

RESPONSES TO SURVEY ON CENTENNIAL PLAZA REDESIGN WILL HELP SHAPE PROJECT, CITY SAYS

Special to the Mirror

MONTROSE— The City of Montrose is planning to redesign Centennial Plaza, the community gathering space located between Uncompahgre Avenue and South First Street Downtown, and has sought public feedback through a community survey. City staff are now using the survey's results to work on a redesign of the plaza that will include upgrades to its infrastructure and public restrooms.

Survey responses were collected last fall and include a variety of information from many demographics and age groups, among both city and non-city residents. Survey respondents reported that they

used the plaza on a daily, weekly, or monthly basis as well as some users who have never used it at all.

The survey collected responses about what features in Centennial Plaza are in need of improvement, along with any themes or cultural elements that should be incorporated in the new redesign.

Other input was recorded from a Centennial Plaza open house hosted by DART last October that attracted dozens of local residents to collaborate with DART and city staff in creating a vision for the plaza moving forward.

Survey respondents were also asked what types of events and activities should be

held in the plaza, and how the space can be used more effectively to make visitors and residents feel more welcome Downtown.

"Community feedback plays a crucial role in shaping the direction of this project," said Michelle Wingfield, the DART and grant coordinator for the City of Montrose. "We look forward to creating a design that truly represents the desires of the Montrose community."

Wingfield said the DART team will be working to finalize a design in 2024. Additional updates on this project will be made public once they become available.

[Find the complete survey results here.](#)

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Meet Scott-

I have never drawn a government paycheck. I am a businessman. My wife Linda and I have owned and operated our own business for 25 years. I have been a part of a management team that ran a \$700,000,000 international company and small, start-up biotech companies. We are farmers and ranchers, growing crops west of Montrose In Shavano Valley. We produce some of the finest Certified Weed Free grass hay on the Western Slope.

I own water rights and understand the importance of water rights.

My business philosophy is simple: spend money for the operation and growth of the business and spend someone else's money like it is my money- Cautiously and responsibly.

Montrose County is a business. It should be managed like a business.

Ask questions to understand and make fact based decisions.

As your County Commissioner, I will work to provide the needed resources and support to County staff to provide the best possible service to ALL the citizens of Montrose County.

We moved to Montrose in 2001 to escape the burdensome political and social environment of California. We did not bring California here, we escaped! We all live here because it is Colorado, but California policies and politics are coming to Colorado.

We must work as a County to preserve the Western Way of Life and our heritage on the Western Slope.

**I will serve you and work tirelessly for you as your
Montrose County Commissioner.**

**Paid for by The Committee to Elect Scott Riba Montrose County Commissioner
970-596-9998**

scott@scottformontrose.com

COLORADO NEWS BRIEFS

CORONER'S OFFICE INFORMATION RELEASE

Rick Fellabaum, Montrose County Coroner

Montrose County Coroner's Office

MONTROSE.-- In the evening hours of Jan. 23, dispatch was alerted to a possible vehicle crash near Ogden Road and 6725 Road. First responders located the vehicle and began to triage the scene. Robert Hall, a 23-year-old male of Montrose, Colo., died at the scene. Kyriel Hansen, a 29-year-old male recently of Montrose, Colo., was transported to Montrose Regional Health and died shortly after arrival. The case is currently under investigation by the Montrose Police Department and the Montrose County Coroner's Office of Medical Investigation. The cause and manner of death are pending the results of an autopsy.

COLORADO WORKFORCE DEVELOPMENT COUNCIL (CWDC) WELCOMES NEW MEMBERS

Special to the Mirror

DENVER – The Colorado Department of Labor and Employment (CDLE) has announced eight new appointments and three reappointments to the Colorado Workforce Development Council (CWDC). A Governor-appointed, public-private partnership, the CWDC advises, oversees and integrates the work of the Colorado talent development network to meet the needs of employers and workers across the state. The CWDC is also excited to welcome Jonathan Liebert as its new chair. "I am honored to begin my role as Chair and welcome our newest members," said Liebert. "Their contributions will undoubtedly broaden the Council's impact, solidifying stronger connections with industry partners, local businesses, and communities statewide."

Newly appointed members include:

-Rob Andrews of Denver to serve as a rep-

resentative of workforce

-Andrew Bercich of Lone Tree to serve as a representative of business

-Ann Cesare of Colorado Springs to serve as a representative of business

-Beth Cobert of Denver to serve as a representative of business

-Marla Jones-Newman of Parker to serve as a representative of business

-Anthony Lugard of Montrose to serve as a representative of business

-Scott Mangino of Denver to serve as a representative of business

-David Thurow of Grand Junction to serve as a representative of business

Reappointed members to serve a second term include:

-Seth Harvey of Colorado Springs to serve as a representative of business

-Jonathan Liebert of Colorado Springs to serve as a representative of business

-Karla Nugent of Lafayette to serve as a

representative of business

"We welcome the newest members of the CWDC and are excited for what we will accomplish together," said Lee Wheeler-Berliner, managing director of the CWDC. "The viewpoints and connections that our new and reappointed members bring are invaluable and will enrich our work across the state, and I am eager to collaborate with each of them as we move into 2024."

The CWDC is grateful to the outgoing members (listed below) for their contributions to the state of Colorado and our communities.

Ann Marie Braga

Denise Burgess

Kevin Cory

Steve Fechheimer

Danielle Kirkpatrick

Frannie Matthews

Heather Terenzio

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The Montrose County Democratic Party is conducting a food and cash donation drive from **February 7 through March 8, 2024**. 100% of the proceeds will be given to **Kids Aid Montrose***.

Your donations will help them in their vital work in ensuring that Montrose County public school children have food for the weekends.

These specific items are requested for the most benefit and ease of preparation:



- Ready to eat tuna/ham/chicken salad with crackers and spoon
- Easy mac-n-cheese single-serving size or boxes
- Soups, individual cups or cans, or Ramen noodles
- Cans of tuna or chicken
- Fruit cups or applesauce
- Single-serving spaghetti, SpaghettiOs, ravioli or chili
- Granola bars or cereal bars

Donations are gratefully accepted on Wednesday through Friday from 10 AM to 4 PM at the Montrose County Democratic Headquarters, 1500 East Main in Montrose. They are located next to Buckaroos Pizza.

Checks made out to **Kids Aid Montrose** may be mailed to:

MCDP
P.O. Box 2126
Montrose, CO 81402-2126



* Kids Aid Montrose is a ministry of Common Ground Montrose, a 501(c)(3) nonprofit organization. For more details, visit kidsaidmontrose.com.



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REGIONAL NEWS BRIEFS

GMUG WELCOMES ACTING FOREST SUPERVISORS

Special to the Mirror

DELTA — The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests welcome the arrival of Jason Lawhon on a 45-day temporary assignment and Jim Pitts for a 75-day assignment as the new Acting Forest Supervisors. Chad Stewart, GMUG Forest Supervisor, recently accepted a 120-day temporary assignment as the Deputy Regional Forester for the Rocky Mountain Region. Lawhon assumed leadership Jan. 14. Pitts will take leadership Feb. 25.

Lawhon joins the GMUG from the San Juan National Forest, Durango, Colorado, where he's served as the Southwest Colorado Shared Stewardship program manager for almost four years. In his acting capacity, Lawhon brings a wealth of experience and expertise to the position. Lawhon's well-rounded background in working with cooperators and on-the-ground experience will help him provide leadership and support in his new role as Acting Forest Supervisor. Lawhon led the Rocky Mountain Restoration Initiative, coordinated the Southwest Colorado Collaborative Forest Landscape Restoration Program and

served on Colorado's Forest Health Advisory Council.

"I am excited for the new challenges that this position brings," said Lawhon. "I am looking forward to the opportunity to learn about the forest and explore the surrounding areas and communities."

Lawhon has vast experience in forestry, fire, and recreation management. Before serving in his current role, Lawhon was the Director of State & Private Forestry and Tribal Relations in the Rocky Mountain Regional Office. He also served as the Director of Forest Restoration & Fire Programs for the Colorado Chapter of The Nature Conservancy. Lawhon spent almost 15 years in the Forest Service, managing fire, forestry and recreation in Wyoming, Utah and Oregon before moving to Colorado in 2014. During their free time, Jason, his wife Lydia, and his daughter Iris enjoy skiing of all kinds in the winter, along with mountain biking and desert adventures the rest of the year.

Pitts will join the GMUG from the Pike-San Isabel National Forests & Cimarron and Comanche National Grasslands (PSICC), where he currently serves as the

Deputy Forest Supervisor stationed in Pueblo, Colorado. Pitts has been an integral part of the agency, contributing significantly to implementing the Wildfire Crisis Strategy, supporting recreation enhancements and being part of a team working to improve agency hiring efforts.

"I'm immensely grateful for this opportunity to support our neighboring forest and excited to learn about the GMUG and all it has to offer," said Pitts.

"I look forward to representing and supporting the GMUG as the Acting Forest Supervisor."

Jim has been on the PSICC since 2015, first serving as the District Ranger in Salida. Before this, he was the District Ranger on the Saguache Ranger District of the Rio Grande National Forest. He has an education in forestry and experience with state, tribal and federal land management agencies. He has focused on developing and implementing projects in collaboration with various partners. Growing up in Flagstaff, AZ, Jim was exposed to many outdoor activities and opportunities. Jim is married to Molly, who is from Pinetop, AZ, and they have two grown boys.

