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© Issue No. 664 Nov. 17, 2025

Montrose Mirror

District F Director Jody Hovde urges the Board of Education to reflect on the impact of major demographic changes while planning for the future.

By Caitlin Switzer

MONTROSE-As the Montrose County School District RE-1J Board of Education convened for a regular meeting on Tuesday, Nov. 11, District B Director Ted Valerio asked to add an item to the meeting agenda-an update on the status of the contract between the Montrose Classical Academy (MCA) and the school district.

Present for the meeting were Board President Sarah Fishering (District E); Board Vice President Steve Bush (District G); District B Director Ted Valerio; District C Director Alice Murphy; District D Director Tom West; and District F Director Jody Hovde.

District A Director Neisha Balleck was absent. Board President Sarah Fishering responded to Valerio's request, stating that the item could be added to a future agenda, to be considered once the new board is seated. Continued pg 6

RE-1J Superintendent Carrie Stephenson honored outgoing Board of Education Directors. Meeting screenshot.

'THAT WAS A DATA POINT THAT I FOUND INTERESTING'

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COMMUNITY CELEBRATES OPENING OF SAN JUAN CANCER CENTER MEDICAL ONCOLOGY CENTER



In his remarks during the open house for the San Juan Cancer Medical Oncology Center, MRH Chief Executive Officer (CEO) Jeff Mengenhausen said, "If you get the big "C" word [cancer] and you're told it will be six or seven weeks before you can see a doctor, you're not going to wait. You're going to say, 'I'll go to Grand Junction.' We can now get you in, within a week." Photo by Gail Marvel.

By Gail Marvel

MONTROSE-Approximately 40 citizens attended the open house for the new San Juan Cancer Medical Oncology Center, held on Tuesday, Nov. 11. Medical oncology, previously located at 600 South Park Street, is now located at 816 South 5th Street. Radiology services remain at the South Park location.

Chief Executive Officer (CEO) Jeff Mengenhausen said, "We ran out of space. We continued to grow, and we needed to grow with our community. We track the health of our community. If you get the big "C" word [cancer] and you're told it will be six or seven weeks before you can see a doctor, you're not going to wait. You're going to say, "I'll go to Grand Junction." We can now get you in, within a week. The big "C" word is scary. We can triage here. To the donors we say Thank You! We have a donor wall that we'll talk about later, but I want to introduce you to the people who take care of you."

Outpatient Infusion Clinic Director Eric Koval said, "We were growing out of space for people coming in to get chemotherapy. Continued pg 8

Dr. Lauren Hall Ruddell, PhD: Your Brain on Nature: Boredom and Resilience!

Red Hawks Football: By Cliff Dodge!

Gia Pirelli Column: The Satisfied Self!

Montrose County Emergency Management Hosts Drill Exercise!

UPDATED GUIDELINES FOR LETTERS TO THE EDITOR



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. This rule now includes requests to re-print letters that have already run.

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.





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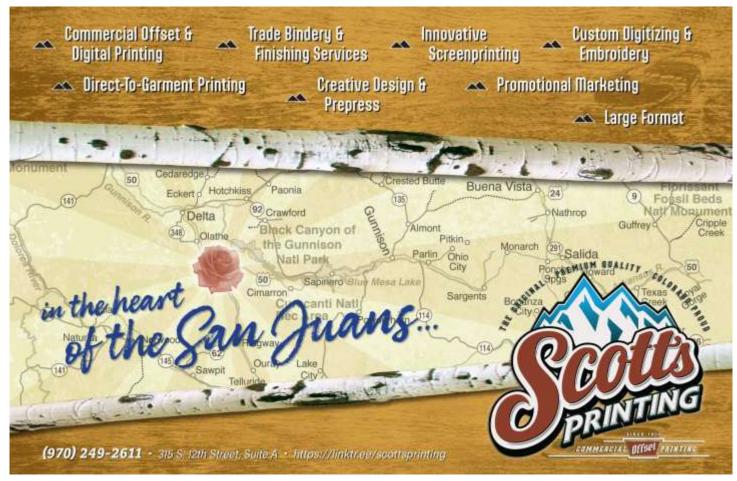
REGIONAL NEWS BRIEFS

REPUBLICAN WOMEN PRESENT GIVING THANKS CIVIC AWARDS

Special to the Mirror

MONTROSE-Montrose Republican Women are hosting our 9th Annual Giving Thanks Civics Awards on Friday 21 Nov. at Hampton Inn Montrose. Noon to 130pm with doors opening at 1130am. We will be presenting awards to five local volunteers who make our community a better place to live. It is our Thanksgiving potluck- bring a side dish or dessert! For more information contact Kerri 970-209-5170.





