



ONLINE NEWS  
ASSOCIATION



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© Issue No. 650 Aug. 11, 2025

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## COUNCIL APPROVES BALLOT QUESTION THAT MAKES SWEEPING CHANGES TO CITY CHARTER



*During the regular meeting on Aug. 5, several constituents addressed the City about ongoing "persecution" of the Montrose United Methodist Church, despite abatement and removal of the church's camping area for unhoused people. Photo by Harry Switzer.*

By Caitlin Switzer

MONTROSE-All City Councilors were present as the Montrose City Council convened for their regular meeting of Tuesday, Aug. 5. Mayor David Frank called the meeting to order and led all in saying the Pledge of Allegiance.

Mayor Pro Tem Judy Ann Files had no changes to the meeting agenda.

### OATH OF OFFICE FOR MUNICIPAL COURT JUDGE

Mayor Frank delivered the Oath of Office to new Municipal Court Judge Thomas Le Claire.

"Congratulations Judge, welcome on board," Frank said.

### CALL FOR PUBLIC COMMENT

First to speak was John Brown, who questioned the lack of a written declaration that the City of Montrose is not a sanctuary city.

"It's been since March of 2024 that the public has decried that Montrose become a non-sanctuary city," Brown said. "Ever since

***Continued pg 22***

## BOCC APPROVES OPTION 2, HONORS SCOTT HAWKINS

By Caitlin Switzer

MONTROSE-Montrose Board of County Commissioners (BOCC) Chair Scott Mijares called the regular meeting to order, and Emergency Operations Manager Scott Hawkins led in saying the Pledge of Allegiance at the regular meeting of the BOCC on Wednesday, Aug. 7. All commissioners were present.

"Please remove your hats," said Mijares, as Planning & Development Director Tallmadge Richmond delivered the Invocation.

Richmond said, "Our kind and gracious Heavenly Father, we come before you this great day...we ask a blessing on the Commissioners...that they'll have thy spirit and wisdom with them, we are so grateful for their service and for the good people in this community, please bless us all to express love one to another, to serve each other, and to show Christ-like attributes..."

***Continued pg 46***



*Montrose County Emergency Manager Scott Hawkins (right) was honored by the BOCC last week for his efforts during the South Rim Fire. Hawkins is shown here with Rocky Mountain Incident Commander Jay Miller, and District Fire Management Officer for the BLM South-west District Rusty Stark. Photo by Gail Marvel.*

[Western Slope Poet Laureate Wendy Videlock: The Barefoot Laureate!](#)

[The Satisfied Woman: By Gia Pirelli!](#)

[Cartoon by Tim Jones!](#)

[Local Events Calendar! Regional News Briefs!](#)

# 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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**Editor:** Caitlin Switzer

**Publisher:** Harry Switzer

**Of Counsel:** B. Switzer, Esq.

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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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## COLORADO NEWS BRIEFS

### END SUMMER ON A SAFE NOTE: RU CLICKING?

*Special to the Mirror*

COLORADO – Learning to drive is an important milestone for most adolescents. While teen drivers gain experience their crash risk is high. Last year Colorado State Troopers investigated 4,270 at-fault crashes by drivers aged 16-21. These crashes resulted in over 627 significant injuries and 27 fatalities. Seat belt laws increase seat belt use, ultimately saving lives. “Drivers, especially young ones, often underestimate the destruction that will be done in a crash, even at slow rates of speed,” stated Col. Matthew C. Packard, chief of the Colorado State Patrol. “Risk perception is often low for teens and driving errors are normal as they gain experience.”

While Colorado is one of 15 states whose seat belt law is a secondary offense for adults, this is not the case for anyone under 18. If a child under the care of a parent or a driver under 18 is found improperly restrained, it will be treated as a primary offense and include a larger fine.

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## OPINION/EDITORIAL: LETTERS

### MONTROSE VETERANS MEMORIAL COALITION REQUESTS CITY AND COUNTY OF MONTROSE SET MEMORIAL CONSTRUCTION TIMELINE

Dear Editor:

UPDATE--Montrose Veterans Memorial Coalition board members met Monday, July 28 with the Montrose County - Government County Commissioners to brief them on the progress of the Montrose Veterans Memorial. The County Commissioners are partners in the memorial along with the City of Montrose Colorado Government and the MVMC.

We opened with discussing our completion of the mandatory design of the memorial. We have been told by the city that without this drawing the project would be at a standstill. Now that design is complete, we look forward to further discussions on the costs of the memorial. We thought bids would be requested for the flatwork at the site last January/February, but that obviously has been delayed for reasons outside the MVMC's control.

To fulfill our part of the Memorandum of Agreement, the MVMC has gathered nearly \$400,000 of in-kind donations as of this writing. We are continuing to seek this type of donations with gravel, concrete, rebar and other construction materials that will create a spectacular memorial.

We already have made two down payments on the engraved black granite pan-

els, acquired a helicopter, and sold nearly 500 tribute and patriot bricks to surround the concrete walkways. We have an entry stone and a bronze statue of an eagle to greet visitors. These are the pieces that will make the flatwork a memorial.

The commissioners mentioned they have put money aside for this memorial, and after hearing estimates, agreed they might need to set aside more. They have in the past said they will donate gravel for the memorial. We are pleased with the support the county commissioners have given us throughout this project.

The last issue we discussed with the commissioners was to help set a meeting of all the decision makers within the partnership so we can determine a start time for construction and finish date. The acting county manager was tasked by the commissioners to put together a meeting of the partners: city, county and MVMC.

When we have heard the "possible timeframes" in the past, we have contacted our vendors. Last spring was one of those times but request for bids was delayed without explanation and delivery times had to be canceled. We hope this next meeting with all partners will happen in the coming days to prevent any further confusion with our vendors.

Once again, I want to thank all our donors for your support and patience with the project. Thanks to the county, city, architect, engineers and all other volunteers who have worked so hard. I also want to commend our retail businesses who have stepped up to support the memorial by purchasing a forever patriot brick that will be displayed at the memorial.

If you have a business and want to purchase a \$500 forever brick for your company, contact Amy Eifling, Welcome Home Alliance for Veterans volunteer coordinator at (970)765-2210 or stop by the WHAFV, 4 Hillcrest Plaza Way Montrose Colorado 81401.

If you would like to order a \$125 tribute brick for active duty, retired or veteran military or donate online, please go to our website at <https://www.montrosevmc.us/>.

Stop by and visit our booth at the Montrose Colorado Tribute to Aviation Sept. 13-14. It's free to the public and always a great time!

<https://www.tributetoaviation.com/>  
On behalf of your Montrose Veterans Memorial,

*Les Williams, MVMC BOD president*  
*J. Bob Brueske, MVMC BOD chairman*

### PLEASE SUPPORT KVNF AND THE SUMMER MUSIC SERIES

To The Editor:

For those of you who missed The Wilder Blue at the Montrose Summer Music Series, WOW, you missed a great performance! I've never seen such a big crowd dancing in front of the stage and staying until the very end. A big thank you to Dave Bowman and the City for bringing such a talented, fun, multi-instrumental and professional group to Montrose. And a big shout out to Stormin' Norman from KVNF for bringing The Wilder Blue to Dave's attention. It really highlights Norm's dedication to music and why KVNF is so important to our community. So, please support KVNF and the Summer Music Series so they can bring more groups like The Wilder Blue to us!

*Patti Powel, Montrose*



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# COLORADO NEWS BRIEFS

## CBI AND LA JUNTA POLICE DEPARTMENT INVESTIGATE DEADLY SHOOTING IN LA JUNTA

### CBI News Release

LA JUNTA – The Colorado Bureau of Investigation (CBI) is assisting the La Junta Police Department (LJPD) with an investigation into a deadly shooting that occurred yesterday.

At approximately 12:04 p.m. on Thursday August, 7, 2025, La Junta Police received a call of a shooting in the 500 block of Bradish Avenue. Upon arrival, officers located one male victim at the scene with life-threatening injuries, who later died from his gunshot wounds. Two other victims were located and are currently being treated for their injuries. Their conditions are unknown at this time.

The investigation is active and ongoing but there is no danger to the community. The La Junta Police Department has requested assistance from the CBI due to the nature of the incident.

Authorities are not releasing the identities of the victims at this time, nor are they providing any further details about the circumstances of the shooting.

The public is asked to contact the La Junta Police Department with any information related to this incident.

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## REGIONAL NEWS BRIEFS

### DELTA HEALTH PULMONOLOGY CLINIC RELOCATING TO DELTA HEALTH REHAB LOCATION

*Special to the Mirror*

DELTA— Delta Health is pleased to announce the relocation of the Delta Health Pulmonology Clinic to 296 Stafford Lane, the former Delta Health Rehabilitation location. This move is effective Monday, August 18, 2025.

“The new location allows us to expand in space for Pulmonology, while our dedicated staff to continue to provide high quality care for our patients,” said Jonathan Cohee, MHA, OT, and Chief Executive Officer for Delta Health. “Our Pulmonologists evaluate, diagnose and provide treatment and management of adult patients with common respiratory diseases such as asthma, sleep apnea, pulmonary embolisms, and more.”

The Pulmonology clinic relocation is part of a multi-clinic move to better utilize space on the Delta Health campus while continuing to provide critical services for patients.

Starting on August 18, the clinics located inside Building A at 296 Stafford Lane on the Delta Health campus will be:

- Delta Health Pulmonology
- Delta Health Pediatrics
- Delta Health Family Medicine
- Delta Health Urgent Care

For more information on Delta Health Pulmonology’s move, please call 970.399.2635 or visit <https://deltahealthco.org/dcmh-pulmonary-clinic/>.



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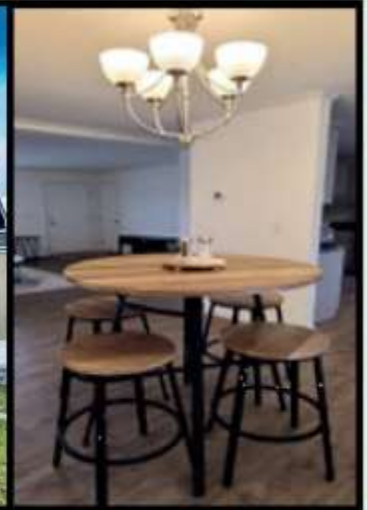


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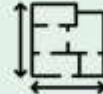
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# OPINION/EDITORIAL: LETTERS

## IS SOLAR THE BEST CHOICE FOR MONTROSE COUNTY?

*Editor:*

At the last BOCC meeting on August 6, there was a discussion about using solar fields for powering Montrose County. As much as solar is championed among most climate-concerned people, there are many downsides to it. There is the problem of recycling solar panels and batteries used for back up. They are not recyclable, so end up being toxic waste.

According to a DMEA worker, the 700-acre solar field north of Olathe often needs repairs and attention which takes workers away from more important work in the county.

The problem with solar fields is that they can increase local surface temperatures, which can contribute to regional warming; they disrupt ecosystems, both flora and fauna. They alter soil properties and amplify heat retention as well as cause drought conditions. Also, they affect animal populations and biomes. What can we use instead? Small Modular Reactors (SMRs).

Small Modular Reactors (SMRs) are compact nuclear power plants, often referred to as mini-Nuclear Power Plants. With advancements in technology, and the rise in AI/data centers and electric cars needing more and more electricity, SMR's offer a great solution. They offer major advantages over conventional large-scale nuclear power plants and solar.

- 1.They are affordable.
- 2.They have enhanced safety.
- 3.They have a smaller footprint.
- 4.They have reduced carbon dioxide production.

5.Electricity production can be flexibly adjusted to meet actual demand.  
[Most SMR designs generate between 200 to 300 MegaWatts (MW) of energy, but more are being developed that would increase the MW generation to 400-500 MW.]

To give you an idea of how powerful a SMR is, nuclear submarines have used SMRs for decades. One of them could power a small city with no difficulty. Nuclear subs can have 7,000 personnel, so it is like a small city. Visualizing this, you can imagine that an SMR would be able to fuel most of Montrose. Maybe we might need more than one SMR, but the footprint compared to a solar field would be tiny in comparison.

SMRs rely on automatic controls to shut down or cool when necessary, as they require less coolant and can ramp down quickly. Their passive safety features – features that rely on natural phenomena, such as gravity and natural circulation – mean there is little human intervention needed from the operators. They have fewer instruments that can fail, and if/when failure occurs, the root cause can be found promptly. You can add incremental

units if needed if more power is required. SMRs' small size makes a small footprint thus making it more usable for a variety of sites. They can operate independently from the grid.

As mentioned before, SMRs can produce base load zero carbon generation to the grid with minimal outages. The cost of SMRs would be less than solar fields especially since they do not require a lot of land and do not need to have parts replaced like we are seeing in the local solar field north of Olathe.

In conclusion, SMRs are a great alternative to solar. They are safe, reliable, create clean energy and have a small footprint. It does not affect ecosystems or climate as solar does. Overall, the expense to Montrose County would be much less than a solar option.

<https://institute.bankofamerica.com/content/dam/sustainability/small-modular-reactors.pdf>  
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*Concerned Citizen*



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# REGIONAL NEWS BRIEFS

## MONTROSE ENACTS STAGE 2 FIRE RESTRICTIONS

*Special to the Mirror*

MONTROSE-Montrose County Residents, Stage 2 Fire Restrictions are enacted during periods of extreme fire danger to reduce the risk of devastating wildfires.

Stage 2 Fire Restrictions will take effect across all of Montrose County, including all state lands, starting at 0001 a.m. on Friday, August 8.

Recent days have brought multiple wildfires across Colorado. While one fire has been contained, new fires continue to ignite. The danger in Montrose County is extreme.

Montrose County Sheriff Gene Lillard emphasizes: “Beginning August 8, our deputies will enforce Stage 2 Fire Restrictions. Violations will result in a criminal citation.”

Prohibited under Stage 2 Restrictions:

- Any campfires, including charcoal or pellet grills
- Agricultural burns or any open burning
- Smoking in timber, brush, or grass areas
- Fireworks or pyrotechnics of any kind (including exploding targets)
- Cutting, welding, or grinding in dry vegetation
- Operating off-road vehicles or equipment without an approved spark arrestor

Permitted:

- Propane or liquid-fueled camp stoves, lanterns, or heated devices with on/off switches.

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## **PUBLIC NOTICE**

### **MONTROSE MEMORIAL HOSPITAL, INC. NOTICE OF DIRECTOR APPLICATIONS**

Montrose Memorial Hospital, Inc., a Colorado community nonprofit corporation, is now accepting applications to fill available positions on its Board of Directors.

Application packets are available for download at [www.montrosehealth.com](http://www.montrosehealth.com), by email request to [BODapplications@montrosehealth.com](mailto:BODapplications@montrosehealth.com), or pick up at the Montrose Regional Health Administration office, located at 800 South 3<sup>rd</sup> Street, Montrose, Colorado, from 9:00 a.m. to 5:00 p.m., Monday through Friday.

The deadline for return of completed applications is **Friday, August 15<sup>th</sup>** at 5:00 p.m. at the MRH Administration office.

Elections will be held by the Board of Directors at its annual meeting in October.



Michael Brezinsky [Jul 1, 2025 22:04 GMT-12]

Dr. Michael Brezinsky, Chairperson  
Nominating Committee  
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## OPINION/EDITORIAL: LETTERS

### GRAB A FRIEND, GET A GREAT CUP OF COFFEE, AND SIGN THE PETITION TO RECALL SCOTT MIJARES

Dear Editor,

As Co-Chair of the Recall Scott Mijares Committee, I would like to correct the article written by Michael J Badagliacco, "MJB" in the August 4, 2025, edition of the Montrose Mirror.

Once again, Mr. Madagliacco has misinformed your readers. While we have over 100 volunteer petition circulators all over Montrose County, Judy Ann Files is not one of them. Mrs. Files was not even signing our petition at the Music Festival. She was simply talking to one of our volunteers. Last I knew, that was a completely legal activity for an elected official.

Montrose County residents are smart enough not to fall for fear-mongering or conspiracy theories.

Linda Gann

Co-Chair

RECALL SCOTT MIJARES COMMITTEE

PS. Our committee will be busy this week. In addition to the Post Office, Library and Rec Center, look for us at the Monte de Rosa Festival and both Coffee Traders on Thursday, Friday, Saturday, and Sunday mornings from 7:30 am to 11 am. Grab a friend, get a great cup of coffee, and sign the petition to Recall Scott Mijares.





# REGIONAL NEWS BRIEFS

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*.Special to the Mirror*

MONTROSE-Friendship Quilters of Western Colorado will meet Thursday, Aug. 28, at the Montrose County Event Center, 1036 N 7th Street. The meeting starts at 9am with social time, followed by a business meeting, program, and show and tell. Denim is our theme of the month. Wear your jeans and show off your coolest projects using denim. Program is a trunk show by long-time quilter extraordinaire Mary Ross. Mary has created some exquisite pieces over the years, has co-authored book about quilting, and has been an important part of the Montrose quilting community. You are sure to be inspired. After the meeting, Caroline Ellermann will present a mini-workshop on Sharon Shamber's machine applique technique. Cost for the workshop is \$10. Call 360.448.0153 for questions.

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## REGIONAL NEWS BRIEFS

### DELTA HEALTH REHABILITATION CLINIC RELOCATING TO 70 STAFFORD LANE

#### *Special to the Mirror*

DELTA—Delta Health is pleased to announce the relocation of the Delta Health Outpatient Therapies and Sports Performance Clinic to 70 Stafford Lane, the former Delta Health Pulmonology and Urgent Care location. This move is effective Monday, August 18, 2025.

"The move of our Rehabilitation Clinic has been in the works for a long time, and we are excited to see it come to fruition for our patients and staff," said Jonathan Cohee, MHA, OT, and Chief Executive Officer for Delta Health.

Not only is the new location larger, but there is improved parking and it will allow all of Delta Health's Rehabilitation services to be housed in one central location, including Occupational Therapy, Lymphedema, and Speech and Language Pathology.

"We want to thank our amazing patients for their continued patronage and confidence in the Delta Health Rehabilitation team, which contributed to making this move to an expanded clinic space possible," said Manuel Delgado, MS, PT, Director of Outpatient Therapies and Sports Performance at Delta Health. "We can't wait to work with our patients in this new, larger space, which will allow our team of therapists to continue to successfully rehabilitate our patients and help them get them back to living the life they love."

Starting on August 18, the clinics located inside Building D at 70 Stafford Lane on the Delta Health campus will be:

- Delta Health Outpatient Therapies and Sports Performance
- Delta Health Occupational Therapy
- Delta Health Lymphedema Therapy
- Delta Health Speech and Language Pathology
- Delta Health Home Health


**OUTPATIENT THERAPIES & SPORTS PERFORMANCE**



WE'RE MOVING!

ON AUGUST 18TH

DELTA HEALTH REHABILITATION IS MOVING

*from*

**296 STAFFORD LANE**

---

*to*

**70 STAFFORD LANE**

**THANK YOU TO OUR PATIENTS!**

Due to your continued patronage and confidence in Delta Health Rehabilitation, we are excited to announce our move to an expanded space to better serve our patients!

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## OPINION/EDITORIAL: LETTERS

### WE CAN CREATE A BETTER WORLD

*To the editor,*

In this dark political moment, it's easy to forget about the exploitation of animals. Day after day, year after year, we torture and slaughter sentient beings on an unimaginable scale — all in the name of food production. In my view, perhaps the most promising way of reducing the number of animals we exploit in this manner is through robust public funding of cultivated-research.