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PAY ATTENTION, PREVENT COOKING FIRES

By Caitlin Switzer

MONTROSE—Someone hungry and in a hurry caused a minor microwave inferno here several weeks ago, after a macaroni and cheese bowl was accidentally cooked without adding water. Although they survived—and were apparently in no real danger—it's always a good time to consider fire prevention, especially in the kitchen.

Montrose Fire Protection District Chief Tad Rowan said that a fire in the microwave will eventually burn itself out, as there is an insufficient load of fuel and lack of oxygen in a contained environment. Still, Chief Rowan urges cooks to follow instructions when preparing anything in the kitchen, and to never leave the stove unattended. Keep chimneys clean, and batteries in smoke detectors should be up to date.

Federal Emergency Management Agency (FEMA) statistics show that the majority of residential fires are caused by cooking and that in 2021, there were 170,000 residen-

tial fires in the United States that began in the kitchen as cooking fires.

The United States Department of Agriculture (USDA) also warns that saving food that has been in a fire is not a good idea, as food exposed to fire can be compromised by three factors: the heat of the fire, smoke fumes, and any chemicals used to fight the fire.

The American Red Cross recommends that you make your entire home fire-safe by installing battery-powered smoke detectors on each floor and in the garage. Test the detectors twice a year and keep a working fire extinguisher in the kitchen.

Finally, the National Fire Protection Association (NFPA) offers guidelines and recommendations to prevent cooking fires:

- Keep a close eye on what you're cooking; never leave cooking food unattended. For foods with longer cook times, such as those that are simmering or baking, set a timer to help monitor them carefully;
- Clear the cooking area of combustible items, keeping anything that can burn -



Charred results of a forgetful cook.

such as dish towels, oven mitts, food packaging, and paper towels - at least three feet away from cooking equipment;

- Turn pot handles toward the back of the stove;

- Keep a lid nearby when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner;

- Create a "kid and pet free zone" of at least three feet around the cooking area and anywhere else hot food or drink is prepared or carried.

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REGIONAL NEWS BRIEFS

MONTROSE COUNTY JAIL SET FOR MAJOR UPGRADE WITH \$7.9 MILLION CONTRACT AWARD

Special to the Mirror

MONTROSE – After years of planning and preparation, Montrose County awarded a \$7,927,925.00 contract to FCI Constructors, Inc. for the construction of a much-needed addition and renovation to the Montrose County Jail. The project is in progress and will be completed by April 30, 2025.

"The money allocated for the Jail renovation project will significantly improve Jail operations in the targeted areas of Booking, Medical, Kitchen and the Sally Port," said Montrose County Sheriff's Office Jail Commander Dean McNulty. "This project has been thoroughly researched over the course of several years and the above mentioned areas are in definite need of upgrades to keep pace with providing a safe environment for Jail staff,

contract professional services and persons in custody consistent with the infrastructure of a rapidly growing community. The Sheriff's Office has developed a consistent plan to maintain Jail operations during this project which has been challenging, but the end result will be very rewarding."

The project has been in the works since 2016, starting with a thorough evaluation of the jail's operations and site. After careful consideration of priorities, the county selected Wold A&E to develop the site plans and designs. The construction request for proposal was published in summer 2023, and FCI Constructors emerged as the winning bidder. The project will include approximately 6,000 square feet of renovated space and 5,000 square feet of new construction, fo-

cusing on improving key areas like booking, medical, kitchen, video courtroom, and the vehicle sally port. The booking area will be expanded westward, while the sally port will expand to the East. Additionally, the loading dock area will be upgraded, and the roof above the booking, kitchen, and laundry areas will be replaced.

One of the most significant improvements will be the expansion of the booking area's holding capacity. The current three cells will be replaced with a total of nine, including two dedicated "safety" cells and a larger group holding cell. This will not only improve efficiency but also prioritize the safety of both staff and detainees.

For more information on the Montrose County jail, please visit [here](#).

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REGIONAL NEWS BRIEFS

MONTROSE REGIONAL HEALTH FAMILY CENTER NOW OFFERING FREE VIRTUAL BIRTHING AND FAMILY CLASSES FOR PATIENTS

Special to the Mirror

MONTROSE – Montrose Regional Health has partnered with Birthly to offer free access to virtual childbirth education classes, allowing patients to access valuable educational resources in the comfort of their own homes.

The resources will be available to patients at MontroseHealth.com/FamilyCenter. Through the Birthly partnership, Montrose Regional Health's patients are now able to access a variety of perinatal classes online at no additional cost. All classes are live, which means patients will have the

opportunity to connect through a live video feed with certified and experienced childbirth educators.

Birthly Educators will provide interactive teaching on a variety of top-of-mind topics and patients will have dedicated time to ask questions.

Classes currently offered include Early Pregnancy Preparations, Prenatal Education Bootcamp (English and Spanish), Coping and Comfort, Breastfeeding 101 (English and Spanish), Newborn Care (English and Spanish), Perinatal Mental Health, and Pre/Postnatal Movement and

Mindfulness. Since each class type is offered multiple times a month, patients now have more flexibility in choosing a time that fits their schedule and can attend classes anywhere virtually via their laptop, tablet, and other mobile devices.

To register for childbirth education classes, please visit MontroseHealth.com/FamilyCenter. For any questions about Montrose Regional Health's Childbirth Education program, please contact info@mybirthly.com or call the MRH Family Center at (970) 240-7272.

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OPINION/EDITORIAL: LETTERS

DEMOCRAT PROPAGANDA MACHINE WORKING FULL TIME

Editor:

I mentioned previously that no one really cares that Biden has a long history of making up stories to boost his image and ego (like claiming he graduated in the top of his law class when he graduated 76th out of a class of 85). What is important are his daily lies about his corruption, the economy, his foreign policy failures, immigration, racial division, etc.

This week provided more examples of Democrats' blatant subterfuge and deception.

Assuming the American people are a bunch of idiots, Biden is now trying to blame the ongoing border crises he created on Republicans because the House refuses to pass a bad border bill. During his first hours in the Oval Office in January 2020, Biden halted construction on Trump's border wall, and began selling off materials purchased for the wall. He rescinded Trump's executive order refusing federal funding to "sanctuary" cities harboring illegal migrants, discouraged removal of illegal border crossers committing crimes, and toppled Trump's "Remain in Mexico" policy. Since then Biden has continued to eliminate border enforcement by demanding agents avoid making arrests, eliminating ICE deportations, and reinstating Obama-era catch-and-release. Biden issued 296 executive actions on immigration in just his first year, completely reversing his predecessor's effective policies. He is now threatening Texas with civil war for wanting to defend itself against the invasion --- a job he refuses to do.

With one stroke of his pen, our commander-in-chief could authorize the re-

turn of law and order to our border by shutting it down --- no legislation is required. The only reason Biden has yet to use his power to secure the border is because he simply doesn't want to, and he knows the press will continue to lie for him and deflect blame. "Look! We are not really trying to create a borderless nation. We are making a good-faith effort to fix it, and we can't do that if those evil Republicans won't pass this legislation!"

Democrats also continue to insult the intelligence of the American people by gaslighting them on inflation and the economy. Biden and his allies are comically oblivious to the deeply personal pain Bidenomics has inflicted on Americans to "achieve" Biden's so-called "strong U.S. Economy." That pain includes earnings losses, massive inflation, depletion of savings and retirement assets, excessive debt, exorbitant interest rates, increased poverty, and out-of-control government spending. People know when they are worse off, no matter how many times Biden claims otherwise. While the American people now view "Bidenomics" as not only a failure, but as a bad joke, Democrats insult them by blaming those very people. "The people are just too ignorant to see economic times are great. They should just stop complaining and thank us for what we have done for (to) them."

The Democrat propaganda machine is still working full time to keep the American public in the dark about global affairs --- as Joe Biden brings us dangerously close to World War III. Obama's Secretary of Defense Robert Gates famously said Biden "has been wrong on nearly every major

foreign policy and national security issue over the past four decades". Unlike Trump, Biden is not shaping global events so much as he is (poorly) reacting to them. After years of Obama placating the Iranian regime --- including at one point flying pallets of cash totaling \$400 million to Tehran --- Trump coupled crippling economic sanctions with raw power (taking out Iran's terrorist mastermind Soleimani), finally doing what was necessary to deter Iran from constantly terrorizing the region. When Biden took office, he reverted to the failed Obama policies. He desperately chased an Obama style nuclear deal that only benefited Iran. He unfroze Iranian assets and waived sanctions. He made ransom payments for the return of prisoners in Iran. In short, he flooded the Iranian regime with billions of dollars. Trump made America energy independent while Biden tried to destroy the domestic oil industry, which jacked up global prices and enabled Iran to fund the terrorists, including Hamas, and enabled Russia to fund its invasion of Ukraine. But the leftist propaganda machine continues full bore: "Don't you know Trump is causing all the chaos? Biden has repeatedly told Iran in strongly worded terms to stop sponsoring terrorism. And we have been so nice to them, don't you know?"

Thank goodness we elected a president to "put the adults back in charge" (who took his son around the globe taking bribes), instead of that Nazi Trump (who gave the world relative peace and prosperity). Peace through strength. War through stupidity? Neglect? Intent?

Ed Henrie, Montrose

**The Mirror:
many views,
one newspaper.**





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THE DIRTY SECRETS OF THE WESTERN COLORADO SOIL HEALTH, FOOD & FARM FORUM



Keynote address presenters and ranchers Joe and Jen Wheeling and Lesli Allison smile for the camera. Photo by Lauren Ruddell.

