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ANGRY CROWD DISRUPTS BOCC SPECIAL MEETING; INTERIM OFFICIALS NAMED



The calm before the storm as the Montrose BOCC wait to begin their special meeting held on April 15. (L to R) Montrose Assistant County Attorney Julie Andress, Montrose County Commissioner District 3 Commissioner Sean Pond, Montrose County Commissioner District 1 Scott Mijares, Montrose County Commissioner District 2 Commissioner Sue Hansen. Photo by Gail Marvel.

By Gail Marvel

MONTROSE-The Montrose Board of County Commissioners (BOCC) held a special meeting on Tuesday, April 15, in the Public Works Meeting room. More than 80 citizens were in attendance for the standing-room-only meeting.

Following the pledge of allegiance and roll call (all board members were present), Board Chair Scott Mijares gavelled the meeting to order.

Although the Public Comment Period appeared on the agenda, Mijares dispensed with the item. He said, "We will not be taking public comment..."

The overflow crowd commenced with loud boos and catcalls. One man immediately stomped out and shouted as he went, "You're a jackass and need to go!"

Despite the efforts of Mijares, the room lacked decorum and everything he tried to say drew an angry audience response, while applause erupted when comments were made by

Continued pg 5

AT ANY GIVEN TIME...THE HEROES OF WESTCO DISPATCH

By Sieglinde "Siggie" Carpenter

REGIONAL-Do you ever wonder who's the person behind 911 emergency calls? All we know about them is their voice, but at any given time, they become the first line of emergency communication services. We live in a vast geographic area and in times of crisis, every second counts! We crucially need seamless communication between callers, dispatchers, and emergency responders. Recognizing the value of this critical public safety service, the second week of April is designated as National Public Safety Telecommunicators Week. Last week, on behalf of the Montrose County Neighborhood Watch program, Rex Swanson and Siggie Carpenter felt it was timely to recognize, honor, and thank our invisible dispatchers with handshakes, nourishments, and a Certification of Appreciation. Amber Lillard, Executive Director of Western Colorado Regional Dispatch Center (WestCO), and her staff are skillfully trained, caring professionals ready to handle any plausible situation at any given time encountered by residents and visitors in the Montrose, Ouray, and San Miguel counties in the Western Colorado region.

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WestCO dispatchers, along with Rex Swanson, Amber Lillard, Siggie Carpenter and Sheriff Gene Lillard. Courtesy photo.

Continued pg 3

[Montrose BOCC Regular Meeting: Commissioners Hear from Citizens!](#)

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

[The Power of Putting Yourself First: Why Women Must Prioritize Their Own Well-being: By Gia Pirelli!](#)

UPDATED GUIDELINES FOR LETTERS TO THE EDITOR

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Dear Readers:

We appreciate your letters! We like reading and hearing opinions from all perspectives. We are sharing herewith our updated guidelines: In the past we have had one rule, to be implemented at the editor's discretion. We are now including two more suggested "Rules" for letter writers.

RULE 1. The Dead Horse Rule has been in place from the start of the *Mirror*. This is somewhat self-explanatory, but there are times when something has been said so many times it can run afoul of the "Dead Horse Rule," in which case we will inform the writer.

RULE 2. While there are always exceptions, a letter can often say what needs to be said in one page or less. Our pages are 8.5 X 11, we use a 10 pt Calibri font; letters that are roughly 800 words fit well within this suggested guideline.

RULE 3. Please limit repetitive mud-slinging to avoid bumping up against Rule 1. Also, in the case of those writing to intentionally discredit a public official or candidate for public office, please provide a link to the source of your allegation if possible. Unsourced, unproven allegations are not credible, and could in fact be untruths.

Finally, opinions expressed in letters and commentary are those of the authors themselves, and do not reflect the views of the *Montrose Mirror* or editorial staff.

Thank you,
Caitlin Switzer,
Montrose Mirror Editor

the
Montrose Mirror

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Published every Monday in Montrose, Colorado, the Montrose Mirror reaches a readership of over 25,000 across the region.

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We welcome community contributions and commentary! Please note, submitted content does not necessarily reflect the views of the *Montrose Mirror* or its editorial team.

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MONTROSE REGIONAL
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AT ANY GIVEN TIME... From pg 1

efficient, and compassionate emergency communications services that save lives, protect property, and enhance the quality of life in our community.



In 2024, WestCO dispatchers efficiently received, processed, and dispatched 21,812 911 emergency and 105,796 non-emergency calls. Twenty-six dispatchers is considered fully staffed, WestCO has 25. Being an emergency dispatcher is considered to be one of the top 10 stressful jobs in the US. Every dispatcher is committed to never hanging up on an emergency caller until the caller receives care from the contacted responder. They are a vital link to public safety.

WestCo strives to stay at the forefront of technological advancements in emergency communication. They are actively engaged with local public safety agencies, law enforcement, fire departments, and medical services to foster strong partnerships. If you think you have the ability to stay calm amidst chaos, I encourage you to learn more at <http://www.wcrdc.net> or on WestCO's Facebook. Together we can build a resilient community prepared for any emergency, maximizing the safety and well-being of our community members.

Sieglinde "Siggie" Carpenter is a freelance writer who writes "for the love of the story" in support of local organizations

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ANGRY CROWD DISRUPTS BOCC SPECIAL MEETING; INTERIM OFFICIALS NAMED

From pg 1

Commissioner Sue Hansen.

Agenda Item #1 - Discussion of County Manager's Contract

Commissioner Hansen said, "I'm concerned about the wording...is this all according to their contracts?" Interim County Attorney Julie Andress said that it was.

The discussion was approved in a two to one vote with Hansen voting no.

Agenda Item # 2 - Consideration and possible approval of engagement of the Law Firm of Bechtel and Santo as outside council.

Again, Commissioner Hansen raised objections noting that the county's legal and HR departments were qualified to handle county business.

Mijares said, "All board members have a right to have a second opinion." He said that the discussion would continue in Executive Session.

After approximately 10 minutes the BOCC entered Executive Session; however, small groups of constituents stood in the room and the foyer and continued their own meeting-after-the-meeting.

Audiences taunts included:

"Coward!"

"Recall election!"

"Recall election starts in July!"

"How much is this going to cost?"


"A bunch of damn cowards!"

"I'll be back..."

"You folks work for us!"

Following the Executive Session, the BOCC returned to regular session, where they voted unanimously to name longtime Human Resources Director Leslie Quon as Interim County Manager and Assistant County Attorney Julie Andress as Interim County Attorney.

See report on the regular BOCC meeting of April 16 in this issue of the Mirror.




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.

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GAIL MARVEL
Montrose Author & Reporter

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



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Special to the Mirror

MONTROSE – The Montrose Regional Health Foundation invites the community to “stomp on cancer” at the annual **Boot Stomp** event to benefit patients at the San Juan Cancer Center (SJCC). – We are thrilled to announce that our signature event, Boot Stomp Montrose, will be returning this year.

The fundraising event will take place Friday, June 6, 2025, from 5:30 p.m. – 10:30 p.m. at Storm King Mountain Ranch. It will be catered by The Stone House, with music by Narrow Gauge County. A Live auction and gift card raffle will also be part of the festivities.

Attendees are invited to wear cowboy casual dress & celebrate Gold Star Care with our event colors Gold & Black. Think Man in Black Johnny Cash, or glitzy Dolly Parton!

"I don't know anyone who has not had a family member or friend face cancer," said Terri Leben, Boot Stomp event chair. "Our community is blessed to have the San Juan Cancer Center here to care for our family and friends. Come enjoy the fun, and in turn make a difference to those facing cancer!"

The event has raised over \$250,000 for patients at the San Juan Cancer Center at Montrose Regional Health. The goal for this year's event is to raise \$75,000 to contribute to the cost of bringing new and updated medical equipment for cancer patients. The impacts of cancer are life-changing for those who are diagnosed with cancer and their family members. The San Juan Cancer Center at Montrose Regional Health opened its doors on April 3, 2006 - providing complete cancer care close to home to our communities.

Storm King Mountain Ranch is the beautiful venue for the event at 70777 Buckhorn Road in Montrose. A limited number of individual tickets will be available for \$100 as of April 1st and may be purchased online at www.bootstompmontrose.com.

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REGIONAL NEWS BRIEFS

SW CO TRAFFICKING TASK FORCE MEETING

Special to the Mirror

MONTROSE-On Tuesday, May 13. SW CO Trafficking Task Force Meeting. Cedar Creek Church, 222 S. Townsend, 6-8 p.m. Come find out about the various kinds of trafficking that are going on in our own area, what to look for, and how you can help keep our community safe. The Beyond Trafficking team from Texas will be presenting.

STEM DAY CELEBRATION AT THE MONTROSE REGIONAL LIBRARY ON MAY 10

Special to the Mirror

MONTROSE-Celebrate the National Science Foundation's 75th Anniversary! Join us for a STEM Day Celebration at the Montrose Regional Library on May 10, 2025 from 11:30am to 1pm with fun, interactive activities for all ages about water in the Four Corners Region! Activities to make, activities to take!! Free to the public. All ages invited.

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REGIONAL NEWS BRIEFS

MONTROSE COUNTY APPOINTS JULIE ANDRESS AS INTERIM COUNTY ATTORNEY AND LESLIE QUON AS INTERIM COUNTY MANAGER

Special to the Mirror

MONTROSE — The Montrose County Board of County Commissioners announces the appointments of Julie Andress as

Interim County Attorney and Leslie Quon as Interim County Manager. Both leaders bring a wealth of experience and a deep commitment to public service that will

help guide the County through an important transitional period.

Julie Andress, a seasoned legal professional who has served with the County since 2014, brings extensive experience in providing legal advice, representation, and guidance to county officials, boards, and commissions.

Her deep understanding of public law is complemented by a strong background in courtroom litigation and legal advocacy. Ms. Andress steps into the role of Interim County Attorney with a strong track record of dedication, integrity, and leadership.

Leslie Quon, a respected leader in Human Resources, assumes the role of Interim County Manager with 12 years of experience in local government operations as well as 28 years of experience in human resources and strategic planning. Known for her collaborative leadership style and results-driven approach, Quon is well-equipped to lead county operations, support staff, and ensure the continuity of essential services during this interim period.

"Both Julie and Leslie bring exceptional qualifications and a deep understanding of public service to their roles," said Scott Mijares, Chair of the Montrose County Board of County Commissioners. "The Board is confident in their ability to lead with integrity, professionalism, and a clear focus on the needs of our community and staff."

The Board looks forward to working closely with Julie Andress and Leslie Quon in the months ahead. For more information, please visit www.montrosecounty.net.

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OPINION/EDITORIAL: LETTERS

A WATCHFUL EYE

Editor:

For months, I have observed a barrage of criticism aimed at Commissioner Mijares and, to a lesser extent, Commissioner Pond. While some critiques of Mijares are warranted—he has acknowledged mistakes that invite scrutiny—most attacks appear manufactured and unjustified. My aim is to offer perspective, hoping to persuade even a few readers to consider another side to this story.

County commissioners face a demanding role. Montrose County is governed by a three-member board that makes decisions collectively, with the majority ruling. This structure balances perspectives but invites intense scrutiny. If critics believe they can handle the relentless pressure—exacerbated by a struggling *Montrose Press*—they should run for office. Otherwise, they should allow elected commissioners to do their jobs. Criticism is a right I exercise through my weekly op-eds, and I encourage others to do the same constructively. However, those demanding recalls are often the same individuals who insisted the county manager and public health director be given chances to prove themselves. This hypocrisy is glaring. A recall is meant to address officials who fail to uphold campaign promises, not to oust those who won elections simply because some disagree with their political positions.

The Board of Commissioners oversees the entire organization and has the authority to make personnel decisions. Having held similar roles, I know firsthand that resignations can be requested when leadership changes, even if the individual is well-regarded by their team. Commissioners serve at the board's discretion, not the staffs.

Let's take a walk down memory lane. In 2016, Commissioners Rash, Caddy, and Davis, within hours of taking their oaths, met to discuss personnel changes to advance their agenda. Within months, they removed certain individuals. Unlike recent cases involving Mr. Rodriguez and Ms. Whitmore, who publicized their departures on social media, those earlier transitions were handled discreetly. The board, as a whole, voted to accept the resignations of Rodriguez and Whitmore, who were apparently asked to resign—a standard practice in public administration. The resignation of Emily Sanchez, the Assistant County Manager, was entirely her decision and not prompted by anyone on the BOCC.

The majority of criticism targeting Commissioners Mijares and Pond appears to originate from three primary sources:

1. The *Montrose Press* and Publisher Dennis Anderson: The *Montrose Press*, through its publisher, consistently berates Commissioners Mijares and Pond for exposing the questionable decisions of the previous board while ignoring that board's disastrous choices. It also elevates Commissioner Hansen to questionable heights, revealing clear bias.

2. Ray Langston: This disgraced former Chair of the Montrose County Republican Committee and self-proclaimed Christian who undermines his credibility by publicly berating women, alleging corruption to deflect from his own, making false allegations against Republicans and party officials and using profanity at public meetings.

3. Commissioner Sue Hansen: Recently exposed for secretly switching her affiliation from GOP to unaffiliated, Hansen chaired the BOCC while passing question-

able resolutions that spent taxpayer money with little regard for responsible governance. She was seen with Anderson and Langston strategizing in a parking lot after the BOCC meeting that revealed her secret political move. The *Montrose Press* portrayed her move as routine, despite its lack of transparency and ramifications. For a detailed account, see my op-ed in the *Montrose Mirror*, April 4, 2025, edition found [here](#) on page 38.

This trio appears to be coordinating efforts to undermine Commissioners Mijares and Pond due to disagreements over county governance. While consensus on county management is unrealistic, we elect officials to uphold the values they campaigned on. Commissioners represent all residents but are not obligated to compromise their principles to appease those who did not vote for them. This is a misconception of "representation." If they compromised their campaign promises, they would betray themselves and their voters. Critics must accept that elected officials remain true to their convictions, even if they disagree.

I commend the current board's transparency, adherence to the law, and commitment to established processes. Unlike past practices, they operate openly, ensuring the public is informed rather than making decisions in secret.

Constructive criticism is valuable, but manufactured outrage and coordinated attacks distract from the real work of governing Montrose County. Let's allow our elected officials to focus on their responsibilities and hold them accountable through reasoned dialogue, not divisive tactics.