For those who don't know, cultivated meat is grown from livestock cells, without slaughter. The technology currently exists to make the new protein, but to mass produce cultivated meat and sell it at a price that competes with or undercuts slaughtered meat, further scientific advancements are needed. There's no reason to believe these breakthroughs can't be achieved.

Compassionate politicians at the state and federal level should back significant government investment into cellular-agriculture development. Let's build research facilities dedicated to this goal at every college and university in America with a farm program. We can create a better world, in which battery cages, gestation crates and livestock trucks are left on the ash heap of history.

*Jon Hochschartner Granby, CT*

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# Why should Commissioner Scott Mijares be recalled?

## LACK OF TRANSPARENCY

- Violated state law. Scott Mijares repeatedly violated Colorado Open Meetings Law, CRS §24-6-402. He conspired with another commissioner to force the termination of the county manager and county attorney. Two commissioners, including Scott Mijares, have made and continue to make key decisions regarding county government outside of public meetings.
- After forcing the termination of our county manager and county attorney, Commissioner Scott Mijares prevented the public from speaking. That is not leadership; it is a power grab.

## POOR FISCAL RESPONSIBILITY

- Wasteful spending of taxpayer dollars. Over half a million taxpayer dollars have been wasted on severance packages, backfilling positions, and unnecessary outside legal fees.
- Scott Mijares risked our money. Mijares attempted to halt a building project at the North Campus. The penalty for breaking the contract would have been three million dollars, paid directly from taxpayer funds. He backed down only after facing significant public pressure.
- Public health flip-flop. Scott Mijares demoted our Public Health Director without a valid reason, then retreated after public outrage. County health is not a game of musical chairs – it's about providing access to vital public healthcare.

## VIOLATED PUBLIC TRUST

- No voice for citizens. At key meetings on the terminations, Scott Mijares shut down public comment, refusing his opponents the opportunity to speak. He works for us, not the other way around.
- Pattern of chaos. Scott Mijares has and continues to cause fear, waste taxpayer resources, and damage staff morale. County work should be consistent, not a soap opera.
- Toxic and fearful work environment. Mijares's unpredictable actions have created instability, resulting in a toxic and fearful workplace at Montrose County.

## SIGN THE PETITION

Recall Scott Mijares  
PO Box 233  
Montrose, CO 81402



Paid for by Recall Scott Mijares.  
Registered Agent: JIM HAUGSNESS

info@recallscottmijares.com  
RecallScottMijares.com



Paid for by Recall Scott Mijares

# COUNCIL APPROVES BALLOT QUESTION *From pg 1*

then we have been told by this council that we are a non-sanctuary city, it's written someplace...we have never seen anything in writing that has depicted that...of all the places that have declared themselves, within Western Colorado, nobody has ever sued anybody for becoming non-sanctuary...through all of this, this year and a half, there has not been any response except once, when the Mayor had said, 'Hey we're not a sanctuary city we'll never be.' But there has not been anything in writing...I would encourage this council to come up and sign a written petition if we are who you say we are, a non-sanctuary city...just hearsay doesn't work..."

Becky Dickey spoke. She questioned "the ongoing persecution" of the Montrose United Methodist Church. "...And I am a member of that church, over the disbanded camp that was available to keep our unhoused population from freezing to death last winter. I would encourage the council and the city attorney to drop this case and instead focus efforts to solve the unhoused problem. Time and resources are being used to focus on punishment instead of a solution for the most vulnerable of our community..."

She reminded Council of *Mathew 25:40*. "Whatever you do to the least of these brothers and sisters etc. The Montrose United Methodist Church was and is trying to follow this teaching, and is being met by excessive government interference as to how we can take care of the population that our religion mandates us to do. Your time would be so much better spent by putting all this effort into solving the problem, which is not going to go away...I believe there is far more important business the City should be concerned with, both in time and money, than punishment of a church for an issue that is no longer in existence."

Dickey also questioned the use of the sales tax money that has been collected from the hotel lodging tax increase in the last election. "While I feel we have gotten good information on the amount of money collected, it does not seem like there has been any reporting on the spending of the money. I have requested a report

twice and have yet to receive it. The reason this is important is that 33 percent of the money is supposed to be used for access to affordable housing...I would like to request that this report be published for the whole city to see how the funds have been used."

Next, Leah Vandersluis spoke. "At Cerise park during the Summer Music Series, which is an event funded by taxpayers through the City's General fund as well as Retail Sales Enhancement Fund and Tourism Promotion Fund, one of the council members was seen collecting signatures for the recall of Scott Mijares. Now it is not ethical for an elected official to be doing that on a city sponsored event, and it's a place for community enjoyment and not political maneuvering. And to have this person on the Council doing this raises serious questions about ethics and the proper use of public resources.

"And I'm very upset by the actions of Ms. Files...actively asking people to sign this recall petition...I think that this needs to be addressed..."

Councilor Files responded. "Excuse me ma'am, no one saw me soliciting petition signers. I was at Cerise Park, on the way in, I stopped to talk to two friends who happened to be doing petitions. I was not wearing a recall badge, I was not carrying a petition, I simply talked to the two of them and then I went on into the music venue.

"That's all I did."

Next, Connie Pittenger spoke. "I am also a member of the Montrose United Methodist Church. I am rather confused by the events which have taken place regarding the unhoused members of our Montrose community. Last summer, early fall...city council and city staff began a process of updating and enforcing your ordinance on camping on private and public property within the city limits of Montrose. You forced members of the unhoused community to leave areas which they had been occupying, but you did not give them any options as to where they might go. The unhoused members of our community did not evaporate.

"In December, our United Methodist Church saw a definite need to do some-

thing for some of the unhoused members of our community. During the course of the next few months you presented us with many citations. We completed the abatement by May 31st and required all of our guests to move to other locations, and the area around the church was cleaned up.

"At some point in that six-month period of time, when there were at least two appearances in court or trials, it was mentioned that if we did the abatement all of the charges would be dropped. Our church acted in good faith and did the abatement," Pittenger said.

"In the interim, a cross section of people who have an interest in this unhoused situation have formed a roundtable to discuss possible options. You are a part of that roundtable discussion. I hope that you are participating in good faith in that roundtable, and offering some positive and hopeful options for the situation.

"From my perspective as a church member, I know that you have NOT dropped the citations. In fact you are doubling down on all the citations and to put it bluntly, attempting to tighten the screws. You, the City submitted a Motion in Limoni, to prevent us in using our constitutional rights contained in the First Amendment. So as to avoid confusion of the issues at the trial, you also presented us with a document of facts and background. Some of those facts stated that we allowed legal activities to occur on our property, but because it was our property in question, somehow those legal activities became illegal.

"You also stated that it shall be unlawful for any person to create, cause, or maintain a nuisance, or to permit any nuisance to exist upon or in connection with any premises owned by him or under his control.

"Well around the Fourth of July, I asked for assistance in containing nuisances in my neighborhood regarding the use illegal fireworks. No assistance was given for the containment of those nuisances. I think that we really need some consistency with the enforcement of rules."

Lacey Sanchez spoke next, "...Ms. Files, perception is reality...when you were seen



# COUNCIL APPROVES BALLOT QUESTION *from previous pg*

in a public place, the people you are seen with becomes the perception...you need to understand that with this highly contested divisive recall that is happening within our community, you're going to be labeled one way or another. And you've been elected by voters.

"Commissioner Mijares was elected by over 18,000 voters, and from what I can recall, far more than what any city council member has ever received.

"So let me say something, the people who talked about circulating this petition—probably your friends. The people who have thrown their money in funding this recall, probably your friends. And then seeing you standing around in a forum such as you were, labels you as being a part of that, which looks very disgraceful to the voters, who with a loud, strong voice said that they wanted Commissioner Mijares in as County Commissioner.

"What I would like for you to consider is, if you are a part of or in support of the recall, all of those voters will stand back up and they will smash down that candidate..."

Mayor Frank interrupted, "You're verging into a personal attack, and I'm going to ask you..."

Sanchez continued, "No, sir, I am not. What I am saying is that we will smash down the attack on the candidate—unless you choose to be that candidate—but for the candidate that comes up against. Thank you."

Katrina Davis spoke. "I'm lucky enough to be a homeowner, and have a home...this is my first time here, I have a mental health condition that makes it very stressful for me to be in this state and share my thoughts with you...I'm not really very informed on the homeless situation, but I did attend the Solutions meeting this last Wednesday; I feel very in agreement with the things that were said by Becky and Connie...I'd like to plead with you, please, to put...as much of your energy as you can into helping solve this problem, with all the organizations in Montrose that can contribute to solutions, rather than just fining a church...how can this be happening...please be a kind and humane person, and do everything you can to solve the homeless situation rather than fining a

church..."

John Brown stepped forward to speak again, but Mayor Frank turned him away. "...Sir, you've already used your time..."

## CONSENT AGENDA

Consent Agenda items were approved as presented.

## NEW RETAIL LIQUOR STORE LICENSE APPLICATION

Council voted unanimously to approve an application for a new Retail Liquor Store liquor license at 113 W. Main Street for West Main Liquor LLC, doing business as West Main Liquor, for consumption off of the licensed premises.

## NEW HOTEL AND RESTAURANT LIQUOR LICENSE APPLICATION

Council voted unanimously to approve an application for a Hotel and Restaurant liquor license at 344 and 346 E. Main Street for Typhoon Hospitality, Inc., doing business as Persimmon /Ms So, for consumption on the licensed premises.

## 2025 CITY OF MONTROSE MASTER CONTINUITY OF OPERATIONS PLAN

Council unanimously adopted the 2025 City of Montrose Master Continuity of Operations (COOP) Plan and promulgation signature by the City Manager.

## RESOLUTION 2025-13

Resolution 2025-13, setting September 16, 2025 as the hearing date for the annexation of the Black Jack Addition, was unanimously approved.

## ORDINANCE 2683 - SECOND READING

Council voted four to one to approve Ordinance 2683 on Second Reading, amending Title 11 Chapter 7 Section 7, regarding density standards in the B-1 zone district and front-yard garage setbacks in residential zone districts. Councilor Ed Ulibarri voted to deny Ordinance 2683.

## ORDINANCE 2684 - SECOND READING

Ordinance 2684 was approved unanimously on Second reading, amending the zoning district designation of Lot 1 of the Carrier Neutral Location Minor Subdivision from P, Public District, to B-1, Central Business District.

## ORDINANCE 2685 - SECOND READING

Also approved unanimously, Ordinance 2685 on Second Reading amends the zoning district designation of Lot 2 of the Klein Minor Subdivision from MHR, Manufactured Housing District, to R-6, Medium

Density/Manufactured Housing District.

## ORDINANCE 2686 - SECOND READING

Prior to consideration of Ordinance 2686 on Second Reading, Councilor J. David Reed recused himself and exited Council Chambers. Ordinance 2686 concerns the annexation of the Waterfall Canyon Pond Addition. With Councilor Ed Ulibarri voting to deny, Council approved Ordinance 2686 on Second Reading in a three to one vote with Reed abstaining.

## ORDINANCE 2687 - SECOND READING

With Reed recused, Ordinance 2687 passed on Second Reading, in a three to one vote with Ulibarri voting to deny. Ordinance 2687 zones the Waterfall Canyon Pond Addition as an R-3, Medium Density District.

## ORDINANCE 2688 - SECOND READING

The owner of the Waterfall Canyon West Addition is the Waterfall Canyon LLC, Council affirmed. Councilors voted with four votes and one abstention to approve Ordinance 2688 on Second Reading, for the annexation of the Waterfall Canyon West Addition.

## ORDINANCE 2689 - SECOND READING

Council adopted Ordinance 2689 on second reading with four yes votes and one abstention, zoning the Waterfall Canyon West Addition as an R-3, Medium Density District.

Councilor J. David Reed returned to Council Chambers.

## ORDINANCE 2690 - FIRST READING

Council is seeking to implement sweeping changes to the City Charter, which require approval by a vote of the people. Ordinance 2690 would submit to a vote to the registered electors of the City of Montrose proposed amendments to Article I Sections 7, 8, 9, 10, 11, 14, Article II sections 2, 4, 9, Article III Sections 1, 4, 7, Article IV Sections 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 14, 16, 18, 20, 21, 22, 23, Article V Sections 5, 19, Article VI Sections 3, 5, Article VII Sections 1, 2, 3, Article VIII Sections 1, 2, 3, 5, Article IX Sections 3, 5, 6, and Article X, Section 1 of the Charter of the City of Montrose and additions of Article IV Sections 24, 25, Article VIII Section 9 to the Charter of the City of Montrose; and setting a ballot measure for the Nov. 4, 2025, Coordinated Election.

## COUNCIL APPROVES BALLOT QUESTION *from previous pg*

City Attorney Chris Dowsey said that the changes were considered in a work session on May 19, and declined to review each one individually. In a four to one vote with Ulibarri voting to deny, Ordinance 2690 was approved.

Councilor J. David Reed said, "...It is not the Council who makes changes to the Charter, it is only the registered electors of the City...only the registered electors approve changes to the Charter..."

"...The authority is only vested in the voters," City Attorney Chris Dowsey said.

**Background**-The meeting agenda states, "In 2023, there was a Council initiative to review the Charter of the City of Montrose which was done by a Charter review committee. The committee that reviewed the

*Charter consisted of the Mayor, Mayor Pro Tem, City Manager, Deputy City Manager, and City Attorney. These amendments generally were to update language in the Charter to conform with updated federal and state law and provide clarity in different Council processes. The amendments were reviewed by the Council at that time but never brought to a vote of the people. In early 2025, City Council made the decision to review these amendments once again and submit such amendments to a vote of the people. Council reviewed the amendments made by the committee one more time at the May 19, 2025 work session while giving direction to make a few edits. This Ordinance will set the ballot language for the November 4, 2025 com-*

*bined election and set the possible amendments to the Charter."*

### 6600 ROAD WATERLINE INTERCONNECT CONSTRUCTION CONTRACT

Council voted unanimously to award a contract to Hayes Excavating in the amount of \$757,318.89 for construction of the 6600 Road Waterline Interconnect Project.

### STAFF REPORTS

There were no staff reports.

### COUNCIL COMMENTS

Mayor Frank said he attended the National Night Out at the Montrose Police Department, "...And it's still going until eight o'clock... the high point of my day was petting the horses..."

## OPINION/EDITORIAL: LETTERS

### YOU CANNOT HAVE IT BOTH WAYS

#### Editor

A dictionary definition of hypocrisy is the pretense of having a virtuous character, moral or religious beliefs or principles, that one does not really possess. In simpler terms, it is where one thinks something is wrong, unless it benefits them and their beliefs, therefore justifying their moral right to then believe it is right.

The governor of Texas, and the Texas republicans, are attempting to gerrymander their state in ways to eliminate five democratic held seats. In order to do so, there has to be a quorum of voting representatives.

Texas democrats left the state to prevent a vote. Now the governor, republicans,

and Trump are speaking out saying these democrats should be arrested and brought back into Texas.

Previously, House republican leader Mike Johnson placed the House in recess early so they could not vote on releasing the Epstein files.

Thus, he chased the members of the House out of Congress.

Hypocrisy.

Republicans and MAGA scream out that student loan debt forgiveness is wrong, that it is stealing taxpayer monies.

The latest Kristi Noem endeavor is to hire thousands of new ICE agents. Maybe 10,000 more. Besides lowering the age restrictions to 18 and no upper age limit,

she is also offering a signing bonus of \$50,000. On top of that, she is offering up to \$60,000 towards student debt loan payoffs.

Hypocrisy.

Trump is planning on meeting Vladimir Putin in Alaska to discuss the ceasefire and presumably a final peace agreement regarding the war in Ukraine. The war is between Russia (who started it) and Ukraine (which is trying to survive and is defending themselves). Guess who is not invited to Alaska to discuss the peace agreement? Volodymyr Zelenskyy, the president of Ukraine.

Hypocrisy.

*Jon Sering, former Montrose resident*





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# OPINION/EDITORIAL: LETTERS

## COMPROMISE IS THE ART OF POLITICS

*Editor:*

We are enjoying the hospitality of the Western Slope for the summer. The golf, the sweet corn and Farmer's Market are treats. I am seeing trends that cause me to wonder why one half of our society cannot get along with the other half. Here are my observations that are eerily similar to our observations in Florida:

-Kalifornia's influence (mostly bad) is turning the Centennial State into Kolorado. I recall, just a generation ago, Colorado was a symbol of independence and Americana. Now, the state is wearing the moniker Eastern Kalifornia.

-The local Democrat party is so keen on optics (recall petition) yet they "can't see the forest because of the trees". What are their proposed policies beyond the bickering and whining due to being in the minority? So, you don't like a County Commissioner and you want to trash a duly-elected individual in the same lock-step fashion as the National Democrat party. The local party should emphasize new ideas and community collaboration with EVERYONE, And everyone includes the Republicans.

-As a society, as a culture, as a nation, we need the Democrat Party. You guys have to get better. The brand Democrat is pure trash. It has to get better because only through a competition of ideas do the best policies and solutions emerge.

-Both national political brands, especially at the local level, need to understand that compromise is the art of politics.

-It seems that local GOP party has abandoned Ronald Reagan's 11th Commandment- speak no ill of thy fellow Republican

-Gerrymandering is an ancient American political practice. To listen to one national brand complain of the erosion of democracy is the height of hypocrisy. Check out Kalifornia, Illinois, New York and New Jersey. Once you check out those states' art of gerrymandering, you'll grin at Texas karma.

-As a country, as a society, we do not have a revenue problem, we have a spending problem.

-The erosion of civility is a direct result of civics not being taught in public schools

-There are laws on the books that could address and reshape our immigration issues but Congress is too lazy to enforce them. The Farm lobby knows what the fixes are but they're too cheap to abide by them

-We don't have an emerging statesmen such as Daniel Moynihan, Tip O'Neill, Bob Dole or Howard Baker. The reason is because we, as citizens, are not requiring statesmen to emerge. We prefer flamboyance over substance, which is why clowns are in Congress. Congresswoman Crockett is a crackpot full of pure bovine feces. Omar and Tlaib are in lockstep.

I have a couple more months to enjoy Tratorria Di Sophia, Ted's and the EVOO olive store. These are gems in Montrose.

And for the 286th time, NO, I am not signing your petition!

*Robert Franco*

*Gov't Springs Rd (temporarily)*

## BEING A PUBLIC FIGURE DOES NOT NEGATE ONE'S 1ST AMENDMENT RIGHT

*Dear Editor,*

Michael J Badagliacco's August 4th letter is filled with misleading statements and falsehoods.

First, he'll have you believe the Montrose Summer Music Series sole source of revenue is from the City of Montrose. **Not true.**

The City is a sponsor but not the only one. Look at the banners around town or go to a concert, you will see local businesses provide the bulk of the funds used to pay for the concerts. They do so as a thank you to the community for its support.

He calls out Councilor Files participation in gathering signatures for the Mijares recall effort during a recent concert at Cerise Park. **He was wrong there too.** I spoke with her. She was not gathering signatures for the recall petition. She was at the concert; she did speak with two acquaintances that just happened to be asking for signatures. That is not a crime nor is it a conflict of interest.

There are 100 plus registered petition circulators. Judy Ann Files is not one of them. Even if she were to participate in the recall effort, she has a right as a private citizen to redress grievances against a county official. It is no different than Commissioner Pond participating in a counter-protest to the "No Kings" rally on June 14th of this year. Being a public figure does not negate one's 1st amendment right.

