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# the Montrose Mirror

## A WEEKEND OF WATERSHED AWARENESS, ACTION IN PAONIA



Photo courtesy Colorado Food & Farm Alliance.

By Steve Middendorp

PAONIA—Learn more about beavers, wildlife, and the local watershed this weekend (April 5-6) in Paonia, by attending *The Rivershed – A Weekend of Awareness and Action for Healthy Lands and Watersheds*. The [Colorado Farm and Food Alliance](#) (CFFA) will host the [event](#) in collaboration with the [Western Slope Conservation Center](#) to provide education and engagement on the watershed in the west. There will be a panel with award-winning writers at the Blue Sage Center for the Arts from 5:30-7pm on Friday evening. Paonia Books will host a Western Water Writer's reception from 7-8:30pm. On Saturday, April 6, activities include: Ponds and Tributaries, a day of art, activities and education centered in Paonia's Poulos Park; *The Rivershed on Screen*, an evening at the Paradise Theatre with a puppet show; and a short film-fest on water in the west, the value of our river, and local efforts to promote watershed

*Continued pg 25*

## MONTROSE TAKES TO THE AIR

By Bob Cox

MONTROSE—When 19-year-old Cromwell Dixon became the first aviator to successfully fly an airplane over the Continental Divide in 1911, he touched off a phenomenon in high-altitude flying. Dixon took off from Helena, Montana on September 30, 1911 and flew over Mulan Pass, which is at an altitude of just under 6,000 ft., close to the same as Montrose Colorado. He died just a few days later, when his airplane crashed near Seattle, Washington. Dixon was one of several exhibition aviators who would tour the country and wow audiences by flying over fairgrounds and other outdoor gathering spots.

It was nine years later when the aviation thrill really started to ramp up in Montrose. When prominent Montrose businessman Maurice Diehl and his wife boarded an airplane at the A.L. Loehr ranch near Riverside, their goal was to fly over the top of Cerro Summit. Their flight began at an altitude very near that of Cromwell Dixon's maximum altitude. The June 11, 1920 *Montrose Press* described the flight in part:

*Wednesday morning Captain Walter Ainsloe with two passengers, Maurice Diehl and*



*A large central grandstand is surrounded by a crowd there for the opening of the airport in Montrose, Colorado. Used by permission of the Denver Public Library.*

*Continued pg 20*

[Red Hawks Sports Coverage](#)  
by Cliff Dodge!

[Lauren Hall Ruddell, Ph.D.:](#)  
[Your Brain on Nature!](#)

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## LOWV: CO FISCAL INSTITUTE TO PRESENT APRIL 11

*Special to the Mirror*

MONTROSE-The Colorado Fiscal Institute will present at 5:30pm on April 11 at the Centennial Room in Montrose. This presentation will include the Colorado Legislature's actions regarding property taxes in special and regular session, including those after the failure of Prop HH. Discussion will cover issues appearing on the ballot in November. Also, included is information regarding Tabor rebates for 2022, 2023, property tax spikes, and Homestead Exemption changes.

Bio: Christopher Stiffler is an economics professor and senior economist at the Colorado Fiscal Institute in Denver, Colorado. But he's also worked as a high school Latin teacher, hiked the Colorado Trail and climbed all of Colorado's 14,000-foot peaks. He does his best writing after weekend trips backpacking into Colorado's wilderness away from cell service. Christopher got his start explaining economics in 2009, writing an explanatory economics column for his small hometown newspaper in Bedford, Pennsylvania. The column was geared at explaining complicated economic concepts in simple metaphorical terms that everyone can understand. His published works include two children's books titled, "An Igloo Half-Made" and "A Burro Named Bedford" and an economics book titled "Economics In-Other-Words; What Your Boring Economics Professor Tried to Teach You."

The League of Women Voters is a non-partisan grass-root organization that is dedicated to Voter education and empowerment without endorsing any political party or candidate. Further information on this event and others available at [www.lwv-uv.org](http://www.lwv-uv.org).

# THE MONTROSE MIRROR

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

We encourage contributions and commentary. Submitted content may not necessarily reflect the opinion of the publisher.

For additional information and advertising opportunities, please contact:

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## REGIONAL NEWS BRIEFS

### CARA MILLER TO PRESENT ON HISTORY OF THE COLONA SCHOOL

*Montrose County Historical Society*

MONTROSE-The Montrose County Historical Society presents Cara Miller and the History of the Colona School. Cara is the resident historian of the Colona area. This presentation has many photos of the school and the town of Colona. Come and enjoy the stories of this small town and the hidden school. The program starts at 7 pm, Wednesday, April 3, 2024, in rooms 1 and 2 in Montrose County Events Center. Admission is free, and the public is invited. Light refreshments may be available. The public is encouraged to attend.

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## REGIONAL NEWS BRIEFS

### GOP UNITES BEHIND MARC CATLIN FOR SENATE DISTRICT 5

*Special to the Mirror*

MONTROSE – A vote by acclamation cleared the way for Marc Catlin to officially be the Republican nominee for Colorado's 5<sup>th</sup> Senate District for the General Election on November 5, 2024. The 5<sup>th</sup> District Assembly occurred Saturday morning, March 30, 2024, in Montrose County's Event Center. Marc Catlin accepted the nomination in a speech stating, "we are just getting started."

The 5<sup>th</sup> Senate District is comprised of seven counties: Delta, Eagle, Garfield, Gunnison, Hinsdale, Montrose, and Pitkin counties.

Marc Catlin says, "It is an honor to be the nominee. It is exciting to have this much support and momentum behind us at this point in the race. The 5th District is critical for the future of the Western Slope and Colorado, as whole."

Marc Catlin is currently Colorado's 58th District State Representative, which represents the eight counties: Dolores, Delta, Gunnison, Hinsdale, Montezuma, Montrose, Ouray, and San Miguel. Representative Catlin is Vice Chair of the Agriculture, Water, & Natural Resources Committee, a member of the Capital Development Committee, and Ranking member of the Transportation, Housing & Local Government Committee. Marc Catlin is a resident of Montrose, Colorado.



**Marc Catlin. Courtesy photo.**



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# OPINION/EDITORIAL: LETTERS

## MONTROSE POLICE DEPARTMENT'S CITIZEN'S POLICE ACADEMY

### Editor:

Our thanks and compliments go to the Montrose Police Department for the excellent Citizen's Police Academy held March 23. We are so impressed with the facility, equipment, services, and, most of all, the personnel who provided eight hours of intensive information.

We certainly recommend all community members attend future citizen engagement opportunities. We believe you too will be impressed with the way your sales tax dollars are being spent.

*Judy Ann and Ralph Files*

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## OPINION/EDITORIAL: LETTERS

### WEST END CITIZENS NEED GOOD JOBS TO SUPPORT THEIR FAMILIES, BUT REVIVAL OF URANIUM MINING DOES NOT APPEAR TO BE THE ANSWER

*Editor:*

Hearts go out to families on the West End for the difficulties changing times have brought to them. Understandably, they long & hope for a return of higher paying jobs in mining.

These hopes have been nourished by the recent increase in uranium prices on the world market. Can significant uranium mining return?

There is strong competition from other countries as well as from our neighbor, Wyoming, where 5 main mines supply our

one processing mill (near Blanding, UT). Wyoming sits on the large Powder Basin reserves. While Colorado also has large reserves, this ore is of a relatively low grade making development or reopening of mines considered not economically feasible.

A check with the U.S. Energy Information Administration, which tracks production employment including in the uranium industry, reveals that uranium is not a viable employment industry. The employment numbers were listed jointly for Colorado &

Texas in their last yearly report: They reported 49 "person years." Total employment in the United States is 196, with numbers continuing to drop. Hopes die hard as many occupations lose ground with the changing times. Our West End citizens need good jobs to support their families, but the revival of uranium mining does not appear to be the answer. Those working on development in the West End deserve our support in finding viable alternatives.

*Vera Pringle, Montrose*

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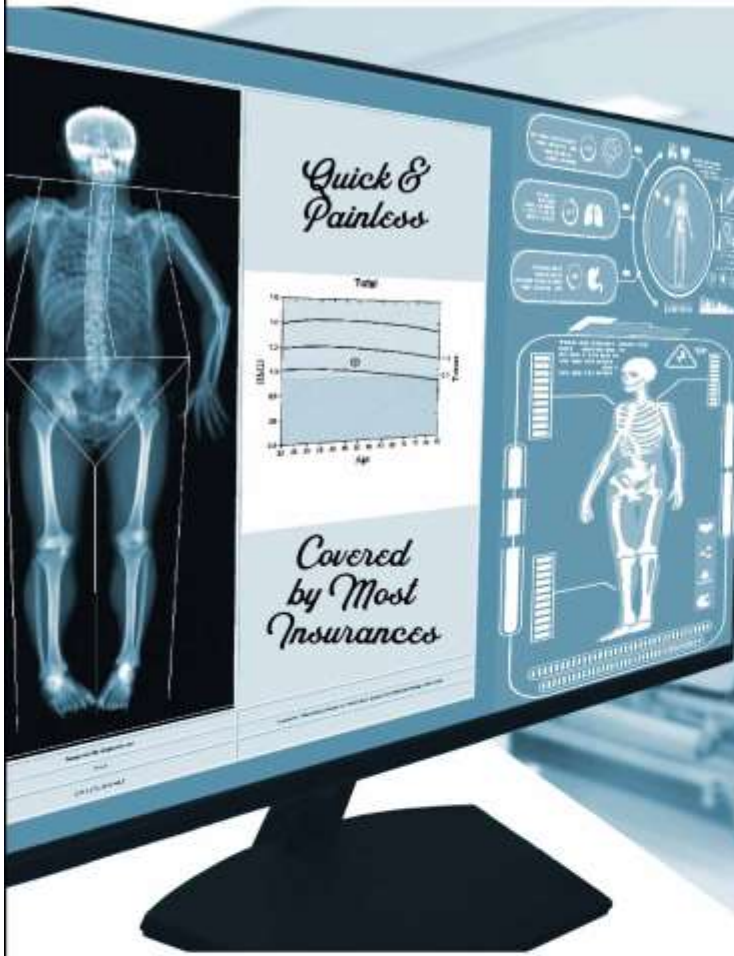


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## OPINION/EDITORIAL: LETTERS

### FORMER PRESIDENT TRUMP IS SAYING HE INTENDS TO MAKE HUGE CUTS TO SOCIAL SECURITY, MEDICARE AND MEDICAID IF REELECTED

Dear Editor,

I sure hope my fellow seniors and veterans are aware former President Trump is saying he intends to make huge cuts to Social Security, Medicare and Medicaid if reelected in 2024. He could easily include the VA with major cuts or elimination, while delivering on his promise to fire thousands of federal government employees. The benefits we earned could literally disappear. If you don't believe me, pay attention to what Mr. Trump and his MAGA Republican leaders are saying about entitlements. This is big food for thought before you vote.

Speaking of awareness, to those patriotically caravanning with flags flying, please read U.S. Flag Code. Our national flag should be clean and not tattered and never rest on the bumper of trucks or anything else. It should always be in the place of honor on vehicles. Although burning as symbolic protest and flying upside down to indicate distress is permitted, disrespect for our flag is the opposite of patriotic.

Respectfully submitted,

Sue Zanol, Montrose



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## Shaun Peter Cassidy Memorial Scholarship Application

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## OPINION/EDITORIAL: LETTERS

### **BIDEN CAN NO LONGER BLAME TRUMP FOR ALL HIS FAILURES TO COMPLY WITH OUR LAWS AND THE RUINATION OF OUR ECONOMY**

*Editor:*

Did you know the number of Illegals Biden has allowed to enter our country equals the population of SIX of our States? Did you know he gives these Illegals more Rights than we have as American Citizens?? Did you know

Biden is sending planes to Haiti and Venezuela flying these people into our country at taxpayer expense? These people have no Constitutional Rights. They are not American Citizens; they are criminals who invaded our country. Is this okay with you? This is not "OUR AMERICA". Whether you like Trump or not we did not have this invasion of our country during his term in office.

Biden can no longer blame Trump for all his failures to comply with our laws and the ruination of our economy. I for one do not want to lose my freedom and liberty and the deliberate destruction of our culture and history. And...what is so troubling, it is all planned and being done on purpose. This man is truly Anti America and corrupt as well. We are a Sovereign Country with borders the Federal Government is required to protect. Anyone who crosses our border illegally is a CRIMINAL; simple FACT. Biden is unwilling to follow our Constitution, our laws and to uphold his Oath of Office. The solution to save our country is to vote him and his cronies out of office. Hopefully the cocoon sleepers will wake up as well.

*Carol McBride, Montrose*

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## REGIONAL NEWS BRIEFS

### MONTROSE COUNTY SEEKS COMMUNITY MEMBERS TO SERVE ON BOARDS AND COMMITTEES

MONTROSE— Montrose County is seeking dedicated residents to serve on various boards and committees that play a vital role in shaping the county's future. Current openings include positions on the Fair Board, Region 10 Board of Directors, and an alternate for the Planning Commission.

Serving on a board or committee is an excellent opportunity to give back to the community, share your expertise, and make a lasting impact on the lives of others. "Serving on the Montrose County Planning Commission for several years gave me valuable insights into the challenges and opportunities facing our community," stated Commissioner Roger Rash. "I would strongly encourage others to apply to help provide a positive impact on our community."

Montrose County values the contributions of its residents and encourages individuals to apply for board and committee positions. Applicants should have a passion for serving their community, a willingness to commit their time and talents, and a desire to make a difference. Interested individuals can apply online at <https://www.montrosecounty.net/174/Boards-Commissions-Committees>. Applications are open until positions are filled.

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# MONTROSE TAKES TO THE AIR From pg 1

wife, left the aviation field, which was established on the A. L. Loehr ranch in Riverside for the first trip ever taken over Cerro Summit in an airplane... Mr. Diehl and his wife report a splendid trip over Cerro Summit. They attained an altitude of about 6,000 feet. The article went on to describe how the trip included several minutes following the Gunnison River before returning to Montrose. The trip garnered coverage in several other Colorado newspapers and spurred the notion that Montrose should get in on the trend to establish a commercial air field, but the process went slowly. The idea got a boost when, in October of 1923, aviator Tommie Thompson, while doing some exhibition flying during the Western Slope Fair, dropped copies of the *Montrose Daily Press* over town. Some of the copies contained free tickets for a ride in Thompson's plane.