Michael J Badagliacco "MJB"
Citizen-Montrose, CO



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OPINION/EDITORIAL: LETTERS

TO THE MONTROSE COUNTY BOARD OF COUNTY COMMISSIONERS

Editor:

It is never a good idea to lie to your constituents. And let me remind you: the *entire* population of Montrose County are your constituents—not just those who voted for you, not just those who share your political affiliation. While you may personally identify with Trump's Republican Party, your role as a County Commissioner requires you to represent *all* residents—Republicans, Democrats, and Unaffiliated alike. You, Scott and Sean misled us in public meetings, claiming you had no plans to remove Mr. Rodriguez. Anyone

paying attention could clearly see that was your intention all along. Now, you are forced out Ms. Whitmore because you "didn't like the legal advice she gave you." There are only two logical explanations for that:

1. She told you the truth, even if it wasn't what you wanted to hear.
2. She is a strong, competent woman—and based on what we've seen, you do not seem to tolerate strong women who challenge you.

And now, Ms. Sanchez. I can only assume this is because, like Ms. Whitmore, she

understands her job and refuses to be bullied into doing something unethical. Yes, you currently hold the majority on the BOCC. But make no mistake—this may be the most damaging misstep of your short tenure. Your actions over the past three months have undermined the credibility and integrity of Montrose County government. We, the people, are watching. And in just a few months, when the opportunity arises, we will come together as a community and put a stop to this behavior—legally, and decisively.

Bobbie Kuns, Montrose

TEXT MESSAGE SCAM CURRENTLY CIRCULATING IN OUR COMMUNITY IS FRAUDULENT

Dear Editor,

I am writing to inform residents about a text message scam currently circulating in our community. Many homeowners are receiving texts personalized with their name and actual home address, making the message seem deceptively legitimate.

The text typically reads something like: "Hi [Homeowner's Name], it's Ella Davis. I work with a group of local [City's Name] realtors and there are buyers looking at homes similar to yours at [Homeowner's Actual Property Address]. Was wondering, do you have any plans to move soon or at any point this year?" followed by a phone number.

Please be aware that this message is fraudulent. Thorough checks confirm there is no real estate agent named Ella Davis registered locally or with the National Association of REALTORS® matching this description. Furthermore, the phone number sending these messages appears suspicious and is not linked to any legitimate local business.

Scams like this often use publicly available information (like property records) to gain trust. The sender's goal is likely to trick recipients into responding and potentially revealing more sensitive personal or financial information, or perhaps even to gather information for other illicit purposes. This is not how legitimate real estate professionals typically reach out with unsolicited offers.

If you receive such a text message:

- Do NOT reply to it or call the number back.
- Do NOT click on any links if included.
- Be highly skeptical of any unsolicited contact asking for information or action, especially when it uses your personal details unexpectedly.
- Block the number and report it as junk/spam through your phone's messaging service.
- Never share personal, financial, or access information without independently verifying the legitimacy of the request through trusted channels (e.g., looking up the official phone number of a known business yourself).

We urge everyone in our community to be vigilant and to share this warning with friends, family, and neighbors, especially those who may be less familiar with such scams. Staying informed is our best defense.

Sincerely,

Jacqueline Huff

Association Executive

Montrose Association of REALTORS®

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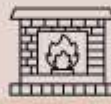
PROPERTY FEATURES



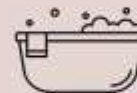
3 Bedroom



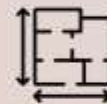
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REGIONAL NEWS BRIEFS

MARIA PEREZ, LPN AT VALLEY MANOR CARE CENTER NAMED FINALIST FOR STATE EXCEPTIONAL ACHIEVEMENTS IN NURSING AWARD

Special to the Mirror

MONTROSE— Valley Manor Care Center and Volunteers of America National Services (VOANS) is proud to announce that Maria Perez, LPN, has been nominated as a finalist to the Colorado Excellence in Nursing, Regional Long-Term Care: Exceptional Achievements in Nursing Award. This prestigious recognition celebrates Perez's outstanding contributions to patient care, advocacy, leadership, and innovation in nursing.

Nurse finalists, to be called Luminaries, nominated for this award are recognized for providing an outstanding quality of patient care as demonstrated by superior nursing clinical skills, advocacy, or extraordinary caring and compassion. Exceptional communication skills enhance their contribution to the health needs of their patients while advancing the profession through leadership, advocacy, teamwork, mentoring, and innovation.

"Maria goes above and beyond every day to ensure her residents receive the highest quality of care, and feel safe and loved. In all my years working in this industry, I have rarely seen the level of compassion, empathy, and nursing expertise that Maria provides," said Rebecca Walk-

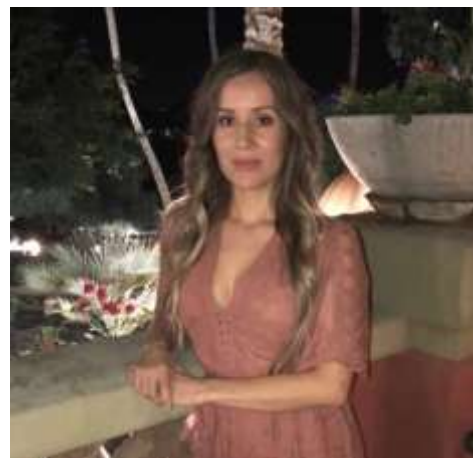
er, executive director of Valley Manor Care Center. "I am not alone in these sentiments as every staff member here always feels supported from Maria and seek her out for guidance or just a shoulder to lean on. It's nurses like her that are the foundation of our healthcare community and we couldn't do what we do without her."

Perez has worked with VOANS since 2009 and for Valley Manor Care Center, a long-term care, secure memory care and short-term rehabilitation facility in Montrose for four years as a nurse manager.

Finalists Luminaries are invited to attend the state awards ceremony on Saturday, May 17, 2025, at the Hilton Denver-Westminster in Westminster, Colorado.

The Colorado Nurses Foundation is dedicated to improving health care and nursing practice in Colorado.

The foundation began in 1987, as the Nursing Institute of Colorado. The mission of the organization is to advance nursing in Colorado through education, advocacy, and recognition. The foundation is devoted to creating nursing excellence through the promotion of educational and scientific activities and community-based projects.



Maria Perez, LPN, has been nominated as a finalist to the Colorado Excellence in Nursing, Regional Long-Term Care: Exceptional Achievements in Nursing Award. Courtesy photo.

Valley Manor Care Center is owned and operated by VOANS, a national, faith-based, nonprofit provider of affordable housing and senior living care and healthcare programs across the country.

For more information about Valley Manor Care Center, please visit valleymanor-care.org or call 970-249-9634.

To learn more about VOANS, visit VOANS.org.



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OPINION/EDITORIAL: LETTERS

COUNTY POSITIONS SUBJECT TO CHANGE AT ANY TIME

Editor:

Subsequent to last Monday's resignations by the County Attorney, County Manager, and the Assistant County Manager, Democrat Resistors flocked to the Wednesday BOCC meeting to blame commissioners Mijares and Pond. In so doing they exposed an ignorance of the fact that in the last 20 years this process of changing County Managers or County Attorney has occurred at least on four different occasions. On none of those occasions was any outpouring of indignation observed.

Since the County Manager and County Attorney are employed strictly at the pleasure of the BOCC those positions are subject to change at any time. If any blame is to be assigned in this instance it falls squarely on the shoulders of Sue Hanson who has worked behind the scenes to create dissension among the staff regarding Mijares and Pond.

Any County Manager or County Attorney must understand that they have three bosses and any bias for or against any commissioner is a sure way to be shown the door. It is best that all concerned should take a deep breath and settle back and let this normal process proceed to its conclusion. I have full confidence that the search for a new county manager and county attorney will be conducted with full transparency, unlike the Manager search that occurred last fall.

Dee Laird, Montrose

THEY'RE STEALING YOUR VOTE, YOUR MONEY, YOUR GUNS, YOUR FREEDOM

Editor:

Suppose you woke up one day and realized Colorado's state government isn't just broken — it's a cesspool of corruption, to its core. Colorado's elites have been cheating elections so long they've clawed their way to a near-super majority, turning the statehouse into their personal piggy bank. They've been at it for years, tweaking votes just enough to keep their grip, and now they're so cocky they don't even hide it.

Tina Peters, a Gold Star mom, got nine years for daring to expose election fraud in Mesa County. Nine years! For copying data that showed deleted files and shady Dominion voting machines. Meanwhile, the real criminals, like Secretary of State Jena Griswold, strut around, rigging the game without a scratch.

The worst part? They're untouchable. The justice system's their personal guillotine, chopping down anyone who dares speak out. Tina Peters—convicted by a Mesa County jury, sure, but in a system stacked against her. Judge Matthew Barrett called her a “charlatan,” but who's the real snake oil salesman? The guy sentencing a clerk for questioning elections, or the state that deletes evidence and calls it justice? Peters isn't alone. Anyone who challenges this machine—clerks, activists, you name it gets smeared, sued, or

slammed with jail time. The Gateway Pundit nailed it: “Opacity, obstruction, and political persecutions” are Colorado's calling card. They thumb their noses at the nation, at the Constitution and at us.

But it's bigger than elections. These vultures want every drop of your blood. Taxes? They're piling them on like we're serfs, not citizens. Colorado's budget's ballooned to \$40 billion, with property taxes spiking 20% in some counties, squeezing families while the state funds pet projects for the connected. They're not governing; they're looting. Now they are coming after Tabor (taxpayer bill of right) and then the brakes will come off and we will see taxing and spending like never before.

And guns? Oh, they're coming for those, too. Looters need to disarm the ones being looted. Senate Bill 25-003, signed by that grinning weasel Jared Polis, bans most semiautomatic firearms and slaps fees and training on owners laughing in the face of the U.S. Constitution. Would the patriots at Lexington and Concord, who spilled their blood for liberty, pat these crooks on the back? Would the 400,000 Americans who died in World War II to keep tyranny at bay give a standing ovation to this betrayal? Hell no, more likely they'd be grabbing their pitchforks and storming Denver!

If we let this stand, we're burning the

legacy of every patriot who fought for this country. Over 1.2 million Americans died in wars to keep us free—Valley Forge, Antietam, Normandy—and now Colorado's elite think they can play king while we bow. We are condemning future generations because we didn't have the guts to fight back. Tina Peters is just one casualty in their war on truth. She's in a cell, fighting for her life, while we sit on our hands. I'm not begging these traitors for mercy—they're the problem, and they know it. I'm calling them out: you're not gods, you are thieves, and your time's running out. To every American with a pulse: wake up! This isn't just Colorado's fight; it's ours. They're stealing your vote, your money, your guns, your freedom. If we don't fight back for patriots like Tina, if we don't rip this corruption out by the roots, we don't deserve the republic our ancestors died for. We're at the breaking point. Our forefathers didn't cross oceans and tame frontiers so we could be slaves to a Denver cabal. They gave us a nation of laws, not lords. Stand up, demand Tina's release, demand fair elections, demand your rights. Or else we'll be the generation that let it all slip away, whining while the chains tighten. Oh, how blind we've become if we let this state, this nation, fall to these wolves!

Don Hemme, Redvale



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MONTROSE BOCC HEARS FROM PUBLIC, WORKS THROUGH AGENDA AT REGULAR MEETING



Construction continues at Montrose County's North Campus (foreground). Photo by Harry Switzer.

By Caitlin Switzer

MONTROSE-Following their chaotic special meeting (see report in this issue) on April 15, the Montrose Board of County Commissioners gathered for a regular meeting on Wednesday, April 16. The chamber was packed, as it has been at recent meetings. All commissioners were present; BOCC Chair Scott Mijares welcomed everyone; Citizen Chad Dunlap led in saying the Pledge of Allegiance. The Invocation was delivered by Reverend Preston Gordon of All Saints Anglican Church.

INVOCATION

Gordon began by reading from *Psalm 24*. *"The Earth is the Lord's and the fullness thereof, the World and all those who dwell in it, for God has founded it upon the seas and established it upon the waters'...Living God, we come to you this morning and we thank you for the beauty of the Earth here, and we thank you for this place and this county that you have created, and we thank you for every person who lives in it...we pray that you will come and fill this room today, we pray that you will guide the conversations and proceedings, we pray that you will grant each person here to help us see one another as humans made in your image, worthy of respect and honor and love..."*

PUBLIC COMMENT PERIOD

BOCC Chair Scott Mijares spoke about the changes made during the previous meeting of April 15, at which the board accepted the resignations of County Manager Frank Rodriguez, County Attorney Marti Whitmore, and Assistant County Manager Emily Sanchez.

Mijares spoke first. He apologized for not allowing public comment during the meeting the previous meeting. "It was about personnel matters..." He gave an overview on the role of the county manager before addressing the present situation.

"...our previous county manager was hired on Oct. 7, and it was just 29 days before the election on Nov. 5...we would have been very clear as to who the new board was going to be comprised of...I was surprised that the former board decided to go ahead and move forward with that hire knowing that the person they were putting in place was only going to be in their service for just three months. But they went ahead and they did it anyway. I viewed it as a sign of disrespect and contempt for the incoming board, and maybe I shouldn't have viewed it that way, but the fact is, we could have waited 'til February...we had time, and we certainly could have been invited to be in the deci-

sion making process after November 5th...I believe that this premature hiring put us all at a disadvantage...it wound up building up into a stressful situation within our office and right here at these meetings. Everybody saw it...it started to bother everybody...bottom line is we all tried to work it out and be successful, but it just didn't work out...the position of the county manager, it's not a popularity contest, and unfortunately the county manager is not selected by the public, they're selected by the board of commissioners to serve at their pleasure and help them implement their vision and whatever their ideas are moving forward...it is the board's prerogative to surround themselves with people they really feel comfortable that share their vision...we need to be paddling in the same direction at the same time..."