Badagliacco's letter to the editor is not really about a public figure participating in the grievance process or perceived conflicts of interest. His letter really is about public outcry. He is simply outraged a small group of well-organized citizens have the audacity to try and recall a sitting commissioner. He cannot accept that current and former prominent figures can get behind and support a citizen driven initiative.

People are tired of "alternative facts." If you are going to speak, speak the whole truth.

*Dave Stockton, Montrose*



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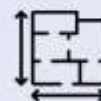
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2 Bathroom



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# OPINION/EDITORIAL: LETTERS

## PLEASE VOTE FOR REPRESENTATIVES WHO ARE BETTER STEWARDS OF THE PUBLIC PURSE AND WHO RESPECT THE PEOPLE OF THIS STATE

*Editor:*

The Tabor amendment was voted into law by the citizens of Colorado to put some reins on our free spending legislature, and they have complained about it and tried to work around it every year. It allows for limited government growth and taxation and it requires a vote by the people to exceed those limits. A sensible restraint on Government spending. ANY AMOUNTS COLLECTED ABOVE THAT GROWTH FOR-

MULA BY LAW IS TO BE RETURNED TO THE RESIDENTS OF COLORADO.

Our legislature has overspent in excess of \$1 Billion in the last fiscal year ( a large amount of which was due to misplaced compassionate spending for illegal Aliens) and now wants to refuse any Tabor re-funds in this year and the next that the people of this state are legally entitled to. Are these folks just making their own rules? They cannot simply keep the funds

and use the money for programs they should have never spent money on that they didn't have. So, this is nothing more than a tax hike that was not approved by the Citizenry.

Please do not forget this when you vote in November and vote for representatives who are better stewards of the public purse and who respect the people of this state.

*Mike Rape', Montrose*

## NOW IT'S UP TO MONTROSE COUNTY VOTERS

*Dear Editor:*

We're in the home stretch. The Recall Scott Mijares campaign has just one week left to secure the signatures needed to put this recall on the November ballot — and every single signature matters. For the past month, our volunteers have been out there day after day, knocking on doors, talking to neighbors, and standing in the heat to give our community a choice in November. They've brought us to the edge of victory — now it's up to Montrose County voters to take it across the finish line.

Where to Sign This Week

Monday–Friday:

**-Post Office 10AM–2:30PM**

**-Library 10AM–2:30PM**

**-Recreation Center 5PM–7PM**

Wednesday

**-Cerise Park 7:30AM-10:00AM**

Thursday

**-Coffee Trader Main Street - 7:30AM-10:30AM**

**-Coffee Trader 5th & Townsend - 7:30AM-10:30AM**

Friday

**-Coffee Trader Main Street - 7:30AM-10:30AM**

**-Coffee Trader 5th & Townsend - 7:30AM-10:30AM**

Saturday

**-Coffee Trader Main Street - 7:30AM-10:30AM**

**-Coffee Trader 5th & Townsend - 7:30AM-10:30AM**

**-Farmers Market - 8:00AM - Noon**

**-Monte De Rosas Festival, La Raza Park (17 N 6th), 12–4PM**

Sunday

**-Coffee Trader Main Street - 7:30AM-10:30AM**

**-Coffee Trader 5th & Townsend - 7:30AM-10:30AM**

Thanks to the entire county for your support on this effort.

*With deep appreciation,*

*Phoebe Benziger & Linda Gann*

*Co-Chair, Recall Scott Mijares Committee*



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# COLORADO NEWS BRIEFS

## NEWCOMERS & NEIGHBORS TO HOST ANNUAL PICNIC

*Special to the Mirror*

MONTROSE—Have you recently moved to Montrose? You're invited to the Montrose Newcomers & Neighbors Annual Picnic on August 23, or the first meeting of the new season on September 3 to learn more about the group.

What is Newcomers & Neighbors (N&N)? It's a group designed to introduce new residents to all that Montrose and the region has to offer. It's a great way to meet people new to town and learn more about the community. In fact, some newcomers like the programs and social op-



## MEDICARE IN A NUTSHELL

*A free community presentation  
with Doug Speedie, MD*

**Certified Medicare Counselor,  
State Health Insurance Assistance Program**



Whether you're brand new to Medicare, reviewing your plan options, or have questions about coverage and upcoming changes, this session is for you.

### Dates: (choose one)

- Wednesday, August 13 | 10 a.m.–12 p.m.
- Monday, September 29 | 4:30–6:30 p.m.

### Location:

Montrose Regional Health – Conference Center  
800 S. 3rd Street | Lower Level | Montrose, CO

Light refreshments served. Everyone is welcome!

portunities so much that they stay in the group long after they are no longer newcomers to Montrose — that's why the group is called Newcomers & Neighbors!

N&N offers many opportunities for learning and socializing. The group meets from September through May, the first Wednesday of each month at 10 a.m. at the Senior Center Meeting Room, 1800 Pavilion Drive in Montrose. The first meeting this year will take place September 3 at 10 a.m. at the Montrose Senior Center, and will include speakers from Montrose Center for Arts, Magic Circle Players, and Montrose Senior Center (Events Director). Come find out what's new in town!

In addition, the group takes excursions on the third Wednesday of each month to organizations, cultural sites, businesses and other places of interest in the area. Future trips include:

- LaNoue Dubois Winery Tour & Tasting
- Bachelor-Syracuse Mine Tour (Ouray)
- Guided Tour of the Montrose County Historical Museum

In addition, the ladies of MN&N meet once a month for lunch. Other events are scheduled around holidays so there are no set dates, but announcements are sent out prior to each event.

The kickoff event of the season is the Annual Picnic, August 23, 12 p.m., at the Lion's Park Community Building, 602 N. Nevada Ave., in Montrose. All newcomers who have moved to Montrose in the past five years (or anyone who is looking for new social opportunities and to learn more about the area) are welcome!

If you are interested in attending the picnic or coming to any MN&N meeting, email Beth Cavanaugh at [bethcav25@gmail.com](mailto:bethcav25@gmail.com) for additional details.





# Paint a Taste of Italy at Endless Pastabilities

6-8 pm, Thursday, August 14<sup>th</sup>



Instructor:  
Kate Burke



Canvas & paints provided. Step-by-step instructions to paint a beautiful 12x12 or 11x14 acrylic painting. Use one of our templates (from easy to complex) and we'll help you transfer it onto your canvas. Or work from your own photo or one of our pictures. Class includes a beverage and Italian snack. If you can't finish during class, we'll arrange some free finish-up time for you.

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\$45/pp, \$80 couple. Register online  
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Sign up for 4 classes and get \$40 gift certificate for a meal





## REGIONAL NEWS BRIEFS

### MONTROSE REGIONAL HEALTH NAMES TONY BLAIR, MD, AS CHIEF MEDICAL OFFICER *New CMO brings clinical leadership and a focus on rural patient care*



**Tony Blair, MD. Courtesy photo.**

*Special to the Mirror*

MONTROSE— Montrose Regional Health (MRH) has named Tony Blair, MD, as its

new chief medical officer of the organization. Blair comes from Lake Tomahawk, Wisconsin, and brings more than 15 years of experience in operational excellence and patient care to the role. He will begin in mid-August. As chief medical officer, Blair will oversee medical staff, advance organizational goals, and uphold quality and safety standards across the health system.

"We are pleased to welcome Dr. Blair to our senior leadership team," said Jeff Mengershausen, CEO of Montrose Regional Health. "He has demonstrated a career-long dedication to advancing patient care, and we are confident that his vision and leadership will help guide Montrose Regional Health into its next chapter of growth and excellence."

Blair earned his Master of Healthcare Administration from the University of Minnesota School of Public Health and his Doctor of Medicine from the University of

South Dakota Sanford School of Medicine. He is board-certified in internal medicine by the American Board of Internal Medicine. Before joining MRH, Dr. Blair served as the vice president of medical affairs for the Marshfield Clinic Health System in Minocqua, Wisconsin.

"I'm very excited to join this remarkable team and help advance our shared commitment to delivering compassionate, quality care to every patient we serve," Blair said. "In a growing rural hospital, we have the opportunity to build deep, lasting relationships with our communities. I look forward to supporting all our caregivers as we continue to put patients first in everything we do."

In his free time, Blair enjoys spending time with his family, including his wife Vicki, two sons, and two dogs. He is excited to take advantage of the various outdoor activities the Montrose area has to offer.

News, if unreported, has no impact.  
It might as well have not happened at all.  
*Thank you for reading The Montrose Mirror.*

# COLORADO NEWS BRIEFS

## MONTROSE CENTER FOR ARTS UPCOMING EVENTS



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**OUTSTANDING  
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 2025

  
**PATIENT SAFETY  
EXCELLENCE  
AWARD**  
 2025

- One of only **66 hospitals nationwide** to earn both awards
- The **only hospital in the Western Slope** with this dual recognition.
- Named among the **top 15%** for patient experience and **top 10%** for patient safety

  
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**MontroseHealth.com**

### *Special to the Mirror*

MONTROSE-The Montrose Center for Arts has some exciting events this month.

August 6, 6 – 7 p.m. – Material Matters Art Talk Margaret Noah, Montrose fiber artist and winner of the “Best of Show” award at the recent Black Canyon Quilt Show, will discuss her design process and materials used to make “The Big Sunflower” quilt, starting with a photo taken in her yard. A \$5 donation appreciated. “Sunflower” will be on display at MCA in the Material Matters Exhibit until August 30.

August 13, 6 – 7 p.m. – Material Matters Art Talk Ridgway fiber artist and accomplished art-to-wear creator, Nick Coman, will talk about working in the garment industry and creating his one-of-a-kind designs. He will construct an art-to-wear jacket during his talk! A \$5 donation appreciated.

August 14, 4 – 8 p.m. – Montrose Art Crawl Activities at the Montrose Art Center will include: Current Featured Exhibit: “Material Matters” – Art quilts and fiber creations from 10 area artists. The Material Matters Exhibit closes August 30.

5:30 pm – “Art Talk” by featured fiber artist  
6:00 pm – “What about this Block?” – “Info bites” about this city block in Montrose history with Sally Johnson, Museum Coordinator, Montrose County Historical Society

For a full calendar of events for the Art Crawl, visit the City’s website at <https://www.cityofmontrose.org/501/Montrose-Art-Crawl>

August 16, 10 a.m. – Noon: Youth Appreciation Day at the MCA

In conjunction with the Montrose Recreation District’s Youth Appreciation Day, Montrose Center for Arts will have hands-on creative activities for kids of all ages with make and take projects. The event will take place outdoors in the side yard at 205 E. Main St. in Montrose.

August 20, 6 – 7 p.m. – Material Matters Art Talk Linda Beach will share her techniques and inspiration behind her pieced art quilts at 6 pm at the Montrose Community Room adjacent to the Police Station, 434 S. First St. She is an award-winning fiber artist whose nature-inspired pieces have been commissioned for many public art installations as well as juried in- to nationally prominent exhibitions. \$5 donation appreciated.

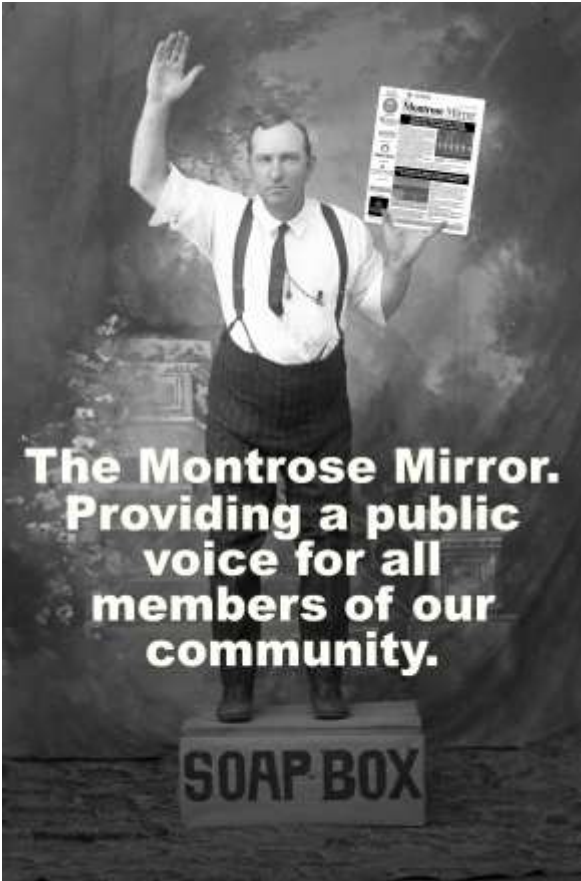
Visitors will also want to explore the Cottonwood and Ponderosa galleries (the two side galleries), where the “Animal Life” artwork by MCA artists is being showcased through the end of October.



OPINION/EDITORIAL: LETTERS

SETTING THE RECORD STRAIGHT

*Editor:*  
In a previous op-ed I wrote for the Montrose Mirror, I mentioned someone by name without knowing him personally. At the time, I did not know who Mario Caparello was, and I made an assumption based solely on who I saw him with. That was unfair.  
I have no problem calling people out when I believe they are causing harm, but I also have no problem admitting when I am wrong. In this case, I was wrong.  
Since then, Mario and I have talked at length. I now know him to be a true conservative, a committed Republican, a man of his word, and a man of the people. We are on good terms, and I look forward to getting to know him better in the future. I wanted to publicly apologize for my earlier assumption and set the record straight.  
*Sean M. Pond, Nucla*



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Free community event with blood draws, screenings, wellness booths, giveaways, and expert info, including:

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Walk-ins welcome at most locations, but appointments ensure faster service.

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Vitamin B12 .....	\$47
Male Testosterone .....	\$47
Advanced Lipid Panel .....	\$94
hsCardioCRP .....	\$42
Female Testosterone .....	\$47
Female Hormone Panel .....	\$125

12-hour fast recommended, but please drink plenty of water. Take medications as usual. Payment accepted: cash, credit, debit, HSA, FLEX

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REGIONAL HEALTH

# COLORADO NEWS BRIEFS

## SECOND COLORADO SPRINGS FUNERAL HOME OPERATOR PLEADS GUILTY TO SCHEME TO DEFRAUD GRIEVING FAMILIES AND COVID-19 RELIEF PROGRAM

*Special to the Mirror*

DENVER – The United States Attorney's Office for the District of Colorado announces that Carie Hallford, 48, of Colorado Springs, Colorado, pled guilty to conspiracy to commit wire fraud.

Hallford, who owned and operated Return to Nature Funeral Home in Colorado Springs and Penrose with her husband and codefendant, Jon Hallford, mishandled at least 190 bodies over four years and defrauded the Small Business Administration (SBA) through fraudulent COVID-19 loan applications. Jon Hallford was sentenced in June to 240 months in federal prison and ordered to pay \$1,070,413.74 in restitution for his role in the conspiracy.

According to the plea agreement, from as early as September 2019 through October 2023, Hallford and her husband failed to cremate or bury at least 190 bodies, despite having collected more than \$130,000 from grieving families for funeral services that were never provided. The defendants failed to provide the basic core service it promised to some of its customers, either a cremation or a burial, and continued to collect payment from victims for funeral services and goods. The plea agreement further states that Carie Hallford handled much of the banking, invoicing, contracting with customers, filing of required paperwork, bookkeeping and communications with customers. Both defendants routinely prepared

death certificates for the deceased and then filed those certificates with the State of Colorado's Electronic Death Registry. On many of the death certificates for the bodies found at the Penrose location, the defendants falsely stated that the "method of disposition" was by either cremation or burial when in truth there was no disposition as the bodies were left decomposing at the Penrose location. To carry out and execute the above fraud scheme, the defendant and her husband worked together to cause multiple interstate wire communications to occur.

The plea agreement goes on to state that from March 2020 to March 2022, Hallford and her husband conspired to defraud the SBA by submitting loan applications containing false information to obtain COVID-19 relief funds. As a result of this fraud, they received three separate disbursements from the SBA, totaling \$882,300. The funds were obtained through the Economic Injury Disaster Loan (EIDL) program, which was established to provide emergency support to businesses affected by the COVID-19 pandemic.

On October 5, 2023, federal and state officials searched the Penrose location, where they discovered multiple decomposing human remains in hazardous conditions. The toxic environment posed serious health risks to first responders and the public, requiring hazmat suits and strict decontamination protocols. The EPA later condemned and demolished the

building, classifying it as a toxic waste site.

The Coronavirus Aid, Relief, and Economic Security (CARES) Act was enacted in March 2020 and was designed to provide emergency financial assistance to Americans dealing with the economic impact of the COVID-19 pandemic. The CARES Act created the PPP, a program administered by the Small Business Administration (SBA) that provided loans to small businesses to retain workers, maintain payroll, and certain other expenses consistent with PPP rules. Additionally, in response to the COVID-19 pandemic, several federal programs expanded eligibility for unemployment benefits.

United States District Judge Nina Y. Wang presided over the hearing. Carie Hallford's sentencing is currently scheduled before Judge Wang for December 3, 2025.

The FBI Denver Field Office and the United States Small Business Administration Office of Inspector General investigated the case. Several other state and local law enforcement agencies including the Colorado Bureau of Investigation, the Colorado Springs Police Department, the El Paso County Coroner's Office, the Fremont County Sheriff's Office, and the Fremont County Coroner's Office have made significant contributions to this case. The prosecution is being handled by Assistant United States Attorneys Tim Neff and Craig Fansler.

Case Number: 1:24-cr-00113-NYW



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# COMMUNITY NEWS BRIEFS

## 3RD ANNUAL ADULT PROM FUNDRAISER FOR MRS. CLAUS FOR A CAUSE

### *Special to the Mirror*

MONTROSEE-Want to have a totally awesome time while supporting a great local area non-profit? Then come on out to the 3rd Annual Adult Prom fundraiser supporting Mrs. Claus for a Cause. This rocking event will be Saturday Sept. 6 starting at 7 p.m. at the Montrose Elks Lodge (801 South Hillcrest Drive). Music provided by The Dirt, tickets are \$40 per person or two tickets for \$70 and include a silent auction, dancing, complimentary champagne, an appetizer & dessert bar, a photo booth and more. Tickets, along with sponsorships, are still available and can be purchased online at the QR code below. Do not miss this radically fun time while supporting a local cause.

About Mrs. Claus for a Cause: Mrs. Claus for a Cause is a non-profit that annually provides a free Christmas event for children of Montrose and its surrounding communities. The 2025 event will be at Friendship Hall in Montrose on Dec. 19 & 20 for all children, with Dec. 21 as an event day reserved for children with special needs. For more information on the event or to donate or volunteer, please visit [mrsclausforacause.org](https://mrsclausforacause.org).



## PALISADE INSECTARY CELEBRATES 80 YEARS OF GOOD BUGS DOING GREAT WORK IN COLORADO

### *Special to the Mirror*

PALISADE— The Colorado Department of Agriculture (CDA) is proud to announce the Palisade Insectary's 80th Anniversary Celebration, honoring eight decades of dedicated scientific work in biological pest and weed control.

"Colorado is known for its strong agricultural sector, diverse ecosystem, and wild open spaces. Conserving Colorado's natural ecosystem and supporting our farmers is a large task, and thanks to the work of scientists, like the ones at CDA's Palisade's Insectary, we are reducing the amount of pest species, invasive weeds, and our overreliance on pesticides. We are helping farmers and ranchers save money and keeping our agricultural economy growing for generations to come," said Governor Polis.

To celebrate, Governor Polis has proclaimed Aug. 14, 2025, as Palisade Insectary Day in recognition of its decades of service to Colorado and the Western United States.