By Lauren Hall Ruddell

MONTROSE-What has 600 legs and a very long attention span. The Western Colorado Soil Health, Food & Farm Forum! They once again hosted a sold-out crowd of more than 300 agricultural entrepreneurs on Jan. 26 and 27 at the Montrose Pavilion. The Forum theme, 'Cultivating a Home on the Range,' encompassed a wide variety of topics aimed at creating viable farms and ranches including soil health, business management, regenerative and profitable growing practices, and water use.

This event was organized and hosted by the Valley Food Partnership, Colorado Regenerative Network, CSU Extension, Shavano Conservation District, and Rocky Mountain Farmers Union.

Guests at the event were mostly farmers and ranchers along with government agencies and non-profits. There were some vendors available who were happy to answer in-depth questions about mycorrhizal fungi inoculation, no-till specifics and its effects on the soil food web, and other regenerative agriculture topics. The formal presentations included two full days of educational sessions with both theoretical and hands-on components made for an info-packed and inspiring exchange of expertise and ideas.

"It's truly a community-supported event, with more than 40 local sponsors and ingredients for meals donated by local farmers and ranchers," says Steve Hale, planning committee member and Shavano Conservation District board member. The meals really were exceptional, with lunches including beef in keeping with the 'Cultivating a Home on the Range' cattle

ranching theme. Beef, it's what's for lunch!

Keynote speakers included Dr. Dwayne Beck, research manager at Dakota Lakes Research Farm; Tessa Peters, Director of Crop Stewardship at the Land Institute; and Joe and Jenn Wheeling, owners of James Ranch Beef and Gardens. Additional speakers included producers, educators, and researchers with practical knowledge and regional experience. Introductory remarks about the importance of preserving ranch lands as a public good were presented by Lesli Allison, CEO of Western Landowners Alliance.

The breakout sessions were as informative as the keynote sessions but a bit more intimate. The overarching theme of no-till or limited till for regenerative farming and ranching practices to increase soil health was well covered. Not just great info and demonstrations but social networking was hosted at Blue Corn Café, with a complimentary chili dinner provided by conference hosts and prepared by the Montrose High School Catering Team. Music was on hand with tunes from the Black Canyon Boys from 7-9 pm.

For readers unfamiliar with this event, a bit of history. The Western Colorado Food & Farm Forum started more than 10 years ago as a way to support beginning farmers and ranchers and encourage innovation by bringing together those crucial to the future of Colorado agriculture. In the same year, the Western Colorado Soil Health Conference began bringing people together to showcase soil health education and implementation techniques with the goal of specifically adjusting them to the local area. In 2023, these two agricultural events joined forces to bring one, two-day event with the mission of promoting the stewardship and development of our most precious resources - people, soil, and water - and with the further aim of advancing viable farms and ranches. Has this mission been a success?

"The response to our speakers has been phenomenal," said event chair and Valley Food Partnership Executive Director Penelope Powell. "The energy among our guests is so inspiring and we really were able to build some new bridges this year with our content." When asked what the

best part of the conference was for organizer Jessica Lischka, she concurred that the level of knowledge and enthusiasm among attendees was extraordinary and was remarked upon by vendors and presenters across the board.

It may seem odd at first blush that no-till practices should be promoted at a conference where cattle ranching was so preeminent among the topics. For farming sure, but ranching? However, the presenters made it clear that many of America's ranchlands are degraded and the productivity of those grazing is decreasing. Dr. Dwayne Beck maintains that we are exporting our natural resources at an unsustainable rate. He states that we are doing the wrong thing better and better, rather than using sunlight and rainfall to replenish and repair soils for greater profitability. Building soils, even on grasslands, means managing soil biology and the water regime more in line with Mother Nature. Deep-rooted perennials and appropriate stocking rates can alter soil structure to be more productive with fewer inputs, especially fossil fuels, about which he had a great deal to say. He pointed out the foolishness of many current conventional agricultural practices, and his research findings were echoed by all of the presenters whom I had the privilege of hearing.

It wasn't just the presenters who were a source of viewpoint-altering info, but many of the vendors were a wealth of fascinating facts. For instance, I spoke with Cally Hale for about 40 minutes on emerging farmer demographics. I was encouraged to hear that Beginning Farmer Rancher Programs, many funded by the USDA directly--like the Cultivating Farmers and Ranchers that Thrive Program (CFRT) in Montrose that she heads--are attracting younger people these days. Hale could remember when the youngest person in her start-up courses a few years ago was 55 years old. Nearly 40 percent of farmland is owned by farmers and ranchers at or over the age of 65, according to the USDA. This means that within the next 10 years, the United States stands to lose thousands of acres of agricultural land to housing and commercial development as older farmers retire and have no one to

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WESTERN COLORADO SOIL HEALTH, FOOD & FARM FORUM From previous pg

pass the land on to. This shift could cause major food insecurity in the US.

However, I was encouraged to hear that Hale is now seeing eager newbies in their mid-twenties signing up for agriculture courses. Regenerative ones, of course. Like me and others I spoke with, Cally felt encouraged by the atmosphere at the conference. "I am always amazed by the

positivity and excitement that grows from the education happening. Agriculture is such a small field to work within and it is great to meet and have meaningful conversations with peers who understand the complexities of working the land. The Western Colorado Soil Health, Food and Farm Forum is a wonderful asset to the community and the region," she stated.

The conference's dirty secret...dirt is dead. Soil is a living ecosystem!

For those who missed the conference, access to recordings of all 36 presentations are available for purchase at soil-foodfarm.org. Next year's Western Colorado Soil Health, Food, and Farm Forum is scheduled for Jan 24-25, 2025. Tickets will go on sale in November 2024.

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RED HAWK BOYS BASKETBALL SPLITS HOME DOUBLEHEADER



Grand Junction Tigers and Red Hawks boys fight for a rebound in triple overtime 40-38 loss at the fieldhouse. Photo by Cliff Dodge.

MONTROSE RED HAWKS 48, GRAND JUNCTION CENTRAL WARRIORS 43

By Cliff Dodge

MONTROSE-The Montrose Red Hawks returned from a two game road trip and took on the Grand Junction Central Warriors, the first of two home games this week. The two teams fought for the lead in the initial quarter with the Red Hawks coming out on top by the score of 10 to 8 after one period. The Red Hawks caught fire in the second quarter and moved out to a 25 to 16 advantage at the halfway point. The teams fought to a 6-6 draw in the third quarter and the Warriors outscored the Red Hawks 21-17 in the final canto. The fourth quarter was a back and forth affair, with neither team willing to give an inch down the stretch. Ultimately the Red Hawks sank 8 of 10 free throw attempts to seal the deal making the final score the Red Hawks 48, the Warriors of Grand Junction Central 43. The scoring parade for the Red Hawks was led by junior Brekin Hutto with 13 points. He was followed by senior Jaxon Kattner with 11 points. Other scorers included senior Jaxon Killen with 9 points and junior Kaleb Ferguson throwing down 7 points. Ferguson was outstanding on the boards as he captured 11 rebounds including four on the offensive board. Hutto, Kattner and Killen also pounded the glass keeping the Warriors at bay. The Red Hawks made 3 of 8 shots from long range and converted 11 of 16 free throw attempts. The Hawks passed out seven assists, had seven steals and only turned the basketball over to the opposition eight times.

GRAND JUNCTION TIGERS 40, MONTROSE RED HAWKS 38 (3 OVERTIMES)

By Cliff Dodge

MONTROSE-Defenses ruled the game on Friday evening at the fieldhouse as the Red Hawks and the Grand Junction Tigers waged war for four quarters and then three additional four-minute overtime periods before the visitors took a 2 point victory, 40-38. The Red Hawks and the Tigers knew in the initial quarter just how difficult this game would be. The Red Hawks led 4-3 after one period. The Tigers led 12 to 9 at the halfway point. The third quarter and the fourth quarter played dead even with the teams tied at 31-31 at the end of regulation time. The first four-minute overtime period saw each team score two points to remain deadlocked. The second four-minute overtime period again saw each team put up a deuce to remain tied at 35-35. The third four-minute overtime period was the clincher as the Tiger scored first and the Red Hawks desperately attempted to prolong the contest but were unable to overcome a 4-point lead with time running out. Brekin Hutto hit a desperation shot to cut the lead to 2 points, but Father Time departed and Tigers took home the victory 40-38. The Red Hawks Senior Jaxon Killen topped all scorers with 14 points. Two juniors, Kaleb Ferguson (11 points) and Brekin Hutto (8 points), did their best to combat the stifling defense thrown up by the Tigers. Brekin Hutto was the rebounding leader with seven caroms captured. The Red Hawks came up with 10 steals and turned the basketball over to the Tigers 14 times. The Red Hawks have a couple of home contests staring them in the face as the Fruita-Monument Wildcats visit the fieldhouse on Tuesday, Feb. 6 and the Delta Panthers come calling on Thursday, Feb. 8. Tip off time for both contests is 7 p.m.