The Montrose Mirror November 17, 2025

FULL SCALE EMERGENCY DRILL EXERCISE AT FRIENDSHIP HALL



MONTROSE-The Western Colorado Emergency Management Team engaged in an emergency drill at Friendship Hall in Montrose on Friday and Saturday.

The drill is a Full-Scale exercise, in this case replicating an earthquake that rocked Montrose in 1962. Drills are conducted on an annual basis, Montrose County Emergency Manager Scott Hawkins said.

The team includes numerous Western Colorado counties and essential partners, including DMEA, Black Hills Energy, and Montrose Regional Health.

Participants come equipped and are from across the state. All come from a first responder background, Hawkins said. The teams do a lot of traveling in response to incidents, he said, and the drill helps them prepare for those real disasters.

Funding comes from the State of Colorado, which oversees all of the emergency management teams.





Photos courtesy of Montrose County Emergency Management.

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'THAT WAS A DATA POINT THAT I FOUND INTERESTING' From pg 1

Valerio said, "Just for the public to understand kind of the progress, doesn't seem like we would be getting any information out that's super secret, or that would be detrimental to the process."

Fishering said, "...I really just don't understand why you couldn't have reached out four days ago and asked it to be added to the agenda then, to allow our admin time to prepare, to make sure that we had information that you wanted...it seems like a got-ya moment..."

Valerio said that he understood her concern; "I actually don't know the answers to the question, it shouldn't be a big deal, I didn't do it ahead of time but I'm doing it now..."

The Board voted unanimously to add Valerio's request to the agenda.

STUDENT SPOTLIGHT AND CELEBRATIONS

RE-1J Public Information Officer Mikayla Unruh welcomed Teacher Kyle Miller and 6th Grade Student Tristan Neilson from Centennial Middle School; Miller spoke about Centennial's Walk-A-Thon and about the school's successful Crew-based team building efforts.

The meeting agenda states. "... This year, the students set an ambitious goal of \$12,000—and exceeded it, raising an impressive \$15,564 to fund new outdoor tables and playground equipment. The Walk-a-Thon is an annual tradition where students take the lead, setting goals and choosing projects that make a meaningful impact on their school community. Each CREW (Character Education Class) adds a creative touch with themed costumes as they walk laps around the Centennial track, turning their fundraising efforts into a fun and spirited celebration of teamwork, school pride, and student initiative." Unruh said that the Montrose High School Volleyball Team would be headed off to State. She invited the community and the board to take part in the Send-Off on Wednesday morning.

Unruh then introduced the Altrusa Apple Awards for October and November.
October Altrusa awards were given to Erica Campbell of Montrose & Olathe Early Childhood Centers and to Heather Philbrick of Cottonwood Elementary School. November Altrusa awards were given to

Grace Walker of Johnson Elementary School and to Lindsey Crockett of Northside Elementary School.

DONATIONS

The following donations were acknowledged:

-The Chris Mikesell Foundation, along with Kendall and Sherry Mikesell, donated \$5,000 designated for the Black Canyon High School Outdoor Gym Project; -The Nina L. Weaver Charitable Trust donated \$1,750 designated for covering the costs of Olathe Middle/High School staff reviewing scholarship essays;

-Montrose High School received a donation from Barton Palmer for the wrestling team in the amount of \$5,000;

-Donation of \$4,000 from DMEA Sponsorship designated to the Red Hawks Sports Fund for the Friday night lights 8/29/25 football game admission payment and sponsorship.

RECOGNITION OF BOARD MEMBERS

Superintendent Carrie Stephenson presented clocks to outgoing board members Sarah Fishering, Steve Bush, and Alice Murphy. "Maybe I'll be on time...I would have worn some more consequential shoes if I had known," outgoing Board President Fishering said.