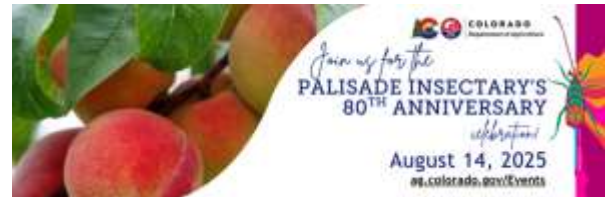
"For 80 years, the Palisade Insectary has been at the forefront of putting beneficial insects to work, providing effective and environmentally sound solutions for managing invasive weeds and pests across farms, ranches, and native ecosystems," said Commissioner of Agriculture Kate Greenberg. "The Insectary's work reduces the need for chemical pesticides, saves

money for producers, and helps establish natural, permanent pest control options, benefiting Colorado's agriculture, economy, and environment for generations to come."

The Palisade Insectary, the oldest biological control facility of its kind in the United States, has been instrumental in protecting Colorado's agriculture and natural resources since its inception in 1945. Initially established to combat the Oriental Fruit Moth (OFM), a destructive peach pest, with the release of the "Mac" wasp (*Macrocentrus ancylivorus*), over the past 80 years the Insectary has developed more than 90 different biological agents to control invasive weed and insect species. Noxious weeds provide poor habitat for livestock and wildlife, and crowd out native species. Heavy infestations can make the land unusable.

The celebration will highlight the Insectary's significant achievements, including the ongoing success of the "Mac" wasp program, which provides over two million wasps annually to farmers. Throughout its existence, the Insectary has partnered with farmers to develop and test biocontrol agents.

Another notable success is the partial control of tamarisk, an invasive shrub, which has seen a 50% decrease on Colorado's Western Slope, resulting in substantial



water savings. The Insectary also successfully uses field bindweed mites to combat the pervasive field bindweed and has achieved a 90% reduction of Dalmatian toadflax in the Poudre River area with the help of weevils. Currently, the Insectary is working to combat Russian knapweed, with preliminary studies showing a 30% reduction with released agents.

The Insectary also provides biocontrol agents directly to the public through its "Request-a-Bug" program. Coloradans can receive biocontrol agents for their use in their own farms, gardens, or back yards. The most popular insect available through "Request-a-Bug" is the field bindweed mite, frequently used by homeowners to combat field bindweed. These mites feed on bindweed, causing its leaves to curl, vines to stunt, and eventually leading to dieback.

The Insectary 80th Anniversary Celebration is open to the public and will offer family-friendly activities, food and music, tours of the Insectary facility, and opportunities to meet with Insectary and CDA staff.

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# OPINION/EDITORIAL: LETTERS

## COLORADO'S SCHOOLS ARE FAILING OUR CHILDREN: A CALL FOR CLASSICAL EDUCATION AND NEW LEADERSHIP FOR MONTROSE

In Montrose County, the public school system is failing our students. This failure shows not just in poor outcomes but also in the overall approach. We are not teaching our children how to learn. Instead, we are teaching them to regurgitate facts and recite information.

This focus on rote memorization and standardized testing stifles curiosity, critical thinking, and true understanding. Critiques of modern education point out how these methods suppress intrinsic motivation and create a rigid learning environment. The MCS D is a clear example. It sticks to curricula that prioritize regurgitation. At the same time, it rejects alternatives like classical education. Classical education fosters lifelong learning through deep inquiry and foundational skills.

**Dismal Performance Metrics**

MCS D received a 2024 "Accredited with Improvement Plan" rating from the Colorado Department of Education. The district scored only 52 percent of possible points.

The 2024 Colorado Measures of Academic Success (CMAS) tests confirm these lags. Non-proficiency in elementary reading stands at 64% and for math 76%!

Student growth is stagnant. Here are the median growth percentiles:

- Elementary: 48 for English Language Arts and math (rated "Approaching")
- Middle: 52 for English Language Arts (rated "Meets") but 45 for math
- High school PSAT/SAT: 47 for reading and writing, and 49 for math

**Critique of Current Curricula and Socioeconomic Impacts**

The district's curricula follow state standards. They include cooperative learning, aligned science, and tools like CPM math to promote deeper understanding. However, critics argue that these curricula align with testing practices. Those tests favor memorization over creativity. This misalignment does not meet real-world needs or prepare students for higher education.

These issues connect to socioeconomic challenges in the area. The overall Medicaid enrollment rate is 29.32 percent. For children, it rises to 54.3 percent. Other reports show rates from 24.3 percent to 30 percent overall. These figures mirror the reading gaps and increase vulnerabilities for students.

Without true learning, young people face risks. They may end up in entry-level jobs at places like McDonald's or Subway. Such jobs build work ethic but do not lead to family-sustaining careers.

**Leadership Failures and Resistance to Change**

Superintendent Carrie Stephenson and the school board keep these problems going. The board has extended her tenure despite clear failures. The leadership recycles outdated California experiments. They ignore proven classical approaches that actually work.

A key example is the board has voted down two applications for charter schools in a row. The he question is why? The answer is clear, control! Charter schools provide tuition-free core knowledge education. They emphasize classics to build critical thinking. Community support is strong for school choice in Montrose sitting at 63%. Still, the majority of the board voted no! Those members were Sarah Fishing (District E), Alice Murphy (District C), Tom West (District D), and Jody Hovde (District F). Only Neisha Balleck (District A) and Ted Valerio (District B) voted yes, while Stephen Bush (District G) was not present for the most recent vote, however, Bush has not previously shown support for such measures. These choices seem driven by ego and control, not common sense and concern for the education of our children. These attitudes deprive our children of the quality education they deserve and the community of prosperity.

**The Promise of Classical Education**

Classical education fights back against regurgitation. It nurtures curiosity, independent thought, and inquiry. It focuses on asking "why" instead of just "what." This approach prepares students for leadership in the AI era. Picture students mastering Shakespeare, debating history, experimenting in science, and tackling math for engineering. These skills build a strong foundation for the future.

**A Call for New Leadership in the Upcoming Election**

In this cycle we need to replace naysayers like Fishing, Murphy, and Bush. Bring in fresh blood who align with the vision of Balleck and Valerio. The November 4, 2025, there are values at stake, and these values will be on full display in this election.

This election should target three of the four available seats:

- District A (Balleck is eligible but should be re-elected and retained based on the criteria mentioned earlier)
- District C (Murphy, eligible)
- District E (Fishing, term-limited and open)

School Level	Reading Proficiency	Math Proficiency
Elementary	36%	24%
Middle School	49%	26%
High School	54%	31%

District G (Bush, eligible)

Any eligible individual CAN run, BUT, those who supported school choice should definitely consider running.

**How to Run for the School Board**

Eligibility requirements include U.S. citizenship, being at least 18 years old, being a registered voter, and having 12 months of residency in the director district.

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Gather at least 50 signatures. (Aim for 75 or more to be safe). Signatures must come from registered voters within the school district boundaries. Submit completed petitions by August 29, 2025, at 1 PM.

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Demand accountability from our school district and our superintendent. Hold the administration accountable for their failed experiments and poor results! Run for office and vote for true learning and real education. Reject the failed experimental junk science that has been used at MCS D for the past five years. Our kids in Montrose deserve a quality education. Our children are not Carrie Stephenson's lab rats for her to experiment on any longer with her recycled, failed California Board of Education trial balloons!

Michael J Badagliacco, "MJB"

**Michael is a United States Air Force Veteran, father of five and grandfather of three, passionate about this country and the Constitution.**

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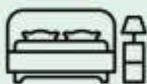
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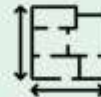
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# REGIONAL NEWS BRIEFS

## REGISTRATION STARTS NOW FOR THE NEXT SESSION OF THE NEW HORIZONS BAND OF MONTROSE

### *Special to the Mirror*

MONTROSE-The Fall session of the New Horizons Band of Montrose will be September 3, 2025 - November 19, 2025. The Montrose Recreation District 50+ Activities will again offer this 12 week band instrument class. No previous musical experience is required. This concert band is for adults once active in a school music program, as well as an entry point for adults with no prior music experience. Classes are taught by retired band director/music educator Kim Lundgren. Organized in February 2022, the New Horizons Band of Montrose has 25 band members playing a variety of instruments, and looks forward to adding even more new band members.

There will be an optional Informational Meeting on Wednesday, August 27, 2025, 9:30 am at the Field House in Montrose, 25 Colorado Avenue, 81401. Information shared will include how to obtain a quality and affordable band instrument, rehearsal information, supplies needed, and more.

Classes for the next session be on Wednesday mornings from September 3, 2025 - November 19, 2025 at the Field House in Montrose, 25 Colorado Avenue, 81401. The fee for 12 classes is \$40 for registration and payment is made through the Montrose Recreation District. Information about registration is in the Fall Recreation District booklet and at the MRD website. Or you may call the Montrose Main Recreation Center at 970-249-7705. Participants will also pay \$15 to the instructor for music and other supplies.

Participants will need to provide their own band instrument and supplies, and can learn to play trumpet, trombone, clarinet, flute, saxophone, or baritone/euphonium.

This concert band program is organized in partnership with the New Horizons International Music Association (NHIMA), founded in 1991 to encourage music making for those 50+. According to NHIMA founder Roy Ernst, "Playing music in groups supports good mental and physical health, besides being an unending source of joy." Your best is good enough.



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## REGIONAL NEWS BRIEFS

### LAKE CITY UNCORKED WINE & MUSIC FESTIVAL WILL BE HELD SEPT. 20

*Special to the Mirror*

LAKE CITY-Lake City Uncorked Wine & Music Festival will be held Sept. 20, 2025. Gates open at 10 am seven bands, art booths, beer booth, 125 wines for tasting. <http://www.lakecitydirt.org>

### AMERICAN RED CROSS VOLUNTEERS OPEN EVACUATION CENTER IN PAGOSA SPRINGS

*Special to the Mirror*

GRAND JUNCTION— The American Red Cross of Western Colorado has opened an evacuation center at Pagosa Springs High School: 800 S 8th St, Pagosa Springs, CO 81147, following evacuations related to the Oak Fire. Volunteers are providing refuge, sharing information, and helping with immediate needs. The evacuation center also provides food, water, medical care, and mental health support.

Red Cross evacuation centers are open to everyone in need, regardless of race, religion, gender identity, sexual orientation, or citizenship status, and all disaster assistance is free. We don't require people to show any kind of identification to enter a shelter, just their name and where they have been living.

Are you wildfire ready? Make a plan, build a kit and be prepared by visiting: <http://redcross.org/wildfire>

## Pain Isn't Your New Normal. Relief Starts Here.

Still living with chronic pain? It's time for a multidisciplinary approach. The Spine & Pain Center at Montrose Regional Health features an innovative team of experts ready to help you feel better and get back to life.

Dr. Ryan Hagens and Dr. William Summers specialize in pain management, offering advanced, minimally invasive treatments for chronic pain. Dr. Rasheed Abiola provides surgical expertise for spine conditions that require a more in-depth solution.

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# BOCC APPROVES OPTION 2, HONORS HAWKINS *From pg 1*

Commissioners took time to recognize Scott Hawkins, Emergency Operations Manager, for outstanding service and dedication during the recent fires impacting Montrose County and surrounding areas. "...Out of gratitude for the hard work he did as our Emergency Manager, we want to present him with a Certificate of Appreciation," BOCC Chair Scott Mijares said. Commissioners also took a photo with Hawkins.

## PUBLIC COMMENT PERIOD

First to speak was Scott Riba, who said that he lives at Shavano, and had observed flames and smoke from a neighbor's property the previous morning. "...I was shocked to see flames and smoke from what someone thought was ok to start a burn pile. The quick response by the sheriff's office and the Montrose Fire Department averted what could have been a hometown tragedy for us..." Riba reminded all that Montrose County is presently under Stage 1 Fire Restrictions. "...We have to be careful...my compliments to the Sheriff's Office and the Montrose Fire Department for quick action preventing a disaster."

Next to speak was Julie Yarnell. "I have so much to say, but only three minutes to say it," Yarnell said. "I will adhere to this rule, unlike those that create their own rules. I have so much to say, I will stick to the facts, actual information, and if I provide my opinion, I will let it be known as that, my opinion. I will follow the rules for public comment. Apparently, these rules are subject to change based on who is speaking. Public Comment has now become a debate, instead of listening to constituents, with the new rule allowing the County Commissioners to get in the last word..."

Yarnell said, "The Recall Scott Mijares Campaign is being executed by a volunteer, non-partisan group of over 100 Montrose County constituents. Funding for the recall has come from Montrose County donations...yes, my name is on there..."

Yarnell recalled situations in which she believed Mijares had shared misinformation, and said, "...Rules of public comment that Chairman Mijares expects his

constituents to follow were not followed by himself; he exceeded the three-minute limit, he expressed his version of employment and personnel issues...topics prohibited in Public Comment rules...When County Attorney Address advises you to stop talking, Commissioner Hansen says you are ...grandstanding and being inappropriate, and Commissioner Pond advises you to stop and be professional, you should probably listen.

"I have so much to say, but will you really listen? I have so much to say, but will you listen?"

Tony Hoag spoke next, asking if it is possible for citizens on the West End of Montrose County to have live input to commissioner meetings. "...I think it would be really appropriate for them to have their say at the time of the meeting..."

Next, Jodi Woodden spoke. "...I just wanted to bring up my concerns with what's happening in Montrose County...why does Michael Bennet have his eyes on Montrose, Hickenlooper, Phil Weiser, Polis, I feel like they're getting open gateway doors into Montrose County through Indivisible, No Kings, League of Women Voters, Western Colorado Alliance, the Wilderness Society, *The Montrose Press*, and others. The small group of people—Sue Hansen—that are participating with these groups making gateways into Montrose County.

Woodden said, "Montrose is a conservative community, and I just want to call it out. And...once people start knowing all this, I hope that they will stand up. Because through the back doors, boards are being taken over...I just want to put it on public record and I hope people will watch...I'm tired of the liberal takeover, and the agenda, it's not what we want in America...we don't need all this crazy solar, if people want it on their personal homes, fine, but it's old fashioned, it doesn't work, it's not reliable. It's time for us to get on board with more reliable energy and more environmentally friendly energy...we're tired of the liberal influence in Montrose County."

Next, Sue Gattis spoke, "A couple of things, I've been here 20 some years; like it or not, Montrose County is changing,

and it would be better if we worked together and made a strong community instead of fighting, particularly along political lines...People move away from right to left and left to right, it's a natural thing, and we should accept it and work with each other and not stay in our little corner."

## INTERIM COUNTY MANAGER

Interim County Manager David White had no changes to the meeting agenda.

## CONSENT AGENDA

Commissioners voted to approve all Consent Agenda items, with Resolution No. 39-2025 assigned to Consent Agenda Item 6, and Resolution No. 40-2025 assigned to Consent Agenda Item 7.

## PUBLIC HEARING-MONTROSE COUNTY BOARD OF ADJUSTMENT

Mijares opened a public hearing, to consider the [Cattail Zoning Variance \[ZV25-003\] Proposal](#) for a Variance Request to build 15 feet from the property line where 20 feet is required at Parcel 399302106004, based on [Findings of Fact](#). Applicant Donald Brinkman was present to discuss the proposal and to answer questions, "...The neighbors have all signed off on the request," he said.

Two constituents spoke in favor of Brinkman's proposal; Claire Prosser noted that there are certain circumstances in which the County needs to accommodate a person, and John Brown said that the Utility Right-of-way is located in the middle of the street. "Why not go five feet into a 15-foot right-of-way...I would think after further discussion with Tri-County you might be able to find a solution rather than making an arbitrary decision now...if we get the utility involved to actually go out and look at that might be the best solution."

Commissioner Sue Hansen said, "Mr. Brown, you said 'we'—are you involved in this?"

Brown replied, "We, Montrose County—I believe in the adage, 'we the people.'"

"Got it," Hansen said. "Well, we the Board have to make a decision, and we're people too."

Hansen expressed concerns about adjacent wetlands.

"There's no water in these wetlands," Brinkman said.



## BOCC APPROVES OPTION 2, HONORS HAWKINS *From previous pg*

Hansen moved to deny the proposed variance, so as to get more information from Tri-County Water, but later amended the Motion, to continue instead of deny, consideration of the proposal until the meeting of Aug. 20. The motion was unanimously approved.

### GENERAL BUSINESS AND ADMINISTRATIVE ITEMS

Commissioners voted to approve a letter proposed by BOCC Vice Chair Sean Pond to Governor Jared Polis and State legislators regarding the overwhelming number of unfunded mandates coming down to counties.

Also approved was a Notice of Partial Termination of Conservation Easement regarding County-owned property adjacent to Kinikin Road, as reviewed by counsel.

### PLANNING AND DEVELOPMENT GENERAL BUSINESS

Commissioners moved the first item to the end of the agenda, "Consideration and possible approval of the proposed Amendment to the Montrose County Zoning Regulations related to Power Generation Facilities," as it involved a Public Hearing with numerous constituents signed up to speak.

Planning and Development General Business Items 2 through 5 were unanimously approved:

- The H2 Minor Subdivision [MI25-006] Proposal to divide 5.99 acres into three lots at Parcel 399106201001, 16136 6900 RD;
- The Varner Minor Subdivision [MI25-007] Proposal to divide 10.50 acres into three Lots at Parcel 372323300063, 60142 HWY 50;
- The Serendipity Ranch Minor Subdivision [MI25-008] proposal to divide 5.45 acres into two Lots at Parcel 376535300043, 60245 Oak Grove Road;
- The Heller Subdivision Final Plat [MA25-013] proposal to divide 10.66 acres into two lots at Parcel 376534400015.

The final action item was Planning & Development item 6: a public hearing on the Zoning Regulations Amendment [AA25-001], for Consideration and possible approval of the proposed Amendment to the Montrose County Zoning Regulations re-

lated to Power Generation Facilities. Two alternatives were proposed:

- Draft Zoning Regulations PGF-Alternative 1
- Draft Zoning Regulations PGF-Alternative 2

Planning and Development Director Tallmadge Richmond discussed the proposed alternatives, and then the Commissioners took comment from the public; 21 individuals spoke during the meeting, and comments are included in the BOCC meeting agenda packet as well.

Mijares closed public comment and declared a five-minute break.

Upon returning to session at 11:42, Planning and Development Director Tallmadge Richmond commented that a comment made by one speaker--that the speaker would have no say whether a chicken coop could go in next door--was correct, as a chicken coop would be a use-by-right in the agricultural zone.

"A power generation facility, as it is right now, and as it is in Alternative 1, is a special use...the public does have a say in those...A special use permit means we hold hearings like these...that's Alternative 1. Alternative 2 would be...that it's prohibited in the Ag District."

After some further discussion, Commissioner Sue Hansen said, "...We cannot prohibit solar...I think that the moratorium has been going on long enough, I think we've heard from every expert around...the previous board graciously opened this up so the new board could have some input, which you have had...I'm prepared to make a motion."

BOCC Vice Chair Sean Pond asked about tax benefits; Richmond said that zoning has no effect on taxes, which are based on use.

BOCC Chair Scott Mijares said that any decision made would affect Montrose County for at least a generation. "...This is something that really needs to be deliberated in its entirety...I appreciate everybody coming here and the comments that you've made...We're the first board that extended the moratorium back in July, so this is our first go at it...it's been extended for two and a half years prior to us extending that..." He asked Commissioner

Sue Hansen, who served on the previous board, why the moratorium had been extended so long without being passed. "What were your concerns?"