RED HAWK GIRLS SPLIT TWO GAME HOMESTAND

GRAND JUNCTION CENTRAL 46, MONTROSE RED HAWKS 43

By Cliff Dodge

MONTROSE-The gym was rocking last Tuesday evening as the Red Hawks played host to the Warriors of Grand Junction Central High School at the fieldhouse. The two teams traded body blows from the opening tip off to the final whistle, with the Warriors prevailing by 3 points, 46-43. The initial period foretold what was to come as the Warriors led 8-7 after one period. The visitors stretched their lead to 8 points at the halfway point. The Red Hawks outscored the Warriors in the second half 26 to 23, thus making the final score the Warriors 46, the Red Hawks 43. The action was frenzied going down the stretch but the Warriors managed to hang on and claim the win. Sophomore Mayce Oberg led all scorers with 16 points. She was followed by fellow Sophomore Maggie Legg who accounted for 15 points. This duo also led the rebounding parade with 10 and 8 rebounds respectively. Senior Taygan Rocco chipped in with 5 points and sophomore Lilly Nelson added 4. The Red Hawks connected only once in nine tries from behind the three point line, and made only 6 of the 17 free throws they attempted. The Hawks passed out 5 assists, had six steals and turned the basketball over to the Warriors 17 times.



*Tigers and Red Hawk girls fight for a rebound in Red Hawks' 32-point victory.
Photo by Cliff Dodge.*

MONTROSE RED HAWKS 54, GRAND JUNCTION TIGERS 22

By Cliff Dodge

MONTROSE-What a difference a day makes. The Red Hawks struggled on Tuesday evening but ran away and hid from the visiting Grand Junction Tigers on Friday evening at the fieldhouse. The Red Hawks controlled the opening tip and never looked back. After one period of play the Red Hawks led 15-3 and moved smartly out to a 34 to 4 lead by half time. Needless-to-say, the tone had been established as the Red Hawks defense completely unnerved the Tigers as the home team took the victory by the score of 54 to 22. The Red Hawks made it into the scoring column led by Sophomore Mayce Oberg with 19 points. Fellow Sophomore Maggie Legg added 15 points and Senior Taygan Rocco added 9 points. Other scorers included Senior Haven Johnson (3), Sophomore Kendall Johnson (3), Junior Brooke Williams (3) and Junior Cali Fulks (2). The Red Hawks improved their overall record to 12 wins and five losses. Their league record is now 2 wins and 3 losses. Up next for the Red Hawks are a couple of home tilts. On Tuesday, Feb. 6 the Fruita-Monument Wildcats provide the opposition, and on Thursday, Feb. 8 the Delta Panthers come calling. Tip off for both of the girls' games will be 5:30 p.m.

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OPINION/EDITORIAL: LETTERS

GOOD TIMES, BAD TIMES

Editor:

I'm optimistic about the progress of the human race in 2024, but at the same time concerned about stability both here in the US, and worldwide. Born in the '50s, I'm proud of the forward progress humanity has made in my lifetime in the areas such as healthcare, civil and women's rights, protecting our natural resources and wilderness, etc. We've struggled to make these improvements, and the struggle was often punctuated by rancor, and even violence at times, but good progress has been made nonetheless.

In my life, I've witnessed electronics go from vacuum tube based computers, which I worked on in the Air Force, all the way to cellphones that have computing power that has surpassed the wildest dreams of those of us who knew Dick Tracy. Automobiles have evolved from my first truck, a Ford F-1 with a flathead six engine, all the way to the Rivian electric pickup truck. I've seen life expectancy increase from the point that my grandad died at 67, but my dad lived until 99. I used to live in a neighborhood that would not let black people even pass through, but now has African Americans holding public offices. The internet, a system that was not even contemplated just a few decades ago, except in the minds of a few visionaries, has become a means to spread knowledge to even the poorest people in remote villages of Africa.

But with all this progress, we've also experienced the bad. Growing up, my parents tuned into the news on that relatively new innovation, Television. All over America, families watched Huntley/Brinkley and Walter Cronkite in order to keep up with the news. As a result, we all tended to stand for the same values, and, mostly, folks got along much better. With time, news moved off the "airwaves" and onto cable networks, and finally to where it resides today on the "world wide web." Often times, professionalism was lost in reporting, to be replaced by sensationalism. Additionally, information was sorted into various political bins, leading people

to come to different conclusions on what constituted good public policies ... and, as a result, the parties moved more firmly into their corners, where we are today, unwilling to talk with one another.

The changes outlined above have resulted in a huge vacuum of good leadership in the formerly Grand Old Party, and Congress is dysfunctional as a result. Fault can be found on both sides of the aisle, but the lion's share goes to the Party of Trump, which has entirely lost its moral, ethical, and legal moorings as they follow the disgusting man over a political cliff. Historically speaking, the de-evolution of the party accelerated with Newt Gingrich in the 80's, who intentionally introduced political warfare into the U.S. Congress. Aided by the decay of news outlet professionalism, starting with Fox, but metastasizing to others, the party finally has succumbed to the elevation of a life long grifter as their leader. Good people still exist in what's left of Republican Party, but they are keeping their heads low, waiting for something to burst the Trumpian bubble. But more are speaking out every day, including most who once worked in the Trump Administration. They are starting to combine forces to warn those still in his thrall of the dangers that he represents to our country.

This week, while I was talking to a friend, all of this made me think. How wonderful our lives could be if, with all of the good things that have been happening in human progress, instead of putting all of our energy into fighting and arguing constantly, we worked together once again to move forward into the future! Imagine, if this were the case, leveraging technology, cooperation, and goodwill, how we could lift the standard of living of nearly all of us! We did it during and after World War II, transforming that disaster into an era of unprecedented prosperity after the defeat of fascism. We can do it again.

You're likely concerned, as I am, by waves of immigrants crossing the border, crime (down since Biden took office, but it could always be better), climate change induced

droughts and storms, the Russian resurgence in wars overseas, and the increasing rise of fascism, including in our own country. We need congress to get to work on actual problems, not the current sham impeachment inquiries that have no basis in reality. Also, If you think that immigration is bad now, it will be orders of magnitude worse as the effects of climate change on the world's ecosystems accelerates ever faster; pushing more people out of their present homes as temperatures rise, polar ice caps melt, and crops fail.

On the other hand, imagine how these problems could be mitigated, if not solved, if all of us worked together, instead of tearing each other down. Alternatively, we can see what happens when a people come together. Just look what's happening in China, which has dominated world markets in manufacturing and exports. I've long considered the rise of China to be one of the greatest economic threats we face. However, in this competition, we must win in both commerce AND politics ... not through war (though we need to keep our military strong). We cannot win this fight, or keep our military strong, unless we relearn how to work together as we once did. We fight over abortion, the border, foreign affairs, voting rights, and a hundred other, mostly manufactured, crises, using all of our energy up in bickering, instead of solving problems. While we are thus distracted, China and others are forging ahead of us and experiencing exceptional growth, albeit under an iron fist of "corporate communism".

Imagine, for just a moment, if the best and brightest of our citizens were using their brainpower, instead of fighting, to solve the many problems we are facing today! Imagine, also, how happy we would all be to put this era of national malaise behind us, and give our children a hopeful and prosperous future to look forward to! Think about how much each of us would gain by getting back together with friends and family on the other side of the "great divide".

What's the solution? There are many

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things we can each do ... one is to follow the Golden Rule, and be kind to one another ... but we also need to stop listening to those who peddle division and fear, and get rich off of the poison they manufacture and sell to the public.

Whether it's on the pages of this paper, or on the news sources we patronize, we owe it to ourselves turn away from those who profit by spreading venom and division. If you watch Fox, or listen to angry podcasters, move over to Colorado Public Radio (CPR). They provide the type of even handed coverage that was lost with the advent of cable and internet news, and

cover local stories with an open mind.

Both CPR and National Public Radio (NPR) interview reasonable leaders on all sides of the political arena, so that listeners get the full spectrum of ideas, rather than the mostly one-sided coverage of tabloid "news" outlets like Fox, OAN, Newsmax, Sinclair, Infowars, and other such toxic sources.

Here's a simple way to filter out the bad sources amongst the huge number of choices available: Ask yourself, when listening to a news source or pundit: "Do I feel angry after listening to this podcast/broadcast?", "Do they host reasonable

debates, and discuss realistic solutions to the challenges facing us?", and "Are they pouring gasoline on political conflict as clickbait to improve ratings?". In the present state of the media, anger sells, but outlets that feed this anger are destroying our country.

If you really care about our survival, make an effort to get your news from quality sources with a track record of honesty; not from a source like Fox, which was recently forced to pay \$788 million for intentionally lying to their listeners by promoting Trump's "Big Lie".

David Congour, Montrose

REGIONAL NEWS BRIEFS

NORMAL AGING OR BRAIN FAILURE?

Special to the Mirror

MONTROSE - People make jokes all the time about old people forgetting things. Sometimes it's funny and sometimes it's not. Sometimes the forgetfulness is just a manifestation of natural aging and sometimes it's the harbinger to a real problem.

On February 9 from 1 to 2 pm, Dr. Laird Landon will deliver his second free public meeting discourse (of a four-part series) on Brain Failure. "How to Tell Normal Aging From Brain Failure," will examine ten common things that can be indicative of Brain Failure (or not).

Dr. Landon has spent years researching the question. "I have made the jokes, we all have," says Landon. "But in my research and my meetings with dozens of brain failure families, I have discovered the ways to see the difference between true failure symptoms and the simple forgetfulness of aging people."

Landon will reveal ten common scenarios that could go either way. For example, an individual may experience "memory loss that disrupts daily life." It is a warning sign if they forget recent things; important dates; repeats question several times; or delegates known tasks. It is natural aging if you forget a word or name and remember it later.

"By the time you are 70 or 80 your brain is pretty full of data and sometimes it is difficult to sort and recall bits of information, that's an aging thing," says Landon. "It becomes failure recall of recent history becomes nonexistent."