In June of 1924 someone phoned the *Daily Press* newsroom and reported that an airplane was observed the previous evening and was flying to the southwest. Speculation about the sighting lasted for several days, but it seems the person responsible was not identified. Then, on April 26, 1926, *The Montrose Enterprise* reported that the Piele brothers were planning to lay out a flying field near Nucla. Just weeks earlier the same paper reported that some young men in Nucla were taking flying lessons. Those reports once again stirred the Montrose citizenry. The discussions went on for nearly two more years, then on February 17, 1928 the *Montrose Enterprise* printed an op-ed pinned by D. B. McGue. The introduction in the editorial read:

*Montrose needs an airport, or landing field for airplanes. In fact, every city, town and hamlet in the United States needs one. This town also needs an aero club with an airplane. The aerial age is a reality.*

McGue went on to explain that it was imperative that Montrose stay ahead of the move toward rapid transportation that would someday depend on air transportation. He compared the need of airports at regular intervals to the gas stations that sprung up in support of travel by automobile. His opinions were obviously shared by others. Within days of the op-ed, representatives from the Montrose American Legion post, the county commis-

sioners, and the Montrose Chamber of Commerce were consulting with each other and holding meetings. By July of 1928 an airport was being built. Part of a long article published in the July 20, 1928 issue of the *Montrose Enterprise* read:

*Work is being started to develop the Montrose airport on Sunset Mesa thru the cooperative efforts of the Montrose County commissioners and the city of Montrose. A formal dedication of this airport is to be had September 11 at 10 a.m., being the second day of the fair... Preparations are now under way for making this one of the greatest events in Western Colorado. President Coolidge, Colonel Lindbergh, Governor W. H. Adams and various other prominent officials both in the air service and out of it will be invited to attend.*

The Montrose Chamber of Commerce became involved by sending out the invitations. In addition to those sent to the president, the governor and several other officials, a very special one was sent to Emory Scott Land. Land was born in Canon City, but spent a goodly part of his childhood in Montrose. He is the son of Scott Ephraim Land, a Montrose pioneer, and Jane (Taylor) Land, who grew up in Montrose. He was an important part of naval aviation and rose to the rank of Vice Admiral. Among the 8,500 documents attributed to Land in the National Archives are both the invitation and the letter expressing his regret for being unable to attend. It is interesting to note that both 'Sunset Mesa' and 'Hogback' were used in many of the documents. Land's letter is worth reading in its entirety:

*Montrose Chamber of Commerce, et al: Receipt is acknowledged of your letter of August 11, 1928, relative to the formal dedication of the Montrose Airport on September 11, 1928. Please accept my hearty congratulations on the splendid work you are doing along this line, and I feel sure that Montrose will have a modern up-to-date airport in every way. It gives me particular pleasure to know of these activities. I only wish it were possible to send you my acceptance of the very kind invitation you submitted in your letter. Unfortunately, it is impossible as I am detached from the Bureau of Aeronautics about September first and have to report immediately in New York, where I have been sent by the Navy Department*

*for a year as vice president of the Daniel Guggenheim fund for the promotion of aeronautics. This billet has been held open for me for two months and a great deal of work has banked up during this time. I therefore find it impossible to make any plans whatsoever to get away from New York upon entering my new activities. I know you will readily understand the situation, and I am sure you will appreciate how much I should like to be in Montrose on September 11th. I understand the airport is to be on what I knew as "The Hogback," where I spent many happy days as a youngster. I understand the committee has invited my mother to be present, and I feel sure that if she can possibly be there she will be much better able to represent the Land family than I can. We spent many happy years in Montrose, and I should dearly love to visit the city again. I have kept in touch with the progress made in the city and in the county, and I must say that it has been remarkable. I note that you are inviting Colonel Lindbergh to be present, and if I see him before the time of dedication. I shall certainly take great pleasure in putting in a good word for his accepting the invitation. With renewed congratulations on the work you are doing and heartfelt regrets at my inability to be present, I am Cordially yours, EMORY SCOTT LAND, Captain (CC) USN., Assistant Chief of Bureau.*

Land's mother did attend the dedication, which was completed under the auspices of the American Legion. It was formally dedicated on September 11, 1928. The dedication was a very popular event. Just prior to the dedication, *The Montrose Enterprise* described Jennie Land's appearance:

*An honored guest will be Mrs. Jennie Land, mother of Col. Emory Land, aeronautical expert in the navy, and aunt of Col. Chas. A. Lindberg "Lone Eagle" of the sky. The invitation extended by the Montrose Chamber of Commerce to Mrs. Land is not only a recognition of her close relationship to two of America's greatest air-men, but also as a former well-remembered citizen of Montrose.*

So, that September day, a large crowd gathered, speeches were delivered, the ribbon was cut, and Montrose became the first commercial airport on the Western Slope.





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# REGIONAL NEWS BRIEFS

## MONTROSE COUNTY CONTINUES SUPPORT OF AG WITH \$5,000 TO FUTURE FARMERS SCHOLARSHIPS

*Special to the Mirror*

MONTROSE— The Montrose Board of County Commissioners continue to honor the county's agricultural heritage and invest in the future of local agriculture. The Commissioners are proud to announce that applications are open for the 2024 Future Farmers Scholarships. Since 2022, Montrose County has proudly supported two annual scholarships for local students of \$2,500 each through the Montrose Community Foundation.

Producers have been providing the valley and our nation with fruits, grains, vegetables, and livestock since the late 1800s. In addition to the broad economic impact, our agricultural heritage has helped to create a community of hard-working,

down-to-earth, engaged, and family-oriented residents. Though the area may be growing, the number of farms in Montrose County has been declining due to the challenges faced by owning a farm in today's economy. Montrose County firmly believes in honoring and advancing the future of agriculture through dedicating funds to two Future Farmer Scholarships to support the producers of tomorrow.

"I look forward to seeing this year's scholarship applications. Supporting our producers and agricultural values is important to me, and this scholarship is a great way to invest in the future ag producers of our county. It's important to remember that ag touches many areas of study: chemis-

try, business, finance, and more. We encourage students to reach out if they have questions on scholarship qualifications," said Commissioner Keith Caddy.

Residents and businesses have the option to contribute to the scholarship fund as well. Tax-deductible donations to the scholarships may be made [here](#).

Since 2022, three scholarships have been awarded. Applicant qualifications include involvement with Future Farmers of America (FFA) and pursuit of a degree and a career in agriculture-related field. Additional qualifications can be found on the application. The application deadline closes May 15, 2024. Scholarship criteria and a link to the online scholarship application can be found on the [MCF website](#).

## Greetings Friends of the Black Canyon National Park & Curecanti National Recreation Area!

### Meeting Notice

Tuesday, April 16, 2024 at 6:30 pm.

Meet at "The Campers Hub" • 18265 US 550, Montrose

(The old country school a short distance south of Montrose that has been opened as an RV Park.)

The purpose of this second meeting is to recruit new people interested in joining with us and to work on reorganization tasks.

Contact Joel Evans for more information at 970-596-4523.





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## A WEEKEND OF WATERSHED AWARENESS, ACTION IN PAONIA *From pg 1*



Photo courtesy Colorado Food & Farm Alliance.

health.

Pete Kolbenschlager, the Director of the CFFA and one of the organizers of the event, said, "The event is really a weekend of activities, and we hope there is something for everyone! If you care about protecting the quality and quantity of our water supplies, then this is an event you will appreciate and get something from. Farmers and ranchers are important watershed stewards, and we want to show how working to expand 'nature-based solutions' - which farmers can really help with - is one important part of the solution."

Elizabeth Agee is the Just Good Food Manager for the CFFA and one of the co-organizers. Agee said, "The goal is to provide people with solutions and ways to engage with river security whether that's beaver restoration on farms and public

lands, low tech, process-based restoration projects, managing irrigation water with neighbors more efficiently, etc..."

Healthy watersheds are not an exciting topic that people often think about, but watersheds have profound impacts on our farmland and food systems.

"Healthy watersheds have extensive side channel pond systems that help with late season water outcomes and also clean up waterways for downstream users," Agee said. "Better managing water resources while they are here and abundant (during the irrigation season) and working with neighbors creates solutions that are beneficial for all involved."

Managing the watershed can help prevent droughts and provide better conditions for farmers. The [drought.gov](https://drought.gov) page for Colorado shows the majority of Western Colorado in "abnormally dry" conditions. This includes most of the southwestern counties in the state, including Montrose, Ouray, Dolores, and San Juan. It also includes the majority of Delta and Mesa counties to the north.

Agee said, "Persistent drought is an ongoing issue for farmers in the area and can lead to hardpan baking of soils, stress and death of crops and animals, reduced water holding capacity in dry soils and more. Ecosystem services like low tech, process-based restoration and cover crops help retain moisture in the soil, for increased health and reduced stress on crops and livestock. Healthier river systems create a longer flow period as well as retaining water in place (through in-stream river systems and ponds) for longer periods."

Delta, Dolores, and Montrose counties contain a lot of rural areas known for agricultural production. The article last month in the *Montrose Mirror* addressed several concerns regarding small family farms in

southwest Colorado, including the increasing costs of inputs, the rising ages of farmers, and the fact that most small farmers and ranchers require outside jobs to keep their farms going. The watershed is another issue that is an ongoing concern for local agriculture. The CFFA is attempting to educate the local community on important projects and techniques to help ensure this agricultural region can continue to thrive for the next generation of farmers and beyond.

Some of the other topics included in the Watershed Weekend events concern beavers and other riparian life. When the topic of climate change is linked to agriculture, farmers can become fearful of restrictive policies that price family farms out of the market. Droughts are often linked as being caused by climate change, but there is a more proactive approach to preventing droughts that doesn't infringe upon standard agricultural practices. Restoring watersheds can bring beavers into the area. Beavers help slow down the flow of water, which allows more water access during dry periods.

Agee hopes people will take the time to attend and take part this weekend. "The event is for everybody--farmers, ranchers, children, families, and concerned citizens," she said. "We are really working to make these sorts of efforts accessible and easier for farmers. We will have booths from NRCS and river restoration specialists who can help people make plans for their farm. A lot of the work with river and beaver restoration is beneficial to farmers and ranchers because it enables late season water availability through the creation and maintenance of ponds. So we want to educate farmers, but also citizens who can talk to their neighbors and be advocates for this sort of ecosystem service work."



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# OPINION/EDITORIAL: LETTERS

## I OFFER MYSELF TO YOU MONTROSE, AS A FAMILY MAN, A BUSINESSMAN, AND A SUPPORTER OF OUR COMMUNITY

*Editor:*

My name is Scott Mijares and I am running for Montrose County Commissioner in District 1.

I am running because it's time for good, qualified people to step up and represent our community through our elected offices.

I am a Conservative. I support the America First Agenda. I am a successful entrepreneur who has built and operated companies from concept to sale. I have a formal education and a business degree from the University of South Florida.

I bring decades of business success to the Board of Commissioners that will help ferret out any fraud, waste, or abuse that may be hidden in our county budget.

For example, our 2024 Montrose County budget states that property tax revenue is up 19.6% over 2023. How is that possible when the number of homes have increased and property tax bills have gone up much more than an average of 20%? What's really weird is that the number of housing units being reported in the 2023 budget is exactly the same number of housing units reported in 2024, (19,599) while the number of "households" has increased year over year by 343.

There may be a good explanation but it seems odd. Instead it is being reported that the Montrose County School District is asking for a property tax increase to repair our county schools that are "literally falling apart". The suggested increase of 11.81 mills would increase property taxes by \$316.00 annually for a home valued at \$400,000. ([link below](#))

The question then becomes, what has happened to the money that has been collected for decades for our School District? Should we expect another tax increase every time maintenance is required on our school buildings or if we need a

new school? Why aren't our current County Commissioners weighing in on this?

The 2024 county budget also points out that the median household income in Montrose is \$54,661. This is 20% below the national average household income and 30% below that of Denver. To put a finer point on this, the annual salary for a County Commissioner is \$101,000 - almost double the median household income in Montrose County. (Average persons per household - 2.39)

What is even more concerning is that 20% of our population are seniors with an annual household income of just \$33,354. 11% of our seniors earn less than 10,000 per year and 26% earn less than \$20,000. ([seniorcare.com](http://seniorcare.com)). How will our seniors be able to pay these tax increases? Who is looking out for them?

As a businessman trained in analyzing financial statements, reading auditors reports, creating budgets and streamlining operations, I feel can offer reasonable solutions that will minimize impacts to our community.

By contrast, my opponent cannot. He is a self-professed high school dropout who lived in his car for years. I realize that there are many who may have elected to, or by no fault of their own dropped out of high school. Many have gone on to become successful in their careers over the ensuing years. They have raised families and become an integral member of our community. My opponent, Steven Louis Stark, has not. He moved to Montrose in 2020 and over the past 30 years he has not accomplished anything that would qualify him as someone who should be managing the county's money or even work for the county in any capacity. His [resume](#) does not read like a track record of success; rather the opposite. To make matters worse, he has failed the public

trust by accumulating a string of IRS tax liens totaling of over \$83,000. I am flabbergasted that he would even consider running for an elected office that requires the stewardship of over 113,000,000 of taxpayer monies.

What is even more perplexing is that a sitting County Commissioner stood up on stage and seconded his nomination to be on the ballot in front of 174 GOP delegates at last week's GOP County Assembly.

If you are concerned like I am about the future of our county, our taxes, our private property rights, our water, our public safety, our growth, our children, and our rural lifestyle, please contact all three of our County Commissioners and ask them who they support and why.