Hansen said, "...We wanted to put enough guard rail around it, but also not stomp on property rights, so if someone, particularly an ag user, wanted to put some kind of solar array on their property, they would. The moratorium was put in place to...work through the decommissioning, and some of the other things that we were not exposed to, not being solar experts...so we ensued on some research, I don't know how many public meetings that we've had. This would be the first time that we actually let San Miguel define something that Montrose County is doing...I personally think it's important for Montrose County not to get in the way of people doing what they want on their property with some guardrails...my belief is that we need to make it easy to do business in Montrose County...I think we have sufficient guardrails around Option 1, it's been well thought out, it's been vetted...I think we have pretty much beat this horse on zoning...I want to have enough flexibility to allow, but also to protect, and I think Option 1 does that."

Hansen moved to approve Option 1 and to end the moratorium; the motion died for lack of a Second.

After further discussion, BOCC Vice Chair Sean Pond moved not to deny Alternative 1, but to approve Alternative 2 and to send Alternative 1 back to the Planning Commission and Planning Department for review and publication, and to keep public comment open.

BOCC Chair Scott Mijares seconded the motion, which passed in a two to one vote with Hansen voting to deny.

Hansen said, "I think this is the most wishy-washy approach...you have disregarded the public comment to the degree that it's insulting..."

Pond moved to continue Alternative 1 to allow additional comment from the planning commission and the public; the motion was approved in a two to one vote with Hansen voting to deny.

### EXECUTIVE SESSION

The board entered Executive Session for

## BOCC APPROVES OPTION 2, HONORS HAWKINS *From previous pg*

legal advice regarding the review of applicants for county manager. Also involved in the session were the Interim County Manager, the County Attorney and the Human Resources Director. No decisions were made in Executive Session.

Upon returning to regular session, County Attorney Julie Andress said that the Human Resources Director would be contacting commissioners to determine how they want to move forward.

With no further business, the meeting was adjourned.

# STAGE 2 FIRE RESTRICTIONS MONTROSE COUNTY



BANNED			ALLOWED
 <b>NO FIREWORKS</b> All personal fireworks and exploding targets are prohibited.	 <b>NO CAMPFIRE</b> Building, maintaining, attending, or using an open campfire including charcoal or briquette fire.	 <b>NO SMOKING</b> while traveling in timber, brush, or grass areas.	 Fires contained within liquid fuel or gas fueled stoves, lanterns or heated devices that have on/off switches.
 <b>NO BURNING</b> Agricultural burning is not allowed.	 <b>NO TARGET SHOOTING</b> with explosive targets and tracer ammunition is not permitted.		 Target shooting in a safe manner is permitted.
 <b>WELDING OR OPERATING A TORCH</b> is not permitted outdoors.	 <b>OPERATING OR USING ANY INTERNAL COMBUSTION ENGINE SUCH AS CHAINSAWS</b> without a spark-arresting device properly installed, maintained, and in effective working order. You must have a 2A fire extinguisher and round shovel point with a length of at least 35 inches.		<h3>WILDFIRE PREVENTION TIPS</h3> <p>Drown campfires in approved fire pits and make sure your campfire is dead out.</p> <p>Don't throw cigarette butts out the car window.</p> <p>Keep vehicles off dry grass.</p>

  
  
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# REGIONAL NEWS BRIEFS

## BLM TRES RIOS FIELD OFFICE IMPLEMENTS STAGE 2 FIRE RESTRICTIONS

*Special to the Mirror*

DOLORES— Stage 2 fire restrictions begin Friday, August 8, 2025 for all public lands administered by the Bureau of Land Management (BLM) Tres Rios Field Office within the boundaries of Archuleta, Dolores, Hinsdale, La Plata, Montezuma, San Juan, San Miguel, and Canyon of the Ancients National Monument. The restrictions align with local orders and guidelines to protect public safety during high fire danger.

"Weather conditions have not provided any relief. The continuation of persistent drought is the reasoning for the transition from Stage 1 fire restrictions into Stage 2 fire restrictions" said **Southwest District Fire Management Officer Rusty Stark**.

Stage 2 fire restrictions in addition to the prohibited acts of Stage 1 fire restrictions, the following acts are prohibited:

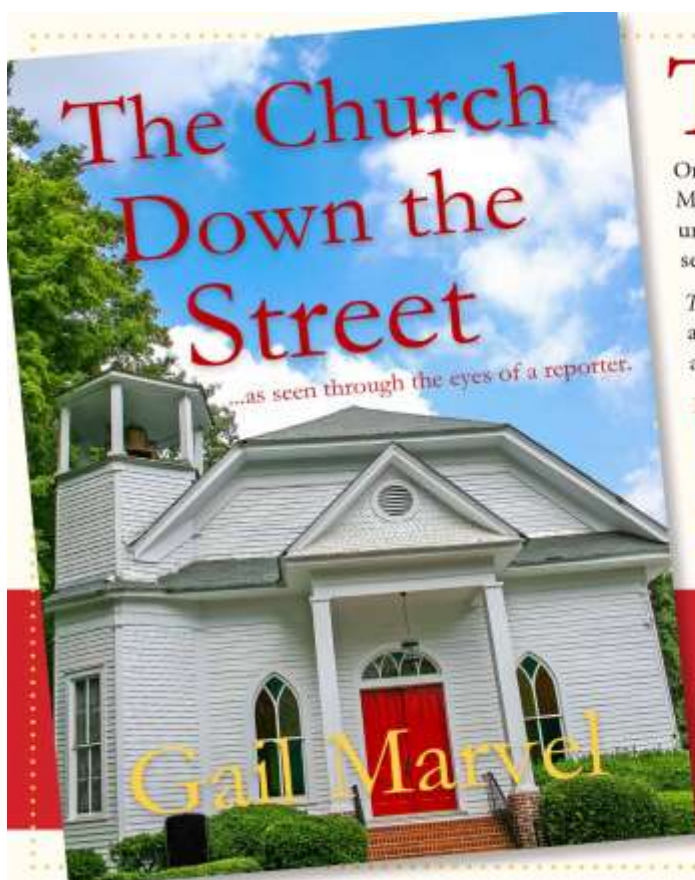
- Building, maintaining, attending, or using a fire, campfire or stove fire. Gas stoves with on-off controls are permissible.
- Smoking, except within an enclosed

vehicle or building, a developed recreation site or while stopped in an area at least three feet in diameter that is barren or cleared of all flammable materials.

- Operating a chainsaw or other equipment powered by an internal combustion engine.
  - Welding, operating a torch with open flame, or any activities which generate flame or flammable material.
  - Using explosives or incendiary devices, including, but not limited to, exploding targets, fireworks, tracer ammunition.
- Stage 2 fire restrictions on these lands will become effective at 12:01 a.m., MDT, August 8, 2025, and will be in place until rescinded. Violation of federal fire restrictions is punishable by a fine of not more than \$1,000 or imprisonment for not more than 12 months or both. In addition, those found responsible for starting wildfires will also face restitution costs of suppressing the fire. These fire restrictions are in addition to the year-round wildfire prevention re-

strictions on BLM-administered public lands in Colorado. These include prohibitions on:

- Leaving a fire unattended or unextinguished.
- Possession, discharge or use of any fireworks.
- Discharge of a firearm using incendiary or tracer ammunition.
- Burning, igniting or causing to burn any tire, wire, magnesium, or any other hazardous or explosive material.
- Operating any off-road vehicle on public lands unless the vehicle is equipped with a properly installed spark arrester pursuant to 43 CFR 8343.1 (c). Fireworks are always prohibited on public lands. More information about fire prevention is available at: [Fire Prevention | Bureau of Land Management](https://www.blm.gov/program/public-safety-and-fire/fire-and-aviation/regional-information/colorado/southwest-district). Current fire prevention notices for the BLM Southwest District are posted online at: <https://www.blm.gov/program/public-safety-and-fire/fire-and-aviation/regional-information/colorado/southwest-district>



**T**he *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](https://www.amazon.com) and [wingedpublications.com](https://www.wingedpublications.com).

**GAIL MARVEL**  
Montrose Author & Reporter





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MEMBER FDIC

# OPINION/EDITORIAL: LETTERS

## WHEN THESE SAME, LIBERAL MEMBERS SHOW UP WEEKLY TO OUR COUNTY COMMISSIONER MEETINGS TO POUNCE AND "INFLUENCE," WE HAVE A PROBLEM

Dear Editor,

I'm writing in response to the Board of County Commissioners Meeting last Wednesday, August 6th, 2025 that had a topic of SOLAR usage. Before I begin, I'll set the scene: it was a room filled with a very liberal, democratic audience of members that included: Indivisible, No Kings, League of Women Voters, Citizens Climate Lobby, Western Slope Alliance, The Wilderness Society, the leftist Montrose Daily Press, etc. (Oh, I can't forget Don Coram was also in attendance. He's usually right along with all these lefties when it comes to solar and land use- leads me to believe something very SLIMY is involved when I see him there.)

I am STRONGLY OPPOSED to solar, except for on personal property where it **DOES NOT involve our tax dollars or our community reliability** to it or other organizations pouring funds into it for our community "benefit." I do NOT want any strings attached to us in our county with solar. I can't say this strongly enough. The people in Mesa County already are having frequent power outages. Montrose will be next if we allow the liberals to have any say in how we operate our energy by using UNRELIABLE sources. Solar is old fashioned, not easily recycled, not environmentally friendly, expensive, and completely unreliable. I'm not going to go into it all. If you truly want more info (that is not liberally bogus from Google and the Green New Deal), watch PragerU- they even have 5 minute clips on the whole subject and it'll tell you all you need to

know in a nut shell. You can also follow Sean Pond on Facebook; he's an excellent resource on protecting our land, along with "RANGE magazine." **All solar fields do is feed greedy organizations and politicians while scamming the people. No thank you.**

Montrose Commissioner Sue Hansen has excellent speaking abilities and quick thinking power, but I've lost my trust in her. She sides with liberal policies. Here's a sample: just watch last Wednesday's meeting. She's definitely clever with her exaggerated words as she tries to literally pressure Sean and Scott through with solar. Thankfully, they aren't easily swayed with her manipulation. Sue Hansen's partnering with Hickenlooper and Bennett is leaving us extremely vulnerable and will not be tolerated. I question what kind of back room deals she's toying with because it's NOT to better Montrose County. How about the helicopter ride she took last year with Michael Bennett, scouting our land? (If that's not concerning, I don't know what is...) Notice that Sue Hansen's signature is NOT on the following Resolution created to protect us from the harmful Dolores National Monument last February: <https://www.montrosecounty.net/DocumentCenter/View/24739/Resolution-14-2025-Accessible>

I also have a copy of the email Sue sent assuring Hickenlooper's office that she did NOT want her signature on that Resolution, so don't let her smooth talk you any differently. The proof is in the pudding! **Ranchers, if you think Sue will help keep**

**your cattle grazing on our mountain lands, think again!!** Now she's onto bigger and better deals: THE GORP ACT, which is so much worse than the Dolores National Monument. Side note: unmanaged lands create more uncontrollable wild fires. Biblically, lands were created to be properly managed. When these same, liberal members show up weekly to our County Commissioner meetings to pounce and "influence," we have a problem, if we cave to their tricks. They have held this type of pattern with our local library that's now gone completely WOKE and also at our City Council meetings when they lustfully want something. Montrose is Conservative and we do not want to become a liberal cess pool. One only needs to look at Denver, California, and Chicago for this lesson.

Montrose, I write this because I'm concerned and to open your eyes, in case you've been busily working and not able to pay attention to what is happening. Please shoot a quick email to our County Commissioners letting them know we want to remain Conservative and we want them to consider everything they vote on- to NOT sway with a liberal agenda that is trying to haunt us deeply in Montrose County. Sadly, most of our local elected officials have caved to the intimidation. Scott and Sean have not!! [spond@montrosecounty.net](mailto:spond@montrosecounty.net), [smjares@montrosecounty.net](mailto:smjares@montrosecounty.net), [shansen@montrosecounty.net](mailto:shansen@montrosecounty.net)

Thank you for your time,  
Jodi Woodden, Montrose County



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# OPINION/EDITORIAL: LETTERS

## DISRESPECT FROM TWO COUNTY COMMISSIONERS

*Editor:*

Interesting to see how issues evolve and how perceptions change. I held up petitions to the Montrose Board of County Commissioners (BOCC) yesterday of 400 people that supported alternative one of the solar 'power' generation regulations. That's 400 separate conversations (22 people of 27 interviewed over three different days in Nucla and Naturita supported our effort.)

It was obvious that the decision to pursue alternative two was a foregone conclusion. The Commissioners listened to people's testimony, then one of them insulted us and marginalized us like we didn't deserve their time or energy. They wanted to only hear what they wanted and they wanted to stop solar power generation.

That may have been their perception. We see the situation very differently. We went into communities. We wanted to know people's opinions. The Commissioners had just one meeting with constituents in Nucla and then decided between Pond and Mijares to craft alternative two. No other public meetings, no assessment of people's views, no consultation of experts in the field, no opinions sought from anyone outside their silo of supporters. They went the easy way. No, they were not going to allow the public to get in their way.

For us, collecting support meant asking people about the issue of solar power generation and explaining the regulations that the BOCC said they wanted. We committed our own time, energy, effort, and put ourselves out in the communities of Montrose, Nucla, Naturita and Olathe to

help people to understand the issues.

Two of the Commissioners have stated, over and over they wanted to talk with people in the community - especially the West End. They have held just one public meeting there.

We reached out to people. We let people talk, ask questions, to have a dialogue with us so they understood what the regulations meant.

We walked the streets of Nucla knocking on doors. We held two Town Hall meetings where we sat and discussed the issues with people for close to 4 hours. The evenings were cordial and everyone went away better informed than when they came into the meeting.

Many individuals came to the Commissioner's meeting. People spent a lot of their own energy and time to comment on the issue. We advocated for the West End to make live comment available during public meetings. David Herrold came to express his opinion, Jennifer Jones, Wano Urbonis, Carol Howe, Dave Congour Jim Heneghan, Don Coram, Ken Norris, Scott Riba and Leah Vandersluis and others all shared their opinions.

Were any of these opinions discussed by the BOCC? Was it recognized that we have spent two and a half years discussing this issue? No. What did we get? Insults and marginalizations. All that attended the meeting were labeled by Commissioner Pond as "This group is here every time they are obviously pro-solar and we need to hear from everybody". We don't need to hear from those that have been working on this for 2 years, those involved in alternative energy, or that work for the

Climate Change Lobby. We need to hear from everybody.' Yes they want to hear from everybody that agrees with Pond and Mijares.

Commissioner Pond also did not praise the few folks supporting his new alternative. He criticized **all** the people who have committed their time and energy to attend public meetings. What Commissioner Pond and Mijares also did not understand when they state they need to hear from everybody is they are hearing from everybody that cares about the subject enough to come to the public meeting and participate. Not people that sit at home writing inflammatory social media posts. Commissioner Hansen stated 'Your disregard for the testimony here today is insulting'.

We are patriots. We enjoy liberty, justice and the pursuit of happiness as we all do. We all are residents of Montrose County. There are many different opinions amongst those for and against solar power generation in Montrose County. We, those that have worked on the issue on both sides, deserve the recognition and respect of Commissioner Pond and Mijares.

This past week we did not receive any respect. Commissioner Mijares did thank us for our participation, then dismissed Commissioner Hansen's motion and moved forward towards what ultimately will be some version of alternative two which will practically eliminate all solar power generation in Montrose County except on rooftops.

*Tony Hoag*

*Citizens Climate Lobby Montrose*

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





## Kate's Creative Classes

2025 Classes August - December.  
 Thursday: Mosaic Montrose and Endless Pastabilities.  
 Friday, Montrose Senior Center, Pavilion Drive  
 Saturday or Sunday, LaNoue DuBois Winery  
 Saturday, Welcome Home Alliance for Veterans



<https://kathrynrburke.com/calendar>

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(Redeem as soon as 4th class completed.)

Complete all four at Endless Pastabilities for \$50 Gift Certificate. (Redeem after class on November 13th.)

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Friday Afternoon Art. 1-3 pm Aug. 22nd



Senior Center at the Pavilion  
 With Kate Burke



Everything Provided plus snack and drink

\$40/pp. <https://kathrynrburke.com/product/082225mrd>

## Paint a Tuscan Sunset at Endless Pastabilities

6-8 pm, Thr., August 14th With Kate Burke

Step-by-step instructions. Acrylic on canvas.



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\$45/pp, \$80 couple. Register online

[kathrynrburke.com/product/081425pasta](https://kathrynrburke.com/product/081425pasta)



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SUNDAY, AUG. 24, 1-3:30 pm

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# OPINION/EDITORIAL: LETTERS

## PLEASE, DO NOT SIGN THE PETITION TO RECALL SCOTT MIJARES

*Dear Editor,*

After attending a meeting put on by what my brother calls the US Park Circus, and the US Forest Service about the Dragon Bravo and White Sage Fires at the Grand Canyon and Kaibab, I am going to have to agree with him. This fire has now burned more than 170,000 acres of forest caused by a lightning strike that occurred on the 4th of July, 2025 close to the historical Grand Canyon Lodge at the North Rim of the Grand Canyon which caused some trees to smolder. Guess what the Park Circus did??? They watched it! When citizen calls came in; guess what they were told? "We are watching it." Not even a fire plan was in place at the lodge just like there is no fire plan in place at the Kaibab Lodge right now today according to a woman I talked with who works there. She verified the statement and the statements made at this meeting, "We are watching it." Then the smoldering ignited and it was out of control by the 30th of July; the fire had now moved into the US Forest Service territory and the historical lodge at the North Rim of the Grand Canyon, gone.

Last Tuesday evening, August 5, 2025 the US Park Circus and the USFS stood and tried to appease these angry people in Fredonia, Arizona and August 6th came to the smoke inhaled people of Page, Arizona. With the prevailing winds Page was getting a straight shot of smoke and ash. It was amazing as this disastrous fire roars the liberal minded bodies that stand and have to smooze and pander to the lies being told. Then a man stood. He opened up with both barrels. He made the right statements and asked the hard questions and demanded answers. As I sat there and listened to the BS for two hours I wondered if the liberal environmentalists could see they created this mess! Color-

ado is no different! We are burning up, too. It appears planned.

In the 60's the environmental movement that was started in the 1800's by a friend of Theodore Roosevelt, John Muir, environmental philosopher and naturalist was really picking up steam. In fact the Sierra Club was co-founded by John and by the 60's it had grown to 15,000 members. The Sierra Club was now truly a national conservation organization. More organizations spawned off of this one. Their ideology didn't want dams built, forests logged, no grazing, mining, no gas exploration or fracking. Other environmental groups were growing exponentially. The Sierra Club's Biennial Wilderness Conferences, launched in 1949 in concert with The Wilderness Society, became an important force in the campaign that secured passage of the Wilderness Act in 1964.

What amazes me are the liberal minded folks that like to tout their education who I feel are the reason common sense has left. Watching and listening to them at this meeting in Page, Arizona assured me I have not been wrong. We cannot manage our forests. Commissioners if they will not stand are pushed to put in Monuments, NCA's, and now GORP from other idiot politicians who are pandering to environmentalists, foundations and NGO's who are the environmentalists.