Dr. Landon's talk will help family members spot the problems, perhaps earlier, which will help avoid dangerous or embarrassing situations.

"Not knowing the difference might cause someone to put extra, needless pressure on a patient to be examined for failure," says Landon. "That could lead to family problems."

These programs are part of the ongoing partnership between the Alzheimer's Association, Caregiver Support Foundation (CSF) and Region 10's Area Agency on Aging. The event will be at the Montrose Library. It is free of charge.

The next seminar also will be at the Montrose Library on Friday, April 19, at 1pm. Dr. Landon will discuss getting the best possible care if your loved one is residing in a nursing home, assisted living, or memory care unit.

More information is available at www.Family-Caregiver.org



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COMMUNITY OBITUARIES

CORKY D JILEK

May 17, 1946-January 20, 2024

CORKY D JILEK (born: Darlene Delores Dinkla), 77, passed away at her home in Montrose, CO on January 20, 2024. She was born on May 17, 1946, in San Antonio, Texas.

She is preceded in death by her mother: Thelma Dinkla, father: Karel Gerrit Dinkla, sister: Donna Dreibodt, and son: Eric Blake Alexander.

Corky was very eccentric, a lover of adventure, helpful, kind and honest to a fault. She loved animals, good jokes, and making people laugh. She was an AKC Certified dog trainer and was eager to share her wealth of knowledge with any pet owner who would listen. There was never a dull moment when Corky was around...dancing in the car on road trips, exploring cemeteries, discovering new ways to get jobs done, challenging overbearing authority and laughing until you couldn't breathe were never out of the ordinary.

She is survived by her daughter: Trisha Jo Denham, Sister(s): Jeanne Parsley (Eddie), Nicki Dinkla, Krisi Dinkla (Terry Meadows), Wendy Doherty (George), Brother: Danny Dinkla (Ceci), several grandchildren, nieces, and nephews. And an abundance of cherished friends who became family.

Crippin Funeral Home is assisting her family.

In lieu of flowers, donations may be made to:

Second Chance Humane Society

<https://secondchancehumane.org/support-us/donate/>

Colorado Horse Rescue Network

<https://www.coloradohorserescuenetwork.com/>

A Celebration of Life service will be held later this Spring.



Now more than ever...

Thank you for reading

THE MONTROSE MIRROR

COMMUNITY OBITUARIES

BARBARA “BARB” ANN FEELY

May 18, 1934-January 25, 2024



BARBARA “BARB” ANN FEELY passed away on January 25, 2024, in Montrose Colorado at the age of 89. No services will be held at this time.

She was born May 18, 1934, to Frank and Mary Habrat in Greensburg, Pennsylvania.

The majority of her adult life Barb resided in Delta, Colorado. She was a wife, homemaker, mother, grandmother, and great-grandmother and dedicated her time and love to her family. Barb enjoyed reading and researching health, nutrition, and antiques and prized her beautiful view of the Gunnison Valley and Grand Mesa.

She is survived by three sons, William (Lori), Douglas (Bernadine) and Eric (Beth); two grandchildren, Bethany (Jeremy) Meyer and Cassandra (Kass); two great-grandchildren, Benjamin and Summer Meyer; and extended family.

She was preceded in death by her husband, William Silas Feely.

Crippin Funeral Home, Montrose Colorado, is handling the arrangements. 970-249-2121

Memorial contributions may be made to Hope-West, 725 S. 4th Street Montrose, CO 81401 (www.HopeWest.org).

DONALD LEE BACON

February 6, 1940-January 29, 2024

Donald “Lee” Bacon, a lifelong Catholic, was born in Chicago, IL February 6, 1940 to Ken and Charlotte Bacon, both parents are deceased. He passed on from complications of Dementia. He moved to Dallas, TX around the age of 12 years old. He is survived by his wife, Patti Bacon, children, Lisa Gilbert, Christopher Whitestone, Mark Bacon, and Victoria Thomas, as well as his brother Dr. Kenneth Terry Bacon, M.D. He is the grandfather of Shane, Courtney, Jourdan, Elizabeth, Rebecca, Michelle, and Mina as well as several great grandchildren.

He received his Master’s degree from the University of Texas in Dallas, where he also worked for a number of years. His last position was at Richland College Dallas, TX as Vice President of Business Affairs. He retired from there in 1997.

He was married to Patti Bacon for nearly 36 years after he divorced the mother of his children, Rita Bacon, in 1988. Lee and Patti moved to Montrose in 2000 where they spent the remainder of Lee’s life.

Many travels have taken place throughout the years, but Montrose and the San Juans were favorites. Lee was an avid “Jeeper” and photographer and enjoyed many trips with his best buddy, Perry Reed. He will be forever loved & remembered by his wife Patti, all the kids and grandkids, and his special friends Perry and Leila Reed. No service planned. Arrangements by Crippin Funeral Home.



CELEBRATING LOCAL BEAUTY.



COMMUNITY OBITUARIES

SIDNEY CARLTON HARTMAN

June 6, 1969- January 25, 2024

We are deeply heartbroken to announce the passing of Sidney Carlton Hartman on January 25, 2024, at the young age of 54 after a short but aggressive battle with cancer. Born on June 6, 1969, he is survived by his parents, Carlton V and Janet L Hartman, three siblings, his wife, and three young children under the age of 8 in addition to four grown stepchildren.

Sid was born and raised in Montrose, Colorado where he spent his entire life save for a short stint at the University of Northern Colorado before returning home to help run the family business. Though he never physically lived anywhere outside Colorado, his heart and imagination lived in the deepest reaches of outer space, the

darkest forests and oldest mountains of Middle Earth, and the thousands of epic stories lived out by the greatest generation of the WWII era. Throughout his life Sid could often be found up and down a river fishing, or up in the mountains jeeping, hiking, or camping, but whatever he was doing you could always be sure he was seeking to share it with his family and children.

As a son, brother, friend, husband, and especially as a father, Sid always brought the fun and the joy to every situation, every meal, and every mischievous misadventure. For him every surface was a drum, and every moment was an opportunity to entertain. He always said that his greatest



joy in life was to entertain his wife, and even to the end he never quit. The world will be a quieter and much more boring place without him.

Crippin Funeral Home of Montrose is assisting the family.

GLORIA JEAN HUDSON

June 23, 1949- January 29, 2024



GLORIA J. HUDSON, 74, died unexpectedly at Montrose Regional Health on January 29, 2024. She was born June 23, 1949, in Topeka, Kansas, the daughter of Richard

Dale Haselwood and Sylvia Almeda (Conaway) Haselwood.

Gloria attended Montrose High School, married the love of her life, George Raymond Hudson on December 19, 1964, and was part of the Class of 1967. George and Gloria were married for 59 years.

She was a personal banker for over 35 years, was very active in the community with several different organizations, and enjoyed playing softball, volleyball, and pickle ball. She and George enjoyed camping, dancing at the Montrose Elks Lodge, four wheeling on their ATVs, and supporting her many grandchildren and great grandchildren in all of their endeavors. Gloria was considered by all to be the ultimate Social Butterfly. Her favorite saying was "There's always time for tea with friends."

In addition to her parents, she was preceded in death by in-laws Joe Hudson and Anna Belle (Snyder) Hudson and son-in-

law Ronald A. Bowman Junior.

Surviving in addition to her husband, George Hudson, are her siblings Carol (Mick), Larry (Judy), Mary Ann (Larry), Betty, and Cindy; son Gary Joe Hudson and wife Nina and daughter Georgiana Kay Bowman; Grandchildren Samantha (Nick), Paige (Kent), Geordon (Kayla), and Austin; Great Grandchildren Kileigh, Ivy, Zain, Lili-ana, Archer, Auti, Jaidyn, Jacey, Keaton, Paysleigh, and Maice; and too many nieces and nephews to count.

Those who wish to remember Gloria in a special way may make gifts in her memory to the Bosom Buddies of the Western Slope at BosomBuddiesSWC.org and click on the "Donate & Make a Difference" link. A bench in honor of Gloria will be placed at The Coffee Trader at 845 E Main St, Montrose.

Donations for the bench will be collected at the funeral or can be given to Gary Hudson.

COMMUNITY OBITUARIES

RICHARD F BIELLA, 90 ***August 7, 1933 – January 23, 2024***

RICHARD F BIELLA, "Dick" passed away on January 23rd at his home in Montrose, Colorado.

He was born on August 7, 1933, on the farm in Superior, Colorado to Frank and Elizabeth (Beranek) Biella. He grew up on the family farm. He attended grade school in Superior and then attended and graduated from Louisville High School. He participated in sports, including football and track. He was active in 4-H and enjoyed showing cattle. At the age of 16 he received his first Angus heifer and named her Black Diamond after the coal mine his father worked in. He participated in the National Western Stock Show Catch a Calf Program, catching a calf during the 1951 NWSS and exhibiting the steer the following year.

Following graduation from high school, he worked long days on the Boulder Denver Turnpike, known today as Highway 36. He then attended Denver Trade School and began work as a machinist at Sunstrand. Soon after he started at Rocky Flats Nuclear Energy Plant in 1952. In the early 1970's he became a foreman in Research and Development and held that position until he retired. In 1954 he married his high school sweetheart, Elaine DeSantis at St. Louis Catholic Church in Louisville, Colorado.

He continued to raise cattle and hay on the farm in Superior while working as a machinist. He became a 4-H leader in 1965 and served as a leader for 12 years. He also served on the Boulder County Fair

Board. He continued to raise Angus cattle and supported his children as they showed in 4-H and the Colorado Junior Angus Association. Richard served on the St. Louis Parish Board.