I offer myself to you Montrose, as a family man, a businessman, and a supporter of our community thru charitable giving and volunteerism. If you elect me as your next County Commissioner I will give you 100% of my effort, knowledge, and experience. With courage and commitment I will represent you at all levels of government and never surrender the authority given to me by the voters to anyone...ever.

*Thank you,*

*Scott Mijares*

*Candidate for Montrose*

*County Commissioner District 1*

[scottm4montrose.com](http://scottm4montrose.com)

*Links to source materials-*

**Montrose County School Article -**

[Montrose Press Money for Schools](#)

**Lou Resume**[https://drive.google.com/file/d/17wQGx6cHmdbztLoGKzOohl4PndXSDp\\_hi/view](https://drive.google.com/file/d/17wQGx6cHmdbztLoGKzOohl4PndXSDp_hi/view)

**Montrose Job offerings and minimum qualifications -** [https://](https://recruiting2.ultipro.com/MON1022MOTC/JobBoard/6c028da9-43e3-43fb-a842-c05ac9af4e47?q=&o=postedDateDesc)

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# OPINION/EDITORIAL: LETTERS

## TO ALL MEDICAL PROFESSIONALS IN MONTROSE ... PATIENT CENTERED HOME IS THE 'NEW' TREND

*Editor:*

To be relevant and current, the "God Complex" is obsolete. It is unclear if the medical professional in Montrose understands this. I have found, within my experience, it is not a concept that is well understood.

The singular exclusion would be concierge medicine, of which you pay a membership fee to obtain a 'partnership.' (Medicare is sometimes accepted, sometimes not).

A partnership in your health means...your point of view is included into the equation and the provider respects that aspect and attempts to work within the construct to come up with a plan that incorporates both their education and your beliefs/wishes. It is a fine dance of personal choice and medical options.

M.A.I.D., or Medical Aid In Dying, is the law here in Colorado, has been for at least 7,8 years. The law has now been updated to include not just medical doctors, but N.P. and P.A.'s, and the wait time for this process has been reduced to 48 hours instead of one week.

The process is extensive and laborious and that is why it is paramount to understand what is required to implement this process. The big elephant in the room is the construct of our medical community. A brick wall has been erected and has not been eliminated.

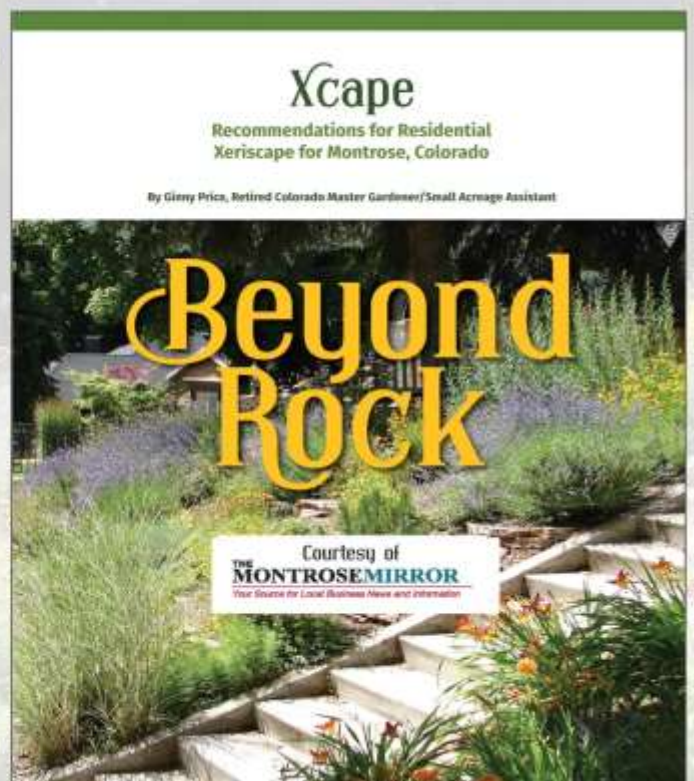
I ask that you, collectively, who wish to be the steward of your own body.... Ask why this has not been accepted within the medical arena of Montrose. Do not be a victim, advocate for yourself. There are other options, if you elect to exercise them.

*Lynn Stockton, Montrose*

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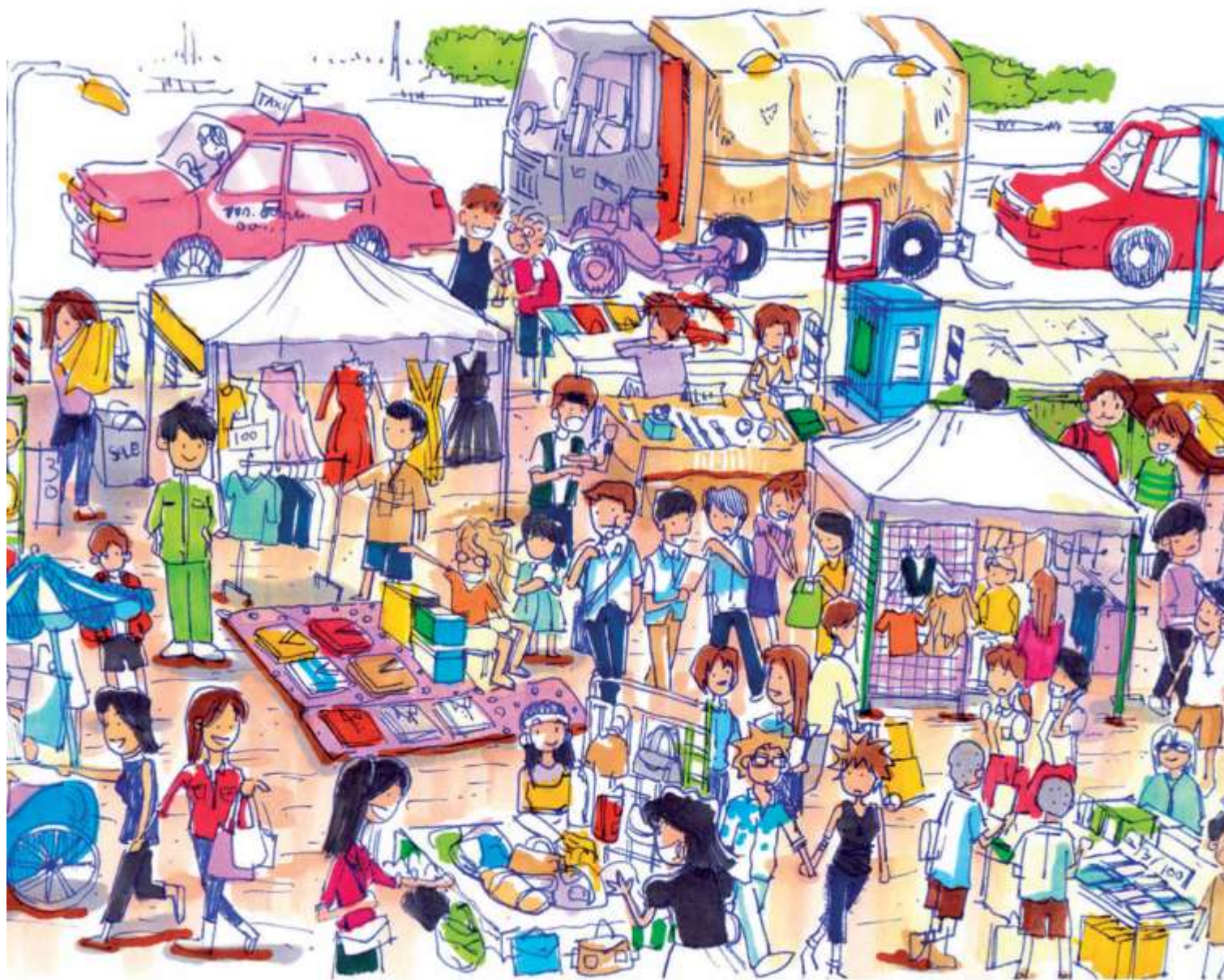


# 2024 Flea Market Craft Show

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**Saturday April 6<sup>th</sup> | 9am-4pm**

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## REGIONAL NEWS BRIEFS

### BOSOM BUDDIES EXTENDS SCHOLARSHIP APPLICATION DEADLINE TO APRIL 30

*Special to the Mirror*

MONTROSE-The Breast Cancer Support Group of Southwestern Colorado, aka Bosom Buddies, is extending the deadline for submitting scholarship applications to April 30. Bosom Buddies offers educational assistance to the children of a parent or guardian who has ever been diagnosed with breast cancer.

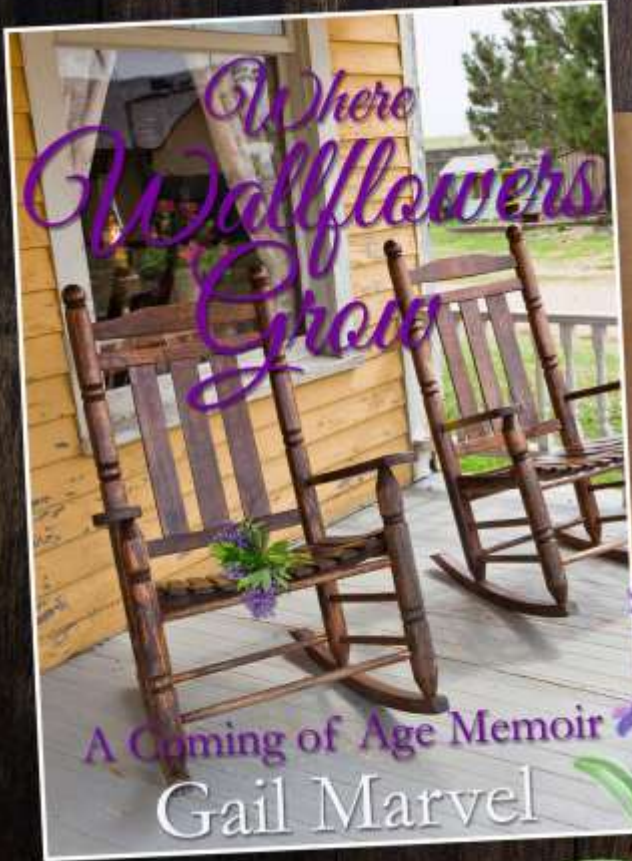
Funding is available to full-time and part-time students enrolling in a vocational, community college, university, or accredited on-line program. Applicants must be a resident of Ouray, San Miguel, or Montrose Counties. Only applications emailed or postmarked by April 30, 2024, will be considered for this year.

Scholarship funding is available to students enrolling in an institution of higher learning who are applying to Bosom Buddies for the first time. Continuing educational funding is also available to previous recipients of a Bosom Buddies scholarship. Students must apply annually but can re-apply for up to a total of four years.

Bosom Buddies accepts applications from breast cancer survivors year-round, regardless of age, for financial assistance with a variety of educational endeavors. Applicants must be enrolled in an institute of education including a high school diploma program, GED program, vocational, community college, university, or accredited on-line program. Applications must be submitted a minimum of 60 days prior to the beginning of the course's start date.

Applications can be downloaded from the Bosom Buddies website educational assistance tab at [www.BosomBuddiesSWC.org](http://www.BosomBuddiesSWC.org) or picked up at your local high school guidance office.

Completed applications may be returned via email to [gkcd@yahoo.com](mailto:gkcd@yahoo.com) or via stamped mail to Bosom Buddies, P.O. Box 1263, Montrose, CO 81402-1263.




*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](http://Amazon.com) and [wingedpublications.com](http://wingedpublications.com).



# RED HAWKS GIRLS' SOCCER UNDEFEATED

**By Cliff Dodge**

MONTROSE-Late on Tuesday afternoon the Montrose Red Hawks girls' soccer team was almost defeated by the weather as snow, fog, and a wet and slippery soccer pitch almost cancelled the scheduled game with the Tigers of Grand Junction High School.

The weather lightened up just enough to allow the game to proceed and the Red Hawks won 3-1, improving their record to 5-0-1.

"Our ladies did pretty well. This was the best passing and attacking that we have done all season."

Head coach Matt Imus noted that all of the scoring in the game was completed during the first half of play. "Freshman Yuliana Almanza scored our first goal and then the Tigers came down and they scored very quickly and tied the game. Three minutes after the Tigers scored we

had a throw-in and Ellie Duncan scored off of the melee in front of the Tigers net.

Yuliana Almanza then scored off of another good move to put a cap on the scoring as the Red Hawks prevailed 3-1. Neither team could score in the second half."

"Our girls' played great defense in the second half. The Tigers had a couple of good scoring chances and our goaltender, Rachel Robuck, made some great saves. Our players who assisted on the goals were Mia Duncan, Taylor Gibson and Mayce Oberg."

The Red Hawks boarded the bus on Friday and headed for Durango for a match with the Demons on their astroturf pitch. After a hard-fought game the Red Hawks prevailed 2-1 and advanced their record to 6 wins, 0 losses and 1 tie. At the 16-minute mark of the first half Ellie Duncan took a pass from her sister Mia and blasted a 25 yard shot into the upper corner of the net

for a 1-0 Montrose lead. The lead evaporated as the Demons tied the score at 1-1 with a rolling shot that tucked inside the Red Hawks right post at the 11-minute mark.

The Red Hawks wasted little time in grabbing the lead with a goal in the opening minutes of the second half. Again the dynamic duo of Ellie Duncan scored the goal with an assist from sister Mia.

The game devolved into a defensive struggle the rest of the way for the Red Hawks behind goaltender Rachel Robuck and backliners Taylor Gibson, Siri Wilson and Scarlet Mora. Coach Imus also moved Mayce Oberg to the Center mid position, a new position for her which she took to smoothly

The Red Hawks travel to Basalt for a match on Tuesday, April 2<sup>nd</sup> and then host the Wildcats of Fruita-Monument on Thursday, April 4<sup>th</sup>. Stay tuned.