Commissioner Sue Hansen said that she hadn't really done justice in saying goodbye to former County Manager Frank Rodriguez and former County Attorney Marti Whitmore. "I just wanted to go on record so that we all knew what value we had..." Hansen said, "...Our former County Manager Frank Rodriguez was a man of character and integrity. In a very short six months Frank instilled a level of trust in this organization. His leadership and communication skills were above reproach and I appreciated his ability to tackle difficult issues head on. I learned a lot from him and will continue to respect and honor his perspective about the value of public service and how trust is tantamount...our former County Attorney Marti Whitmore had more experience than most attorneys across the state, and it will be very difficult to replace her. Her decades of legal experience were a true asset to Montrose County...the requested resignation of County Manager Frank Rodriguez triggered the resignation of our Assistant County Manager Emily Sanchez, a well-respected and knowledgeable resource...she handled all of the details from the courthouse construction, the Kinikin Road project, the North Campus project, and other matters too numerous

MONTROSE BOCC HEARS FROM PUBLIC *From previous pg*

for me to enumerate...these three professionals have left a void..."

Hansen said. "I was not complicit nor was I consulted on the requested resignation of the county attorney nor the county manager, nor do I support it now...I think we've made some headway in that we don't have to like each other...but we do have to do the business of the people...we need to move on with the challenges that face us...we need to get down to business...we need to move forward."

Hansen's comments were met with applause.

The floor was turned over to constituents.

Michael Badagliacco spoke, "I've been watching things unfold here over the past few months, and I've seen Commissioner Mijares attacked from every angle. Some criticism is justified. He's admittedly made mistakes, that can rightfully invite scrutiny. However, the majority of the criticism has been manufactured and largely unjustified. Commissioner Pond has also faced his share of unwarranted attacks, as has Commissioner Hansen...but those screaming for a recall are the same ones who demanded that the county manager and the public health director be given a chance to prove themselves...you serve at the pleasure of those who make those decisions..."

Ray Langston spoke. He paraphrased an old quote, "To understand the character of a man give him power, and see what happens next..."

Langston said, "...Nobody likes to have their job threatened...you both created such a toxic environment that there was no way those people could serve you in a manner that you were asking for. That's totally unacceptable. I hope you two enjoy your little power trip. Because I think it would be well worthwhile for the citizens of this county to remove you both in a recall election and have you replaced."

Cliff Faurer spoke. He addressed Agenda Item E-1, a letter to President Trump. "...Why would the Montrose BOCC invite the U.S. federal government to run our county?"

Faurer read from the letter, which is included in the meeting packet. "What?

You're not concerned about the rights of the people to local self-governance if you're asking for the full force of the federal government to descend upon Montrose County...you're asking for cover from this lawless administration to impose your views on the 44,806 citizens and residents of Montrose County. Your actions to date are inconsistent with the needs of this community...you are not fulfilling your responsibilities to provide leadership and vision in guiding Montrose County government...recall of the Montrose BOCC Chair becomes possible this July, and the Vice Chair in August...get back to the business of working for all of us, or face the recall vote this summer..."

Jo Clugg spoke, "My comment has to do with the previous county commissioners who managed to run this county. They were all Republicans, as are you. And we did not have the disruption and contrariness and argumentative posture that we have now, so my question is, what is it that you want to change? And what is your agenda for this county?"

Others who spoke during the time for public comment included Jo Roeber, Barbara Hulet, Sandy Head, Michelle Cannon, Tom Mathis, Carol Antolovich, Nanci Benitez, Chad Dunlap, Jim Anderson and Scott Stryker.

Many of the speakers addressed the same topic from a variety of perspectives. As head of the Montrose Economic Development Corporation (MEDC), Sandy Head expressed her disappointment that citizens were not allowed to speak during the special meeting on May 15, adding that the county's seat on the MEDC board would be open exclusively to Commissioner Hansen.

Mathis spoke about the importance of requiring a pre-pour inspection for foundations as required by the International Building Code, a practice not currently followed by Montrose County.

Nancy Benitez said that she was disappointed when the new commissioners removed Sue Hansen from her role as BOCC Chair on their first day in office. "I voted for you Scott, and I thought you would do the right thing."

Chad Dunlap said that it's time to relax

and let the dust settle. "...please set your differences aside and let's do what's in the best interests of Montrose County."

Contractor Scott Stryker addressed the North Campus project when he spoke, after which Mijares asked the Facilities Director to provide an update.

Facilities Director Jennifer Murray said that Chair Mijares had taken a tour of the South Campus. "...We pretty much crawled all over the building...a picture tells a thousand words but when you're actually in a building and you're seeing the cracks, and you're seeing where the building has physically shifted, not just vertically but horizontally, we've got some opportunities for improvement...It was, I think, an enlightening opportunity and tour of that particular facility. And he did get to talk to some of the staff who actually work in that building and have to live in there for eight plus hours a day..."

Mijares spoke about the experience of taking the tour. He said that he had already known about the structural issues, "...they were definitely a concern to be fixed, but what struck me was the environment that some of the workers...were working under--it was gloomy, it was dingy--I wouldn't want to work there. That was something I didn't get to see until last Thursday...We have a hard enough time keeping people in some of those positions...even though my concerns about the finances are very serious, we'll do what we have to do..."

Murray acknowledged that some of the dinginess resulted from prioritizing the construction of the North Campus.

Commissioner Hansen said that dingy and dull were the least of her concerns, and if the new commissioners had taken the tour earlier it would not have resulted in unnecessary stress. "...There was unnecessary drama about this decision too...this caused a lot of stress within the county, within the community, within our employees...I would ask that my new commissioners actually ask and dig deep in the information before we go public and say it's a foolish idea from the previous board. I did not want to be the kind of board that just criticized previous board's decisions...it's unproductive..."

MONTROSE BOCC HEARS FROM PUBLIC *From previous pg*

Mijares discussed his efforts to implement a 45-day pause to take a deep look at the project, which was not done, and his questions about the impacts of canceling the contract, which did not occur.

"...If it caused a lot of public dismay, I'm sorry. We work in a public forum. We don't work behind the scenes, we don't do things in the dark. We do things in the out of light...so as you know, construction at the North Campus is proceeding and we're going forward with it. That's my explanation; I tried to take a deep dive and I wasn't allowed to."

BOCC Vice Chair Sean Pond spoke. He said, "I would like it if my fellow commissioners and the people here would stop linking me in with the other two."

"I've been linked in with Commissioner Mijares too many times; I'm tired of it."

COUNTY MANAGER

Interim County Manager Leslie Quon asked for one correction to the agenda, that County Manager Frank Rodriguez' name in Item B be changed to reflect Leslie Quon, Interim County Manager.

CONSENT AGENDA

Consent Agenda items were unanimously approved, with Resolution No. 25-2025 assigned to Item 7, Resolutions No. 26-2025 assigned to Item 10, and Resolution No. 27-2025 assigned to Item 11.

MONTROSE COUNTY LOCAL LIQUOR LICENSING AUTHORITY

The BOCC left regular session to reconvene as the Montrose County Local Liquor Licensing Authority, voting to approve the Chair's signature for the renewal of the Lodging & Entertainment Liquor license for Montrose County Event Center, 1036 N. 7th Street, Montrose, CO 81401, by La Familia Gardens LLC, license #03-18345. All appropriate documents, reviews, inspection, background check and fees have been submitted pursuant to CRS 44-3-302. No concerns were reported by the Sheriff's Office or the Planning Department.

The BOCC returned to regular session as the BOCC.

GENERAL BUSINESS AND ADMINISTRATIVE ITEMS

The first item was "Consideration and possible approval of the Board's signature on a letter of support to President Trump

regarding unconstitutional legislation in Colorado."

Clifford Faurer spoke from the audience, "I disagree. I don't want you to represent me in that letter..."

Attorney Andress said that if there is to be public comment it must be at the podium with a microphone and be on the record. Still, Faurer continued to object out of turn.

Mijares said, "We had a chance for public comment, you've made your public comment regarding this, thank you...we have a motion on the floor and a second..."

Commissioner Hansen said, "The county sends letters of support for all sorts of things...often these are symbolic in nature...the board has a perspective, and it may not necessarily agree with everybody in Montrose County..."

The letter was approved with a vote of two and with Hansen abstaining.

Commissioners voted unanimously to approve the second item, "the purchase of (1) 2025 Ford Expedition 4WD from Larry H Miller of Lakewood CO, having been awarded the state bid contract #193820 in the total amount of \$57,505. This vehicle will be for the Sheriff's Dept. (Jail Transport) and will replace a Dodge Caravan that is front wheel drive only and eight years old. Upon approval, a purchase order will be issued to Larry H. Miller in the amount of \$57,505."

Commissioners voted unanimously to approve the next item as well, "purchase of (2) 2026 Dragon 130 BBL None Code Water Vac Tank, Air Ride, Catwalk with Drop Bar, from Utility Trailer Sales of Colorado, LLC of Henderson, Colorado in the total amount of \$157,800. This vehicle will be for the West End Road & Bridge, and it represents a budgeted expense. Upon approval, a purchase order will be issued to Utility Trailer Sales in the amount of \$157,800."

Also approved was purchase of (2) 2026 Dragon 130 BBL None Code Water Vac Tank, Air Ride, Catwalk with no Drop Bar, from Utility Trailer Sales of Colorado, LLC of Henderson, Colorado in the total amount of \$151,800. This vehicle will be for the East End Road & Bridge, and it represents a budgeted expense. Upon approval, a purchase order will be issued

to Utility Trailer Sales in the amount of \$151,800. as reviewed by Counsel.

Commissioners approved the purchase of (1) 2026 Trail King Hydraulic Detachable Gooseneck Trailer, from Transwest Truck Trailer RV of Grand Junction, Colorado in the total amount of \$101,432. This vehicle will be for the East End Road & Bridge, and it represents a budgeted expense. Upon approval, a purchase order will be issued to Utility Trailer Sales in the amount of \$101,432. as reviewed by Counsel.

Commissioners also approved the purchase of (1) 2026 Trail King Hydraulic Sliding Axle Trailer, from Transwest Truck Trailer RV of Grand Junction, Colorado in the total amount of \$124,044. This vehicle will be for the East End Road & Bridge, and it represents a budgeted expense. Upon approval, a purchase order will be issued to Utility Trailer Sales in the amount of \$124,044. as reviewed by Counsel.

PLANNING AND DEVELOPMENT GENERAL BUSINESS

Commissioners considered the Ranger Ranchettes Special Use [SU24-005] Proposal to allow construction of personal hangars and/or hangar homes as well as ensuring continued access to and use of the existing historic airstrip at Parcels 399318206001, 399318207001, 399318207002, and 399318207003 (Zoning: General Agricultural).

Planning & Development Director Tallmadge Richmond discussed the specifics of the proposal. The Planning Commission has recommended approval with criteria, based on Findings.

"I'm concerned about the future," Commissioner Hansen said, "I'm concerned about having a mini airport right here..."

Letters and comments were taken from a number of residents opposed to the plan. Applicant Dan Penasa spoke, as did some of the area residents. Comments from Penasa and others are included in the meeting packet.

After the public hearing and commentary from the applicant and others, Hansen moved for a continuance to a date certain. Consideration of the Ranger Ranch Special Use Permit was continued until May 14.

MONTROSE BOCC HEARS FROM PUBLIC From previous pg

Also after a public hearing, the Commissioners voted unanimously to deny the Cervantes Rezone [RZ24-004] proposal to rezone from General Agricultural (A) to General Commercial (C) at Parcel 399309400031; the Planning Commission had also recommended denial.

Reluctantly and with Mijares abstaining, the BOCC voted to approve the Coal Creek Estates II Preliminary Plan [MA25-002] proposal to divide 6.0 acres into four lots at Parcel 376504205003 and 376504205004 (Zoning: General Agricultural).

The final item was approved as well, the Kishiyama Minor Subdivision [MI25-002] proposal to divide 35 acres into three lots at Parcel 376928300075, (Zoning: General Agricultural).

With no further business and no executive session, the meeting was adjourned.

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OPINION/EDITORIAL: COMMENTARY

LET'S MOVE ON FROM THE LOCAL DISTRACTIONS

What's Happening Under the Capitol Dome will Change Colorado Forever

By David White

In case you haven't noticed, there's been a lot of rhetoric thrown around over the last couple of weeks concerning the Board of County Commissioners and their direct reports (the County Manager and the County Attorney) leaving their respective positions in the County. Regardless of where one sees things, both of those individuals work for the BOCC and are "employees at will" of the Board. It was a personnel matter that got out of hand in my opinion and became a public spectacle. The two employees are gone. Others will be hired, and life will go on until some future Board goes through the same process. It's a fact of life in a political field of work.

While many political wonks as well as social, electronic and printed media were keeping everyone focused on the County's goings on, our not so wonderful State Legislature was busy having hearings on new legislation, voting on it and sending approved bills to the Governor for signature. Very little good is coming from what they've been cooking up in their "witch's brew" of new legislation that contains more loss of freedom, increases in fees (i.e., taxes in disguise) as well as the ever-growing body of regulations that will strangle all of us with more bureaucratic red tape and governmental oversight.

As of Friday, April 18th, there were 617 bills introduced in this year's Legislative Session! What the heck? No one is talking of cleaning up the mess that is the huge number of antiquated bills that became law and have a spiderweb of regulations and bureaucracies attached to them, instead, they just keep piling them on. And to say that lawmakers can come up with more ways to get into your pocket is putting it mildly.

Let's start with a real jewel. House Bill (HB25-1303) **Funding for Motor Vehicle Collision Prevention**. Here is another tax that is called a fee, this time adding it to all auto insurance policies. One more attack on TABOR's requirement that all taxes be approved by a vote of the peo-

ple. The bill passed the House of Representatives on second reading. The bill proposes creating a new enterprise within the Colorado Department of Transportation and a dedicated stream of funding for infrastructure projects like traffic calming measures, bike lanes, safety projects and wildlife passages. Most in the know predict that the money raised by increasing your insurance rates will go to Front Range communities. Nice and typical of most of these kinds of bills. (Colorado lawmakers want to add a car insurance fee to fund road safety improvements for pedestrians, cyclists and wildlife | SummitDaily.com) (Funding for Motor Vehicle Collision Prevention | Colorado General Assembly)

How about this one...House Bill HB25-1312) **Legal Protections for Transgender Individuals** This is a very bad bill, covering a lot of areas. The bill would put a parent seeking their child's custody to be suspect if they don't fully support the child's trans inclinations. It requires all schools to honor a student's name choice, meaning transgender children must be called by their "new" name and all of their records must use that name. All public entities must put on all of their forms an option to use a "chosen" name. It also makes it "discrimination" to not use a transgender's "chosen" name and pronouns in any public place. This is a dangerous bill that tramples all over the First Amendment, freedom of conscience and religious freedom. It may ultimately be kicked out by the courts, but could do a lot of damage before then. It has already been passed by the House. (Legal Protections for Transgender Individuals | Colorado General Assembly)

How about this one (along the same lines as HB25-1312)...SB25-284 **"Youth Service Organization Engagement on School Campuses."** This bill will force all school districts and charter schools to create a policy for outside organizations that includes accepting trans ideology. It will put a stop to most Christian organizations being able to participate and re-

quire all public schools to accept trans grooming organizations. Saying that this bill is anti-religious as well as violating multiple closely held moral values doesn't begin to cover it. The radical left is hard at work shoving more of their twisted ideology down everyone's throats.