He retired from Rocky Flats in 1988. In 1998 he moved his home and cattle operation to Montrose, Colorado. He continued to raise Angus cattle until his death. During this time, he was awarded Colorado Breeder of the Year and in 2019 he received the American Angus Association's Historic Angus Herd Award.

One of his greatest joys was traveling with his wife. His travels brought him to many parts of the world, including China, Russia, Australia, and his favorite country, Italy. During his travels, he never met a stranger and enjoyed visiting with everyone he met. He was an avid hunter and always looked forward to the fall. His favorite hunting area was Crested Butte. Richard was especially proud of his trophy elk that is mounted in the Louisville Elks where he was a lifelong member.

Richard is survived by his wife of 69 years, Elaine of Montrose, CO, his sister, Donna (Adam) Elnicki, children, Kathi (Jeff) Creamer of Montrose, CO, Christine Biella, Montrose, CO, Richard (Linda) Biella, Boulder, CO and Jenny (Rocky) Grilli, Erie, CO,



his grandchildren, Mandy Grilli, Zack (Xiaohan) Grilli, Landon Biella, Brandon Creamer and Britney Creamer, Great grandchildren, Aden Biella, Addisyn Grilli, Anthony Grilli, Michael Grilli and Isabelle Grilli.

He was preceded in death by his parents, Frank & Elizabeth Biella, sister, June Smith, and grandson, Travis Biella.

Richard created an amazing legacy and will be fondly remembered for his fighting spirit, warm, infectious smile, his love of God and family.

A funeral mass will be held on Friday, February 9 at 11 am at St. Daniels Catholic Church, Ouray, Colorado. Following mass, a luncheon will be provided at St. Daniels. A celebration of life will be held on February 24 at noon at the Louisville Elks Club, Louisville, CO. In lieu of flowers, memorial contributions may be made to Abbey of St Walburga, Virginia Dale, CO.

CELEBRATING LOCAL BEAUTY.



ISSUE 455 Feb. 5, 2024

ART & SOL

KIDS ENVISION THE FUTURE

Special to the Mirror

MONTROSE-Citizens Climate Lobby member Dulce Bell-Bulley said that the volunteer organization put up a booth last summer at the Montrose Farmer's Market, with a kids' art table.

"We asked the children to specifically draw their vision of the future," she said. "Their response was magnificent and is now on display in the glass cases at the Montrose Library."



CWPAC
Colorado West Performing Arts Company
Western CO's Premier Ballet Company

THE LITTLE MERMAID

Avalon Theatre | Montrose Pavilion
Grand Junction Montrose
FEB 23 & 25 March 2 & 3

Scan Me

TIX: ColoradoWestPAC.org

MHS 1ST SEMESTER HONOR ROLL

The following students were named to the Honor Roll for the 1st Semester 2023-2024 School year at Montrose High School. To be eligible for Honor Roll, students must be enrolled in at least five classes and earn a grade point average of 3.5 to 3.74.

The following students were named to the Honor Roll for the 1st Semester 2023-2024 School year at Montrose High School. To be eligible for Honor Roll, students must be enrolled in at least five classes and earn a grade point average of 3.5 to 3.74.

9th Grade

Andres Alvarado, Benjamin Avina, Juan Banda, Caden Beard, Emma Braaten, Kayla Braaten, Yazmin Cortes-Aguilera, Noah Dupre, Kitridge Faragher, Mildred Flores Avila, Fletcher Flower, Noah Freese, Jasmine Garcia, Chase Gleason, Trevor Johnson, Lincoln Jones, Gracelynn Jones, Katelyn King, Felipe DeJesus Lopez Villagomez, Kynsleigh Maestas, Jylliane Meiners, Isabelle Mott, Aspen Mueller, Noah Osorio, Damian Ouellette, Amaya Potter, Emelye Rackleff, Ty Robillard, Everlee Rodriguez, Omar Rosales Gutierrez, Siera Santos, Aubrie Scott, Ridge Smith, Saunder Stock, Joel Vazquez, Caylie Velasquez, Drake Via, Aidan Vonseggern, Brooke Walters, and California Ybarra.

10th Grade

Patrick Alvarez, Kai Amundson, Elizabeth Birchem, Charles Boschen, Faith Breshears, Cienna Cole, Taylor Cooper, Camille Crane, Cameron Culver, Cade Godbe, Lanae Goodwin, Zoe Greear, Ayla Gross, Josue Gutierrez, Jazmin Gutierrez Hernandez, Addison Howell, Olivia Jenkins, Kendall Johnson, Jaxon Keep, Layla Lambert, Alana Lasley, Lizbeth Ledesma, Magdalene Legg, Maliah Leiba, Mason Lutz, Christopher Martinez Dela Cruz, Carter Miller, Jace Mitchell, Jessica Nieves, Mayce Oberg, Isabel Ortega Leon, Willem Plumhoff, Sydnee Pomeroy, David Powers, Vivika Printz, Trevor Prock, Jayden Pryor, Skai Robinson, Chad Rocco, Kenia Romo, Addison Shipley, Raymond Stamm, Brayden Stroehlein, Hannah Sulzen, and Azure Wallace.

11th Grade

Benedek Algacs, John Beshoar, Chloe Bone, Keira Chilton Lowell, Brian Collins, Brody Cooling, Andreas Distel, Daniel Franco Carrasco, Johans Garcia, Reagan

Goodwin, Avjanna Gross, Austin Hanak, Hayden Hensley, Adriel Heredia, Arely Hernandez, Abigail Hines, Brekin Hutto, Victor Ibarra Sanchez, Kalahan Jewell, Cole Luttrell, Joshua Maddox, Arieon Maestas, Parker Maestas, Emily Miller, Baeli Minerich, Sky Pearce, Wesley Riley, Cooper Ross, Angelica Rubello, Maythe Sandoval Briceño, Porter Smith, Summer Thibeau, Lily Towle, Viet Tran, Aprielle Trujillo and Garrett Wolfe.

12th Grade

Cruz Almaraz Flores, Ivana Arellano Villegas, Brayan Baeza Jimenez, Addison Borgart, Christina Boutwell, Gwyneth Browning, Jayden Casias, Kolton Cohick, Sheldon Collin, Kimberli Cota Valencia, Laura Diaz, Cristian Duarte, Joaquin Eudave, Johann Farnese, Shandra Findley, Galilea Garcia, Gustavo Garcia Cantu, Kallie Good, Alyssa Grauberger, Jenny Guerrero, Kyle Kelln, Kale Leach, Brentt Lucero, Analisisa Martinez, Daniela Ortega Almanza, Zachariah Perrin Gallegos, Ana Quintero, Daisy Ramirez, Blake Reule, Roberto Ruedas, Carson Swallow, Kaden Tanner, Christopher Vargas Gomez, Corbin Wallace, Gage Wareham, Titus Weese and Joshua Wyatt.

The following students were named to the Principal's Honor Roll for the 1st Semester 2023-2024 school year at Montrose High School. To be eligible for the Principal's Honor Roll, students must be enrolled in at least five classes, excluding pass/fail classes, and earn a grade point average of 3.75 and above. An asterisk denotes all A's.

9th Grade

Liliana Almanza Mendez*, Lilah Bahn-Ricker, Sophia Benner, Matthew Bergstrom, Dyllan Blair, Maya Blake*, Bailee Broyles*, Jacob Clowers, Violeta Cortez, Anna Countryman*, Chance Culver*, Sheylen Downs, Riley Embrey*, Kiara Fowler*, Devynn Fritz*, Isabelle Giroir*, Wyatt Gleason*, Fernando Gonzalez, Jaylee Good*, Erica Haddock, Addison Harmsen*, Trevin Hatch, Tiago Hernandez, Lucas Hesse, Samantha Jennings*, Bryton Johnson*, Karah Kohout, Brooklyn Kolb,

Avila Lanford*, Conner Luttrell*, Logen Mantos*, Evan Marshall*, Benjamin Meaker*, Marcella Mendoza, Chazz Miller*, Isabella Miller*, Arianna Mora, Abbey Neary*, Lauren Neubaum*, Keira Oldroyd*, Niyati Patel, Deagan Pelham*, Logan Plumb*, Aspen Pottorff, Chase Raetz*, Gavin Ranstrom*, Dane Roberts, Kayleb Rogers, Trip Ross*, Cade Saunders*, Annie Schroeder*, Namgyal Sherpa*, Eli Stephens, Gavin Sulzen, Mason Swallow, Clorinda Townsend*, Alejandro Vargas Nunez*, Graysen Vidmar*, and Henry Wilson.

10th Grade

Evelen Baltazar Figueroa, Joshua Bayless*, Sydney Bell, Brandon Blacker, Bailey Blackford*, Jaiden Bresett, Madison Collin, Caitlin Cowley*, Presley Davis, Nyah Green, Kinsey Hadlock*, Anika Harris*, Phineas Howe, Reign Jellise Icasiano*, Kathryn Jakino*, Matilda Johnson Freeman, Robin Kittell*, Teagan Kulbeth*, Maggie Kusar*, Marisha Lutz, Madelynn Manore, Brooklyn Martinez, Ashton McClure*, Karlie Mejia, Ally Metzger*, Noel Mireles Rodales, Hannah Rehard, Olivia Rosentreter, Analicia Ruedas, Olivia Schmidt*, Jack Schwartz, Evie Sherman, Jordyn Simo, Kacy Stewart, Abigail Svacha, Carissa Trask*, Shea Vincent*, Maiya Wagner*, Shiloh Warthen*, Kyle Whitcomb, Mya Wilcox, Rachel Williams, Jaylee Wilson, Elijah Womack and Lillian Yender.