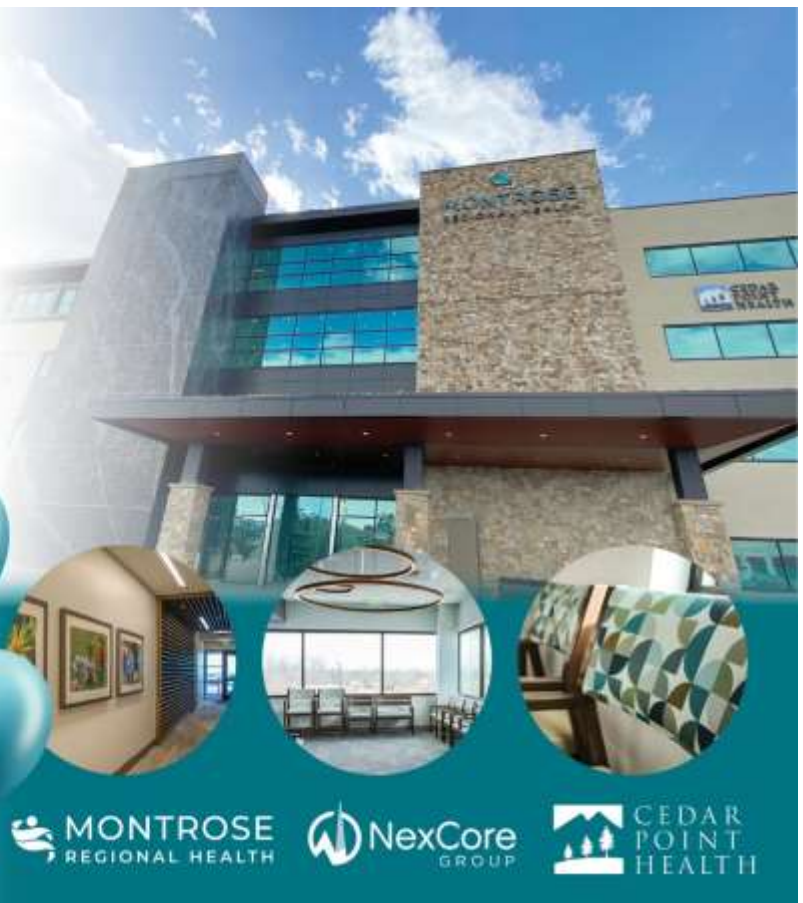
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# OPINION/EDITORIAL: LETTERS

## THOUGHT, PROMISE, ACCOUNTABILITY IS EXPECTED

*Editor:*

FROM WHERE I SIT: Thought, promise, accountability is expected of each candidate for the Montrose County Commissioners upcoming primary election.

Now that the GOP assembly is over, and all four candidates have advanced to the primary election to be held in June, it is time for a reality check. In recent articles, I have identified many specific problems with the administration of our Public Safety Sales Tax Fund (PSST). Our four candidates for county commissioner must, post haste but with serious deliberation, announce their respective platform issues. Those must "include identifying" and supporting the changes necessary to ensure the management and accounting practices occur. The MONTROSE COUNTY PUBLIC

SAFETY SALES TAX Fund must support our Sheriff Department and, as requested by Sheriff Lillard, the FIRE POLICE PENSION ASSOCIATION (FPPA) retirement fund must be enacted to assist in a viable recruiting and retention program.

In short, candidates please should not tell us how you support law enforcement and then look the other way. In detail, tell us how you will support law enforcement and the very difficult manning challenges that face our Sheriff Department. Please provide written responses to the Press / Montrose Mirror so that each candidate is on the record and we the voters are not receiving vague, screened, and fluffed up questions and answers at some FORUM.

Our demographics are changing. The third question is the question of illegal immigra-

tion and what the candidate's position is concerning what the consequences and financial costs are to Montrose County.

As a side note: Open and honest recruitment and hiring practices are vital to the success of our law enforcement agencies in the current extremely difficult hiring process of sworn officers. The residents and taxpayers must be assured that there are no side deals or 'wink and nods' between local and regional law enforcement individuals and agencies concerning restricting the recruitment and hiring practices of any officer or staff member that applies for a position at a competitive agency or department. More reporting and questions to follow on this issue.

*Bill Bennett, Montrose*

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# COLORADO NEWS BRIEFS

## MARC CATLIN'S BILL TO RELIEVE PRESSURE OF COLORADO'S VETERINARIAN SHORTAGE IS NOW LAW

*Special to the Mirror*

DENVER – State Representative Marc Catlin's HB24-1047, Veterinary Technician Scope of Practice was just signed into law by Governor Jared Polis. The act establishes the veterinary technician specialist designation. It also directs the State Board of Veterinary Medicine to promulgate rules on supervision and delegation of certain tasks for vet techs, vet tech specialists and other vet personnel. There is not a fiscal note associated with this act. The bi-partisan bill received 97 percent approval from all state legislators.

The prime sponsors in the Colorado House of Representatives were Marc Catlin (R-HD58) of Montrose County and Karen McCormick (D-HD11) of Boulder County. The prime sponsor in the Colorado Senate were Dylan Roberts (D-SD8) of Eagle County and Cleave Simpson (R-SD6) of Alamosa County.

Representative Catlin says, "Our rural communities are struggling to get access to vet services. This act should help alleviate the shortage on the Western Slope and the state as a whole. It also allows experts in veterinarian medicine to determine the appropriate amount of responsibility for vet techs and vet tech specialists. This should speed up the process to increase veterinarian care for our pets and our livestock."

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



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# REGIONAL NEWS BRIEFS

## ANNUAL CITY OF MONTROSE SPRING CLEANUP SET FOR APRIL 26-27

*Special to the Mirror*

MONTROSE — The City of Montrose continues its annual Spring Cleanup tradition by providing disposal and recycling services from a single collection point on April 26 and 27.

City residents are invited to bring cleanup items to the drop-off site located off the San Juan bypass (U.S. Highway 50), directly across the street from the Sunshine Peak apartment complex. Signs will help direct residents to the drop-off location that will be open from 7 a.m. to 7 p.m. on Friday, April 26, and Saturday, April 27.

### Items Accepted:

- Landscape materials (leaves, grass clippings, and limbs less than six inches in diameter)
- Construction or scrap materials
- Electronics (without glass screens)
- Yard equipment
- Mattresses and box springs
- Large and small appliances
- Any furniture or large household items that cannot be donated to Habitat for Humanity

*\* A fee will be charged for appliances containing Freon (\$20 each)*

### Items Not Accepted:

- Routine household trash
- Hazardous materials
- Paint
- Electronics with glass screens
- Tires
- Batteries

The City of Montrose is proud to partner with Habitat for Humanity of the San Juans for the 2024 Spring Cleanup. Any non-trash items can be donated at the Habitat Re-Store donation gate, which will be open for extended hours during the Spring Cleanup event, from 8 a.m. to 5 p.m., April 26 and April 27. Check out their [website](#) for a list of eligible items.

If you are a city resident and have large items that you want to donate to Habitat or dispose of at the Spring Cleanup drop-off site but are unable to bring them there yourself, you can request a limited pick-up service by calling 970.650.2503 and scheduling an appointment. Please note that pick-ups for April 26 and 27 are available on a first-come, first-served basis.

For more information about the City of Montrose, visit [CityofMontrose.org](https://www.cityofmontrose.org).



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# REGIONAL NEWS BRIEFS

## COMMISSIONERS UNANIMOUSLY OPPOSE DOLORES CANYON NATIONAL MONUMENT DESIGNATION

*Special to the Mirror*

MONTROSE—The Montrose County Board of Commissioners passed a resolution last week unanimously opposing the proposed designation of the Dolores Canyon National Monument.

The resolution calls out the lack of local stakeholder input, potential economic harm, and unnecessary restrictions on land use as key reasons for the county's opposition.

"The proposed Dolores Canyon National Monument designation encompasses nearly the entire Uruan Mineral Belt, a critical source for vanadium, uranium, and other essential minerals for clean energy development," said Commissioner Sue Hansen. "This designation would stifle future mining opportunities and hinder our ability to develop these resources as we transition away from fossil fuels."

Commissioner Keith Caddy emphasized the economic concerns of West End communities like Naturita, Nucla, Paradox, and Bedrock. "These areas have already been devastated by the decline of coal and oil and gas industries," Caddy said. "They're just starting to recover, and a National Monument designation could further restrict economic development opportunities they desperately need."

Commissioner Roger Rash stressed the importance of broad community engagement. "While we've heard strong opposition from residents, it's crucial to reach out to all 42,000 Montrose County residents and these special interest groups did not accomplish that. It's easy to get the input of a few people and say you did a survey, but all voices need to be heard—especially those who live in the impacted areas," Rash said. The resolution directs Montrose County staff to actively oppose the monument designation and explore legal options if necessary. The resolution is available online here. For more information on Montrose County, please visit [montrosecounty.net](http://montrosecounty.net).



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# OPINION/EDITORIAL: LETTERS

## SOULS OF DREAMERS

Editor:

Have you ever wondered where souls go when they are not good enough to go to heaven but too good to go to hell? I know where a good number of them are. Go into the old sections of town, where the old Victorian homes are. If you are endowed with an imag-

ination, what you are sensing is the presence of those souls that reside in those old beautiful homes. As you drive into Telluride or Ouray, you may feel that something is different, there is something spiritual. It is not just the awesome scenery or the world class skiing. It is something beyond that. What you are feeling is the presence of the many souls that came before you. The men and women who got up from comfortable chairs and left the warmth and safety of their homes and followed their dreams. They put their dreams into action and began searching for the proverbial end of the rainbow. They endured bitter winters, hunger and thirst, and many other hardships but their dreams kept them warm and their bodies sated. Where else would their souls be but where their dreams lead them? There is no need to fear them, they were not bad people. They had their share of faults and were a bit more selfish than normal but most of them just wanted what we all want.

There are many types of dreams, too numerous to list, but high on that list is being able to enjoy freedom from tyrannical societies. Peoples of the world simply want to be able and allowed to have dreams and to pursue them. But I get ahead of myself, that should be part of the conclusion of this missive.

In the west ends of San Miguel, Montrose and Mesa Counties men have followed their dreams up into the hills where the ancient Jurassic rivers once flowed. When I see a lone blue heron fly down a present-day river, looking for a good place to fish, I imagine how those old rivers would look. They would be similar but the animals and vegetation would be different. The banks would be more sandy and more shallow, and the heron would certainly belong there.

When I come across a pile of old rusted tin cans, fallen down tarpaper shacks, bits of purple glass, dugouts and holes in the ground, I can feel the souls of the men that came before me. I can feel the presences of the souls of miners, the fathers dreaming of finding radium during Madam Curie's time, the sons looking for vanadium to strengthen the hulls of dreadnoughts and others ships during the first war, the grandsons recently home from the horrors of the second looking for the material to stop communism from engulfing the world, and great-grandsons, during my time, to provide the electricity to allow us the comforts and the time to dream.

Perhaps we are now reaping the benefits of the dreamers that came before us.

I ramble, but the ultimate point I wish to make is that you may dream of another national monument but please do not destroy our dreams and our souls by that doing. My favorite philosopher once said, "do not live your life to serve others nor ask others you serve you."

Don Hemme, Redvale

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# COLORADO NEWS BRIEFS

## MONTROSE REGIONAL HEALTH WELCOMES DR. MICHAEL MCCANN, D.O. FACS, FACOS

### Special to the Mirror

MONTROSE— Montrose Regional Health welcomes General Surgeon Dr. Michael McCann to its staff. Dr. McCann has appointments available and will begin seeing patients April 1, 2024 at the Ambulatory Care Center.

Dr. McCann most recently served as Surgeon and Medical Director for the Bryan Trauma & Acute Surgery Center in Lincoln, Nebraska. Prior to that, Dr. McCann served in other surgery roles in the mountain west, including Idaho Falls, Idaho and

Longmont, Colorado.

Dr. McCann is looking forward to seeing patients in the Montrose region. He will offer procedures including endoscopy, complex hernia surgeries, colon surgeries, thyroid surgeries, parathyroid surgeries, adrenal surgeries and more. He will also assist with emergency and trauma procedures, such as offering rib plating – a technique utilized in patients with broken ribs to reduce pain and enable people to return to work. Dr. McCann specializes in robotic surgeries and is looking forward to

improving life for patients with the da Vinci Xi robotic-assisted surgical system.

"I think it's really important for patients," said Dr. McCann.

"They have less pain, less blood loss, and can recover faster." The da Vinci Xi robot-

ic-assisted surgical system allows for minimally invasive surgery with high precision and features a better patient experience.

The journey for Dr. McCann began in Ohio at the Wilmington College of Ohio, followed by the University of Wyoming in Laramie, WY where he earned his Bachelor of Science in Pre-Med: Natural Science and Math. He then earned his Doctor of Osteopathic Medicine degree at the Western University of Health Sciences, in Pomona, California, with his internship/residency taking place at Michigan State University in Grand Blanc, Michigan. He is board certified by the American Board of Surgery.

Dr. McCann enjoys the Western Slope lifestyle, including fly fishing, hiking, and skiing. Dr. McCann will begin seeing patients April 1 and has immediate availability. For appointments or more information, call (970) 497-5979.



General Surgeon Dr. Michael McCann. Courtesy photo.



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MARCH 20	CastleView 7, Red Hawks 1
MARCH 28 <sup>TH</sup>	Berthoud 6, Red Hawks 3
MARCH 29 <sup>TH</sup>	Red Hawks 4, Loveland 0
RECORD:	Red Hawks 6 wins, 3 losses
NEXT GAME:	Tuesday, April 2 <sup>nd</sup> Fruita-Monument (away)

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# OPINION/EDITORIAL: LETTERS

## 'PROTECT THE DOLORES RIVER COALITION' READY TO WASTE 15 YEARS OF TIME, ENERGY, AND MONEY OF THE LOWER DOLORES WORKING GROUP

### Editor:

A National Conservation Area along the Dolores River in Montezuma, Dolores and San Miguel Counties stopping at the county line has turned into a push to a Dolores River National Monument to the state line with Utah additionally including Montrose and Mesa Counties.

After reading the letters that have been attached to the Dolores River National Conservation Area legislation, issues have arisen. The letters of support specifically state the details and the limitations of their support (including opposition to a National Monument and Wild and Scenic Designation).