Of course, these are just three bills that show what the radical Democrat majority is trying to do to us without regard for history or representation that is at least somewhat balanced.

Another taking of our rights is found in Senate Bill SB25-81 (SB25-081) **Concerning public financing, and, in connection therewith, establishing the "building urgent infrastructure and leveraging dollars authority."** This rather extensive bill (29 pages) looks like a big end run around the Taxpayers' Bill of Rights (TABOR). It creates a bonding authority (i.e., another government agency) for tax free bonds (hence the federal government ends up subsidizing the interest rates for the bonds). The authority skirts the TABOR requirement for a public vote before entering into long term debt by carefully crafting a system that seems to not obligate the state for the bond repayments yet uses the authority of the state treasurer's office to run the operation. SB25-81 also is a union sweetheart bill, requiring all funds for construction to go through union shops. This bill is a blatant violation of TABOR, yet it passed through the Senate on a party line vote and is headed to the governor in short order. How about this gem that passed last year and went into effect on March 31, 2025? It allows illegal immigrants to get a Colorado Driver's license and was signed by Governor Polis as provided by Senate Bill 24-182 with a title of "Immigrant Identification Document Issuance." It made its way through the Senate and was backed by democratic senators Julie Gonzalez, Jeff Bridges, Tim Hernández and Elizabeth Velasco.

The bill, approved by Gov. Jared Polis in June 2024, allows the **"Colorado Road and Community Safety Act"** to authorize

LET'S MOVE ON FROM THE LOCAL DISTRACTIONS From Previous pg

driver's licenses or identification cards to people who aren't "lawfully present" in the country if they meet certain requirements. The bill changes the former rules by taking away requirements that applicants have to file a Colorado resident income tax return, show residency in the state for two years and show a documented social security number or individual taxpayer identification number.

How nice. It seems to me that one of the reasons that people voted for Trump last year was to put a stop to this nonsense, yet here's the Colorado Legislature thumbing their noses at, I suspect, most Coloradans who are tired of supporting and subsidizing those here illegally. New

law eases rules for immigrants to get driver's licenses, IDs in Colorado | FOX31 Denver

For more information on the dozens of bills either approved or about to be and which will hit the Governor's desk over the next few weeks, former State Senator Kevin Lundberg has a great newsletter that is worth a read while the Legislature is in session. You can find the latest issue here: LUNDBERG REPORT

The incremental taking away of our rights to the choice of guns and gun ownership, control of how taxes are approved and their use determined by the voters, the content of books being made available to our youth in libraries and so much more

are under assault daily by these so called representatives of we, the people, in Denver. Do the research. A little local kerfuffle pales in comparison to what is coming our way from the radicals in control of our State government in Denver.

Mr. White is an active citizen & community leader as well as a business owner, entrepreneur, former Colorado Springs City Councilor and Montrose City Councilor as well as Montrose Mayor. He was a two-term Montrose 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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We wholly support art in Montrose, as beautifully appropriate...blah, blah, blah...

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OPINION/EDITORIAL: LETTERS

BOCC: WHAT ARE YOUR GOALS FOR MONTROSE COUNTY?

Editor:

I have lived in the City and County of Montrose, Colorado for 67 years. I have seen commissioners come and go. Some were great and some were recalled. My question remains, *for the current administration, what are your GOALS for Montrose County?*

Jo Clugg, Montrose

DEPRIVING INDIVIDUALS OF LIBERTY WITHOUT DUE PROCESS SHOULD BE JARRING TO ALL

Editor:

Hidden among the daily chaos of our current administration is something that should not go unnoticed and should be foremost in our thoughts.

We have recently seen individuals in America lose their liberty without due process of law. Liberty is a primary element of the founding of our country and what it means to be an American. Liberty is not a partisan issue, but one that sets America apart and has roots so deep that flaunting it has the ability to dismantle America and all that it has stood for during its 250 years of existence. Depriving individuals of their liberty without due process of law should be jarring to all Americans and to all citizens of the world who have looked up to the ideals of America because liberty is one of the three foundational principles of our country, the others being life and the pursuit of happiness, enshrined in our Declaration of Independence. Our president and those who have supported his flagrant dismissal of the foundational principle of liberty should be held to account. Leadership means taking responsibility for actions, not only actions that one has taken, but the actions for those who act on their behalf. I call on all citizens of America to stand up for the principle of liberty and to call out the injustice of depriving individuals of their liberty without due process of the law. Accountability should be immediate impeachment of the leadership that has initiated and allowed the intolerable act of deprivation of liberty. This would not only be the president, but the vice-president and any other elected or appointed official that have abetted in this crime. Those responsible should not be allowed to deflect responsibility. Deflection of responsibility is not leadership. All

Americans should demand immediate decisive action as the fundamental and foundational ideals of America are at stake. We should not allow this moment to slip by without strong action, because

to do so is to acquiesce to the diminishment of our great country and all that it has stood for to the world.

Jon Horn

Montrose, Colorado



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The primary bedroom showcasing a vaulted ceiling and five piece en-suite bath with granite counter tops, tile finishes, private water closet and a generous walk-in closet. The guest hallway has an additional double door storage closet and 2 well sized bedrooms along with another full bath. The tandem 3 car garage has 578 sq ft of space and is perfect for your vehicles, recreational toys or even as a workshop. With this home conveniently located near the community's park and not far from downtown it's just waiting for your arrival.

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REGIONAL NEWS BRIEFS

BLM ACQUIRES MINERAL POINT DITCH WATER RIGHTS TO RESTORE BURROWS CREEK

Special to the Mirror

LAKEWOOD – The Bureau of Land Management completed the purchase of water rights associated with the Mineral Point Ditch, a move that will help restore natural water flows and support environmental cleanup efforts at the Bonita Peak Mining District Superfund Site near Silverton. This acquisition is possible through a partnership with Trout Unlimited.

The Mineral Point Ditch has historically diverted water from the Animas River watershed to the Uncompahgre River Basin. By acquiring these water rights, BLM can now return that water to Burrows Creek, which runs through the Superfund site.

"The Mineral Point Ditch project restores natural water flows, improving a popular recreation area and addressing the remediation of historic mines," said **BLM Colorado State Director Doug Vilsack**. "This acquisition is a critical step toward enhancing the environmental and recreational value of this area."

Returning the historically diverted water to Burrows Creek will improve riparian, wetland, and in-channel habitats along the creek. These habitats provide vital habitat for stream insects and other species. Restoring the water flow will help flush accumulated heavy metals from the creek channel and facilitate remediation of the historic Boston Mine site.

BLM purchased the water rights using funding from the [Land and Water Conservation Fund](#) and the agency's [Abandoned Mine Lands](#) program, as well as financial support from Trout Unlimited, including the local Five Rivers Trout Unlimited chapter. BLM has already permanently closed the ditch so that remediation can proceed across the entire Boston Mine site.

This acquisition is an important step in BLM's ongoing efforts to address historic mining activities in the Bonita Peak area. By restoring natural water flows, the agency is working to improve water quality and support the long-term restoration of this sensitive watershed.



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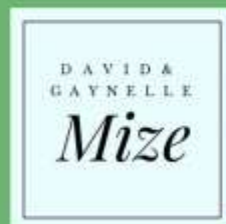
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OPINION/EDITORIAL: LETTERS

LAKEN RILEY AND RACHEL MORIN NEVER RECEIVED DUE PROCESS

Editor:

The theatrical antics of a Maryland Senator is beyond pale. It is immoral and demonstrates utter contempt for the average US citizen. The Maryland Senator wails over "due process" for a deported illegal alien with criminal behavior in the US and affiliation with MS-13, the notorious El Salvadoran gang/mafia. Let's be clear- due process is guaranteed for US citizens. The deported illegal is not a US citizen.

Why does the Maryland Senator's political brand bluster and posture over due process for illegals? Laken Riley and Rachel Morin never received due process from their killers.

It's time we demand our political class to review their oath of office and adhere to it. The elected officials represent us, not illegals.

Robert Franco, Montrose

NEUTRALITY OR HYPOCRISY?

Editor:

At today's BOCC meeting (4-16-2025) several people chose to make public comments. A privilege we were denied yesterday. While others and I still would like to see Mijares and Pond recalled. Others are calling for unity and less animosity. One of the speakers chose to chastise the previous BOCC for not remaining neutral during last year's primary. I found that very hypocritical considering she is a member of the Montrose Republican central committee who allowed the chair Scott Riba to run for County commissioner in a contested primary in violation of the bylaws. And specifically, the preprimary neutrality clause. But at the same time the chair of the state Republican Party was also running for congress in a contested race in violation of the bylaws. People who live in glass houses should not be chunking

rocks.

The Montrose republican central committee allowed themselves and the state party to be corrupted by two corrupt men who put their political aspirations ahead of ethics and the bylaws. The bylaws of any organization is a document which is supposed to be the governing rules by which the organization operates. These bylaws are supposed to be compliant with local and state laws.

Any organization that does not follow its own bylaws is an organization that cannot be trusted. The chair of a central committee has an unfair advantage over anyone that might run against him because he has a database of past assembly attendees that he can call text or email to get them to become delegates that will vote for him. After the county caucus that list is made available to all candidates but

having the previous list gives the chair a head-start. This is the reason I got involved and helped Rick Dunlap and gave him my list from 2020 and 2022.

The previous BOCC Hansen, Rash and Caddy understood this process also, which is why they chose to officially support Rick Dunlap. They could see that the central committee was operating outside of the bylaws in a manner that benefited a corrupt party chair.

When a central committee allows itself to be corrupted, they have broken the trust of all the registered republicans that they are supposed to represent.

And some of those county republicans are elected officials who know that if they allow this to continue it will impact their office, and their chances for a fair reelection process.

Ray Langston, Montrose



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ANONYMOUS CALL

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REGIONAL NEWS BRIEFS

CLUB 20 SPRING CONFERENCE TO BE HELD APRIL 26

Special to the Mirror

GRAND JUNCTION –Club 20 will host the 2025 Spring Conference on April 26th, at The Grand Junction Convention Center, The Spring Conference provides members and guests the opportunity to meet with local, state and federally elected and appointed officials and to learn first-hand about various issues impacting our region.

At this year's conference, Club 20 will host a variety of conversations ranging from Aerospace and Quantum Frontiers to Wolves and Natural Resources. We are excited by the broad array of presenters, including:

-Congressman Jeff Hurd, Colorado's 3rd District

-Panel Discussion – Natural Resources Outlook under the New Administration

-Panel Discussion – Aerospace Panel

-Hands in the Soil, Eyes on the River- Robert Sakata, Water Policy Advisor, Colorado Department of Agriculture

-Quantum Frontiers: Colorado's Rise as a Global Leader in Quantum Innovation- Anjul Loiacono, CCO of Elevate Quantum

-Lumber and Timber Industry Rejuvenation- Matt McCombs, State Forester and Director

-John Swartout and Lauren Dobson- Wolves: Where we are now and where we are going...
"These issues have a direct impact on Western Colorado, and these are the stories of our past, present, and future way of life. All West Slope citizens should get engaged, make their voice heard, and fight to protect what makes our communities so special" said Brittany Dixon, Club 20 Executive Director.

In conjunction with the Spring Conference, on the evening of Friday, April 25th, Club 20 will honor longtime members for their service to the organization and Western Colorado during the annual Club 20 Awards & Recognition Banquet at the Grand Junction Convention Center. The banquet is attended by Western Slope community leaders, appointed and elected officials, friends and family of the recipients and attendees of the Club 20 Spring Conference.

An agenda outlining the schedule of events and speakers is attached. The event is open to the public and Club 20 members and non-members are encouraged to attend. For more information and to register visit our website (club20.org) or call the office at 970-242-3264.





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COMMUNITY NEWS BRIEFS

CITY OF MONTROSE SEEKS ARTISTS FOR INTERACTIVE PUBLIC ART INSTALLATION AT CITY HALL



Courtesy photo City of Montrose.

Special to the Mirror

MONTROSE — The City of Montrose is pleased to announce a call for proposals from experienced muralists and metalsmiths for a permanent public art installation on the southwest exterior wall of Montrose City Hall.

This unique opportunity invites artists to design and install a large-scale, interactive, and community-inspired piece that

captures the essence of Montrose's stunning natural surroundings. Collaborative proposals from teams of artists are welcomed, particularly where distinct skill sets are needed to integrate both mural and metalwork components.

A Landmark Designed to Inspire

Designed to engage and inspire, this installation is intended to invite public participation through features like photo opportunities, 3D elements offering unique perspectives, or a design that shifts with the viewer's angle. The final design should reflect Montrose's unique environment, with potential references to iconic regional features like the Black Canyon, the Uncompahgre and Gunnison Rivers, high desert landscapes, and the surrounding mountains.

"We're incredibly excited about the opportunity to bring an iconic art installation to downtown Montrose," said Michelle Wingfield, DART and community programs coordinator for the City of Montrose. "Our goal is to create something

that draws people in—a focal point that locals feel proud of and visitors seek out. We hope this installation becomes a true destination."

Budget and Artist Support

The total budget for the project is \$40,000, covering all design, materials, labor, transportation, insurance, and installation costs. The city will provide a \$750 honorarium to a shortlist of semifinalists invited to develop final design proposals.

Timeline and Selection Process

Applications must be submitted online through the CaFÉ™ platform at www.callforentry.org by May 26, 2025, at 11:59 PM MST. Semifinalists will be selected and notified by June 2, with final design proposals due June 23.