Have you heard of "cattle free in '93 or "No more in '94? How about metal that environmentalists were putting in trees that caused loggers chain saws to bounce and kill them or maim them? That was going on in the '70's. It wasn't long ago that cattle were locked out of their water by The Great Ole Broads environmentalist group not very far from us. These groups wreak havoc in our counties, our states and our nation. Now think of all

of this and Jeff Hurd and Sue Hansen. How they are cozying up to Hickenlooper and Bennett who are pushing a wilderness plan that is absolutely ridiculous. Why? Are they the front men and women for an agenda of donors? Politicians used as front men and women for the big money they get chummed with?

I watch Sean Pond trying to educate people and doing a great job. Thank Heaven Montrose County has Sean Pond and Scott Mijares. Watch Sean Pond on FaceBook. Start getting educated.

Only we, the People, can stop the insanity. Sean and Scott cannot do it by themselves. They need us! They need us at their work sessions on Mondays and BOCC on Wednesdays. We need you to start listening and paying attention to an agenda that only wants one use and that is tourism, solar and wind farms, and green energy.

Please pay attention as to what the NCA's, monuments and now GORP really do and what they want. They cause less grazing and make it hard for ranchers to stay in business. These federal Acts want to stop logging and shut down mills. These two industries in and of themselves are the fire mitigators.

We need cattle and sheep grazing in the forests. We need loggers logging. It all helps keep our forests healthy. Why is this so hard for environmentalists to see? Have they truly been educated out of common sense?

Please help save our county of Montrose from nefarious actors and politicians that some made the mistake of voting for.

Please, do NOT sign the petition to recall Scott Mijares.

Scott has been a true asset for Montrose County. He demands transparency and there are some that don't like that.

*Respectfully, Barbara Hulet*

# DID YOU SIGN THE RECALL PETITION

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FOLLOWED & PESTERED TO SIGN?  
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# REGIONAL NEWS BRIEFS

## STAGE 2 FIRE RESTRICTIONS IN EFFECT

### Montrose County Sheriff's Office

MONTROSE-Stage 2 Fire Restrictions are enacted during periods of extreme fire danger to reduce the risk of devastating wildfires.

Stage 2 Fire Restrictions will take effect across all of Montrose County, including all state lands, starting at 0001 a.m. on Friday, August 8.

Recent days have brought multiple wildfires across Colorado. While one fire has been contained, new fires continue to ignite. The danger in Montrose County is extreme.

Montrose County Sheriff Gene Lillard emphasizes:

"Beginning August 8, our deputies will enforce Stage 2 Fire Restrictions. Violations will result in a criminal citation."

Prohibited under Stage 2 Restrictions:

- Any campfires, including charcoal or pellet grills
- Agricultural burns or any open burning
- Smoking in timber, brush, or grass areas
- Fireworks or pyrotechnics of any kind (including exploding targets)
- Cutting, welding, or grinding in dry vegetation

• Operating off-road vehicles or equipment without an approved spark arrestor Permitted:

- Propane or liquid-fueled camp stoves, lanterns, or heated devices with on/off switches.

With no rain in the forecast, we ask every resident and visitor to take this threat seriously.

This action is about protecting lives, homes, and the irreplaceable beauty of our landscapes.

Stay alert. Stay safe. Thank you for doing your part.

## Final Decision Night: "Places to Just Be"

Help choose the youth-led ideas for Montrose's safe, welcoming spaces

Local youth imagined "Places to Just Be" — free, creative spaces to relax, connect, and belong. At this **Catalyst & Connectors Club (CCC)** meeting, adults will decide which projects launch now, pilot, or plan for later.

- 🎨 Safe Paint Rage Room
- 🍎 Free Snack Bars
- ✂️ Maker Spaces
- 🌟 ...and more

- 📍 Bluecorn Café
- 📅 **Monday, August 25**
- 🕒 6:00–8:00 pm
- 🍽️ Food provided

Attend a CCC Meeting!



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# OPINION/EDITORIAL: LETTERS

## RECALL CAMPAIGN SINKS TO NEW LOWS: PREYING ON THE VULNERABLE IN MONTROSE COUNTY

*Editor:*

### **A Toxic Undercurrent in Community Spirit**

Montrose County has long prided itself on community spirit, where neighbors help neighbors and local governance focuses on practical needs like health care, infrastructure, and economic stability. But lately, a toxic undercurrent has emerged, poisoning that sense of unity. The "Recall Commissioner Scott Mijares" committee, ostensibly driven by concerns over transparency and fiscal responsibility, has devolved into something far more insidious: a predatory operation that targets the county's most vulnerable residents. This isn't just politics as usual. It's exploitation masquerading as activism!

### **The Health Fair Outrage**

The latest outrage unfolded at the recent Montrose Health Fair, an event designed to connect families with essential health services, from free screenings to resources for managing chronic conditions. Attendees, many of whom are low-income, elderly, or dealing with medical hardships, came seeking support, not solicitation.

Yet, there they were: recall petitioners, aggressively pestering people in lines for blood pressure checks or flu shots. These "community do-good activists," as they bill themselves, bombarded fairgoers with petitions, ignoring clear signs of disinterest or distress. One witness described a mother, juggling toddlers while inquiring about pediatric care, being cornered by a volunteer who wouldn't take no for an answer. "They don't want anything to do with what you're selling," she reportedly said, echoing the sentiment of many.

### **The Recall Effort's Pattern**

This isn't an isolated incident but part of a pattern in the recall effort, which launched in July 2025 after organizers filed a petition with the Montrose County Clerk and Recorder. Led by a bipartisan group

including former officials like Phoebe Benziger and Ray Langston, the campaign accuses Commissioner Mijares of violating Colorado's Open Meetings Law, forcing the resignation of the county manager and attorney, and wasting taxpayer dollars on severance packages and legal fees totaling over half a million dollars, by their estimates. They also criticize his handling of the public health director's role and interference in projects like the North Campus facility.

### **Examining the Grievances**

Valid grievances? Mijares, elected in a wave of calls for change, has indeed stirred controversy. However the list items on the recall petition are far from accurate: Supporters, including the Montrose County Republican Party, defend him as a principled leader fighting entrenched interests.

### **Crossing Ethical Lines**

But the methods of the recall proponents cross ethical lines. Preying on health fair attendees, people already burdened by medical bills, insurance woes, or family health crises, exploits vulnerability for political gain. These aren't informed voters at a town hall; they're individuals focused on survival, not signatures. Such tactics echo broader criticisms of recall efforts nationwide, where aggressive petitioning often borders on harassment. In Montrose, volunteers are stationed across the county, emailing potential signers and collecting names door-to-door, but targeting a health event feels particularly callous. It's reminiscent of predatory sales pitches at senior centers or charity events, where pressure tactics overwhelm the unprepared.

### **Undermining Legitimacy**

This behavior undermines the recall's legitimacy. If the issues are so compelling, transparency violations, fiscal waste, a

"toxic workplace," why not engage through open forums, debates, or media? Instead, the committee shuts down dissent, much like they accuse Mijares of doing. At key meetings, public comment was curtailed, leaving residents feeling silenced. Meanwhile, Mijares counters with his own site, urging signers to withdraw petitions and highlighting what he calls misinformation.

### **Democracy or Distraction?**

Opponents might argue that recalls are democratic tools, requiring 25% of recent voters' signatures to trigger an election. Here, it is potentially in November 2025. True, but democracy thrives on integrity, not ambush. Montrose deserves better than a circus that distracts from real priorities: wildfire recovery, budget shortfalls, and health access. The county's public safety sales tax funds now require separate accounting, a move passed amid recall drama, showing governance continues despite the noise.

### **A Call for Compassion Over Coercion**

Ultimately, this recall risks deepening divisions in a community already strained by rapid growth and economic pressures. Voters elected Mijares to shake things up; if he's failing, let the ballot box decide in due time, not through underhanded hunts for signatures at health fairs. To the committee: If your cause is just, win hearts through facts, not by preying on the less fortunate. Montrose residents, stay vigilant. Protect your neighbors, question aggressive solicitors, and demand politics that uplifts, not exploits. Our county's strength lies in compassion, not coercion. Let's keep it that way.

**Michael J Badagliacco, "MJB"**

*Michael is a United States Air Force Veteran, father of five and grandfather of three, passionate about this country and the Constitution. He is Editor-in-Chief of the Colorado DOGE Report.*

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# OPINION/EDITORIAL: LETTERS

## MAJORITY OF THIS COUNTRY NOW VIEWS DEMOCRAT PARTY UNFAVORABLY

*Editor:*

Anyone paying attention is aware that Colorado for some time has been funneling taxpayer money into programs that have nothing to do with serving hardworking Colorado taxpayers. Governor Polis and the Democrat-run legislature have no problem providing more handouts, including free healthcare to illegal immigrants, because they assume they can continually increase the tax burden on unsuspecting citizen taxpayers. They also seem to have no problem providing fewer services. The City of Denver over the last couple of years has cut police and fire department budgets, DMV services, and the parks and rec department to pay for illegal immigrants. Higher taxes, more handouts, and fewer services for the people who actually pay the bills, coupled with blatant fiscal mismanagement, have become the norm for Colorado Democrats. Denver can't fund its police, but spends \$350 million on illegals – and now seems to think they have the money to host the “Gay Games” in 2030.

The budget bill recently signed into law by Trump extended the present tax rates into the future and had the effect of saving Colorado taxpayers from the largest tax hike in history. Colorado governor Polis just announced a “special session” of the legislature to deal with what he is calling a budget shortfall, and hilariously wants us to think Colorado's budget woes somehow have something to do with the budget bill passed in Washington. It seems Colorado Dems were banking on the highest tax hike in history to camouflage their reckless spending. Colorado's budget isn't broken because Republicans passed a bill; it's broken because Democrats refuse to rein in spending. The budget is imploding under the weight of Democrat waste and mismanagement.

One of the things your Colorado governor will be spending money on in coming months is for the legal defense of the gun law Polis just signed – the most blatantly unconstitutional gun law ever adopted anywhere. It bans the manufacture, sale, and purchase of semiautomatic firearms that can accept detachable magazines. Rational Americans know that the Second Amendment, as well as subsequent Supreme Court decisions, make clear the new Colorado law infringes on our natural, unalienable rights.

The law bans the most commonly used guns in America. Polis and his Democrat legislature know this is a blatant violation of the Second Amendment, and that it will be struck down. They don't care. They know they have the power to waste as much taxpayer money as necessary to defend it in a losing battle that will take months or years. Their goal is to punish normal, sane Colorado gun owners – who they consider their enemy – and use those gun owners' own tax money to do it.

Some things Colorado Democrats do are of little importance to me. I am not that concerned if the city of Denver wants to cut services to its residents so it can fund illegal immigrants or host gay events. You get the government you vote for, and Denver residents seem to be OK with repeatedly electing idiots. Conversely, much of what Colorado Democrats are doing is having disastrous effects on the entire state, and that concerns me. Ask any Colorado rancher what he or she thinks of being forced to accommodate predatory wolves destroying their very livelihood so that some low IQ Democrat can have wolves roaming freely – but not in the Denver politician's back yard. The gun law Polis signed is an absolute slap in the face of all sane American. Closer to home, in a state already reeling from crime, fentanyl deaths, and a collapsing trust in government institutions, the Colorado attorney general just declared war on cops. The AG is suing a Mesa County sheriff's deputy who made the mistake of doing his job. The deputy's crime? Sharing basic information with federal immigration authorities after a routine traffic stop revealed the driver was here illegally. The Democrat AG calls that a civil rights violation. Normal people call it law enforcement. The Deputy simply alerted federal agents in the deputy's federally funded drug task force that someone was in the country illegally. Hopefully, like Polis' gun ban, the suit will be laughed out of court. More importantly, in addition to being a cynical betrayal of the men and women who keep Colorado safe, it is just another reminder that Colorado Democrats have an agenda that is in direct opposition to the wishes and well being of Colorado citizens.

Since Democrats gained total control of Colorado, they seem to be trying to outdo

California and New York in a race to destruction. Events in California this week indicate that will be a challenge, but Colorado Dems seem to be up to the task. After wildfires wiped out entire neighborhoods in the Los Angeles area in January, a “FireAid” benefit concert was put on to benefit victims. The politicians and presenters told donors the money would go directly to victims. Instead, none of the \$100 million raised went to any victims, but went instead to various favored leftist non-profits. It's a smaller version of the USAID slush fund where taxpayer money intended for the needy was funneled through NGOs into Democrat campaign coffers and politicians' own pockets. In New York, the Democrat candidate for the mayor of the largest city in the U.S. is Sohran Mamdani, a socialist whose entire campaign is built on unachievable promises and higher taxes. He proudly advocates for rent freezes, free buses, and government owned grocery stores, and makes speeches about the goal of “seizing the means of production.” This is the same rich socialist that advocates defunding the police, but hires private security for his own protection.

Most concerning are his repeated anti-Semitic comments and positions. Democrats are suffering repeated failures and are responding with an increasingly angry and unhinged radicalism that has zero appeal to most sane voters.

Dem Senator Elizabeth Warren's backing of Mamdani is just the latest example of Democrats floundering – and of their insane agenda. Warren touts Mamdani as the new face and future of the Democrat party. In addition to only being able to field bad candidates – like Kamala and Tim Walz – every strategy Democrats champion consistently defies common sense and traditional American middle-class values.

When we look at the Democrat party of today, can anyone honestly say that they have not been corrupted?

In years past, they stood for something; the members of the party could be believed when they said they loved their country. That is no longer the case. Is it any wonder that the vast majority of this country now views the Democrat party unfavorably?

*Ed Henrie, Montrose*

# COMMUNITY NEWS BRIEFS

## BLM UNCOMPAHGRE FIELD OFFICE IMPLEMENTS STAGE 2 FIRE RESTRICTIONS

*Special to the Mirror*

MONTROSE— Stage 2 fire restrictions begin Friday, August 8, 2025 for all public lands administered by the Bureau of Land Management (BLM) Uncompahgre Field Office within the boundaries of Delta, Montrose, Ouray, and San Miguel counties, including Gunnison Gorge National Conservation Area. The restrictions align with local orders and guidelines to protect public safety during high fire danger.

“Weather conditions have not provided any relief. The continuation of persistent drought is the reasoning for the transition from Stage 1 fire restrictions into Stage 2 fire restrictions” said **Southwest District Fire Management Officer Rusty Stark**.

Stage 2 fire restrictions in addition to the prohibited acts of Stage 1 fire restrictions, the following acts are prohibited:

- Building, maintaining, attending, or using a fire, campfire or stove fire. Gas stoves with on-off controls are permissible.
- Smoking, except within an enclosed vehicle or building, a developed recreation site or while stopped in an area at least three feet in diameter that is barren or cleared of all flammable materials.

-Operating a chainsaw or other equipment powered by an internal combustion engine.

-Welding, operating a torch with open flame, or any activities which generate flame or flammable material.

- Using of explosives or incendiary devices, including, but not limited to, exploding targets, fireworks, tracer ammunition.

Stage 2 fire restrictions on these lands will become effective at 12:01 a.m., MDT, August 8, 2025, and will be in place until rescinded. Violation of federal fire restrictions is punishable by a fine of not more than \$1,000 or imprisonment for not more than 12 months or both. In addition, those found responsible for starting wildfires will also face restitution costs of suppressing the fire.

These fire restrictions are in addition to the year-round wildfire prevention restrictions on BLM-administered public lands in Colorado. These include prohibitions on:

- Leaving a fire unattended or unextinguished.
- Possession, discharge or use of any fireworks.
- Discharge of a firearm using incendiary or tracer ammunition.
- Burning, igniting or causing to burn any tire, wire, magnesium, or any other hazardous or explosive material.
- Operating any off-road vehicle on public lands unless the vehicle is equipped with a properly installed spark arrester pursuant to 43 CFR 8343.1 (c).

Fireworks are always prohibited on public lands. More information about fire prevention is available at: [Fire Prevention | Bureau of Land Management](#)

Current fire prevention notices for the BLM Southwest District are posted online at: <https://www.blm.gov/programs/public-safety-and-fire/fire-and-aviation/regional-information/colorado/southwest-district>



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# REGIONAL NEWS BRIEFS

## K-9 SEARCH CONDUCTED IN KRISTAL REISINGER MISSING PERSON CASE

### Colorado Bureau of Investigation

CRESTONE— The Colorado Bureau of Investigation (CBI) and Saguache County Sheriff's Office, in collaboration with Colorado Forensics Canines, completed a targeted search yesterday, August 6, 2025, as part of the ongoing investigation into the 2016 disappearance of Kristal Reisinger.

Four human remains detection dogs were deployed to a specific location in Crestone, Colorado, believed to be connected to the case. Kristal Reisinger was 29 years old when she was last seen on or around July 13, 2016, in the Crestone area. Her disappearance has been a nationally and internationally known case, notably featured on the "Up and Vanished" podcast.

The search operation has been completed. At this time, no further details about the findings are being released as the investigation is active and ongoing.

The Colorado Bureau of Investigation (CBI) continues to seek assistance from the public. Authorities emphasize that no tip, regardless of how insignificant it may seem, will be discounted and tipsters can remain anonymous. The public is urged to come forward with any information related to Kristal Reisinger's disappearance.

**Tip Line:** 720-741-7410



**Kristal Reisinger:**  
Courtesy CBI



**Near Crestone, CO:** Courtesy CBI



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

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

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

**GAIL MARVEL**

*Montrose Author & Reporter*

*Where Wallflowers Grow* is available online at **Amazon.com** and **wingedpublications.com**.





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## COMMUNITY OBITUARIES

### PATRICIA LYNN PELHAM

***December 1967 – July 2025***



It is with heavy hearts that we announce the passing of our beloved mother, Patricia Lynn Pelham, who departed this life too soon at the age of 57. She passed away in Delta, Colorado.

Patricia was a selfless, loving and devoted mother, grandmother, and friend. Her kindness, unwavering support, and endless love helped shape the lives of those fortunate enough to know her. She lived a life of grace, strength, and compassion, always putting the needs of others before her own. She was an amazing mother and grandmother.

Born in Ventura, California, she built a life centered around her family and her one only true love. She was the heart and soul of the Pelham family. Her home was a haven of unconditional love, laughter,

strength and comfort, always a source of getting others together. Her presence made everyone feel valued and seen.

She leaves behind her children: Chris, Meika, Daniel, Isaiah, Dean Jr, Grand children: Khole, Hayden, Gerardo, Elias, Madison, Morgan, Deagan, Dillon and Terri, Sister: Jeannie, and many extended family members and dear friends. Her legacy will always live on in every hug, every act of compassion, and the values she instilled in those fortunate enough to know her.

Patricia was preceded in death by her brother Roger and son Isaac.

Though the hearts of the ones she left behind are broken, the memory of her strength, determination, unconditional love, and selflessness will continue to live on.

### TYLER GREGORY SMITH

***JUNE 2, 1985-AUGUST 6, 2025***

TYLER GREGORY SMITH was tragically killed on Hwy 550 on August 6, 2025. He was a big man with an even bigger heart. He exemplified the saying we are shaped and fashioned by those we love. He loved freely and was loved by many in return. Being kind and considerate was a primary component of his character.

He was well-known in the community as DJ Tymus with his ownership of Lone Wolf karaoke & entertainment. He not only provided the music for many activities but as a fabulous singer, enthusiastically led the way. His contagious laugh added to every situation he was in.

There is no doubt that he will be joyfully singing with the angels for God's glory. Tyler had a very large extended family. He was survived by his parents Norman and AJ Smith and his eight siblings: Alissa (Mike, Hannah, Megan, Kaitlyn) Branson; Rachel (Steve Caulk, Soren, Olivia) Zenzinger; Derek (Liam, Kamala, Kristi) Smith; Jeremiah (Karen) Smith; Bart (Joseph, Jacob) Palmer; Jeremy Smith; Jerusha (Elliott, Calvin, Skylar) Siegel; Angelica (Riley) Smith; grandmother Betty Kuta.