Over 15 years of stakeholder meetings, studies, and local collaboration by residents of Southwest Colorado concluded the National Conservation Area conversations. Representatives Boebert and Buck in the House introduced legislation in March 2023 and Senators Bennett and Hickenlooper introduced identical legislation in the Senate in December 2023.

Several years ago, Montezuma and Montrose County removed themselves from the National Conservation Area discussions.

In 2016 Montezuma County expressed adamant opposition to a National Monument in a letter to Representative Scott Tipton. Montezuma County rejoined the conversation in 2022 (with limited support for a National Conservation Area).

Montrose County, and more specifically the West End of Montrose County, have other plans for an economic strategy for the area's public lands. They left the door open for talks of an N.C.A. further down the road. Protection of water rights and the possibility for development of the area's mineral assets spurred Montrose County to act in the best interest of the West End. This would leave the area to remain undesignated and open for tradi-

tional uses.

A small group were not completely satisfied with the boundaries and outcome for the Dolores River National Conservation Area; and decided to initiate a Presidential National Monument Proclamation of the entire Dolores River Canyon Country.

If the National Conservation Area legislation is not approved by Congress in early 2024, they will push for President Biden to initiate a Proclamation using the Antiquities Act of 1906 for the entire Dolores River from the headwaters of the San Juan Mountains to the Utah state line. Mountain Pact has completed their Western States Specifics report dated January 2024 that compiles a list of National Monuments that they will seek proclamations to expand or create before the Presidential election in 2024. The letters that have been gathered to support their documentation specifically state McPhee dam to Utah state line. The resolution from the city of Grand Junction and the letter from the Town of Telluride are specifically used to support this initiative.

Surveys used to support their monument push for the entire Dolores River are from Keating Research Group and Winning the West 2023 poll, listed below.

Keating Research polled 750 active registered voters in all of CO District Three. 450 of which were in the counties of Dolores, Montezuma, San Miguel, Mesa, and Montrose. Center for Western Priorities: Winning the West: Public Attitudes on Conservation, Public Lands and National Monuments July 2023 by Benson Strategy Group conducted 1,807 online interviews with likely voters in Arizona, Colorado and Nevada.

2023 Western States Survey by New Bridge Strategy polled 3413 respondents in Arizona, Colorado, Idaho, Montana, Nevada, New Mexico, Utah and Wyoming.

(437 total in Colorado).

2,631 residents of Colorado as of December 11, 2023, have signed the petition to support the monument proposal. In Dolores County -87, Montezuma County-85, San Miguel County- 63.

### Writers Summary

The "Protect the Dolores River Coalition" is in clear violation of the 8 principals of conservation that President Biden has laid out in his America the Beautiful Initiative. Furthermore, The Antiquities Act of 1906 states the President is to reserve the "the smallest area compatible with the proper care and management of the objects to be protected."

The proposed map clearly deviates from those principles. I wonder what the map looks like for the entire Dolores River National Monument proposal from McPhee to the Utah state line.

Patience is a virtue. The National Conservation Area legislation has sat in congress for less than 3 months and runs at the speed of the federal government (very slowly).

The "Protect the Dolores River Coalition" is ready to waste 15 years of time, energy and money of the Lower Dolores Working Group including the Ute Mountain Ute Tribe, Montezuma, San Miguel, and Dolores counties, Colorado Water Conservation Board, Southwest Water Conservation District, Dolores Water Conservancy District, and many others; with a push for President Biden to override it. They must not be confident in President Biden's ability to get reelected and must move quickly, otherwise what is the hurry? Again, patience is a virtue especially when so many people worked so hard to get the N.C.A. to this point.

Stay tuned for more facts, data and truth from the Halt the Dolores River National Monument.

Aimee "Mama Bear" Tooker



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# RED HAWKS BOYS WIN NORTH FORK INVITATIONAL

By Cliff Dodge

REGIONAL-The Montrose Red Hawks Co-ed track and field teams shone brightly at the North Fork Track and Field Invitational meet last weekend. The Red Hawks boys' team took first place with 161.5 points compared with 85.5 points scored by the second place Coal Ridge Titans. Moffat County took third place by 85 points, half a point behind second place Coal Ridge. Fifteen teams from throughout the western slope competed in the Invitational. The next action for the Co-ed Track and Field team will be on Saturday, April 6, when the Red Hawks invade Palisade.

The Red Hawks dominated most of the events and here is the list of individual finishers for Montrose.

Men's 100 meter run	# 1 Alonzo Leiba	11.52 seconds
	# 6 Kemper Franklin	11.66 seconds
Men's 200 meter run	# 1 Alonzo Leiba	23.15 seconds
	# 3 Bohdan Walchle	23.63 seconds
	# 5 Kemper Franklin	23.90 seconds
	# 7 Austin Zimmer	24.29 seconds
Men's 400 meter run	# 3 Zack Browning	53.15 seconds
	#10 Zeke McGee	55.77 seconds
Men's 800 meter run	# 8 Jose Chavez	2:16.57 seconds
Men's 1600 meter run	# 5 Phineas Howe	5:11.16 seconds
Men's 3200 meter run	# 3 Phineas Howe	11:31.51 sec
	# 7 Zach Quaid	12:04.76 sec
Men's 110 meter hurdles	#3 Dylan Jessop	15.62 seconds
	#11 Hunter Gurule	19.16 seconds
Men's 300 meter hurdles	# 5 Dylan Jessop	44.07 seconds
	# 8 Boihden Walchle	44.54 seconds
	#11 Hunter Gurule	46.77 seconds
Men's 4x100 relay	# 3 Montrose A team	45.65 seconds
	# 6 Montrose B team	46.40 seconds
Men's 4x200 relay	# 4 Montrose A team	1:34.98 seconds
	# 6 Montrose B team	1:37.40 seconds
Men's 4x400 meter relay	# 6 Montrose A team	3:58.56 seconds
Men's 800 meter SMR	# 1 Montrose A team	1:36.00 seconds
	# 4 Montrose B team	1:41.59 seconds
Men's long jump	# 7 Dylan Jessop	18 ft, 10 inches
Men's triple jump	# 1 Dylan Jessop	42 ft, 5 inches
	# 3 Austin Zimmer	40 ft, 2 inches
	# 6 Korlan Gibson	37 ft, 10 inches
Men's Shot Put	# 1 Trevor Hill	56 ft, 1 inch
	# 3 Andreas Distel	45 ft, 10 inches
	# 4 Joshua Maddox	45 ft, 7 inches
	#10 Bo Foster	38 ft, 10 inches
Men's Discus	# 1 Trevor Hill	164 ft, 7 inches
	# 2 Andreas Distel	151 ft, 5 inches
	# 3 Jericho Tosi	138 ft, 1 inch
	# 6 Bo Foster	127 ft, 2 inches



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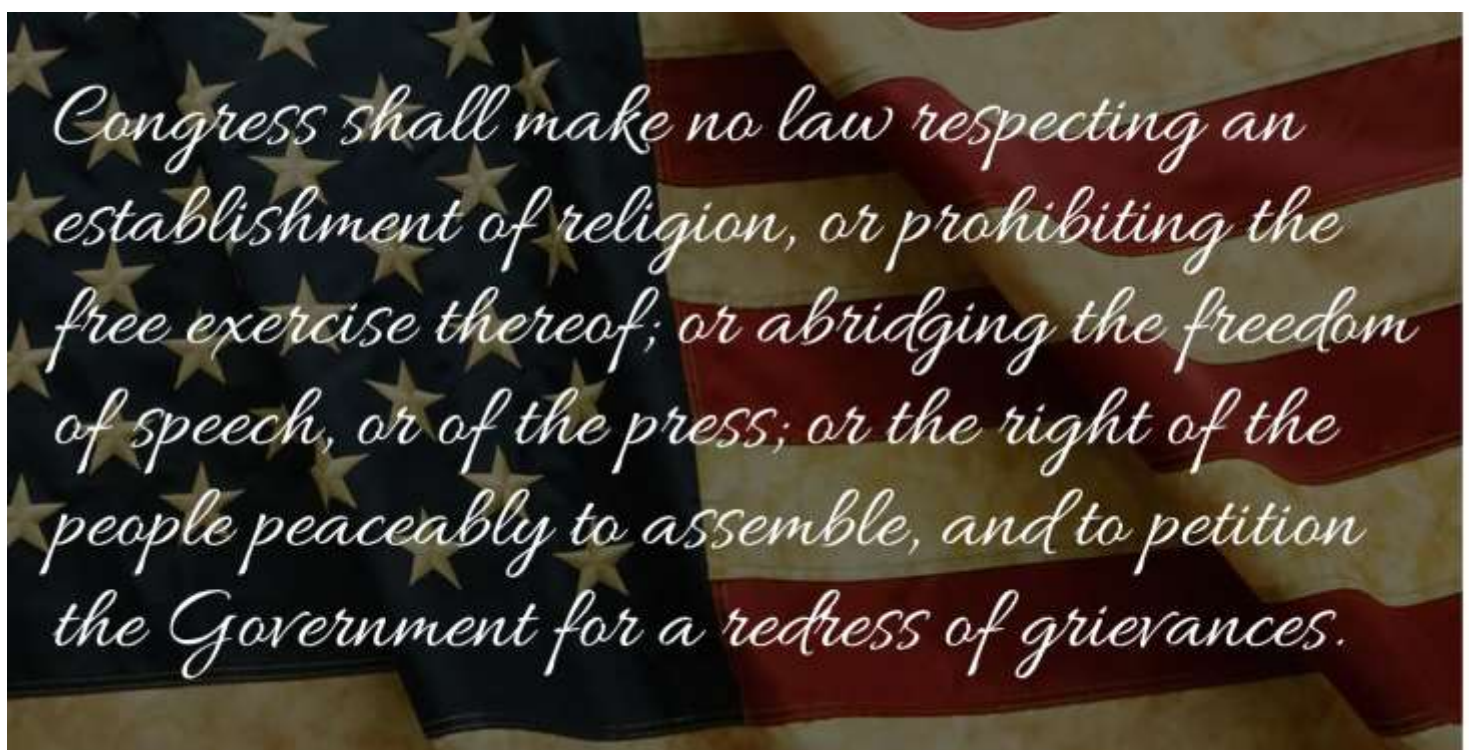
## RED HAWK GIRLS TAKE SECOND PLACE AT NORTH FORK INVITATIONAL

By Cliff Dodge

REGIONAL-The Montrose Red Hawks girls' team captured second place with 114 points, finishing 15 points behind the first place Cedaredge Bruins. The Coal Ridge girls continued their strong showing with a third place finish scoring 92.5 points. Nineteen girls teams competed in the North Fork Invitational. Here are the Montrose Red Hawks individual finishers in all of the competitions:

Girls 100 meter run	# 2 Sarah McGarry	12.71 seconds
	# 3 Marisha Lutz	13.16 seconds
	# 5 Audrey Righter	13.49 seconds
Girls 200 meter run	# 2 Sarah McGarry	26.28 seconds
	# 6 Freeman Johnson	28.74 seconds
Girls 400 meter run	# 1 Sarah McGarry	58.31 seconds
Girls 800 meter run	# 2 Millie Crane	2:37/.59 seconds
	#12 Georgia Ficco	2:54.61 seconds
Girls 1600 meter run	# 9 Olivia Cook	6:19.49 seconds
	#10 Naomi McGarry	6:28.65 seconds
Girls 100 meter hurdles	# 2 Madison Lucero	17.00 seconds
Girls 300 meter hurdles	# 2 Madison Lucero	49.72 seconds
Girls 4x100 relay	# 4 Montrose A team	53.79 seconds
	#12 Montrose B team	1:03.13 seconds
Girls 4x200 relay	# 2 Montrose A team	1:55.16 seconds
	# 6 Montrose B team	1:58.94 seconds
Girls 4x400 relay	# 6 Montrose A team	4:51.46 seconds
Girls 4x800 relay	# 2 Montrose A team	10:59.8 seconds
Girls 800 meter SMR	# 2 Montrose A team	2:02.98 seconds
	# 6 Montrose B team	2:07.78 seconds
Girls high jump	# 6 Makenna cline	4 ft, 6 inches
Girls triple jump	# 1 Madison Lucero	32 ft, 1 inch
	# 4 Sienna Mora	29 ft, 10 inches
Girls discus throw	#13 Makenna Cline	76 ft, 11 inches

The next action for the Girls Track & Field team will be on Saturday, April 6' when the Red Hawks invade Palisade.



## OPINION/EDITORIAL: LETTERS

### IT HAS BEEN SAID THAT YOU ARE JUDGED BY THE COMPANY YOU KEEP AND THE PEOPLE WHO SUPPORT YOU PUBLICLY

*Editor:*

With that in mind, Scott Mijares and Scott Riba you folks are in big trouble. During the county assembly Rick Dunlap and Louis Stark were endorsed by all three current county commissioners. In a recent Mirror article David White (the ex-county commissioner who got this county in multiple lawsuits) endorsed both Scott Mijares and Scott Riba. Back when I was the republican county chair. I endorsed David White for the DMEA board even though I knew his background. I figured it would be better having a reckless republican rather than a democrat on that board. Boy did I ever catch flack for that. Long term conservative republicans told me they would vote for a democrat before they would ever vote for David White.

Scott Riba lamented in his speech at the assembly at what a dirty campaign this had been, the worst he had ever seen. He was not paying attention during the Boebert, Coram primary. The outright lies told and repeated during that campaign were astonishing. I do not have to lie about Riba and Mijares, the truth is bad enough. Scott Riba corrupted the county party by running for office in a contested primary. He further corrupted the county party by allowing a nonparty person (Scott Mijares) to announce his candidacy at a monthly meeting (Feb 8<sup>th</sup>, 2024). Scott Mijares did not become a republican until February 12<sup>th</sup>, 2024. And that is a matter of public records. Scott Mijares continues to start all his speeches with the statement that he is a lifelong republican. But the fact remains that he did not become a republican until Feb 12<sup>th</sup>, 2024. If Scott Mijares continues to lie about his party affiliation despite evidence to the contrary, then he will lie about anything, and should never be trusted in public office.