The Art Selection Committee will choose the final design in July, and the completed installation must be in place by September 30, 2025. A direct link to the Call for Entry can be found here. <https://qrco.de/cityhall-art>

MONTROSE PRIDE ART EXHIBIT

Special to the Mirror

MONTROSE—The Montrose Center for Arts (MCA) is proud to sponsor the second annual Montrose Pride Art Exhibit – a pop-up exhibit of 2D and 3D works of art by LGBTQ+ and ally Western Slope artists.

The exhibit will take place in MCA's Main Gallery from June 3 – June 27, Tuesdays – Saturdays, 11 a.m. – 5 p.m. In addition, the public is invited to the reception (kickoff) of the event at the MCA on Friday, June 6 from 4:30-7 p.m.

LGBTQ+ and ally artists from all over the Western Slope are invited to apply to showcase their artwork. Stop by the "re-imagined" Montrose Center for Art at 205 E. Main Street to pick up an application for the show. The art submission deadline is May 6, 2025. If you have exhibit questions, please contact dmcm2952@gmail.com or call 303-915-1532.

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REGIONAL NEWS BRIEFS

DISTRACTED DRIVING DOESN'T HAVE TO CONTROL YOU

Special to the Mirror

COLORADO – Small changes can make a big difference. This April Colorado State Troopers want you to adopt a new behavior to reduce distractions while driving in recognition of National Distracted Driving Month.

Last year, Colorado State Troopers issued 13,252 citations for improper, reckless, or careless driving and investigated 268 fatal and serious injury crashes involving a distracted driver.

“When we conduct crash investigations caused by distracted drivers, often it is a small thing that steals the drivers’ focus from the most important thing at that moment - driving,” stated Col. Matthew C. Packard, chief of the Colorado State Patrol. “We may drive the same roads daily, but nothing is ever ‘routine.’ Other drivers, pedestrians, animals and weather can require us to react quickly or adjust our speed.”

In 2024, Colorado State Patrol crash inves-

tigators determined the most common human factors for the 268 fatal and serious injury crashes involving distracted driving. They found that interior distractions (such as insects and non-food objects on the floor and within the vehicle, not including distractions by a passenger) topped the list, accounting for over a third of these crashes. Looking at the top five human factors for these 268 crashes:

- Distracted/Other Interior – 36.5% (98 crashes)
- Distracted/Other Exterior* – 21.6% (58 crashes)
- Driver asleep or Fatigued – 21% (57 crashes)
- Distracted/Other Occupant – 9.7% (26 crashes)
- Distracted Eating/Drinking – 3.7% (10 crashes)

Becoming a less distracted driver can be done by changing your mindset and habits every time you drive.

The Colorado State Patrol recommends drivers start by adopting the following five habits:

- Set your navigation, music, and car settings before leaving.
- Use “Do Not Disturb” mode on your phone and keep electronics deliberately out of reach.
- Make sure children and pets are correctly secured before driving.
- Make a rule to never eat or drink in the vehicle.
- If you are drowsy, pull off the road and take a quick nap or get re-energized.

*Distracted/Other Exterior (defined as): The driver was distracted by some other source located outside the vehicle (e.g., another crash, reading a billboard, road construction, etc.)

The Colorado State Patrol recognizes Distracted Driving Awareness Month by sharing data and tips to encourage all Colorado drivers to focus on one task: driving when they get behind the wheel. [Colorado's Hands Free law](#) went into effect on January 1, 2025. There is no lane reserved for you to drive distracted, drop the distractions.



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OPINION/EDITORIAL: LETTERS

THEY'RE COMING AFTER ME BECAUSE I'M THE ONE IN THE WAY

Editor:

There's something happening in Montrose County, and it's time the public sees it for what it really is.

Since the day I took my oath of office, I've stood firm on one promise: to defend the Constitution and protect the rights of the people I serve. That includes the Second Amendment, private property rights, parental rights, and the rural values that built this country. I didn't swear allegiance to a political party. I swore allegiance to the people, and I take that seriously.

That's why I wrote a letter to President Trump asking for help pushing back against unconstitutional overreach from Denver. I submitted that letter to the Board of County Commissioners, and it passed with a 2 to 1 vote. One commissioner refused to support it. That vote says a lot.

And ever since, the political attacks have only escalated.

Watch who's showing up to meetings. Look who's booing, shouting, packing the room, and flooding the microphones. At the last meeting, they brought about 80 people. Montrose County has over 44,000 residents. It's the same coordinated crowd, meeting after meeting. Loud, organized, retired, and available to dominate the optics. But they're not the majority. They're just the loudest.

They're also sending emails during their organized campaigns, which become part of the public record. If you support conservative values, local control, and constitutional rights, your voice deserves to be heard too. Speak up. Email us. Don't let a

small group pretend they speak for everyone.

This isn't a grassroots uprising. It's a strategic political operation to push a progressive agenda through pressure, disruption, and misinformation. It's not about better policy. It's about control. Fewer voices, less resistance, and no one standing in the way.

And that's exactly what I'm doing.

They're not coming after me because I'm the problem. They're coming after me because I'm the one in the way. What they're really after is you, your values, your rights, and full control of this county. If they flip the Western Slope, the Rocky Mountain Heist is complete.

I didn't throw my name in the hat for this appointment because I wanted power or influence. I don't like politics. I don't like the games or the bureaucracy. I've never trusted government, and I still don't. I stepped into this because every time I turned around, our freedoms and liberties were under attack, coming from Denver, the Front Range, the progressive agenda, and federal land grabs. I was tired of watching it happen. And like many of you, I'd had enough.

One local columnist, who has never spoken to me, never shaken my hand, and never asked a single question, continues to write as if he knows who I am. That's not journalism. That's just personal opinion, and it should be treated as such.

If you've felt like your voice doesn't matter anymore, or like your values are being trampled, you're not alone. This isn't just about me. This is about what



kind of county we leave behind for our kids and grandkids.

To the silent majority, you still matter. Don't stay quiet. Don't sit this one out. I'm standing exactly where I said I would be: with you and for you. Show up. Speak out. Help hold the line.

Because once we lose local control, we don't get it back.

Wishing you all a joyful and blessed Easter. May we find strength in our faith and in standing for what's right, no matter the cost.

Sean M. Pond, Montrose County

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OPINION/EDITORIAL: LETTERS

THE TALE OF TWO MANAGERS

Editor:

On Tuesday, April 14th Western Slope Newspapers reported there was "SCANDAL" afoot in Montrose County.

Scandal? How so? County Manager Frank Rodriguez and County Attorney Martha Whitmore had been asked to tender their resignation. Is that a scandal when it comes to actions taken by the Montrose BOCC? Not really. For the record, the County Manager had said many times, "If I'm not the guy for the job then just let me know". The County Attorney had sent emails to the commissioners saying, "If you would like my resignation let me know and you will have it". Bottom line, there was an irreconcilable incompatibility between the Board of Commissioners and our senior staff.

These two positions are to serve at the pleasure of the BOCC and must share the vision outlined by the board. Unfortunately that was not the case despite our efforts to align ourselves over the past two months.

This is not unusual for county government. It is the boards prerogative to build a team that they feel comfortable with as

they serve the people who elected them to move the county forward.

This was evident on Thursday, June 3, 2021 when then BOCC Chair, Sue Hansen and Keith Caddy conducted a special meeting that lasted all of 1:57 seconds. The one item in the Agenda - "Discussion of the County Managers Contract"

Here is the link. [Ken Norris Resignation](#)

There was no public comment, no discussion and nobody was in the room. In less than 2 minutes County Manager Ken Norris presented his resignation, it was accepted, and Interim County Manager Jon Waschbusch was appointed.

There was no outrage, no TV Stations present, and no public comment. It was all over in two minutes including the Pledge of Allegiance, Roll Call, and a review of the Agenda.

So why the outrage from last weeks meeting?

I will let the citizens of Montrose figure that one out. What I will say is that last Tuesday the Public Works board room was filled with progressive activists who were hell bent on attacking our conservative commissioners based on misinfor-

mation that was systematically fed to them by our liberal press.

This is not good for Montrose County. It breeds contempt for our leadership team, or staff, and divides our community. Instead of focusing on initiatives that will help our hard working citizens we are having to respond to a narrative that is manufactured by a small group of political operatives that want us to surrender to a left wing agenda from the front range.

Commissioner Pond and myself will never do that. As we move forward you will learn more about the challenges we are facing. You will be advised of informal meetings where you will be given the chance to ask your commissioners about important issues that face our community. I look forward to these meetings. I look forward to hearing from our hard working families who can't attend daytime meetings. Please go to the Montrose County-Government Facebook page. Sign up for alerts and stay engaged. This is your County and we need your feedback to guide us into the future.

*Thank you,
Scott Mijares, Chair, Montrose County
Board of Commissioners*



ANONYMOUS

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OPINION/EDITORIAL: LETTERS

WE ARE PART OF THE LARGER PROBLEM

Editor:

We, the People, have a spending problem and all the tariffs and taxes in the world won't solve that.

We, the People, require overseas entities to buy our Treasury bonds to fund our multi-TRILLION dollar budget deficits.

We, the People, have been spending beyond our means for quite sometime and we have turned a deaf ear and blind eye to our government overspending for way too long.

There are, basically, two ways to tackle overspending- address the trade deficit (tariffs), which is a short-term tactic, or address the budget deficit, which is a long-term strategy.

We, the People, have to upend and revise the Welfare state. Improvements such as work requirements for Medicaid or re-

forming the Social Security disability eligibility, or reforming school lunch programs will go a long way. Why do many folks, who don't pay taxes, get a refund at the end of the year? That makes zero sense. There is no such thing as a free lunch. Nothing is free. The government has no money. The government only spends what it robs from us. Our elected officials "bribe" voters by robbing us of our earnings. And don't believe, for one minute, one political brand spends more while another political brand is frugal. Both political parties are built on our earnings. Both political parties are complicit in overspending. So are you and I.

We buy food, pay rent, support our families with money Washington DC has already taxed. Then, we pay taxes buying clothes, gasoline and other vital things

with money that has been already taxed.

We pay insurance and property taxes with money that has been taxed.

Those who have squirreled away money for retirement do so with earnings already taxed and then when the savings are withdrawn, in our golden years, it is taxed again.

Businesses are taxed on a quarterly basis and then at the end of the year so don't believe what you may hear the businesses get breaks.

Don't get me started on property taxes.

We, the People have a spending problem. We let our Board of County Commissioners initiate projects because of matching funds (federal and state) which is derived from taxing you and I. We are part of the larger problem and we have to cease.

Robert Franco, Montrose

TO MONTROSE COUNTY COMMISSIONERS MIJARES AND POND

Editor:

I recently read your letter to Donald Trump in which you implored him to intervene in Colorado state politics, stating that your Second Amendment rights were being trampled on. You asked Trump to protect your Constitutional rights.

First of all, neither of you is either a lawyer or an expert on the Constitution. It is ludicrous (and downright laughable) to ask Trump to protect the Constitution as he rides roughshod over it on a daily basis, especially the First, Fifth, and Fourteenth Amendments. I also find it ironic that representatives of "the party of smaller government" are asking the Federal Government to intervene in a state matter.

Your audacity to claim that you speak on behalf of rural Colorado is beyond belief. You certainly don't have the right to speak for all of us, and you sure as hell don't speak for me.

My advice to you both is to stay in your lane, and deal with county issues that you were elected/appointed to do. It appears to many of us that you are both challenged in that area, and are not necessarily qualified, either ethically or practically, for the positions you currently hold. Your letter to Trump only further illustrates this point.

Ron Sobieck

Montrose County Citizen



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ANONYMOUS CALL

**MONTROSE REGIONAL
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OPINION/EDITORIAL: LETTERS

DEMOCRATS ARE ON THE WRONG SIDE OF EVERY ISSUE

Editor:

The events of this past week provide a stark reminder of two facts: 1) Democrats are on the wrong side of every issue, and 2) nothing Democrats have done or plan to do is beneficial to American citizens. It's no secret that Biden opened the borders to groom a new voter base to keep Democrats in power. In addition to receiving multiple government benefits, it is also now obvious that thousands of those illegals were potential terrorists and known criminals. The Border Patrol has revealed that, included in the mass of people given "parole status" by Biden since 2023, were over 6,300 illegals on the FBI's terrorist watch list and/or with known criminal records. So, a terrorist walks across the border and immediately doesn't have to worry about supporting himself because Biden provides him with freebie after freebie – at the expense of the hardworking American taxpayer.

Are Democrats concerned about Patty Morin, the mother of Rachel Morin, the wife and mother of five from Maryland who was raped, brutally tortured, and murdered by an illegal immigrant from El Salvador? Of course not. That would distract from their defending illegal immigration, denouncing the deportation of violent gang members, and traveling to El Salvador for photo op attempts to retrieve deported criminals. Despite the fact the vast majority of Americans want all illegal immigrants deported (CNN poll), Democrats have made the deportation of Kilmar Garcia the face of their Trump resistance. They intentionally leave most of Garcia's story out, but the truth makes Trump's failure to return him to the U.S. quite reasonable. While the press ranted about Garcia as some "Maryland man" and a family man who did nothing wrong, the facts reveal a different picture. Their incessant claim that he isn't an MS-13 gang member got obliterated when the Justice Department released documents proving otherwise. He was also arrested in the company of known MS-13 gang members carrying drugs and cash, and his rank in MS-13 and his street name have been revealed. When Democrat Sen. Van Hollen finally got his photo-op with Garcia in El Salvador, those photos revealed MS-13 tattoos on Garcia's fist. Garcia's wife also filed a domestic violence restraining order against him. After years of aiding and abetting a completely open border where thousands of unvetted murderers and rapists

were free to enter, the argument that Trump should now move heaven and earth to bring an admitted illegal immigrant back to the U.S., even though he has no legal or moral right to be here, rings hollow. Greg Gutfeld correctly shredded Democrats last week when he asked "Whether it's Antifa, BLM, Hamas – is there any dirtbag Democrats wouldn't embrace for political reasons?" Every time you think Democrats can't be more blatantly disdainful of American citizens, they prove us wrong. The 21% that still support them must also deeply despise this country and its citizens.