Preceding his death was mom Yvonne Kuta, grandparents Charlene and Ivan Smith, Ernie Kuta; godparent Patrick Kuta and Aunt Pam Kuta.

There were numerous aunts, uncles, cousins, and friends considered family that will sorely miss him.

Voltaire stated, "God gave us the gift of life; it is up to us to give ourselves the gift of living well." Tyler's joy, compassion, kindness and love showed he did indeed live well.





## COMMUNITY OBITUARIES

### KENT ALAN SCHULTZ

***December 27, 1947 — August 3, 2025***

KENT ALAN SCHULTZ, 77, of Montrose, Colorado, passed away peacefully at home with his family by his side.

Born on December 27, 1947, in Grand Junction, Colorado, to Alfons Schultz and Vera Hermann, Kent spent his early years in Grand Junction, Colorado, where he attended Grand Junction High School.

He went on to pursue higher education at the University of Northern Colorado and Colorado State University, earning both a Bachelor of Science and a Master's degree. Kent dedicated his life to education, working for many years as a special education teacher in Sandpoint, Idaho. He was also deeply committed to social justice, actively participating in the Peace Movement, leading within the Teacher's Union, and managing state and local political campaigns for candidates in the democratic party.

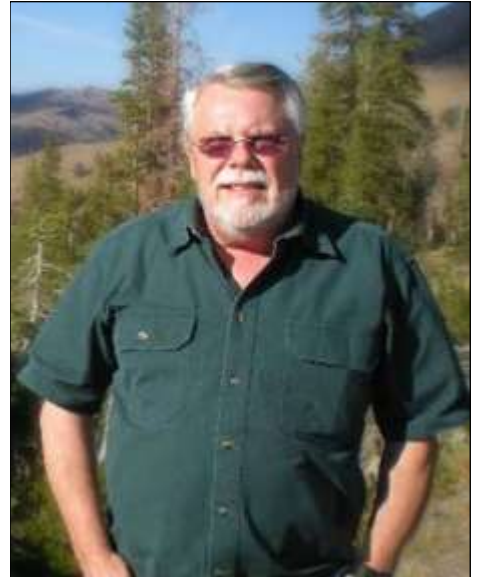
On June 15, 1968, Kent married his high school sweetheart, Julia Fay Schultz, in Grand Junction. Together they raised their family in Sandpoint, Idaho, where they enjoyed family camping trips, fishing, hiking and traveling. Julie preceded Kent in death in 2009.

Beyond his professional achievements, Kent found great joy in cooking, reading, fishing, camping, gardening, and teaching his grandchildren. His presence was a steady source of wisdom, humor, and warmth for those fortunate enough to know him.

Kent is survived by his four children: Richard Seals of Buckeye, Arizona; Adam Schultz of Fort Worth, Texas; Matthew Schultz of New York City, New York; and Rachel Arrechea of Montrose, Colorado. He is also survived by his brother, Tommy Schultz, and Kay Coulson of Colorado. Kent's legacy continues through his nine beloved grandchildren—Grace, Justin, Hayden, Blake, Nicole, Peter, Tyler, Alonso, and Alejandro—and his two great-grandchildren, Stevie and Emery.

He was preceded in death by his parents, Alfons and Vera; his brother, Gary; and his wife, Julie.

A memorial service honoring Kent's life will be held on the afternoon of September 13, 2025, at the Living Word Lutheran Church in Montrose, Colorado. All who knew and loved Kent are welcome to attend and celebrate his remarkable life.



*Now more than ever...*

*Thank you for reading*

**THE MONTROSE MIRROR**

ISSUE 534 Aug. 11, 2025

## ART &amp; SOL

## THE BAREFOOT LAUREATE WITH WENDY VIDELOCK

*Labors of Love, Landscape and Learning*

PALISADE-Dusk arrives here on the edge of the world in Western Colorado and the mountains begin to glow as though lit from within.

As a child of the Sonoran Desert, I've lived most of my life in the Southwest and have always been a hopeless disciple of the spiritual spaciousness the landscape offers. Its beauty is a testament to geologic time and is not manufactured but wild and raw, not to mention humbling.

When we moved, as empty nesters, from Grand Junction into this precariously-placed dwelling outside Palisade eleven years ago, the surrounding yard was barren, even for the high desert. The previous stewards of this land had covered the ground in thick weed barrier. On top of the weed barrier had been deposited several loads of river rock.

There were no native plants, no cottonwood, no greasewood, no globe mallow or desert grasses.

Even bindweed, notoriously resilient, was strangely absent. The former curators of our new home had poured liberal amounts of poison into the sandy soil that lay beneath the river rock and weed barrier they'd put into place.

It took me a few years to stop wondering

why anybody would want to live in such beautiful terrain while trying so hard to keep nature at bay. The truth of course is that none of us escapes this life without doing our fair share of killing. We are powerful beings, we humans, with many tools at our disposal.

**The Ax**

*The long standing juniper bush  
got the ax from us this year.*

*We left the stump  
and made of it  
a lantern and a cairn.*

*The neighbors stop and stare,  
though not in horror  
or despair.*

*May all my murders  
be handled with such care.*

Although the surrounding land of our new home was fully bare, down in the ravine, (upon whose edge our home sits), desert life was thriving. Juniper and rabbit brush crowded the narrow ravine floor and various asters and sunflowers crawled up the rivulets where water travels in the spring.

Animal trails veined across the sides of our little abyss. Each night we were reminded that coyotes did their howling and hunting down in the narrow passageways where rabbit and quail travel. The owl, too, was clearly taking advantage of the squirrels and mice and other ground creatures in that little desert

smorgasbord below the house. There was a winding path leading down into the arroyo, and we were inclined to explore.

**The Owl**

*Beneath her nest  
a shrew's head,  
a finch's beak  
and the bones  
of a quail attest  
the owl devours  
the hour,  
and disregards  
the rest.*

I knew when we bought the house that I would be using all the tools at my disposal and all the ingenuity I could muster to bring this sacred little acre of land back to life.

**Desert Shade**

*The Mormon Tea  
raises  
her many arms  
in praise,  
and in so doing  
creates  
a little shade  
for the spider  
and the snake.*

I realized soon after our labor of love was underway that the land needed very little help from me to recover. It didn't take long for the critters and the birds to return. The animals and flowers and scrub that grow in this particular patch of

**Continued next pg**



# THE BAREFOOT LAUREATE From previous pg

of terrain have become some of my most beloved and eloquent teachers.

## **When I'm feeling**

sorry for myself,  
the juniper replies:  
to root down  
into the craggy earth  
and twist,  
gnarled and arthritic  
like this  
is no airy

mystic bliss,  
nor the first word  
in tenaciousness.

As I worked to turn piles of river rock into easy paths and curved designs, my husband dug holes in which we planted desert oak and various penstemon. Seeds from surrounding farms and orchards found their way into the ground and began to grow. Like everyone else, I have used my tools both carelessly and carefully. I've made mistakes as well as reparations. And when I become plagued by esoteric questions, as poets often are, the

answers come flooding in — from the heat, from the rains, from the thunderstorms and crazy winds and from the land itself. "Love calls us", Richard Wilbur tells us, "to the things of this world."

These eleven years working in service to this land and all her creatures has taught me that the work of erosion and evolution is never done. And I am every day reminded that to find something holy in the land is to open myself up to greater understanding — and to coming home, over and over and over again.

## **Ode to the Slow**

I've an affinity for ghosts, and so,  
dwelling as we ghostly do, with the caw  
and the screech and the piñon moon,  
where the freeze  
and the thaw and the witness are  
together alive and together entombed,  
here on the edge of a high desert world  
where all is stone, and all is sky,  
here where an ancient sea surged forth  
and slowly died, here where the ruins and  
the peaks

have changed their names to butte and bluff,  
here where the Ute had slowed their feet  
and harvested the pinion seed,  
here where the reach of the canyon ends  
or begins, or infers — like knowledge, it's  
always  
a rapture or a bit of a blur — (one could  
soar on the wing  
or fall in) — here where the rolling stone  
knows  
the world is only made of sand, and the  
arc  
is the mark of the fallen star,  
here where the ghosts and the slopes are  
wan,  
and empty of virtue and of sin, I lower a  
bridge,  
and watch the morning fog roll in.

Wendy Videlock serves as poet laureate of the Western Slope. Her books are available wherever books are sold. Reach her at [westernslope-word@gmail.com](mailto:westernslope-word@gmail.com)

## COMMUNITY NEWS BRIEFS

# WHAT A SPOT! BY JACK SHARKEY & DAVE REISER

Article by LaDonna Bubak

A wildly absurd island adventure that'll leave you laughing all the way to the lifeboat!

Directed by Pam Carlson

Assistant Director: Julie Laube

MONTROSE-Stranded on an island full of secrets, scandal, and... showgirls? That's exactly where What a Spot! dumps you -- in the most gloriously chaotic way possible. This musical farce is bursting with kooky charm, tropical trouble, and a gorilla named Lolita (April Heard) who's just a little too affectionate.

Helmed by MCP actress Pam Carlson in her directorial debut, this riotous romp maroons the classic duo of Robinson Crusoe (Keith Laube) and Friday (Jason Simmons) on Stupid Island with no rescue in sight but plenty of nonsense on the horizon. Their peaceful world is flipped upside down when Ginny (Julie Laube) and Denise (Patti Scriffiny), a couple of burlesque dancers posing as high-society ladies, wash ashore. With a cast of over-the-top characters, cheeky musical numbers, and enough jungle madness to make Gilligan's Island look like a TED Talk, What a Spot! is equal parts musical comedy, vaudevillian throwback, and delightful fever dream.

Perfect for fans of old-school comedy, campy schtick, and musicals that don't take themselves too seriously, this is live theatre at its most delightfully unhinged. So grab your coconuts and book your tickets -- What a Spot! -- is bringing the storm, the sass, and just maybe, a gorilla love triangle you never knew you needed.

Runs Sept. 5 through Sept. 20. Tickets available at the Box office (970)249-7838/ [mcp@montrose.net](mailto:mcp@montrose.net) or at [magiccirclplayers.com](http://magiccirclplayers.com). Or purchase a season ticket for the best price to see six productions from September 2025 to May 2026.

LESLIE GORE WITH CENTURY 21 ELEVATED PROUDLY PRESENTS



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**\$348,500**

**2 BR**

1 bathrooms

**CONTACT: LESLIE GORE**

📞 19702753195  
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🌐 <https://tinyurl.com/LeslieGoreC21>





## COMMUNITY NEWS BRIEFS

# BEACONFEST: COLORADO'S FUNNEST SENIOR EXPO RETURNS TO MONTROSE SEPT. 11

### Special to the Mirror

MONTROSE-Montrose and Delta's biggest and funnest celebration for seniors, baby boomers and their families is back! BeaconFest, Colorado's largest senior expo, returns to the Montrose Pavilion on Thursday, September 11, 2025, from 9 a.m.-2 p.m. Admission is FREE for a full day of entertainment, education and giveaways.

Montrose-Delta BeaconFest is the best opportunity to connect directly with more than 60 local businesses and national agencies devoted to helping seniors age

well in Western Colorado. Enjoy live music from Peggy Malone, Donny Morales, Robin Freed & The Harps in Motion Ensemble and Mike Gazdak, sample food from area restaurants, attend expert-led seminars and enter to win prize drawings every half-hour!

At 1 p.m., the Volunteer of the Year ceremony will honor some of our community's most giving and passionate senior volunteers. BEACON readers can meet this year's honorees in the August issue and vote for their favorite at [BeaconSeniorNews.com/vote-volunteer](https://BeaconSeniorNews.com/vote-volunteer).

For more information about BeaconFest, visit [BeaconFest.com](https://BeaconFest.com) or call 970-243-8829.

**Keeping up with Western Colorado's growing retiree population, BeaconFest is the largest annual mature lifestyle expo in the state. BeaconFest is sponsored by Valley View Heart & Vascular Center, Volunteers of America Montrose, Inter-mountain Health, 970 Medicare, Crossroads Senior Living, The Lodge at Grand Junction, Vivage Beecan Colorow Care Center and Vivage Beecan Hope Springs Care Center.**

## MORNINGSTAR THERAPY DOG GROUP SUPPORTS INCIDENT MANAGEMENT TEAM



**Mary Hodson and Revie.**



**Marcia Heckard and River; Isaiah Knott and Marley.**



**Heidi Rettig's Breeze sits quietly for pats.**



**Joyce Slusarski's Lexi.**



**Kay Schritter's Molly**

### Special to the Mirror

Photos Courtesy of Morningstar Therapy Dog group

MONTROSE-Morningstar Therapy Dog group in Montrose was contacted by the Incident Management Team on the South Rim of the Black Canyon fire on July 20. They requested that therapy dog teams visit the fire crews camped at their incident command post at Johnson Elementary School before their morning and evening briefings. Fire crews were from all parts of the U.S. - as close as Crested Butte and as far away as Maine. Due to the impact on fire fighters being away from their families and pets for extended periods of time, an effort is being made to seek ways to support responders while they are still on duty. They have found that therapy dogs have helped make a difference.

Eight local therapy dog teams were quickly assembled to visit. All those who visited had the same positive experience and stated what an honor it was to meet these hard-working men and women. They spoke of how professional, dedicated, and welcoming the crews were. Many took pictures of our dogs and showed us pictures of their dogs. The dogs experienced lots of hugs and belly rubs. They love this job! The lucky dogs and their handlers who got to visit were Sue Danner and Kenzie, Marcia Heckard and River, Mary Hodson and Revie, Isaiah Knott and Marley, Kerry Rawls and Ellie, Kay Schritter and Molly, Heidi Rettig and Breeze, Joyce Slusarski and Lexi.

If you are interested in having your dog become a therapy dog or if you know of someone who would benefit from a visit with a therapy dog, please contact Vanessa Gurule 970-729-2528, Paula Brown 970-201-6369, or Joy Styer 970-240-1561

Submitted by Marcia Heckard

Morningstar Therapy Dogs

LESLIE GORE WITH CENTURY 21 ELEVATED PROUDLY PRESENTS

HOME &  
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MLS #824440

Versatile Barndominium in Coal Creek Valley

— Equestrian Potential &amp; Endless Space

Welcome to your dream setup in the heart of Colorado's beautiful Coal Creek Valley, in Montrose, CO. This unique barndominium offers over 2,000 sq ft of heated space and the flexibility to create a truly customized home. Whether you're after a spacious primary suite, an expanded living area, or the ultimate craft or hobby studio, this floorplan is ready to adapt. The main living space includes two bedrooms, a 3/4 bathroom, kitchen, dining area, and a convenient laundry center. Three large additional rooms two of which have some cabinetry and sinks (one includes a half bath)—make ideal spaces for guest suites, home offices, or creative workspaces. For vehicle or equipment storage, the oversized attached garage easily fits 5–6 cars or projects. A detached garage handles up to four vehicles or a large RV, trailer, or toy hauler. Equestrian-Ready: This property once produced certified hay and has the acreage, layout, and access to become a premier horse property. Add a barn, riding arena, or paddocks and take full advantage of nearby public lands and miles of riding trails just minutes away.

Whether you're after a spacious primary suite, an expanded living area, or the ultimate craft or hobby studio, this floorplan is ready to adapt. The main living space includes two bedrooms, a 3/4 bathroom, kitchen, dining area, and a convenient laundry center. Three large additional rooms two of which have some cabinetry and sinks (one includes a half bath)—make ideal spaces for guest suites, home offices, or creative workspaces. For vehicle or equipment storage, the oversized attached garage easily fits 5–6 cars or projects. A detached garage handles up to four vehicles or a large RV, trailer, or toy hauler. Equestrian-Ready: This property once produced certified hay and has the acreage, layout, and access to become a premier horse property. Add a barn, riding arena, or paddocks and take full advantage of nearby public lands and miles of riding trails just minutes away.

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\$1,129,000.00

2 BEDROOMS 2

BATHROOMS

9.18 acres



CONTACT: LESLIE GORE



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# COMMUNITY NEWS BRIEFS

## LOCAL ARTIST WINS GRAND CHAMPION IN ADVANCED WATERCOLOR DIVISION AT MONTROSE COUNTY FAIR

*Special to the Mirror*

MONTROSE-The Montrose Center for Arts is to introduce Bob LaRose, the 2025 Grand Champion from the Montrose County Fair this year, who won with a watercolor painting titled "Dobies First Snow," entered in the advanced/professional category, watercolor division. He also won first and second place in the division.

"I look forward to entering the Montrose County Fair Art Show each year, and am regular participant in the advanced/professional category, watercolor subdivision," says LaRose. "The subject of the painting is the Montrose 'dobies, the gray cliffs south of Montrose visible along U.S. 550, as seen from my front yard."

LaRose says that one morning in early November, the first snowfall was beginning to melt where the sun had warmed the 'dobies. That left the top edges of the cliffs outlined in white, offset by the orange-tinted melt-wetted soil and autumn foliage, and by deep blues of the shaded hillsides.

"That was a WOW moment that I caught in a photo and made into a watercolor over the weeks (and painstaking months) that followed," says LaRose. "I set out to fill a frame that my wife brought home from Heirlooms, which has a pebbled texture that suggests the composition of the hills and contrasts with the vibrant colors."

"Despite their name, the hills pictured are not made of adobe, but rather tiny shards of silvery

shale that reflect light in different colors depending upon the season and angle of the sun," LaRose adds.

LaRose previously made a painting entitled "Orange Sunset" with orange sunset clouds floating over the Adobes. That work is now showing at the Coffee Trader (845 East Main Street) through the Montrose Center for Arts AIM (Art in Motion) program that exhibits the works of local artists in business venues. "Dobies First Snow" will be on display at the Creamery in Hotchkiss during the month of September.

"Although the cash awards are usually modest, I urge all local artists to support the county fair art show, where they can view the works of amateur and student artists and share their art with neighbors from across Montrose County," says LaRose.

"For years (since he moved permanently to Montrose), LaRose has played a large part in the success of the Montrose Center for Arts," says MCA Board President Pat Chaloupek. "You'll see his smiling face at the reception desk on a regular basis, but more importantly, he serves on a number of committees and has researched and worked on applying for grants for MCA. In addition, he is MCA Vice President of the Board of Directors."

Originally from the east coast (Connecticut), LaRose has a background in psychology, engineering and communications and has worked from San Francisco to East Lansing, MI. Retiring as a professor in communications at Michigan State Uni-



**Bob LaRose, the 2025 Grand Champion from the Montrose County Fair. Courtesy photo.**

versity, LaRose says he found Montrose while roaming the U.S. on summer vacations.

"Watercolor art is my avocation," he states. He takes photos during his many travels and does watercolor sketches which evolve into paintings, as well as capturing the beauty right outside his back door.

LaRose is just one of dozens of talented artists that exhibit their work at the Montrose Center for Arts.

Visitors are encouraged to stop by during regular gallery hours, and especially during the Second Thursday Montrose ART CRAWL evenings, 4 – 8 p.m. Or visit LaRose's studio/gallery by appointment only.

Email [larose@msu.edu](mailto:larose@msu.edu) or call or text 517-898-1949. He also exhibits his work online at [www.saatchiart.com/rlarose](http://www.saatchiart.com/rlarose).