So where is all this party corruption leading to? It will end our party assembly system of selecting candidates for the primary. And it may lead to RCV ranked choice voting also known as IRV instant runoff voting. This is a system that tends to favor democrats. But this is what happens when short sighted people allow the republican party to be corrupted by self-serving individuals.

I wholeheartedly endorse Rick Dunlap for county commissioner district three. I wholeheartedly endorse Louis Stark for county commissioner district one. These men are honest and will serve the citizens of Montrose County with honor and integrity.

*Ray Langston, Montrose*





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# RED HAWK MIA DUNCAN EARNS SOCCER SCHOLARSHIP TO FORT LEWIS

By Cliff Dodge

MONTROSE-Montrose High School soccer star Mia Duncan has accepted a soccer scholarship to continue playing the sport at the next level as a member of the Fort Lewis Skyhawks in Durango. Duncan is one of the leaders of the Red Hawks soccer team currently representing the school as they aim for a league title and a place in the state championships.

Mia started playing soccer at age three here in Montrose. She and her sister Ellie were born and raised here. Her dad, Adam Duncan, is in real estate here in Montrose. Mom is a communications officer locally.

Mia explained that Fort Lewis expressed an interest in her while she was in the 8<sup>th</sup> grade. Mia had planned to go to Europe and play soccer but decided her best opportunity was here in the United States and specifically playing for Fort Lewis here on the western slope. She has selected civil engineering as her career choice.

The selection of Fort Lewis as her landing spot has created an interesting situation. Mia's younger sister, Ellie Duncan, has also decided on her college, Colorado Mesa University. Both Fort Lewis and Mesa are in the Rocky Mountain Athletic Conference so the sisters will face each other many times in their college careers.



Mia Duncan with her proud mom and dad. Photo by Cliff Dodge.

## SENIOR TAYGAN ROCCO SIGNS THE SCHOLARSHIP FORM TO ATTEND FRESNO CITY COLLEGE



Senior Taygan Rocco signs the scholarship form to attend Fresno City College. Photo by Cliff Dodge.

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# REGIONAL NEWS BRIEFS

## COLORADO AUTO THEFT PREVENTION AUTHORITY LAUNCHES

*Special to the Mirror*

DENVER -- With the rise of auto theft incidents, the Colorado Auto Theft Prevention Authority recognizes the critical need for proactive measures. In just 18 seconds, a vehicle can vanish. A new initiative, the "Going. Going. Gone." Auto Theft Awareness Campaign aims to raise awareness, educate residents, and ultimately decrease the alarming rate of auto theft across the state. "Our goal is to bring awareness and educate the market on the serious auto theft concerns in Colorado," said Cale Gould, Statewide Public Outreach Coordinator, Department of Public Safety. "With more than 600 cars stolen each week, Colorado holds the unfortunate distinction of having the highest number of stolen cars per capita in the nation. We are committed to reversing this trend."

Here are some quick tips to help prevent auto theft and keep your ride safe:  
Never leave your car running unattended.  
Always keep your car doors locked when driving or parked.

Always park in well-lit areas.

Don't store firearms in your car.

Avoid leaving documents with your address in the glove box. (Only keep half of the registration slip without your address in your car.)

Don't keep a spare set of keys in the car.  
Keep all valuables in the trunk or hidden from view.

If you are approached, do not roll down the windows or open a door.

When buying a used vehicle, always check the VIN to ensure it hasn't been stolen.

Visit NICB for more information.

Manage your risk- buy comprehensive insurance that covers stolen vehicles. Also, consider getting gap insurance.

Coloradans can visit the website Lock-DownYourCar.org, which has this information designed to equip Coloradans with essential knowledge and tools to safeguard their vehicles.

Ace Hardware stores across the state support this important campaign by promot-

ing safety tips in store and offer special promotions for customers to help them keep their cars and homes safe.

The success of the "Going. Going. Gone." campaign relies on collaboration with various stakeholders, including the insurance industry, vehicle manufacturers, new and used car dealers, automotive repair industry, Denver International Airport, apartment/housing complexes, RTD park and rides, and, most importantly, all Coloradans. The campaign seeks to empower

communities to combat auto theft effectively. As part of the campaign, Coloradans can anticipate engaging contests and events across the state, and also exclusive merchandise. These initiatives aim to foster community involvement and encourage active participation in auto theft prevention efforts.

For more information about the "Going. Going. Gone." campaign and to access valuable resources, please visit Lock-DownYourCar.org.

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# REGIONAL NEWS BRIEFS

## SAVING LIVES THROUGH BLOOD STEM CELL DONATION

*Special to the Mirror*

**DELTA** – Every three to four minutes, someone in the United States is diagnosed with a blood cancer like leukemia. For many, their only hope for a cure is a blood stem cell transplant.

For Mindy Smith, Registered Nurse in Delta Health's Post-Anesthesia Care Unit and Radiology Department, those statistics paired with a personal connection to the disease were enough for her to make the decision to donate.

Roughly six years ago, one of Mindy's good friends and Delta Health co-workers, Chris Marshall, was diagnosed with acute myeloid leukemia. There were talks of this person needing a transplant and through an online registry called the National Marrow Donor Program (NMDP), previously called Be The Match, there was a potential to find one.

"At the time a bunch of us at Delta Health decided to sign up to be donors," said Mindy. "So I sent in my cheek swab to be added to the registry and really didn't think much of it until I got the call in February 2023 that I was matched with a patient and that my donation was needed."

During that time, Mindy had another close encounter with leukemia when her mother was diagnosed. Her mother had two types of leukemia and was actually able to receive a donation through NMDP. "It was my co-worker that I initially signed up for, but when I watched the donation process on the other end and saw my mom go through it, I really thought how can I not do this because someone did this for my mom," said Mindy.

The entire process took about two months and required Mindy to do physicals and extensive blood testing to see if she was a good fit for donation.

"Once you get to the end part of the donation process and they determine you are in fact a good match, you get further evaluated and then start a medication that is a five-day injection to stimulate your bone marrow," said Mindy.

The medication overproduces your stem cells and puts them into your bloodstream and when the cells reach a required level, you are then sent to a donation site. For

Mindy, the donation site was in Seattle, Washington.

"They flew me to Seattle and it was a really neat experience because it's actually where my mom received all of her care," said Mindy. "I spent a lot of time there with her and had walked by the donation center I don't know how many times, and it was a really neat experience to be on the other side of it."

Once it was time to begin the actual plasma donation, two IVs were placed in Mindy's arms. One was filtering blood through a machine and then putting it back inside of her body.

This process required Mindy to sit there for 9 to 10 hours.

"What I had to go through to donate was really nothing compared to what those with cancer have to go through," said Mindy. "Basically they kill all of their bone marrow and everything has to line up in place. I felt like it was a lot of pressure to make sure everything went smoothly so that the patient could receive the donation. Immediately after the process was done the cells had to be flown to wherever the patient is located and be used within a certain amount of time."

The person receiving the blood cells is receiving high doses of chemotherapy and full body radiation for a few weeks prior to transplant to kill all of the cancer cells and condition their bone marrow to receive the new stem cells.

"I felt pretty tired at the end of the donation," said Mindy. "My calcium was really low and I felt pretty sick that night, but by the next day I had my energy back. My son came with me to Seattle and we walked and explored the city before getting flown back home."

NMDP only allows a limited amount of information to be shared with those donating. All that Mindy knew was that she was donating to someone who was a female in her mid-40s who was living in the United States and had acute myeloid leukemia.

Participants also can't have contact with each other for at least a year after the donation.

What Mindy did find out though, in De-



*Melinda has been working at the hospital for almost 20 years. She has a 17-year-old son and a 20-year-old son. She lives in Austin and enjoys all things outdoors like fishing, hiking, camping, mountain biking and more. Courtesy photo.*

cember of 2023, is that the person she donated to is still alive.

"I would absolutely say sign up if you're interested," said Mindy. "You never know, and like me it could be a friend or family member of yours that ends up needing the donation."

Only 70 percent of people diagnosed with leukemia have a donor match, and those statistics are even lower for people of different ethnicities.

When people do sign up to be donors, they can get called on multiple times to donate blood plasma depending on the need. They also sometimes require surgical bone marrow donations and will prepare donors for both situations.

"I would absolutely do it again," said Mindy. "It taught me that there are people that go out of their way for people that they don't even know, but it's a real honor to get the chance to donate."

For more information on how to donate, visit [bethematch.org/](https://bethematch.org/).



[MontroseDemocrats.org](https://MontroseDemocrats.org)

The Montrose County Democratic Party is grateful to the greater Montrose community to be able to present pantry items and cash donations of \$2,250.00 benefitting **Kids Aid Montrose**.

**Kids Aid Montrose**, a non-profit 501c3 ministry of Common Ground Montrose, has a small but extraordinarily dedicated group of volunteers that has been providing meals to the Montrose Community for 240 children or more, and their family members, since 2009.

Montrose County residents prove once again through their activism, that they value every member of our community, and when we all do better together, we all will thrive. **Thank you, Montrose**, for your unfailing dedication to rise to the cause, and help ensure that underserved children and their families within our own community are met with humanity and compassion.



*Pictured left to right:*

Kevin Kuns (MCDP Chair), Brent Stogdill (Kids Aid), Shannon Stogdill (Kids Aid), Mike Bussing (Kids Aid), Nate Bussing (Kids Aid), and Phoebe Benziger (MCDP Community Outreach Committee)

# OPINION/EDITORIAL: COMMENTARY

## ANOTHER LUXURY RIDE FOR THE CITY GOVERNMENT ELITE *The new City Attorney gets in on the “Game of Cars” & Other Perks*

By David White

As some of you reading this article know, former 7<sup>th</sup> Judicial District Court Judge Ben Morris was the City of Montrose City Attorney until his retirement in the fall of 2023 after less than 2 years of service. His predecessor, another former Judge (Stephen Alcorn), resigned from the City in December of 2021. Sources have stated that neither could deal with our mercurial City Manager any longer and his questionable “community investments” as well as other demands or requests that no doubt ride on the razor’s edge of legality.

Upon Mr. Morris’ retirement, the City began its search for a new City Attorney. They didn’t look very far or wide. Christopher Dowsey, a young and upcoming Montrose Assistant City Attorney, applied for the job (internally) and was interviewed on Monday, November 6, 2023, by the City Council for it. A week later, the City Council hired him as the new City Attorney to replace Mr. Morris. He was sworn in on December 5, 2023.

According to a job posting the City published in 2022 for the City Attorney’s position (the last time that it was published in print for the public to see), the City Attorney position paid \$150,000 to \$180,000 a year (maybe more today) and includes full medical, dental & vision insurance coverage and a limited amount of taxpayer funded life insurance. In addition, the Attorney position receives up to an 8% match on a lucrative retirement plan; 12 paid vacation days & 10 paid holidays plus 12 paid sick days. Free or discounted (i.e. taxpayer funded) membership passes to the Montrose Community Rec Center and the City owned Black Canyon Golf Course round out the compensation package. While not stated in the ad, most executives in municipalities also receive a monetary allowance for use of a cell phone as well as their personal automobile.

All of this leads me back to an article I wrote 3 weeks ago in this publication regarding the \$80,000 “ride” (aka 2023 GMC Yukon Denali SUV) that the taxpayers pur-

chased for the City Manager for his personal as well as business use. I wrote on March 11th: ***“With the City’s penchant for giving away \$100,000++ commercial kitchens, paying for parking lots and landscaping at new developments where the owners can darn well afford to pay their own way, etc., maybe luxury SUVs are next up to “incentivize” investing in Montrose.”***

Little did I know that the incentivization program that I predicted the City would initiate would include City employees (beyond the City Manager)! Imagine my surprise (or not) when I saw a brand new \$73,410 (MSRP + dealer fees) 2024 Dodge Ram 1500 Laramie pickup truck being driven by the new City Attorney. Apparently, his old “ride” (another Dodge pickup that was his personal vehicle) just wasn’t good enough for a man of his means (of course “his means” come at our expense as taxpayers!). Since the City Manager and the City Attorney are direct hires of the City Council, Mr. Dowsey went to the City Council pleading his case for a taxpayer funded “ride” and they gave it to him. He wasn’t to be outdone by the City Manager in perks and so, once again, our unelected rulers are given broad latitude to pad their own nests with our money by our spend-thrift City Council.

The municipal election is tomorrow, April 2<sup>nd</sup>. If you haven’t yet voted, do so. As there is only one contested race (incumbent J. David Reed vs. challenger Bart Larmouth for District 3), I would encourage you to vote out Mr. Reed and **support Mr. Larmouth**. The other two seats are uncontested. One candidate (Dave Frank) will be returning to Council with or without your vote. The same is



said for the other seat (the two year only “at-large” position) which former Mayor Judy Ann Files is seeking to fill. In my opinion, unless you feel compelled to vote for more wasteful spending, don’t give these two your vote. An undervote, in its own way, sends a message of non-support. As citizens, all of us need to take an interest in what is happening in our community. City Council, led around by an invisible nose ring, continues to think that their manager’s “socialistic planned economy” will lead us to prosperity with more restaurants, hotels, apartment projects, et al. as the foundation for their folly. Everything they bring to the table involves hiring entry level, low skill level individuals to staff them. Without building an economy based on light manufacturing, high tech and other professional fields to balance out the entry level jobs, we’re doomed to failure. When it happens, Mr. Bell and all the lipstick he bought to put on his pigs will be long gone, headed somewhere else to wreak havoc. Don’t say you weren’t warned.