Left wing activist and former Washington Post columnist Taylor Lorenz typified Democrats' outrageous positions when she said she felt "joy" about the assassination of CEO Brian Thompson, who left a wife and two small children. She basically put a smiley face on the cold-blooded murder when she told CNN that women supporting Luigi Mangione Lorenz would describe him as "revolutionary," "handsome," and "smart." Few Democrats dare condemn either the assassin or the fans rallying behind him who contributed millions to his defense. A smaller fan club has donated a half million dollars in just a few days to Karmelo Anthony, who brought a knife to a track meet and plunged it into the heart of a kid who shoved him in a dispute over whose team was in proper possession of a tent at a track meet. Anthony confessed matter-of-factly that he'd responded by pulling out his knife and stabbing the kid to death. The usual race-mongers immediately attempted to turn the murderer into the innocent victim and hero.

Nearly as shocking, the Justice Department is now having to take the state of Maine to court for civil rights violations arising from its refusal to ban boys from competing as women in its high school sporting events. Also, our illustrious former president Obama, has now praised Harvard University for "bravely" defying Trump's efforts to eliminate discrimination at the university. The former president, who sued nuns for refusing to fund contraception and abortions, is now equating a university allowing Palestinian violence against Jews on its campus with academic freedom. That same administration sued Hillsdale College, which takes no federal funding, for Title IX violations, arguing that its status as a non-profit made it subject to federal regulations. Biden even tried to withhold lunches for poor kids unless

their schools said men could become women. This is who Democrats are: "rules for thee, but not for me." Harvard is free to keep its racist and discriminatory policies, just not on the taxpayers' dime. If they won't follow the law, they're free to reject the money. They have billions in endowments, and as a private institution, shouldn't receive taxpayer money anyway.

The Safeguard American Voter Eligibility Act (the SAVE Act) aims to ensure that only U.S. citizens vote in U.S. elections. Only four House Democrats went along with their constituents everywhere who believe only citizens should vote in elections. Democrats will ensure the act doesn't pass in the Senate with their filibuster. They continue to peddle the same old false narrative the vast majority of voters have rejected: that providing evidence of citizenship to vote is too burdensome and Republicans are just trying to disenfranchise voters. Dems have long fought against basic, common-sense voter ID provisions. I could continue with other examples of Democrats being on the wrong side of issues and going against the well-being of citizens – proxy wars, unregulated gain-of-function research funded by our NIH in Wuhan China, Colorado legislative failure in regulating Fentanyl, and much more. The question to be asked is: How long will Democrat voters put up with being led down a path for political reasons, only to realize they have been duped and lied to?

Two quick chuckles: Bernie Sanders showed up at Coachella last weekend to talk about the evils of capitalism at one of the most capitalist, elite, influence-packed festivals on the planet. Nothing says "down with the rich" like \$1,300 admission tickets and \$75 nachos. Also, during her witch-hunt against Trump, Letitia James repeatedly stated that "Nobody is above the law." After spending months and millions theatrically chasing Trump over allegedly inflating property values to secure favorable loan terms (with no actual victims, mind you), the NY Attorney General now finds herself the target of a federal criminal referral for – wait for it – allegedly misrepresenting property details to secure favorable loan terms. (Trump has since appealed the ruling, with the NY appellate court raising questions about the "troubling" penalty (\$450 million) and James' justification for bringing the case to begin with.)

Ed Henrie, Montrose

COMMUNITY OBITUARIES

THOMAS J. HARRISON

November 29, 1934 — April 9, 2025

THOMAS J. HARRISON, MD, died peacefully at his home in Montrose, CO on April 9, 2025, surrounded by his three children. He was 90 years old. Tom was born on November 29, 1934, in Cascade Locks, Oregon. He grew up exploring and enjoying many outdoor adventures in the Pacific Northwest. This love would be with him for a lifetime. While attending Lewis and Clark College, Tom met and married the love of his life, Viola May Russell (1937-2024). They celebrated 67 years of adventures together. After obtaining his undergraduate degree, he went on to become an Ophthalmologist and Retinal

Specialist. Viola continued her education to become a PhD in Linguistics. Our family lovingly joked they were quite a paradox (pair~a~docs).

Tom and Viola shared a multitude of adventures around the world, beginning in a small Eskimo village north of the Arctic circle in Kotzebue, Alaska where Tom served as the Public Health Director. Their travels led them to several continents and many countries as tourists as well as educators. They raised their family in Anchorage, AK, and retired to Santa Fe, NM. Tom and Viola moved to Montrose in 2021 to be located closer to family; they enjoyed

all the benefits of living on the Western Slope of Colorado.

Tom is survived by his adult children: Trevor Harrison (Teri Harrison), Rebecca Harrison, Nathan Harrison (Keren Harrison) along with his seven grandchildren: Harrison Mann, Mickey Mann, Triston Harrison, Trey Harrison, Abigail Harrison, Finnegan Harrison and Lilly Jane Harrison.



CAROLYN SCHINDEL LEFEVRE

December 8, 1933 — January 7, 2025

CAROLYN SCHINDEL LEFEVRE was born to Mary and Melvin Schindel in La Mesa, California, where she spent her early years before moving with her family to Grand Junction, Colorado. There, she graduated from Central High School and attended Mesa College.

On New Year's Eve, 1951, she was introduced to Bill LeFevre on a blind date. That chance meeting led to a lifetime of love, and they were married on July 13, 1952. Their journey together began in Florence, Colorado, where Bill began his 34-year career as a band director, and where they also started their family.

While raising their three boys, Carolyn supported the family with her strong secretarial skills. She always took pride in her work, no matter where she was employed. Her favorite role was the 20 years she spent as the Attendance Secretary at Montrose High School, where she was loved by students and faculty alike. Carolyn cherished the memories made there and attended many class reunions over

the years, where she laughed and reminisced with alumni—many of whom enjoyed seeing her just as much as she enjoyed seeing them.

After both she and Bill retired, they turned their love of art and travel into a second career. They founded Windsinger Stained Glass (named for the Navajo Medicine Man written about in the book "Two way... In the Desert") and spent 23 years traveling from coast to coast, sharing their beautiful and popular creations. Accompanying them on many of their travels was their beloved therapy dog, Miss Molly. When they weren't on the road, Carolyn and Molly brought joy and comfort to nursing home residents and to the children at Pomona Elementary School, where students eagerly looked forward to reading to Molly—a favorite activity for the children, Molly, and Carolyn alike.

Carolyn lost the love of her life when Bill passed in 2014. Despite challenges with her health and advanced glaucoma, which eventually left her blind, she remained in

her cherished home in Montrose thanks to the care and support of her son Gregg, his wife Margie, and many others.

When she could no longer get out, her pastor brought bible study to her home. She passed peacefully at home on January 7, 2025.

Carolyn is survived by her three sons: Rick (Julie), Gregg (Margie), and Mike (Hilda); her sister, Priscilla Chamblin; seven grandchildren; and eight great-grandchildren—all of whom continue to celebrate her life and legacy.

A celebration of her life will be held on Saturday, June 7, 2025, at 2 p.m. at Grace Baptist Church in Montrose, Colorado.



COMMUNITY OBITUARIES

FRED EMERY CASTLE ***September 26, 1967 — April 2, 2025***

FRED E. CASTLE was born September 26, 1967 and passed unexpectedly on April 2, 2025 at the age of 57.

He was raised in Montrose Colorado by his parents Fred H. Castle (passed) and Sylvia Castle. He had three amazing sisters, Diana (passed), Janet, and Kathy and many nieces and nephews.

In 1989 he met his wife, Diana Wordsman Castle. They got married in September 1990. They spent almost 36 years together and raised 2 wonderful daughters, Cierra and Misty.

During their 36 years together Fred worked for the Las Vegas Metropolitan Police Department. He retired as a Police Sergeant. After retirement they moved to Montrose where he went to work for the Justice Center.

When he was not working Fred enjoyed spending time with family. Fred and Diana always felt like they were still on their honeymoon and enjoyed being together whether it was being in the mountains or watching a movie at home.

Fred will be greatly missed for his love and compassion for others.

R.I.P. My Superman you will always be in my heart

A celebration of Fred's life is planned for May 17, 2025 details to be announced.



ALFRED J. BERRY ***March 12, 1967 – April 5, 2025***



ALFRED J. BERRY left this world peacefully on April 5, 2025. He was born in Telluride, the son of Kenneth and Elsie Berry. He then grew up in Ridgway where he developed a strong work ethic and a deep love for family.

After graduating from Ridgway High, he went on to pursue his career in mining to which he dedicated himself to until his retirement in 2022.

A loving husband to Marla, Alfred was a pillar of strength and support for his family. Together they raised two children, Charity and Glayden.

He was a very devoted Dad, always there to offer guidance and love. His greatest joys in life were spending time with his family, making his two grand babies giggle (Emerly & Walker), hunting, fly fishing, golfing and enjoying God's sunrises and sunsets.

Condolences will be sent to The Bridges Golf Course 2500 Bridges Drive Montrose, Colorado 81401

CELEBRATING LOCAL BEAUTY.



ISSUE 518 April 21, 2025

ART & SOL

YOUR BRAIN ON NATURE – ATTENTION RESTORATION PT 2... THE DMN



By Dr. Lauren Hall Rudell, PhD.
Courtesy photo.

Greetings Mirrorites!

In my last article I mentioned that I intended to review the benefits of time in nature on attention restoration. It's such a big topic that I could bang on about it for the next couple of months, but I won't. Instead, this article will conclude my brief refresher on the changes in the brain (good ones) helped along by immersion in restorative environments.

I have mentioned the magical effects that soft fascination has on cognition, creativity, and mood. How this is achieved is an ongoing source of fascination of another sort in the scientific community. A simple explanation and description of what soft fascination is can be found at [Better Help](#) in their March 3rd, 2025, post. They get off into the weeds by the end of the article about diet, exercise, and meditation, which are all good for mental health, but



A dawn hike works wonders for the DMN. Photo courtesy of T. Foster.

have little to do with soft fascination. For instance, even the Google AI bot knows that "Meditation involves focused attention on a single object, like the breath, to calm the mind and reduce mental clutter. Soft fascination, on the other hand, is about letting your mind drift and engage with your surroundings in a gentle, effortless way, often found in nature or everyday experiences." But the beginning of the article is pretty good, so it's worth a look. This is such a hot topic that even [Oprah](#) Daily was jumping on the bandwagon just last week. "Soft fascination is like a "quiet kind of wonder," says [Blaise Elliot](#), a PhD candidate at

Northwestern University who studies how environmental aesthetics and beauty influence thinking and mental flexibility.

"It's when something outside of you—like the way clouds change shape—gently catches your attention and curiosity without the need for you to understand or think too hard about it."

Now, after you have completed that small homework assignment on soft fascination, you are ready to forge into the wild, wild world of the default mode network (DMN). Not a new TV channel to stream your favorite British mysteries on (a particular weakness of mine), but rather a bunch of interconnected regions in the

Continued next pg

YOUR BRAIN ON NATURE – ATTENTION RESTORATION PT 2 *From previous pg*

brain that kick in when we allow ourselves to daydream or are captured by softly fascinating sights and sounds of nature.

The DMN is a collection of distributed yet interconnected brain regions that are typically suppressed when an individual is focused on external stuff or tasks. Executive attention that must be directed toward a challenging task is called voluntary attention and involves different parts of the brain than the DMN does. However, in the absence of voluntary attention to external stimuli, the DMN switches or “defaults” to internally focused thought processes, such as self-reflection, daydreaming, mind wandering, recall of personal experiences, and envisioning the future. Since its discovery 20 years ago, the DMN has emerged as a central area of research on human cognition, advancing our understanding of how brain circuits are organized, how they contribute to cognitive and affective function, and even how their impairments can lead to [psychopathology](#). There are way too many brain regions involved to list here. We have seen that around 14 regions involved in *voluntary* attention begin to shut down in the process of reverting to the DMN. We know this because we can measure blood flow to those regions. Various researchers have consistently recorded a decrease in flow during the transition from voluntary to involuntary attention toward softly fascinating visual features. The regions that light up during rest or mind wandering through the halls of the DMN are fewer in number and a little more speculative as to their exact roles at

this time. There seem to be about nine, but scientists are not terribly sure.

In addition to mind wandering, which may seem frivolous or even unwelcome, other cognitive functions served by the DMN include social cognition, episodic memory and its role in personally relevant aspects of remembered experiences, language comprehension, and semantic memory. Now I think we would all agree on the importance of those functions. In fact, two of the regions involved in the DMN show a decrease of DMN functional connectivity in degenerative brain disease. The posterior cingulate cortex and right hippocampus in Alzheimer's sufferers often show reduced connectivity, which can impair episodic memory. Episodic memory deficits refer to problems remembering personal experiences, events, and their associated context, such as time and place. It's the important moments from the past that make us who we are that may be lost. So yeah, pretty important.

Using and protecting a healthy DMN can be aided by time spent regularly in restorative environments. Low arousal combined with some sort of inherent interest are required for soft fascination to kick us into the DMN, which can take less than 10 minutes. Nerdy readers who want to dive more deeply can check out this [2023 article](#) that was not published at the time I started writing on this topic for The Mirror 4 years ago.

Folks who spend quality time in nature of at least 3 hours per week are making an investment in their future brain health

and their short-term ‘feels.’ Researchers have shown that poor connectivity between regions of the DMN are correlated with depression. Conversely, the fight or flight amygdala response to ‘gray spaces’ (deeply urban settings) has been discovered to promote the wrong kind of DMN connectivity. The highways between the left amygdala and the posterior cingulate gyrus (a region known to be extremely central to DMN functioning) end up with too much traffic. Inner city youth with no access to greenery show serious highway traffic between these areas that leads to increased anxiety and heightened aggression, but suburban youth tend to have more balanced and functional connections, resulting in greater self-regulation and more stable moods. It's not just youngsters, either. Urban poverty is associated with alterations in the DMN, and specific links have been reported between amygdala structure, forest coverage, and green space *in older adults* (Kühn et al., 2017). Lack of access to restorative landscape features can actually change the shape of the amygdalae over time, much less the proper connectivity of the DMN regions!

All of this geeky info is intended to motivate the readers to get out into beautiful Colorado nature as often as possible. Let your natural tendency to attend to the birds and bees bathe your brain in soft fascination, and nourish your DMN so that it may serve you well for many, many years into the future.