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**525 ELIZABETH STREET,  
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MLS # 820393**

This beautifully updated 3-bed, 1.5-bath home in Garnet Mesa is a must-see! Nearly everything is new, including the kitchen (cabinets & appliances), bathrooms, doors, floors, blinds, and fresh paint inside and out.

The smart layout features upstairs laundry, and an enclosed front porch ideal as a mudroom or summer sleeping area.

The home is move-in ready, clean, and efficient, with windows replaced 15 years ago. Enjoy a fenced front yard, detached garage with concrete floor, low-maintenance gravel yard, and HOA-provided irrigation water. Close to schools, medical facilities, and all that Delta offers.



**\$339,900.00**

**3 BR**

**1.5 bathrooms**

**CONTACT: LESLIE GORE**

📞 19702753195

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# CARTOON BY TIM JONES

## WEEKLY CARTOON

### SOUR GRAPES

by Tim Jones



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tired? The  
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## Contact Author and Speaker:

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✉ [agescapesnow@gmail.com](mailto:agescapesnow@gmail.com)

1/2 day retreats with  
the author beginning  
in May.  
Email for more info.

# 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, [don@allsaintsmontrose.org](mailto:pgor-<br/>
  don@allsaintsmontrose.org)

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

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

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

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

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

## BIBLE BAPTIST CHURCH

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

Olathe, Co 81425

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

Pastor Gabe Skillo

Sunday School 9:15 a.m.

Sunday 10:30 a.m.

Sunday 6 p.m.

Wednesday Bible Study/Prayer 7 p.m.

## CELEBRATION CHURCH

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

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

**Office Hours:** By appointment

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

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

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

**Worship Service Times:** 9am and 10:45am

**Senior Pastor:**

Pastor Brandon Mathis

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

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

**Demographics:** Multi-generational

**Celebration Kids:** (age birth to 5<sup>th</sup> grade)  
 programs offered both services.

**Student** (middle & high school) at 9am.

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

## CHRIST'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](mailto:CCVMontroseCO10@gmail.com)

Website: [ccvmontrose.org](http://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](http://www.montroselutheran.org)

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

**Pastor:** Tim Onnen

**Worship:** Sundays at 9 AM

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

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

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

## 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](mailto:spirit@communityspiritucc.org)

**Website:** [communityspiritucc.org](http://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](mailto:office@ccfmontrose.net),  
[www.ccfmontrose.net](http://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:** Tuesday - Thursday 9 am - Noon and by Appointment

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

**Pastor:** Interim Pastor Ian Hyde  
Services Sunday: Worship 10:30 AM, Discipleship Hour: 9:30 AM. Discipleship Hour has classes across all age groups. Nursery for children UNDER 3 is available during Worship.  
**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](mailto:info@fpcmontrose.com), [www.fpcmontrose.com](http://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](mailto:office@montroseucc.org)

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

**Current Pastor:** Rev. Wendy Kidd

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

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

on life's journey.

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

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

## MONTROSE 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](mailto:office@montroseumc.org), [mont-](http://montroseumc.org)

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

**Current Senior Pastor:** Rev. Kevin Young

**Worship service times:**

8:30 a.m. Sanctuary & Virtual

9:45 a.m. Christian Education & Fellowship

11 a.m. Sanctuary

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

Christ. Our church family welcomes people from various cultural and faith backgrounds: single, married, remarried, with or without children, from diapers to 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](http://www.RosemontBaptist.org)

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

**Senior Pastor:** Rolland Kenneson

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

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

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

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

matter what stage of life they are in.

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

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

# 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](mailto:arlyn@spiritaware.org), [www.spiritaware.org](http://www.spiritaware.org)  
**Name of current pastor:** Rev. Dr. Arlyn

Macdonald, Senior minister; Rev. Ruby Salaz, Assistant Minister. Spiritual Counseling available.  
**Worship service times:** In-person Sunday Unity Service at 11 a.m., (Social Time begins at 10 a.m.); Quiet Meditation at 10:30 a.m. Virtual Afternoon Service on Zoom at 2:00 p.m., 2<sup>nd</sup> 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](mailto:rose@yahoo.com)  
[www.ststephensmontrose.com](http://www.ststephensmontrose.com)  
**Rev. Dec.** Garrett Agajanian  
 St. Stephen's is a community of caring Christians rooted in the godly traditions of the past, focused on the challenges of the

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

## VICTORY BAPTIST CHURCH OF MONTROSE

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

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

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

### Church Directory

#### Mirror Editorial Staff

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

### information to the Montrose Mirror:

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

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

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

Do your church services include Sunday School and childcare?







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# The Satisfied Woman

## THE POWER AND EVOLUTION OF FEMALE FRIENDSHIP IN ADULT LIFE



By Gia Pirelli.  
Courtesy photo.

**F**riendship has the power to shape not only our emotional world but also our physical health. For women, strong female friendships can be transformative—reducing stress, improving longevity, and enhancing mental well-being. Yet the

friendships we form in adulthood often look and feel very different from those of our youth. Understanding this shift, and releasing rigid expectations, is essential to experiencing the full benefits of these powerful bonds.

Research consistently shows that the quality of our friendships—not just the number of them—is directly proportional to our physical and mental health. Women with close, supportive friends experience lower blood pressure, reduced risk of cardiovascular disease, stronger immune function, and improved memory later in life. One study found that having at least three close confidantes reduced heart disease risk by nearly 30%. Strong social ties are also common among “super-agers”—women in their 80s with exceptional cognitive health.

Interestingly, women often respond to stress not with “fight or flight” but with what scientists call the “tend-and-befriend” response. Connecting with trusted female friends triggers oxytocin, lowering cortisol levels and promoting calm,

resilience, and emotional balance. In other words, your best friend isn’t just good for your mood—she’s good for your nervous system.

Quality friendships boost self-esteem, foster hope, and increase feelings of empowerment. They offer an anchor during life’s storms and a mirror that reflects back to us. These relationships remind us who we are when we feel lost. Our relationships are our greatest teachers.

They show us who we are. If we allow it. Yet sometimes, we struggle to maintain connections over time, particularly as we move through different phases of our lives. In youth, friendships form almost effortlessly. We share classrooms, sports teams, lunch breaks—our worlds overlap naturally. But as we age, life scatters us. Careers, family obligations, relocations, and shifting priorities make spontaneous connections rarer.

As Mel Robbins describes in her work, adult friendships are shaped by three pillars: proximity, timing and energy. And when one of these shift, the friendship might too. The key? Let them. Release the expectation that every bond will last forever, and focus on enjoying the love, laughter, and grounding they offer now. This is why releasing expectations is essential.

Robbins’ “Let Them Theory” offers a liberating perspective: let friendships be what they are, for as long as they serve both people. Some friends are for a reason, some for a season, but few are for a lifetime. By releasing the pressure for friendships to remain constant or fit a childhood

model, we create space to simply enjoy the connection, love, and support they offer in the present moment.

This shift in mindset doesn’t just preserve relationships—it deepens them. When we approach friendships without clinging to expectation, we show up with more authenticity, generosity, and joy.

The friendships we choose to nurture in adulthood often reflect the person we are becoming.

Staying connected requires self-awareness, vulnerability, and intentionality—qualities that also make us healthier, happier, and more resilient. And to have a friend, means you have to BE a friend.

That requires empathy, generosity, compassion and care—qualities that are essential to being a complete human being and experiencing better quality of life. Learning how to be there for others, and how to give your time, energy, and heart yields its own set of rewards.

The combination of giving and receiving is medicine for the soul and body. It fosters our growth and the growth of others. Strong, genuine connections lower stress, protect your heart, sharpen your mind, and lift your mood, for sure, but the true magic of our besties is in the moments of joy, strength, and connection that, over time, shapes us into healthier, braver, and more complete versions of ourselves.

Celebrate your friendships, honor those amazing women in your life, and make time and space for them to be exactly who they are, and they will do the same for you.

Some things never go out of style.

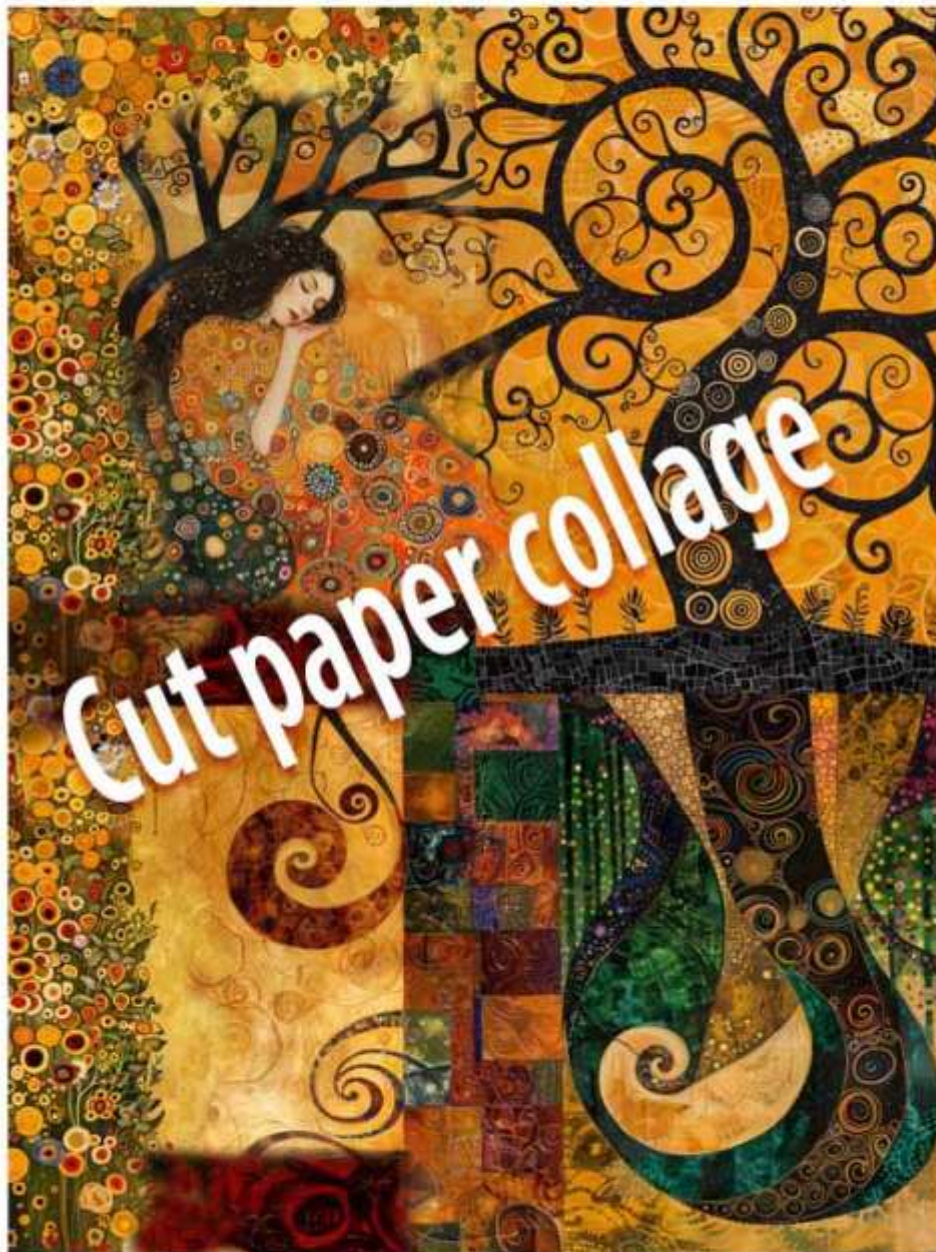
#montrosemirror





**Warrior Resource Center**  
**4 Hillcrest Plaza Way**

# Craft a Beautiful Fall-Colors Collage



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**1-3 pm**  
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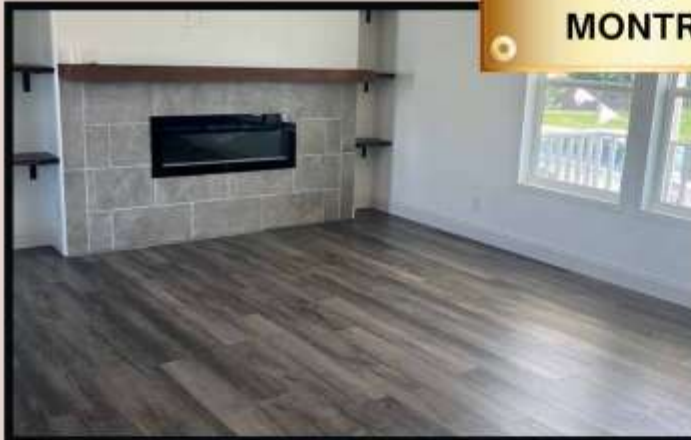
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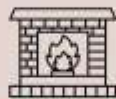
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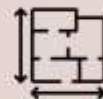
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## CONTACT US

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## SAVE THE DATE! LOCAL EVENTS CALENDAR

### ONGOING-

**BLACK CANYON AUDUBON SOCIETY** provides a monthly program on the 2nd Thursday of the month at 7 pm at the Montrose Field House, 25 Colorado Avenue, Montrose. [blackcanyonaudubon.org](http://blackcanyonaudubon.org)

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

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

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

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

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

**MONTROSE AREA WOODTURNERS** 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](mailto:aheadaviation@outlook.com)

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

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

### MONTHLY

**Aug. 14**-The Black Canyon Audubon Society presents a program on Puffins from two members on their quest to see all four of the world's puffin species. The public is welcome to attend on Thursday, Aug. 14 at the Montrose Field House, 25 Colorado Avenue, 7 pm. [blackcanyonaudubon.org](http://blackcanyonaudubon.org)

**Aug 14** -Paint Italy at Endless Pastabilities. With Kate Burke, 6-8 pm. Everything included plus a drink and snack. 1544 Oxbow Dr., Montrose.

\$40pp/\$80/couple. <https://kathrynrburke.com/product/081425pasta/>

**Aug. 14**-The next meeting of the Women's Giving Club will be Thursday, Aug. 14, 5:30 at The Bridges. Bring \$100 each, listen to short presentations by the three organizations drawn, and vote to make a big financial difference to one local non-profit. All women are invited and encouraged to attend. There is a \$10 hospitality fee for a drink, appetizers and room charges. For more information, please contact Phoebe Benziger at 970-209-9598 or [phoebebenziger@gmail.com](mailto:phoebebenziger@gmail.com)

**Aug. 15**-Montrose Republican Women Luncheon & Program. Friday, Aug. 15 at Noon-Hampton Inn Montrose. Brown bag lunch. MRW will have an informational program and raffle drawing for the "Henry Big Boy." Proceeds to benefit the educational fund. Come find out more and bring a friend! Call Kerri - 970-209-5170.

**Aug. 16**-Youth Appreciation Day at the Montrose County Historical Museum 11am to 3 pm.

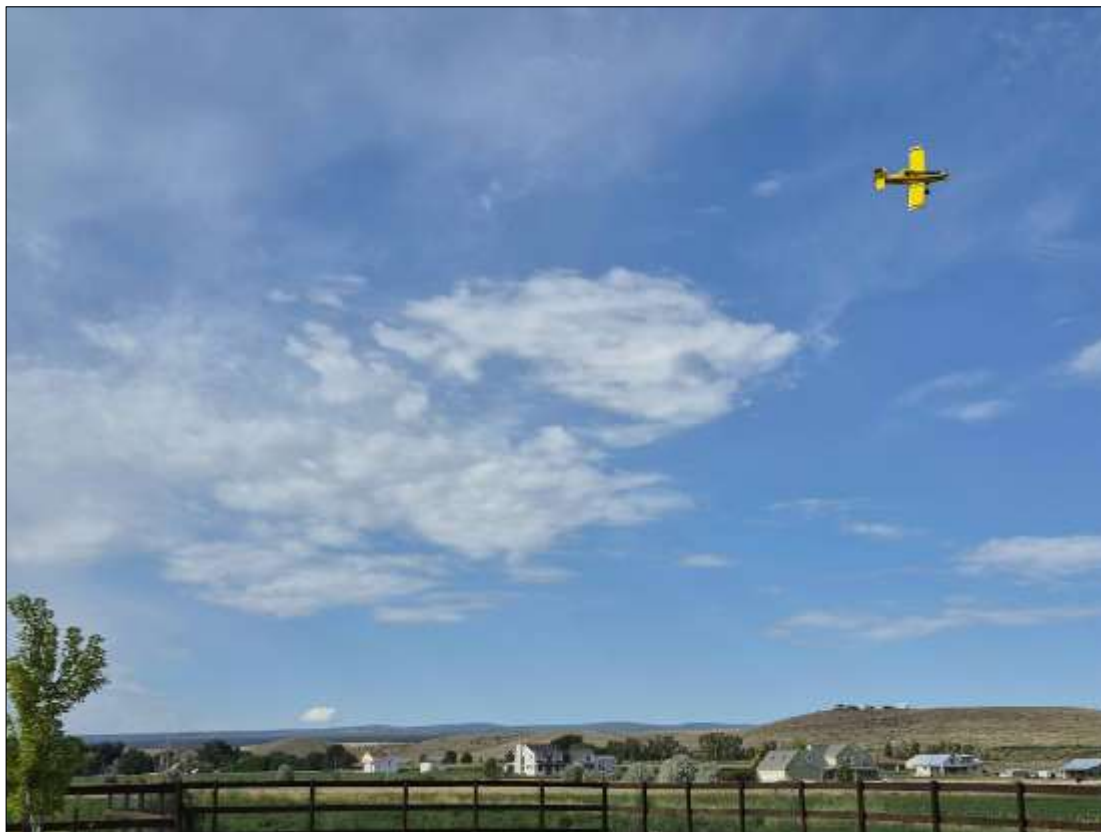
**Aug. 16**- Paper Collage Crafts at Welcome Home Alliance for Veterans with Kate Burke. Everything included plus a drink and snack. Portion of tuition donated to WHAFV. 4 Hillcrest Plaza Way (off East Main), Montrose. \$40-\$45. Military Discount available. <https://kathrynrburke.com/product/081625whafv/>

**Aug. 22**- Paint Garden Rocks at the Senior Center with Kate Burke. Friday Afternoon Art, Montrose Rec District 50+ program, \$40. Signup at MRD <https://comontrose.myvscloud.com/webtrac/web/iteminfo.html?Module=AR&FMID=27628197>

**Aug. 24**- The Fortuna Tierra Club is hosting the tenth annual Log Hill Hustle, Fun Run and fundraiser on Sunday, August 24 at 8 AM starting and finishing at the Divide Ranch and Club Clubhouse at 151 Divide Ranch Circle, Ridgway, CO 81432. This year to celebrate the 10th anniversary of the Log Hill Hustle, we are providing t-shirts. Please visit <https://www.fortunatierra.com/> to register and find out more information about the Fun Run. Fortuna Tierra's major fundraiser provides scholarships for Ridgway secondary school graduates.

**Aug. 28**-Friendship Quilters of Western Colorado will meet Thursday, Aug. 28, at the Montrose County Event Center, 1036 N 7th Street. The meeting starts at 9am with social time, followed by a business meeting, program, and show and tell. Denim is our theme of the month. Wear your jeans and show off your coolest projects using denim. After the meeting, Caroline Ellermann will present a mini-workshop on Sharon Shamber's machine applique technique. Cost for the workshop is \$10. Call 360.448.0153 for questions.

## AERIAL SPRAYING MEANS CORN RIPENING



*You know it is corn harvesting time when you see the yellow aerial show! Spraying happens before the corn is harvested, and means the fields are ripening for harvest. Photo by CB Williams.*

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