***Mr. White is an active citizen & community servant as well as a business owner, entrepreneur, former Montrose City Councilmember and Mayor as well as a two term County Commissioner and has served on many boards and commissions during his career. He & his wife are the parents of six children and have 10 grandchildren & one great grandchild.***



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by Tim Jones



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Fiesta Guadalajara  
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Busy Corner White Kitchen  
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Delta: CB's Tavern  
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## REGIONAL NEWS BRIEFS

### FRUITA AREA CHAMBER OF COMMERCE INVITES YOU TO THE CHAMBER OF CURIOSITIES!

*Special to the Mirror*

FRUITA-Come one, come all to The Chamber of Curiosities! The Fruita Area Chamber of Commerce (FACC) invites you to join us for our Annual Banquet – The Chamber of Curiosities. On Saturday, April 13th, enjoy an evening of entertainment, awards, food, and of course, curiosity! Step right up and experience a night that you are sure to remember! The show will begin at 5 PM at the beautiful Absolute Prestige Ranch in Loma, CO (1351 Q Rd. Loma, CO 81524). Tour the venue and find stilt walkers, acrobats, fortune tellers, and contortionists! After you arrive, a delicious dinner will be provided by Cowboy and the Rose Catering. The Annual Banquet is an opportunity to recognize the accomplishments of the business community over the last year. We will be presenting awards and recognize New Business of the Year, Member Business of the Year, Ambassador of the Year, Citizen of the Year, Volunteer of the Year, and Member Non-Profit of the year. To learn more about the 2024 Fruita Area Chamber of Commerce Annual Banquet and reserve your tickets, please visit [fruitachamber.org](http://fruitachamber.org) or call the Fruita Chamber at (970) 858-3894 and we would love to answer any questions you have!

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# REGIONAL NEWS BRIEFS: EDUCATION

## MONTROSE CLASSICAL ACADEMY HAS FILED FOR 501(C)(3) STATUS

*Special to the Mirror*

MONTROSE-Montrose is being presented with a new educational opportunity for its school-age children.

For some time, there has been a desire on the part of parents, grandparents, educators, and residents to have a 'classical style' curriculum for students, something not currently available in our school system, and that movement has now come to fruition with the introduction of the proposed Montrose Classical Academy. This school choice option, which has filed for 501(c)(3) status, will be a tuition-free, public charter school starting in the fall of 2025 with grades K-5 and adding another grade level each year until it reaches K-12. It is the intent of this project to become a valued partner in the Montrose County School District (MCSD) and thus expand and enrich the scope of learning alternatives for all students in our community. A Founding Board has been established and will be introducing these plans to the community in a variety of ways, including numerous family/community meetings where the goals and curriculum of Montrose Classical Academy (MCA) will be explained and questions will be invited. The

process of opening a charter school is very well defined by the Colorado Department of Education and requires extensive effort, including preparation of an application, generally between 300-500 pages, for presentation to the MCSD Board of Education and Superintendent. This application must be approved by the MCSD Board of Education before MCA may open a public charter school.

Charter schools, which are public schools, receive funding from the state, as do all public schools, and they must meet the same requirements as district-run schools. However, charter schools have a local governing board, have curricular autonomy, and must have a clear design for 'what' and 'how' students are to learn. The classical curriculum that MCA will offer is a time-tested model that emphasizes the histories, literary works, and achievements that shaped our society uses a robust liberal arts and sciences curriculum, including the Core Knowledge Sequence, Explicit Phonics, Singapore Math, Latin, a strong civics and history curriculum, fine arts and music, and physical education.

The VISION of Montrose Classical Academy is to provide all students with a con-

tent-rich classical education that will enhance their lives and enable them to become virtuous, productive, and self-reliant individuals. There will be no entrance requirements for this school and enrollment will be open to everyone; if there are more applications than available spots, a lottery will be held.

The Founding Board of MCA encourages all residents of Montrose to become well informed about charter schools, in general, and specifically in what is being proposed for the students and families in our community.

There will be public notices announcing meetings and other activities related to MCA in the near future. For further information, please visit the MCA website: [www.montroseclassical.org](http://www.montroseclassical.org) or visit our Facebook page. It is our belief that education is truly 'a gift that keeps on giving' and is a vital key to a rewarding, fulfilling life.

**"Founding Board" for Montrose Classical Academy are Kay Alexander, Chair; Becky Waugh, Member; Hannah McCall, Member; Joe Fockler, Member; and Ron Henderson, Member.**

## JAMES MASON NAMED TO DEAN'S LIST AT PALMER COLLEGE OF CHIROPRACTIC

*Special to the Mirror*

DAVENPORT, IA-- James Mason of Montrose, CO has been named to the 2023 fall trimester Dean's List at Palmer College of Chiropractic's Main Campus in Davenport, Iowa.

Palmer College of Chiropractic, the first and largest college in the chiropractic profession, has campuses in Davenport, Iowa; San Jose, California; and Port Orange, Florida.





# COMMUNITY OBITUARIES

## DENNIS CLAY SHIPLEY 1959-2024

DENNIS CLAY SHIPLEY, 64, of Olathe, Colorado, died on March 9, 2024. He was born in Delta, Colorado to Charles "Jack" Shipley and Dorothy Shipley. After graduating high school, Dennis operated heavy machinery before eventually acquiring his very own trucking company. Later in life, he operated machinery for the county. Dennis loved working with horses and being in the mountains hunting and fishing.

Dennis was preceded in death by his parents Jack and Dorothy Shipley and sister Debbie Percival. He is survived by his partner Diana Shipley; two brothers: Virgil Shipley and Wesley Shipley; Children: Heidi Kernan, Joshua Shipley (Kaitlyn), Jason Hernandez, Shanni Shipley (James); Grandchildren: Ethan, Camden, Madi-lynn, Tripp, Avery, Brayden and Haizen.



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ISSUE 463 April 1, 2024

## ART &amp; SOL

## YOUR BRAIN ON NATURE - HUMOR



By Lauren Hall Ruddell, Ph.D.

"Dad, can you explain to me what a solar eclipse is?" "No sun"

This quintessential dad joke cracked me up just before April Fool's Day and I just had to share it.

Humor seems to be universal throughout time and cultures. Take April Fools day. Nobody is 100 percent sure what its origin is, and why it's on April 1<sup>st</sup>. Some form of this celebration of naughty yet harmless pranks on the unsuspecting or gullible hails back many centuries. Some form of it was celebrated by ancient Egyptians and later by Romans on November 3<sup>rd</sup> as Hilaria. It may have landed on April 1<sup>st</sup> thanks to the French in the 16<sup>th</sup> century, who celebrated 'Tailie', pinning fake tails on the posteriors of influential people or magistrates.



*There's a reason certain human behaviors are referred to as 'squirrely'. Photo courtesy of K. Kindred.*

Plainly, indulging in humor is part of the human condition and a needed response to the tribulations of daily life. Researchers tell us that there are four basic types of humor: affiliative, aggressive, self-enhancing and self-defeating. I personally think there are more, for instance, animal humor that cracks up humans. (affiliative only if the funny animal appreciates your responses).

Nature is hilarious, and by that, I realized as I was writing this piece, that I meant animals. Sometimes animal fails give us the giggles, but I know for me that animals playing and playing pranks crack me up the most. Hold on now, you say, only humans have a true sense of humor. Not so, I reply to you.

A new [study](#) shows that humans may not be alone in their love of playing practical jokes. Animals can tease each other too. A post-doctoral researcher at the University of California Los Angeles (UCLA), watched over 75 hours of videos of great apes interacting with each other. Great apes include orangutans, chimpanzees, bonobos, and gorillas. Members of all four species were observed teasing one another. The researchers identified 18 distinct teasing behaviors, with the top five including poking, hitting, hindering the movement of a fellow ape, body slamming, and pulling on a body part.

I've been the brunt of bonobo pranks. When helping to raise bonobo boys Kevin and Kaylen at the San Diego Zoo, Kaylen developed a particular prank that he learned got a maximum response from me that he thought was hilarious. If I was sitting on the floor of the enclosure, he would climb into my lap, presumably for some quality caregiver time. Then he would do one of many adorable actions that he knew would make me grin involuntarily. He would then tap on my teeth with a grimy fingernail covered in who knows what, and then run away laughing at my sputtering disgust. His brother would join him in laughter but was never the prankster himself. Just like some people. Some folks are good at making jokes, while others only laugh. The UCLA researchers found something similar in

Continued next pg



## YOUR BRAIN ON NATURE - HUMOR From previous pg

similar in young cage mate chimpanzee jokesters.

"They'd then wait and watch for the adult's response. Usually, the target would just ignore them, and so they'd persist in their teasing, making the behavior more and more elaborate and difficult to ignore, until they sometimes ended up slamming the adult with their entire body." My boys never had to resort to such tactics, since I was such an easy mark.

OK, fine, you say. That's apes who are so very much like us. Not so fast, I say. Many scientists believe that humor is far more widespread in the animal kingdom than primates only. For example, in his book *The Descent of Man*, Charles Darwin suggests that dogs may have a sense of humor, writing:

*"If a bit of stick or other such object be thrown to one, he will often carry it away for a short distance; and then squatting down with it on the ground close before him, will wait until his master comes quite close to take it away. The dog will then seize it and rush away in triumph, repeating the same maneuver, and evidently enjoying the practical joke."* Charlie was plainly a dog-lover who found humor in

this himself.

There's even evidence that rats enjoy a good laugh. For the last decade or so, Jeffrey Burgdorf, research associate professor at Northwestern University, has been tickling rats for a living. When the rats are tickled, they squeak joyfully in a high-pitched noise similar to a giggle. They come back again and again for more and can even be taught to play hide and seek for a "tickling reward."

Once when hiking solo in the wilderness, my attention was captured by two gray squirrels engaged in play. I was trying so hard not to laugh so as not to disturb them I nearly choked on my granola bar. On a large pine, they were playing a game of catch-me-if-you-can. They would spiral upward around and around the tree trunk, with the one on the bottom always striving but not quite catching the one above. The one on top would carefully gauge his companion's speed and distance, so that he was never too far out of reach. He would always make sure that the tip of his tail was no more than 2 squirrel-lengths away, never less than one. When they ran out of clear tree trunk and the game took them into the branches, they reversed the

order and played the game downward all the way to the ground. And then back up. It was only when they finally tired after ½ an hour and disappeared into the branches that I let out hysterical guffaw after guffaw, frightening the wildlife for miles around, I'm sure. They knew exactly what they were doing, complete with rules of engagement and accompanied by their own chattering laughter. I swear to you, I think witnessing this added a couple of years to my mental acuity. And it turns out that research supports this feeling.

Contact with nature and a sense of humor combine their influences for the betterment of personal development and effective cognitive functioning. Immersion in hilarious nature is beneficial, but immersion in hilarious nature for people who already have a keen sense of humor is much more so (Herzog & Strevey, 2008).

So release all of your prejudices about human humor and find the comedy all around you for the sake of your cognitive and social functioning. And by the way, watching hilarious wildlife antics is a proven cure for hemorrhoids.

Not really.

April Fools!



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Medical Oncology  
& Internal Medicine  
Board Certified



Christopher Jordan, D.O.

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# COMMUNITY NEWS BRIEFS

## MESA COUNTY WOMEN'S NETWORK ANNOUNCES UPCOMING WORKSHOP

### *Special to Art & Sol*

MESA COUNTY – The Mesa County Women's Network is thrilled to announce an upcoming workshop on "Mastering the Art of Asking for What You Want," featuring esteemed speaker Christina Fitzrandolph. The workshop is scheduled to take place on Tuesday, April 9, from 6 to 8 PM in the Board Room at Abstract & Title Company, located at 2464 Patterson Road.

This interactive learning experience goes beyond closing deals and making sales. It's about creating a more harmonious work culture, building stronger relationships, and achieving mutually beneficial outcomes. This workshop aims to provide

attendees with practical strategies, insights, and practice to confidently articulate their needs. Christina Fitzrandolph, business consultant with Motus and former Executive Director of the Grand Junction Business Incubator Center, will lead the workshop, drawing from her extensive experience in empowering individuals to assertively advocate for themselves. "We are excited to host this workshop and provide a platform for women to enhance their communication skills and assertiveness," said Mollie Shepardson, President of the Mesa County Women's Network. "Christina Fitzrandolph brings invaluable expertise to guide participants in mastering the art of asking for what they want."

The workshop is open to members and non-members of the Mesa County Women's Network.

Registration is required, and spaces are limited. Interested individuals can register online at [mcwn.us](http://mcwn.us). Non-member tickets are \$35. For current members, this event is included free.

Mesa County Women's Network is a dynamic community of women dedicated to fostering personal and professional growth.

Through educational opportunities and networking events, we aim to empower women in Mesa County to thrive in all aspects of their lives. Become a member at [MCWN.us](http://MCWN.us)

## CHANGING NEEDS?

At a certain stage of life- many people are ready to make a change. To downsize their home, or simply choose a community that better suits their new lifestyle, interests, and needs. Sounds familiar? If you're ready to make a move, I invite you to call me today. I specialize in helping folks make the most from the changes and choices they have at all stages of life. I'd love to do the same for you.

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## EL TAPATIO IN DELTA WORTH THE TRIP



By Carole Ann McKelvey

DELTA – A girlfriend and I stopped in for lunch at this local eatery recently and had a great time! Margaritas for lunch? Oh yeah. Not driving anywhere soon. Shopping!

You know, Delta also has a great thriving venue so we decided to visit Heritage for Hospice to see what we might find.

But back to the meal. Lots of choices here with real authentic flavor. There are seven El Tapatio restaurants, in fact, from which to choose: Delta, Grand Junction, Parachute in Colorado and others in the chain in Arizona and Utah.

Delta's restaurant is decorated typically Mexican restaurant style with booths and other tables available.

We settled into a cozy booth to catch up and enjoy the meal.

I tucked into Super Enchilada (two enchiladas with choice of meat, served piping hot under a nice red sauce with sour cream and guacamole on the side) Huge! And delicious! \$13.25.

My girlfriend wasn't as hungry and chose the Beef Quesadilla (large flour tortilla stuffed with cheese and beef, topped with lettuce, green onions, sour cream and guacamole) \$12.75.

If you have trouble with large menus, then you're in trouble.

### **Appetizers:**

Quesadillas of all types from \$11.75-12.75; Combo with nachos, quesadilla and chicken taquitos, \$14; chicken taquitos, \$11.75; and cheese dip with chips, \$6.75. Also nachos deluxe with choice of toppings from \$11.75-12.75. Now this is just the lunch menu. El Tapatio also has an extensive dinner menu with a plethora of tasty dinner offerings.