*Best wishes for delightful walks and hikes,
The Mindful Naturalist*

★ 2025 PATROCINADO POR MCA Y MADA ★

MAIN STREET SE ENCUENTRA CON TORTILLA FLATS

UNA EXPOSICIÓN ABIERTA DE OBRAS DE ARTISTAS DE LA ZONA EN TORTILLA FLATS Y LAS COMUNIDADES HISPANAS

NO TE PIERDAS ESTE EVENTO

MAIN STREET SE ENCUENTRA CON TORTILLA FLATS ESTÁ ABIERTO AL PÚBLICO EN EL CENTRO DE ARTES DE MONTROSE, 205 E. MAIN ST, MONTROSE. Duración: del 29 de abril al 30 de mayo | Horario: de martes a sábado: de 11:00 a 17:00. Recepción inaugural: jueves 1 de mayo: de 16:30 a 19:30. Entrega de premios a las 18:30.

 ★ 

ARTISTAS INTERESADOS:
Encuentra toda la información para Registrarte aquí con código QR

★ 2025 MCA & MADA SPONSORED ★

MAIN STREET MEETS TORTILLA FLATS

AN OPEN EXHIBIT OF WORKS BY AREA ARTISTS IN THE TORTILLA FLATS & HISPANIC COMMUNITIES

DON'T MISS THIS EVENT

MAIN STREET MEETS TORTILLA FLATS IS OPEN TO THE PUBLIC AT MONTROSE CENTER FOR ARTS - 205 E. MAIN ST, MONTROSE

Show Runs: APRIL 29TH - MAY 30TH | Hours: TUESDAY - SATURDAY: 11AM- 5PM
Opening Reception: Thursday May 1st: 4:30-7:30. Awards at 630pm

 ★ 

INTERESTED ARTISTS:
Find all information to Register here with QR code



COLORADO NEWS BRIEFS

MAGIC CIRCLE PLAYERS PRESENT INTO THE WOODS-MAY 9, 2025 – JUNE 1, 2025



MAGIC CIRCLE PLAYERS
Celebrating 63 Years of Live Theatre Magic

INTO THE WOODS

Music and Lyrics by **STEPHEN SONDHEIM**
Book by **JAMES LAPINE**
Originally Directed on Broadway by James Lapine
Orchestrations by Jonathan Tunick

DIRECTED BY **ALLYSON CROSBY**
MUSIC DIRECTOR **KENNY EASTON**

MAY 2025

FRI · MAY 9 · 16 · 23 · 30 @ 7:30PM
SAT · MAY 10 · 17 · 24 · 31 @ 7:30PM
SUN · MAY 11 · 25 & JUNE 1 @ 2PM

COME *Play* WITH US

MAGIC CIRCLE PLAYERS is proud to be an equal opportunity organization. We are committed to creating a safe and inclusive environment for all performers and audience members. For more information, please contact us at 970-249-7838.

TEJ David & Gussie MIZE **Alpine Bank** **Rediger Group** **DREW LOEWEN CREATIVE** **scott's**

MagicCirclePlayers.com • 420 S. 12th • Montrose, CO • 970-249-7838 • mcp@montrose.net

Special to the Mirror

MONTROSE-Into the Woods, by James Lapine and Stephen Sondheim, with its Tony Award winning score is enchanting. Everyone's favorite fairytale characters come to life, each with a wish for....more. The Baker and his Wife, Little Red Riding Hood, Rapunzel, Cinderella, and Jack and the Beanstalk cross paths as their stories intertwine. Amidst an adventurous quest to find four elusive objects that have the power to break a curse, very well-intentioned, but flawed people have to overcome giant obstacles. If they work together, can they fix their mistakes, and find home again? Wishes are granted, but with unexpected consequences! But, through it all, no one is alone. Directed by Allyson Crosby, Assistant Director Merrilee F. Robertson. Tickets at magiccircleplayers.com. Magic Circle Players, 420 S 12th St, Montrose. Box office: 970-249-7838.

Performances:

Friday, May 9, 2025 - 07:30 PM MDT
Saturday, May 10, 2025 - 07:30 PM MDT
Sunday, May 11, 2025 - 02:00 PM MDT
Friday, May 16, 2025 - 07:30 PM MDT
Saturday, May 17, 2025 - 07:30 PM MDT
Friday, May 23, 2025 - 07:30 PM MDT
Saturday, May 24, 2025 - 07:30 PM MDT
Sunday, May 25, 2025 - 02:00 PM MDT
Friday, May 30, 2025 - 07:30 PM MDT
Saturday, May 31, 2025 - 07:30 PM MDT
Sunday, June 1, 2025 - 02:00 PM MDT



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REGIONAL NEWS BRIEFS

GMUG NATIONAL FORESTS TO BEGIN PRESCRIBED FIRES AT STEAMBOAT ROCKS *Favorable weather conditions in place for hazardous fuels reduction work*

Special to the Mirror

GRAND JUNCTION — Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests are planning a prescribed fire, projected to start as early as April 21. Fire officials estimate this work to take approximately two to three days to complete.

The GMUG uses prescribed fire to reduce overgrown vegetation to help protect local communities, infrastructure and natural resources from wildfires.

The prescribed burn will be located south of Lands' End Road and east of National Forest System Road #101, 20 miles east of Grand Junction, Colorado, within Mesa County.

Approximately 500–1,000 acres are planned to be burned to reduce the threat of wildfire to the City of Grand Junction municipal watershed and improve wildlife habitat.

The prescribed burn will be accomplished using joint-agency fire resources, utilizing aerial and hand ignitions. Air quality will be closely monitored to miti-

gate smoke related impacts to communities. Residual smoke may be visible in Grand Junction, Whitewater, Palisade and Delta communities for several days.

These areas may close to the public for several days for public safety. Watch for warning signs along roads and near all prescribed fire areas before and during burns.

Residents may experience smoke during the prescribed burns. Go to <https://fire.airnow.gov/> to find more detailed information about air quality. Fire managers have obtained smoke permits from the State of Colorado and will comply with Colorado State air quality regulations. For more information on how prescribed fire smoke may affect your health, please visit: <https://www.colorado.gov/pacific/cdphe/wood-smoke-and-health>.

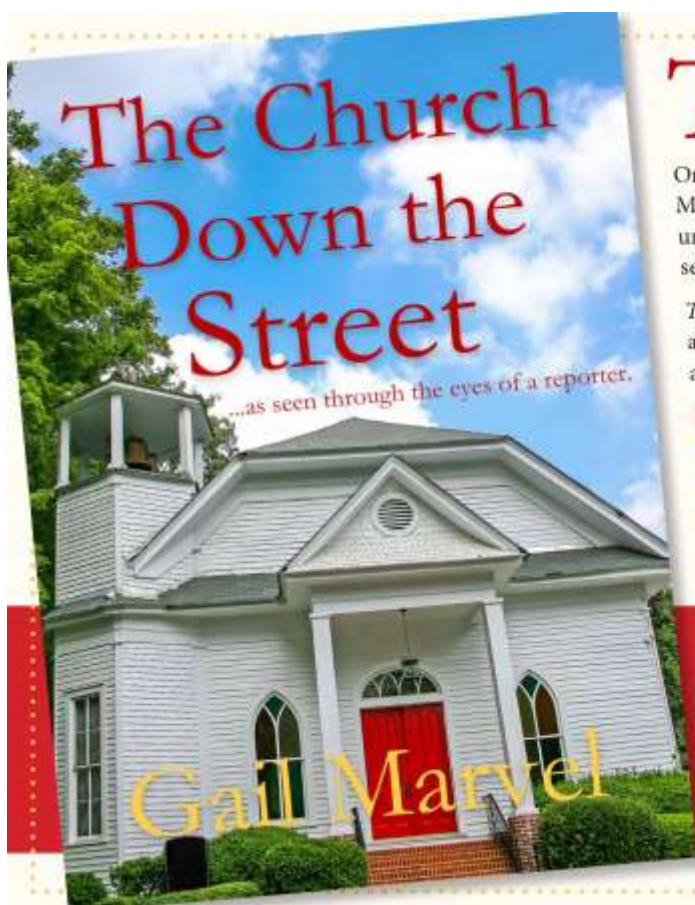
Weather conditions will be evaluated in the hours before a burn begins. If conditions warrant, scheduled prescribed fire activities may be canceled.

Stay informed about the scheduled prescribed fires through the GMUG National

Forests [website](#), the [GMUG Fire Info](#) Facebook page and [InciWeb](#), the interagency incident information system. Fire managers notify county emergency management officials when burning begins.

About the Forest Service: The USDA Forest Service has for more than 100 years brought people and communities together to answer the call of conservation. Grounded in world-class science and technology— and rooted in communities—the Forest Service connects people to nature and to each other.

The Forest Service cares for shared natural resources in ways that promote lasting economic, ecological, and social vitality. The agency manages 193 million acres of public land, provides assistance to state and private landowners, maintains the largest wildland fire and forestry research organizations in the world. The Forest Service also has either a direct or indirect role in stewardship of about 900 million forested acres within the U.S., of which over 130 million acres are urban forests where most Americans live.



The Church Down the Street, published pre-COVID, peers into the worship services of more than 70 churches, some of which have a weekly attendance of less than 10.

Organized in a topical format (Hospitality, Program & Source Material, Music, Meditations & Invitations, and The Message), the author uses an unbiased approach to allow readers to experience the worship service as seen through the eyes of a reporter.

The Church Down the Street contains anecdotes and stories from the actual worship services and asks thought-provoking questions that allow readers to draw their own conclusions.

Readers will:

- See strengths and weaknesses in the worship service
- Re-evaluate hospitality toward visitors
- Become more aware of source material used in the worship service
- Compare and contrast music presentations and selections
- Discern the value and content of the sermon.

Gail Marvel's book, *The Church Down the Street*, is available online at [Amazon.com](#) and [wingedpublications.com](#).

GAIL MARVEL
Montrose Author & Reporter



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by Tim Jones



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Ray's Corner Cafe
970-417-4340

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970-249-0433

Rib City
970-249-7427



Stone House
970-240-8899

Sidelines Sports Bar
970-765-0129

Amelias Hacienda Restaurante
970-249-1881

Delta: Pour Ernie's
970-546-0074



Alpen Confections
970-648-0609

Crash Burger
970-249-0825

Coffee Trader
970-249-6295
970-787-9021

Tacos & Beer
970-964-4448

Tacos & Beer on Main
970-964-4999

Pahgre's
970-249-6442

Premier Sponsor:
Montrose Farmers Market
970-249-0705

Horsefly Brewing
970-249-6889

Jimmer's BBQ,
Burgers & Beer
970-252-1227

Fiesta Guadalajara
970-249-2460

El Jimador
970-249-8990

Busy Corner White Kitchen
970-323-6215

Delta: CB's Tavern
970-399-3570



COMMUNITY NEWS BRIEFS

DELTA COUNTY HOSTS 4TH ANNUAL CHAMPIONS FOR CHILDREN FAIR

Special to Art & Sol

DELTA COUNTY—Delta County invites families, community members, and service providers to come together for a fun, free, and meaningful event — the 4th Annual Champions for Children: Abuse Prevention & Awareness Fair, taking place on Wednesday, April 23, 2025, from 3:30 PM to 6 PM at the parking lot east of 320 W. 5th Street in Delta. This year's theme "Kids Need a Hero. Be One," encourages community members to unite to build a safer, stronger environment for children.

The event is packed with family-friendly fun, including:

- Free BBQ and Drinks
- Games and Prizes
- Family Activities
- Valuable Information and Parent Resources

Attendees will also have the opportunity to meet local support services and community heroes, learn about vital resources, and connect with organizations working to protect and uplift children in our region. Admission is completely free

and open to everyone!

Are you a service provider or community organization looking to get involved?

Reach out to CPSPayroll@deltacountyco.gov to reserve your spot at the event.

For more information or assistance with reporting a concern, contact the Child Protection Abuse & Neglect Hotline at 844-CO-4KIDS (844-264-5437).

Let's come together to make a difference — for our kids, for our community, and for each other. Kids Need a Hero. BE ONE!



Call for Artists

MCA IS PROUD TO SPONSOR THE
2nd Annual
MONTROSE PRIDE ART EXHIBIT
A POP-UP EXHIBIT OF
2D & 3D WORKS BY
LGBTQ+ & ALLY
WESTERN SLOPE ARTISTS

COMING SOON

MONTROSE PRIDE 2025

ART EXHIBIT

MCA is proud to sponsor the Montrose Pride Art Exhibit. A pop-up exhibit of 2D & 3D works by LGBTQ+ & ALLY western slope artists.

Exhibit is open to the public at the Montrose Center for the Arts

- Location: 205 E Main, Montrose, CO 81401
- Opening: Friday, June 6, 2025 - 4:30 - 7:00 pm
- Gallery hours: Tuesday through Saturday 10: am - 4:00 pm
- Show runs through: Friday, June 27, 2025
- Artists: Size limits are 3' X 5' in either direction for 2D work and 2' diameter for 3D work. Two submissions maximum per artist.

presented by **MONTROSE CENTER FOR ARTS**

ART SUBMISSION DEADLINE:
May 6th 2025.
scan here for information and registration

PRIDE

Exhibit Questions?
Email dmc2952@gmail.com / Call 303-915-1532
on behalf of MCA

Montrose Center for Arts, 205 E MAIN ST, Montrose CO 81401

Montrose 2025 PRIDE

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Montrose Rotary Amphitheater



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MIRROR CHURCH DIRECTORY

ALL SAINTS ANGLICAN CHURCH

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

Office Hours: By appointment.

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

 don@allsaintsmontrose.org)

Worship Service Times: Sundays 9AM,

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

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

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

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

BIBLE BAPTIST CHURCH

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

Olathe, Co 81425

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

Pastor Gabe Skillo

Sunday School 9:15 a.m.

Sunday 10:30 a.m.

Sunday 6 p.m.

Wednesday Bible Study/Prayer 7 p.m.

CELEBRATION CHURCH

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

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

Office Hours: By appointment

Phone: (970) 497-4925

Email: celebrationmontrose@gmail.com

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

Worship Service Times: 9am and 10:45am

Senior Pastor:

Pastor Brandon Mathis

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

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

Demographics: Multi-generational

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

Student (middle & high school) at 9am.

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

CHRIST'S CHURCH OF THE VALLEY

Name of Church: Christ's Church of the
 Valley

Denomination Affiliation: Non-
 denominational Christian Church/Church
 of Christ

Address: 10 Hillcrest Plaza Way. Mont-
 rose, CO 81401

Office hours: Tuesday & Wednesday 9am-
 noon and by appointment.