11th Grade

Barnabas Algacs, Fernanda Almanza Garcia, Yuliana Almanza Mendez, Joseph Benetiz, Meredith Cervantes*, Jose Chavez Alvarez*, Bailey Christie, Maggie Cline, Maddison Coca, Paola Cortez Suarez, Caroline Countryman, Amberly Craft, Maggie Cross, Olivia Dillon, Ellie Duncan, Ethan Efird*, Georgia Ficco, Vivian Ficco, Gabriel Fleetwood*, Nadya Forest, Hayden Fox*, Cali Fulks, Ignacio Gadea Echandi*, Taylor Gibson*, Connor Gregory Clutts, Aidan Grijalva Castro, Hunter Gurule, Yessenia Gutierrez Camacho, Diego Gutierrez Garcia, Matthew Hafen, Drake Hawkins, Charlotte Hellyer*, Ginger Hughes, Paxton

Continued next pg

MHS 1ST SEMESTER HONOR ROLL From previous pg

Paxton Hughes, Maria Jayme, Avery Kingsbury, Elizabeth Kistler*, Andrew Kistler*, Andrew Luquin, Aloera MacFarlane, Christopher Mock, Joshua Mott, Will Neuman, Ryan Nichols*, Ethan Osorio*, Leslie Owens*, Katie Pariseau, Gabrielle Parkison, Mylee Perry, Jakai Pfifer*, Grace Piquette, Elliotte Poore, Elizabeth Reed, Audrey Righter, Macayla Roberts, Luke Robertson*, Shayla Saunders, Ava Silverberg*, Van Spiker, Dathan Stewart, Walter Talamantes, Indica Taylor, Geovana Terrazas Corona, Artemio Verdin, Cassidy Westergren, Ariana Wilkes, and Brooke Williams.

12th Grade Giovanni Aguirre, Giada Amundson, Jagger Andrade, Amelia Balzarini, Hunter Barton, Austine Berry, Parker Blackford, Andie Blowers, Karinna Bogarin, Kolter Booth, Mackenzie Brown, Javian

Brown*, Danika Bush, Kenzie Bush, Joshua Carbut, Stephanie Carroll, Bailey Cheezum, Chiara Coronado Rosales, Kendyl Cox*, Ruby Crane, Aria Cummings, Laelilana Delgado, Jonathan Dreitlein, Mia Duncan*, Ivan Edstrom, Hayley Eldridge, Abygayle England, Landon Farley, Kenneth Flanders, John Flower*, Bo Foster, Vaughn Gann*, Samantha Go, Emma Gomez, Mercedes Gonzalez, Aleah Goodwin, Blake Griffin, Brandon Grijalva Castro*, Briana Haddock, Lilaena Hasler*, Seth Hasse*, Annabelle Hawkins, Landon Herald Linville, Yarisbel Hernandez Serrano*, Elliot Highland, Trevor Hill, Cutter Hudson, Carter Hughes, Trevor Hutson, Dylan Jessop*, Jaxon, Kattner, Jaxon Kelley, Jaxon Killen, Bridget Kingery, Savannah Kolb, Abigail Lambert*, Julie Ledesma Suarez, Elizabeth Lee*, Ga-

brielle Lewis, Natalie Lopez Ramirez, Madison Lucero, Logen Matoush, Maryellen McCracken, Nathan McWilliams, Rhyann Neary, Micah Nichols, Leonor Nieves Chavez, Violet Noel, Morgan Nutter*, Maria Ortega Leon, Cristal Padron Garcia, Olivia Palmer*, Ashlee Petranovich, Alexis Price*, Noah Richmond, Gabriel Robertson, Reese Robillard, Rachel Robuck*, Allison Romines, Ilse Rosales, Cailey Sanchez*, Amy Scriffiny, Victoria Serna Uscanga, Breyana Shipley, Alexandra Stambaugh, Chyanne Storrs, Kathryn Story, Sierra Tafoya, Danielle Thole, Jericho Tosi, Natalie Trask, Ellie Trenda, Tahlia Trevino, Kyle Ullmann, Colton Ward*, Aubrielle Weaver*, Ashley Whitcomb*, Jack White*, Denae Wilson, Tiffany Wu, Tanner Yeager, Melaina Yender*, and Austin Zim-

CENTENNIAL MIDDLE SCHOOL 1ST SEMESTER HONOR ROLL 2023-2024

8th grade students with a GPA of 4.0

Oliver Algacs, Elliot Andress, Tanner Bielak, Shiloh Cox, Rush Galvan, Chance Graves, Isabella Inda, Gavin Jessop, Tristan Justus, Reo Kato, Heidi Kulbeth, Brooklyn Lee, Siena Magnani, Ruby Noel, Kale Pressler, Peyton Ross, Alaina Smethurst, Holly Thompson, Tyler Tobler, Lucille Waschbusch, Emerson Wesner, Elizabeth Whitcomb

All other 8th grade students with a GPA of 3.99-3.50

Maxx Bahn-Ricker, Lynette Balderrama, Aubrey Blacker, Wyatt Campbell, Cyan Casselberry, Emma Chavez, Josiah Graff, Elise Hollister, Saray Jimenez, Kylee Jones, Laila Keep, Kaylee Lack, Caroline Latham, Lucy Maxwell, Lily Mengenhause, Olivia Miller, Aaron Mundell, Adriana Munshaw, Oleksandra Okhrimets, Nicasio Ortega, Annabelle Otto, Lily Padilla, Jadyan Robertson, Guadalupe Saldana- Morales, Summer Senior, Kolton Sheridan, Curtis Sherwood, Shaun Smith, Ryan Soucy, William Townsend, Sariana Wagner, Abram Walker

7th grade students with a GPA of 4.0

Harlie Archuleta, Luella Boisen, Bentley Carr, Arianna Desgrange, Liam Dillon, Genevieve Evans, Monarch Faragher, June Freese, Juliette Giroir, Ava Godbe, Cara Good, Carson Hatch, Landree Johnson, Zachary Knight, Kathryn Leu, Naomi Lokey, Jaime Maldonado-Flores, Blake McKenna, Amelia Miller, Corbin Miller, Alexia Moore, Sophie Mott, Lorenzo Munshaw, Benjamin Omvig, Ines Ortega-Leon, Sophia Parkison, Jessica Pimentel, Dakota Romero, Bentley Schiller, Kaiden Skowronek, Avery Thompson, Seth VanDerwalker, Elaina Williams

All other 7th grade students with a GPA of 3.99 – 3.50

Jayden Anderson, Aspen Alberts, Shayne Clarisse Amurao, Angelina Baughman, Sabra Busby, Morgan Carls, Audriana Comer, Natalie Cota- Estrada, Colton Custer, Lily Davis, Aritzel Erives – Cervantes, Cali Espinoza, Danika Gallegos, Fayanna Garcia, Abigail Gordon, Joseph Graff, Scarlett Hodgman, Allison Jaime-Mayorga, Beckham Maher, Francisco Maldonado, Erik Maldonado-Flores, Jonathan Nieto-Villagomez, Ricky Pacheco, Jude Recacho, Angelo Rufolo, Marellie Salazar, Kimberly Tagle – Holguin, Yaritza Tejeda, Orion Tyler, Giselle Valdez-Chavez, Elayna Valenzuela, Julia Vogt, Peyton Yehling

6th grad students with a GPA of 4.0

Jaxon Benner, Noa Brown, Tienlada Burrows, Ellen Curtis, Madison Dean, Nadira Dorzweiler, Rylan Dunn, Emily Gomez, Kennedy Harris, Abel Heckman, Natalee Kelln, Emma Kuehn, Brett Lee, Hattie Maher, Kara-leigh Nielsen, Paiten Ostaszewski, Desmond Otto, Tess Phillips, Koen Scheidegger, Trinity Sweetin, Braden Tobler, Easton Tomlinson, Bryce Velasquez

All other 6th grade students with a GPA of 3.99 to 3.50

Charlie Alvarez, Layla Anderson, David Brown, Cordelia Bryan, Emmett Byrnes, Zurich Casselberry, Anastazua Chavez, Jesus Contre-ras- Padilla, Cruz Delgado, Dominic Diaz- Herrera, Jameson Downs, Kevin Esparza, Andrew Fairclough, Brayson Garrison, Dannaly Gonzalez, Jesus Gonzalez-Muniz, Faryn Hamilton, Chloe Heckmaster, Hayden Henderson, Maya Hernandez-Lopez, Sophia Hindman, Hayes Hughes, Lily Jackson, Evan Jakeman, Kara Jakino, Bridger Jaramillo, Christopher Jimenez, Henry Johnson, Luke Judkins, Nestor Lara-Pizarro, Elizabeth Lyon, Kaylie Metcalfe, Haze Navarro, Connor Reed, Lizary Rosario-Nieves, Belinda Saldana-Morales, Aliece Schieldt, Jemma Shull, Kiara Suarez, Cole Taylor, Tanner Thiel, Mason Thomas, Krew Tobler, Lucia Tollini, Jack Walker, Rebekah Whitcomb

MIRROR CHURCH DIRECTORY

ALL SAINTS ANGLICAN CHURCH

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

Office Hours: By appointment.