### **Burritos:**

Beef de asada, machaca beef, ground beef, shredded beef, and burrito Colorado, from \$12-13.75. Chicken: burritos Chipotle, burrito a la crema, mole burrito, and shredded chicken burrito, from \$12.25-\$13. Pork: Tapatio burrito, Chile Verde burrito, and chorizo burrito, \$12.25-13.25. Seafood: shrimp and crab meat in a special sauce, \$13.50. Don't overlook the Super Burrito (filled with choice of meat, rice and beans and covered with toppings) \$13.25. And, there is a new Special Super Burrito (filled with rice/beans, choice of asada, adobada, Bucho, carnitas or tripititas, \$14.50.

### **Enchiladas:**

Two enchiladas served with rice and beans and choice of chicken, beef, pork, or seafood. \$12.25-13.25. Also, Chimichangas served with rice and beans and similar filling choices, \$11.75-13.50.

### **Vegetarian:**

Veggies aren't out of luck here. Huge

choice ranging from Veggie burritos, enchiladas, chili relleno, chimichanga or quesadilla. \$11.75-13. El Tapatio also has a unique mole sauce one can order on the side to spice up any dish.

Now this is all just for lunch. If you want to go all out here the choices for dinner are exceptional.

An example are the appetizers which range from a combo appetizer to Mexican molcajete and trio appetizer to fresh oysters! \$17.99-23.99.

The dinner menu also expands to featured entrees, including combination plates. Dinner prices range from \$15.99-26.99.

There is an offering for a dinner for two from \$45.50-48.99 featuring either a grilled steak/chicken/shrimp or fajitas for two or the Tapatio Flaming dinner (skirt steak, chicken, bacon-wrapped jumbo prawns.)

And don't you dare forget dessert! Sopapilla, churros, fried ice cream and flan on the menu.

Kiddos eat here for \$6.99 with great choices.

El Tapatio is located at 353 Main Street in Delta. Call them at 970-874-4100. Open Monday-Wednesday from 10 a.m. to 9 p.m.; Thursday, 10 a.m. to 10 p.m., Friday, 10 a.m. to 11 pm, Saturday & Sunday, 10 a.m. to 9 p.m.



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# MIRROR CHURCH DIRECTORY

## ALL SAINTS ANGLICAN CHURCH

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

**Office Hours:** By appointment.

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

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

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

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

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

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

## BIBLE BAPTIST CHURCH

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

Olathe, Co 81425

Tuesday-Friday Phone: 970-808-1021  
[www.biblebaptistchurcholathe.com](http://www.biblebaptistchurcholathe.com)

Pastor Gabe Skillo

Sunday School 9:15 a.m.

Sunday 10:30 a.m.

Sunday 6 p.m.

Wednesday Bible Study/Prayer 7 p.m.

## CELEBRATION CHURCH

**Denomination:** Southern Baptist Church  
 (SBC – Southern Baptist Convention)  
**Address:** 2900 Sunnyside Road, Mont-  
 rose, CO 81401

**Office Hours:** By appointment

**Phone:** (970) 497-4925

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

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

**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 5<sup>th</sup> 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](http://www.montroselutheran.org)

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

**Pastor:** Tim Onnen

**Worship:** Sundays at 9 AM

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

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

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

## FIRST CHURCH OF THE NAZARENE

**Denomination:** Church of the Nazarene

**Address:** 705 South 12th Street

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

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

**Pastor:** Buddy Cook

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

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

*disciples in Montrose Colorado and around  
 the world.*

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

## FIRST PRESBYTERIAN CHURCH MONTROSE

**Affiliation:** Presbyterian

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

[form@fpcmontrose.com](mailto:form@fpcmontrose.com),

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

**Pastor:** Jesse Mabanglo

**Worship Service times:** 9:30AM,  
 Student Worship at 6PM. *We strive to en-  
 courage, challenge and support one 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](mailto:office@montroseucc.org)

Website: [montroseucc.org](http://montroseucc.org)

**Current Pastor:** Rev. Wendy Kidd

**Worship service times:** Sunday, 10 a.m.

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

on life's journey.

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

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

## MONTROSE UNITED METHODIST CHURCH

**Denomination Affiliation:** United Methodist

**Address:** 19 S. Park Avenue Montrose CO. 81401

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

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

[montroseumc.org](http://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](http://www.RosemontBaptist.org)

email: [office@rosemontbaptist.org](mailto:office@rosemontbaptist.org)

**Senior Pastor:** Rolland Kenneson

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

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

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

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

matter what stage of life they are in.

**Children's services:** We have a fun Sunday School for children from four years old through youth. We provide Children's Church during the Sunday Worship Services where children four years old through 9 years can learn to be 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](mailto:arlyn@spiritaware.org),

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

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

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

## ST. STEPHEN'S ANGLICAN CHURCH

**Denomination:** Anglican-Reformed Episcopal Church (REC)

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

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

[rose@yahoo.com](mailto:rose@yahoo.com)

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

**Rev. Dec.** Garrett Agajanian

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

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

**Sunday:** Holy Communion 10 am.

Fellowship following service.

Children's nursery available (unstaffed).

# MIRROR CHURCH DIRECTORY From previous pg

## SUMMIT CHURCH OF MONTROSE:

### Denomination affiliation:

Southern Baptist

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

**Office hours:** Varies

### Contact information:

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

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

**Senior Pastor:** Interim Pastor.

**Worship service times:** Sunday Worship is

at 9 am followed by a time of fellowship and snacks.

Summit Church has frequent Bible studies and other events for adults, young adults, youth and children. Please visit <https://www.summitchurchmontrose.org/events> for more information.

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

*Lord. Summit Church has people of all ages! We have families with children (babies, school aged, recent high school and college graduates) up to retired individuals.*

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

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

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

## VICTORY BAPTIST CHURCH OF MONTROSE

**Denomination Affiliation:** Independent Baptist

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

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

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

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

website: [vbcmontrose.org](http://vbcmontrose.org)

**Current Pastor:** Roland Kassales

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

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

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

### Church Directory

#### Mirror Editorial Staff

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

### information to the Montrose Mirror:

Name of church

Denomination affiliation

Address Office hours

Contact information (phone number, email address, website)

Name of current Senior Pastor

Worship service times

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

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

Do your church services include Sunday School and childcare?

## Local Immunization Providers



Visit [www.montrosecounty.net/immunizations](http://www.montrosecounty.net/immunizations) for updated information on immunization providers.  
Questions? Call (970) 252-5011



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# COLORADO NEWS BRIEFS

## THE NATURE CONNECTION WILL HOST INAUGURAL WEST ELK CHALLENGE TRAIL MARATHON

### Special to Art & Sol

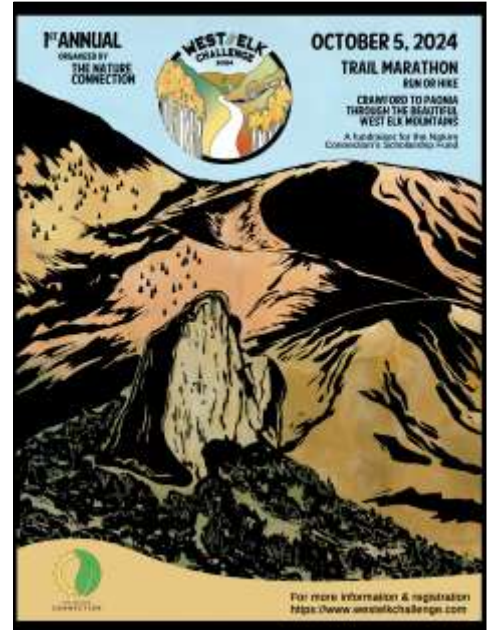
DELTA COUNTY-The Nature Connection, an outdoor equity program of the Delta County School District, will host a trail race through the West Elk Mountain Range on Oct. 5, 2024. This point-to-point trail marathon (26.2 miles) during the peak of fall foliage will be a celebration of the incredible backyard of Delta County and a major fundraiser for Nature Connection's Summer Camp Scholarship Fund.

The race starts on the shores of Crawford Reservoir State Park and will travel on gravel roads through the farms and ranches at the base of the iconic Needle Rock. Soon thereafter, the trail enters the Gunnison National Forest and climbs singletrack trails through golden aspen stands on the slopes of Mt. Lamborn. After about five miles of climbing, runners top the 9,762 foot summit of Inter-Ocean Pass, and descend through spruce, aspen and oak, past Lone Cabin Reservoir to the town of Paonia, finally ending at the River Park on the North Fork of the Gunnison River. Unlike many "trail marathons," which are actually on gravel 4x4 roads, over half of this race is on singletrack trails!

Runners, "ruckers," and hikers alike are encouraged to participate in this

unique challenge benefiting kids and family outdoor programs. There will be shuttles between the start and finish, five staffed aid stations supplying participants with water, trail snacks, and first aid and a celebratory party at the finish line. "This is a great opportunity to explore our backyard and the beautiful West Elk mountains. These mountains can be intimidating to even experienced hikers. By providing aid stations, transportation shuttles, and support we are removing the barriers for folks to do this by themselves," says Jess Finnigan, Nature Connection's Executive Director.

The race will also attract seasoned trail runners from the region looking for a unique challenge and spirited adventure. "In addition to the race, we want to make this a weekend for the entire family to enjoy and really highlight all that Delta County and the North Fork Valley has to offer," says Ben Graves, Nature Connection's Development Director. A pre-race dinner in Paonia will be hosted by the Learning Council and feature local producers, while the post-race beer garden hosted by West Elk Mountain Rescue will give racers a chance to celebrate with Paonia PUB craft beer and Big B's Cider.



This challenge is a fundraiser for the Nature Connection's Scholarship Fund and interested businesses are encouraged to sponsor this inaugural event so that 100 percent of proceeds can support kids programs. Racers will be traveling from around the state to compete and will be looking for lodging and incentives to visit local businesses.

To learn more and to register for the West Elk Challenge, please visit [thenatureconnection.net/west-elk-challenge/](https://thenatureconnection.net/west-elk-challenge/)



## and smell the ~~coffee~~ NEWS!

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





# Kate's Burke

## April Creative Classes

*Includes drinks! Make it a Paint Party*

11

**GNOME HOME GARDEN DECOR**

Thr, April 11  
5:30-7:30 pm  
Mosaic Montrose

Windows are cut out for lights. Decorate and light it. Home and decoratives included plus a drink. Solar lights available.  
Register <https://kathrynrburke.com/product/041124m>

**Paint a Patio Pillow Workshop** dragonfly creative art

Sat. April 13th. Noon - 4 pm  
Dragonfly Creative Art  
with Kate Burke

**RIDGWAY**

Downtown Ridgway, Colo. Register: <https://dragonflycreativeart.com/events/pillowpainting-kathryn-burke>

13

16

**Paint Your PET**

Everything provided plus a snack & drink.

ARTbar Weekhawken, Ridgway. Tue., April 16. 6:30-8:30 pm

Sat., April 20, 1:30-4:30 pm  
Plein Air Animal Painting on the Patio

Paint a (live) Horse  
with Alice Billings  
or a favorite animal  
with Kate Burke

**LA NOUE DUBOIS**  
67289 Trout Rd., Montrose

20

18

Mosaic Montrose, 21 N. Cascade Ave.  
April 18. Thur. 5:30-7:30 pm

**Paint Pouring**

With Kate Burke  
Register <https://kathrynrburke.com/product/041824m>

**Mosaic Montrose**  
21 N. Cascade Ave.

**Abstract Alcohol Ink**

April 25  
5:30 pm

Sign up in store or online.  
<https://kathrynrburke.com/product/042524m>

No experience needed.  
\$45 Newbie  
\$40 Welcome Back

25

Info, details, <https://kathrynrburke.com/education>



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# SAVE THE DATE! LOCAL EVENTS CALENDAR

## ONGOING-

**MONTROSE FARMERS MARKET** (970) 249 0705 Centennial Plaza, 433 S. 1st St. Montrose, CO 81401

[www.valleyfoodpartnership.org](http://www.valleyfoodpartnership.org). Year-Round Farmers Market, Saturdays 9am-1pm (Summer), every other Saturday 10am-1pm (Winter). Accepts SNAP and Double Up Food Bucks.

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

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

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

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

**THE 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. 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](http://taxaide.aarpfoundation.org)

**April 7**-3pm - Celestial Sounds: [Montrose Community Band Free Concert](#) at the Montrose Pavilion. Grab your eclipse glasses for an afternoon of music inspired by the wonders of the stars, planets, and outer space.

**April 8**-Great Old Broads for Wilderness botanist Peggy Lyon will present a program on [Trees of the Northern San Juans](#), including identification, characteristics, stories and amazing facts. Monday, April 8, pm at the Ridgway Library.

**April 13**-The Fruita Area Chamber of Commerce (FACC) invites you to join us for our Annual Banquet – The Chamber of Curiosities. On Saturday, April 13th, enjoy an evening of entertainment, awards, food, and of course, curiosity! Step right up and experience a night that you are sure to remember! The show will begin at 5:00 PM at the beautiful Absolute Prestige Ranch in Loma, CO (1351 Q Rd. Loma, CO 81524). To learn more about the 2024 Fruita Area Chamber of Commerce Annual Banquet and reserve your tickets, please visit [fruitachamber.org](http://fruitachamber.org) or call the Fruita Chamber at (970) 858-3894 and we would love to answer any questions you have!

**April 17**-The Black Canyon Ladies Golf League is holding their 2024 kick off social at the Rusty Putter at the Black Canyon Golf Course on Wednesday, April 17 from 5 -7 pm. All members and new ladies interested in joining the league are invited to come hear what is planned for this season. If you are a prospective new member wanting to attend please RSVP to Jackie at 303-746-0849 by calling or texting.



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## READER PHOTO SPOTLIGHT: DEB REIMANN!

*Deb Reimann snapped this photo of a watchful cow elk near Owl Creek.*



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