Contact information:

Phone: 970-249-0530

Email: CCVMontroseCO10@gmail.com

Website: ccvmontrose.org

Name of current Senior Pastor: Ken Law-
 rence

Worship service times: 10:30 a.m.

Mission: Christ's Church of the Valley is a
 loving and welcoming church whose pur-
 pose is to help people to know and grow

in our Lord Jesus Christ to the glory of
 God.

Description: CCV is a multi-generational
 church family. While we are currently pre-
 dominately seniors, we are becoming
 more multi-generational.

Sunday School & Childcare: CCV has
 adult Sunday School at 9 a.m. and Youth
 Church during the 10:30 a.m. worship
 service.

CHRIST LUTHERAN CHURCH

Denomination: Christ Lutheran Montrose

Affiliation: Lutheran Church Missouri Syn-
 od

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

Contact: 970-633-0226

Website: www.montroselutheran.org

Email: montroselutheran@gmail.com

Pastor: Tim Onnen

Worship: Sundays at 9 AM

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

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

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

COMMUNITY SPIRIT CHURCH

United Church of Christ (UCC)

Address: 504 N. 1st Street (HAP Building)

Office hours: Call or text for appointment

Phone: 970-765-7070

Email: spirit@communityspiritucc.org

Website: communityspiritucc.org

Current Pastor: Rev. Wendy Kidd

Worship service: Sundays at 11am

Mission: Our commitment to a more inclu-
 sive and accepting world is steadfast, and
 we will continue to work towards a future

where everyone can live freely and au-
 thentically.

Demographics: We are a small congrega-
 tion of mostly adults and seniors, however,
 we are always ready to welcome families
 and children.

COVENANT HEBRAIC FELLOWSHIP

Denomination affiliation. No affiliation

Address Office hours N/A

Contact: 720-951-9941,
office@ccfmontrose.net,
www.ccfmontrose.net

Name of current Senior Pastor. Led by
 elders

Worship service times. Noon on Satur-
 days. Children's Church will be offered as
 needed.

Covenant is a Hebraic roots community

that studies the Torah as well as the rest of
 Scripture. We learn about the Hebrew
 roots of the language and believe that the
 Lord's feasts are for today. We are pre-
 dominantly made up of older folks, but
 have some young blood, too.

MIRROR CHURCH DIRECTORY From previous pg

FIRST CHURCH OF THE NAZARENE

Denomination: Church of the Nazarene

Address: 705 South 12th Street

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

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

Pastor: Buddy Cook

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

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

disciples in Montrose Colorado and around the world.

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

FIRST PRESBYTERIAN CHURCH MONTROSE

Affiliation: Presbyterian

Address: 1840 E Niagara Rd. Montrose CO. 81401 **Office Hours:** M-Thu 9AM - 12PM

Contact: 970-249-4732, info@fpcmontrose.com, www.fpcmontrose.com

Pastor: Rev. Dr. Jesse G. Mabanglo

Worship Service times: 9:30AM, *We strive to encourage, challenge and*

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

HILLCREST CONGREGATIONAL UNITED CHURCH OF CHRIST

Denomination affiliation: United Church of Christ

Address: 611 South Hillcrest Drive, Montrose, CO 81401

Office hours: By appointment

Contact information:

Phone number: (970) 249-9047

Email address: office@montroseucc.org

Website: montroseucc.org

Current Pastor: Rev. Wendy Kidd

Worship service times: Sunday, 10 a.m.

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

on life's journey.

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

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

MONTROSE MISSION OF THE ORTHODOX CHURCH

Affiliation: Orthodox

Meets: 2057 S. Townsend, Montrose, CO

81401 and Cimarron Creek Clubhouse.

Worship Services: The Montrose Mission of the Orthodox Church meets every Saturday night at 7 PM at All Saints Anglican

Church for Vespers, and we currently meet only on the third Sunday of each month for Divine Liturgy in Montrose at 9:30 AM at the Cimarron Creek clubhouse.

MONTROSE UNITED METHODIST CHURCH

Denomination Affiliation: United Methodist

Address: 19 S. Park Avenue Montrose CO. 81401

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

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

montroseumc.org

Current Senior Pastor: Rev. Kevin Young

Worship service times:

8:30 a.m. Sanctuary & Virtual

9:45 a.m. Christian Education & Fellowship

11 a.m. Sanctuary

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

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

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

ROSEMONT BAPTIST CHURCH

Affiliation: Southern Baptist

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

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

Contact information:

Phone: 970.249.4887

website: www.RosemontBaptist.org

email: office@rosemontbaptist.org

Senior Pastor: Rolland Kenneson

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

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

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

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

matter what stage of life they are in.

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

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

MIRROR CHURCH DIRECTORY From previous pg

SPIRITUAL AWARENESS CENTER

Denomination affiliation: Independent Spiritual and Interfaith Community
Address: Services at Lions Park Community Building, 602 N. Nevada, Montrose
Office hours: Tues-Fri, 9 am to 4 pm, Home Office – 970-252-0908
Contact information: Rev. Dr. Arlyn Macdonald, 970-252-0908, arlyn@spiritaware.org, www.spiritaware.org
Name of current pastor: Rev. Dr. Arlyn

Macdonald, Senior minister; Rev. Ruby Salaz, Assistant Minister. Spiritual Counseling available.
Worship service times: In-person Sunday Unity Service at 11 a.m., (Social Time begins at 10 a.m.); Quiet Meditation at 10:30 a.m. Virtual Afternoon Service on Zoom at 2:00 p.m., 2nd Sunday of each month; Chai Chats, a Wednesday morning midweek informal spiritual gathering at 10:30 a.m. at Pun Hill Himalayan Restaurant, Mont-

rose; 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. 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-](mailto:ststephensmontrose@yahoo.com)

rose@yahoo.com
www.ststephensmontrose.com
Rev. Dec. Garrett Agajanian
 St. Stephen's is a community of caring Christians rooted in the godly traditions of the past, focused on the challenges of the

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

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
 Senior Pastor: Interim Pastor
 Worship service times: Sunday Worship is at 9 a.m. followed by a time of fellowship and snacks. Beginning Feb. 23 we will have a family Bible study, "Lord, Teach Me to Pray," following fellowship from 10:45-11:30 a.m.

All family members are welcome. During the Sunday sermon we offer teaching for children ages birth to kindergarten, in a kid-friendly room called Base Camp. We have communion on the first Sunday of each month and meet following services for a potluck brunch. Please visit <https://www.summitchurchmontrose.org/events>

VICTORY BAPTIST CHURCH OF MONTROSE

Denomination Affiliation: Independent Baptist
Address: 2890 N Townsend Ave., Montrose, CO 81401
Office Hours: Monday-Friday 8am-12pm
Contact Information: Phone (970) 249-

6874; email at info@vbcmontrose.org; website: vbcmontrose.org
Current Pastor: Roland Kassales
Worship Service Times: Sunday School at 9:30am, Sunday AM Service at 10:30am, Sunday PM Service at 6pm, Wednesday Night Service at 6:30pm (all services include childcare)

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

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

information to the Montrose Mirror:
 Name of church
 Denomination affiliation
 Address Office hours
 Contact information (phone number, email address, website)
 Name of current Senior Pastor
 Worship service times

Please give a one sentence description of your church and its mission in the Montrose community.
 Brief description of your current church demographics (predominately family, youth, seniors, singles).
 Do your church services include Sunday School and childcare?



Hosted by
Community Spirit Church
communityspiritucc.org/plastics

Rethinking Plastics

Exploring alternatives to single-use plastics

Saturday, April 26 • 11:00 AM

504 N. 1st Street, Montrose



Short films, discussion,
and free sample pack
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Lots of useful tips to help
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plastic in your life



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and refreshments



Everyone is welcome!
Bring your ideas and solutions
to share with the group.





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Paint Wine Glasses

Sat., April 26th,
1-3:30 pm

Includes a Winery Tour

We provide 2 wine glasses,
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or soft drink, and snack.



Register <https://kathrynRburke.com/042625wine>



The Satisfied Woman

THE POWER OF PUTTING YOURSELF FIRST: WHY WOMEN MUST PRIORITIZE THEIR OWN WELL-BEING

For generations, women have been recognized for, or even defined by, their ability to care for others, to nurture, to carry the emotional weight of those around them. While these qualities are noble and admirable, they often come at a steep cost: self-neglect. Many women are conditioned to believe that putting others first is a virtue, even if it means sacrificing their own needs, dreams, and health.

This deep-rooted conditioning creates a cycle of self-abandonment. It's not just about skipping a doctor's appointment, or lunch with a girlfriend, in order to prioritize your kids' or your husband's needs. It's about losing connection to yourself, your desires, your boundaries. Self-abandonment happens slowly, over time, as you continually deprioritize your own well-being to meet the demands and expectations of others. And perhaps the most painful part is that this cycle is often reinforced by culture, family, and even moral frameworks that suggest a "good woman" is one who gives endlessly and asks for nothing.



By Gia Pirelli.
Courtesy photo.

The moment a woman chooses herself, guilt often rushes in. This guilt isn't natural—it's learned, or even assigned. Society teaches women, from a young age, to equate self-care with selfishness, to believe that their value is tied solely to how much they can endure or provide. But prioritizing yourself is not an act of harm to others—it's a radical act of self-respect. It says: *I am worthy. My needs matter, I deserve peace too.*

Self-respect begins with recognizing that your worth is not defined by sacrifice. It grows stronger when you set boundaries, when you rest without apologizing, when you chase goals that are yours and yours alone. And when women start showing themselves the same love, compassion, and loyalty they so freely give to others, they become more aligned, more fulfilled, and more empowered.

Constantly caring for others without caring for yourself is not sustainable. It leads to burnout, resentment, and a loss of identity. Relationships suffer, mental and physical health diminishes, dreams die. When your cup is empty, there's nothing left to pour into anyone else's. Prioritizing yourself isn't selfish—it's survival.

Putting yourself first means setting boundaries, saying "no" without guilt, and making space for your passions, rest, health, and growth. It means recognizing that your needs are just as important as anyone else's. When women learn to care for themselves with the same love and

attention they give to others, they reclaim their power. They show up stronger, more grounded, and more authentically—in their relationships, in their home lives, in their professional space. Which, in turn, makes the world a better place.

As a rule, people in suffering spread suffering. There's nothing particularly noble about that. You can't be sick enough to make one person well. You can't be poor enough to make one person wealthy. You can't sink low enough to raise one person up.

To prioritize yourself is not to abandon others, nor to reject them—it's to finally include yourself in the circle of your own compassion. When women stop apologizing for their needs and start honoring their boundaries, and voicing their desires, something powerful happens: they begin to live from a place of strength rather than depletion. They begin to build a foundation for a life where they are no longer an afterthought in their own story. In a world where women so often feel unheard, unseen, unrecognized, or underappreciated, make the conscious choice to put yourself back at the center of your own life. Be your own hero. Write your own story. Don't spend your days in a state of compliant reactivity to those around you. Build yourself up from within, then shine your light on the world around you, from a place of strength, love, and an unshakable knowledge that you are worthy.



Open House

Saturday, April 26th

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SAVE THE DATE! LOCAL EVENTS CALENDAR

ONGOING-

COLUMBINE QUILTERS meet at Welcome Home Alliance Warrior Resource Center, 4 Hillcrest Plaza Way Montrose. 1st Saturday except for July at 9 am.

FRIENDSHIP QUILTERS meets at the Montrose County Events Center, 4th Thursday Jan - Oct, 3rd Thursday Nov - Dec, 9am.

HEALING COLLECTIVE OF WESTERN COLORADO-Every 1st and 3rd Tuesday of the month from 12-1pm the Healing Collective of Western Colorado meets at 220 N Stough Ave. It is open to all wellness providers in the area who would like to collaborate with and learn from other local practitioners.

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

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

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

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

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

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

MONTROSE AREA WOODTURNERS Montrose Area Woodturners meet second Saturdays 9 am. Chapter of the American Association of Woodturners. For location and information contact: Al Head 970-209-0981 or aheadaviation@outlook.com

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

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

MONTHLY

April 24-The 2nd quarterly meeting of the Women's Giving Club will be held on THURSDAY, April 24 at 5:30pm at the Bridges Golf and Country Club. All women are welcome!! Please come to meet new friends while supporting local non-profits. for more information contact Phoebe at 970-209-9598 or givingclubofmontrose@gmail.com

April 25-Join us for a fun night of friends, laughter, and Karaoke on April 25! Snacks and drinks will be available for sale for your enjoyment. Only \$5 entry. Come sing with us, and show us what you got! Family friendly. We hope to see you there! Magic Circle Theatre, 420 S 12th St Montrose magiccircleplayers.com. 970-249-7838.

April 26-Rethinking Plastics—Exploring alternatives to Single Use Plastics. Community Spirit Church, 504 north 1st Street. 11am.

May 6-Citizen's Climate Lobby monthly mtg Tuesday May 6th at 5 at Hispanics Affairs 504 N 1st Street Montrose Nonpartisan, environmental, All Welcome, 970-765-9095.

May 10-It's the National Science Foundation's 75th Anniversary! Join us for a STEM Day Celebration at the Montrose Regional Library on May 10, 2025 from 11:30am to 1pm with fun, interactive activities for all ages about water in the Four Corners Region! Activities to make, activities to take!! Free to the public. All ages invited.

May 13--On Tuesday, May 13. SW CO Trafficking Task Force Meeting. Cedar Creek Church, 222 S. Townsend, 6-8 p.m. Come find out about the various kinds of trafficking that are going on in our own area, what to look for, and how you can help keep our community safe. The Beyond Trafficking team from Texas will be presenting.

Sept. 13-14-The highly anticipated Tribute to Aviation, Montrose Regional Airport's signature event, is officially scheduled for Sept. 13-14, 2025. As one of the largest static aircraft displays in the western United States, Tribute to Aviation will showcase both military and civilian aircraft. For more information, please contact Vendla Stockdale at vstockdale@montrosecounty.net or 970-964-2479 or visit www.tributetoaviation.com

MIRROR IMAGES: OUT & ABOUT



At left, B. Switzer captured these bright tulips, so far not eaten by deer. Above, Gail Marvel took this photo of a tuft of ornamental grass covered in spring snow.

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