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

 form@fpcmontrose.com)

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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YOUR BRAIN ON NATURE – BLUE LIGHT SPECIAL



By Lauren Hall Ruddell, Ph.D.

Greetings Mirrorites!

As a young adult living at home, my parents called me 'The Mole.' I liked my bedroom darkened and I generally did not get up before 8 AM. I studied all night or engaged in dance and music rehearsals till all hours. My parents wondered how I could continue to 'burn the candle at both ends.'

They were right to wonder, and eventually a bleeding ulcer caused me to alter my chronotype. That and horrific migraines. I still don't know exactly what my genetic tendency to a chronotype is, but on a practical level, I must have become a morning lark in my 30's, and this was true for two decades. Then as a non-traditional doctoral student, I was once again up all night studying, and awake all day teaching. For a person entering graduate school at 50, my body did not take kindly to this. Now that all of that mayhem is over, my natural rhythm has returned. I am usually awake by 3:30 AM, and I feel joy at greeting the rising sun, which is convenient for a farmer with livestock and writer with European clients. So a natural and beneficial circadian rhythm can be reclaimed, but it can take a few years.

This rhythm has been stabilized by a tendency to write on my computer with my eyes bathed in blue light from about 5 AM until 7 AM at least in the winter months. At 7, I feel like exercising. At 8 I feel like getting out, even if it's cold, to get on the farm. It just feels right and it seems to be



Photographers know all about blue hour, just after sunset. Courtesy photo.

sustainable. I am asleep by 7 PM as a rule and I eschew the sorts of activities that take place after sundown, even if it hurts me to miss those wonderful talks hosted by the Black Canyon Audubon Society that begin at 7 PM. By doing this I avoid the 'social jetlag' that I mentioned in my previous article but maintain maximum mental and physical health through consistent sleep patterns (please refer to my article of January 15th for background info).

While researching the finer points of this relationship with zeitgebers (environmental light cues) I was surprised to learn of the role that blue light plays in either getting good sleep or preventing it. Computers emit blue light, as do smartphones and tablets. The world now wants to limit exposure of eyeballs to blue light and rightly so. There is solid evidence that overexposure to blue light, especially for young people, can cause retinal damage. But the take-home point is 'overexposure'. Blue light itself is not the bad guy here, it's just when it's too much, way too much, of a good thing.

Short wavelengths, perceived as blue color, are the strongest synchronizing agent for the circadian system that keeps most biological and psychological rhythms internally synchronized. That's geek speak

for we need a certain amount of blue light at certain times, for perfect circadian functioning. Bad circadian functioning leads to more illness than I can describe in one column article (again, refer to the previous one). When young eyes are constantly bombarded with blue light, the harm outweighs the benefits. When that bombardment comes at night through surreptitious smartphone use, both sleep disruption and eye damage can result. Over time, that blue light sleep disruption becomes a circadian misalignment, which has rather nasty consequences. While the exposure to blue is important for our well-being, alertness, and cognitive performance during the day, chronic exposure to low-intensity blue light directly before bedtime, may have serious implications on sleep quality, circadian phase, and cycle durations.

For instance, we know that reading a light-emitting e-book before sleep, as compared with a printed book, increased the time to fall asleep in young adults (25 ± 3 years old). Melatonin blood concentration levels are suppressed and alertness the next morning is reduced. On the other side, daytime blue light exposure has a preventive impact on nocturnal light-induced melatonin suppression. Wait,

YOUR BRAIN ON NATURE – BLUE LIGHT SPECIAL

From previous pg

what?


Moderate computer use during the day can be beneficial for maintaining healthy sleep cycles, so much so that narrow-band blue light is used today to treat sleep disorders, jet-lag, seasonal affective disorder, and premenstrual syndrome.

Further, older people experience a thickening of the lens of their eyes that prevents the ideal amount of blue light from entering. The risk of retinal damage virtually disappears. So seniors can get away with natural exposure from daylight and additional exposure on the computer without any harm and even with some benefits, that is, if their chronotype is early to normal.

Late chronotypes, who experience the most severe circadian misalignment, may benefit from exercise in the morning or very early evening, and lots of blue light throughout the day, but none at all at night. They should be very diligent in spending as much time in nature as possible to help with shortening their cycles. Evening types have circadian cycles that are longer than a 24-hour period, which ends up causing health problems in the long run. Therefore, evening chronotypes actually need *more* daytime exercise and time in nature than us early birds. Exercise in sunlight before 2 PM is the most beneficial. Some night owls like to hit the gym at midnight, but research indicates that

while exercise itself is good, poor timing can keep the length of the cycle longer than 24 hours, which maintains the misalignment. This has implications for both academic and professional performance since a cognitive cost is incurred with a whacked-out sleep schedule. Early to bed, early to rise, makes a man healthy, wealthy, and wise may be more than just a quaint bromide.

In summary, night owls who are finding life to be difficult in certain arenas may want to indulge in blue light from nature and electronics during the day, pursue exercise in nature when the light is maximized, and avoid all electronic devices after 10 PM or so. Sleep tight!!




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

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

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

GAIL MARVEL
Montrose Author & Reporter

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



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COMMUNITY NEWS BRIEFS

7 BREW CELEBRATES 7TH ANNIVERSARY WITH PROMOTIONS



Special to Art & Sol

MONTROSE-7 Brew, the drive-thru coffee company with over 20,000 drink combinations, is celebrating the 7th anniversary of its founding in Rogers, AR, and they want every customer in on the fun! All open 7 Brew stands will offer promotions and complimentary 'swag' Wednesday, Feb. 14 through Saturday, Feb. 17. More details about each activation are below:

Feb. 14 - 7 Brew's Birthday

Enjoy a free, limited-edition Valentine's-themed sticker with purchase

Enjoy free small drinks during Community Hour, 7-8 p.m. local time. One per guest

Feb. 17 - National Random Acts of Kindness Day

Enjoy a free Cultivate Kindness sticker with a purchase

A few lucky customers might be gifted a free drink when they visit as part of Random Acts of Kindness Day

Feb. 14-17

Add a Valentine's sprinkle topping to any drink

With nearly 200 open locations, the brand is thankful for all communities' support thus far and is excited to return the love on and in the days following Valentine's Day.

Courtesy photo.

UNIFY MONTROSE NEXT STEPS FEB. 5

Special to the Mirror

MONTROSE-On Monday, Feb. 5 Everyone is invited to join us for a celebration and recap of the Unify Montrose project. We will have appetizers and dessert provided by True Grit Catering, giveaways, live music and more! This is a free, family-friendly event, but registration is required to be entered to win giveaways of restaurant gift certificates, entertainment gift certificates and more. Doors open at 5pm and a short program starts at 5:30. Here is the ticket link: <https://events.ourtownmatters.net/e/unify-montrose-celebration-free>

ELYANA POLLARD OF MONTROSE NAMED TO FALL DEANS' LIST AT NEBRASKA

Special to the Mirror

LINCOLN, NE-- Elyana Pollard of Montrose has been named to the Deans' List at the University of Nebraska-Lincoln for the fall semester of the 2023-24 academic year.

Pollard, a sophomore majoring in fisheries and wildlife, was named to the Dean's List for the College of Agricultural Sciences and Natural Resources. To qualify for the Dean's List for the College of Agricultural Sciences and Natural Resources, students must achieve a GPA of at least 3.75.

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SAVE THE DATE! LOCAL EVENTS CALENDAR

ONGOING-

MONTROSE CENTER FOR ARTS FIRST FRIDAY-New Art Exhibit opening with featured artists.4:30 - 7 pm First Friday of every month. 11 S Park Ave., Montrose. Free Admission.For more information: 970-787-9428 or info@mc4arts.com

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

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

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

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

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

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

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

THE 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

Feb. 5-On Monday Feb. 5 at 5pm. Citizens' Climate Lobby meets at Montrose Safety Complex mtg rm 434 S 1st. Progress on local Climate Action Plan similar to adjacent counties. Nonpartisan, National, Environmental. All Welcome. info 970-765-9095.

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.

Feb. 1-April 12-AARP Foundation Tax-aide in Montrose – Feb. 1 - April 12, Tue, Thu, Fri 9am - 2pm at the Montrose Pavilion Senior Center. Free income tax preparation for anyone, free of charge, focused on individuals over 50 or low/moderate income. Appointments are required, call 970-252-4889, M-F 9-2. More information about the program is available at: taxaide.aarpfoundation.org

Feb. 10-Montrose 's Got Talent Competition-Fundraiser for Montrose Education Foundation. Montrose Pavilion, 2pm. Tickets \$10 adults, \$5 students.

Feb. 10-MONTROSE-MAPA (Montrose Animal Protection Agency) will present their 2nd Adult education class of 2024, "Decoding your Dog," on Saturday, Feb. 10th. The class will be held from 9:30-11 AM at the Montrose Animal Shelter, 3383 N. TOWNSEND AVE. The presenter will be Kerri Haag, Certified Dog Trainer. General tips and guidelines will be given, and there should be time for a question and answer session to address particular problems.

DO NOT BRING YOUR DOG!

See you on the 10th!

March 2-3-The Colorado West Performing Arts Ballet Company will be performing The Little Mermaid Ballet in Montrose at the Montrose Pavilion, on March 2 at 2 and 7pm, and on March 3 at 2pm. For more information visit <https://www.coloradowestpac.org/>



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READER PHOTO SPOTLIGHT: JUDY KINYON

Judy Kinyon shared this photo of a gilded sunrise on Friday morning.

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