QUARTERLY FINANCIAL REPORT

RE-1J Chief Financial Officer Emily Imus presented the Quarterly Financial Reports, by Fund and by Investments. Imus also discussed the status of the Audit. The final audited financial statements for Fiscal Year 2025 will be presented at the December board meeting, she said.

BOARD ADVISORY COMMITTEES

District D Director Tom West gave an update on the Facilities Committee. "Mr. Smith and Mr. Pavlich...have created a bucket list for us," West said, and discussed projects and equipment needs for district schools. District F Director Jody Hovde also serves on the Facilities Committee. Hovde discussed security needs. BEST Grant funds and deferred maintenance funds will help to update alarm-clock-bell systems in the schools.

Also, "The camera situation at the Bus Barn has been dealt with; it's up and operable," Hovde said.

She then gave a quick update on the Strategic Plan. "It's been powerful, it's been

informative," Hovde said. "We met two weeks ago, and we looked at hard data. And it wasn't fun data necessarily...a couple things...declining enrollment is real and I think we have to predict that across the state, across the country...do you know that 41 percent of our school students is Hispanic/Latino...that is a huge impact, I think as we talk about achievement and whatnot and how we want to move forward and talk about that...last year, in 2024, we had 160 non (English) speaking students that came to our district. In 2024-2025, that raised to 294. And I think that's another impact on our systems that we need to really reflect on and think about. That was a data point that I found interesting...And then attendance. Our attendance is not still where we would like it..."

Hovde said that 60 percent of staff members are white and are educating that 41 percent of Latino and Hispanic students.

SUPERINTENDENT'S REPORT

Superintendent Carrie Stephenson presented an update on the status of the Montrose Classical Academy (MCA) contract. There is no draft yet. "That is in the hands of legal," Stephenson said. She said she has been meeting virtually with a representative of MCA.

COMMUNITY INPUT

Ellen Angeles spoke. One by one, she recognized outgoing school board members Alice Murphy, Steve Bush, and Sarah Fishering. "...Thank you for your commitment, your integrity and your service. Our Students, our teachers and our families are better because of you..."

CONSENT AGENDA

Consent Agenda items, including <u>Personnel Report</u>, were approved as presented.

ENROLLMENT REPORT

Finance Director Emily Imus presented the <u>Enrollment Report</u>.

Imus said, "For the November Enrollment Report, we have 5,866--22 lower than the previous month, and down by 77 students from last year at this time, primarily in Pre-K."

The Preliminary October Funded Pupil Count appears to align with the budget, she said.

With no further business, the Board of Education voted to adjourn.



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COMMUNITY CELEBRATES OPENING OF SAN JUAN CANCER CENTER MEDICAL ONCOLOGY CENTER From pg 1

"The remedy was to find something different." The new facility became available in the summer of 2024 and was remodeled in the fall. Koval said, "On May 5th we saw our first patient. It's a very interesting journey bringing the medical oncology team together under one roof. We have eight exam rooms and went from 10 to 15 infusion chairs. The physician team was three and now we have four physicians, and we are reaching out for a nurse practitioner."

Koval highlighted Montrose Regional Hospital (MRH) leadership and the Francie Smiles Infusion Center, named in honor of a local breast cancer survivor and advocate for the cancer center.

Montrose Regional Health **Foundation Executive Director** Kelly Anderson said, "The Caring Friends Funds was established in 2006. Terri Leben [Boot Stomp] started by raising thousands of dollars for [patient] hotel stays, gas, and meals." The wall mount, Caring Friends Giving Tree, honors donors.

The community was invited to participate in the Community Health Needs Assessment that is taken every three years. The assessment provides data on the aging population, the need to provide care closer to home,



The open house for the new San Juan Cancer Medical Oncology Center was held on Tuesday, Nov. 11, 2025. Following a welcome and a brief presentation by hospital officials, attendees were given a tour of the facility.

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Donors who helped make the new San Juan Cancer Medical Oncology Center a reality are honored on the wall mounted Caring Friends Giving Tree. Photos by Gail Marvel.

and the need to make care more affordable. One way that MRH addresses affordability is by moving care out of the hospital and putting it into outpatient care.

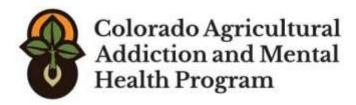
Dr. Steve Emmons, MD, who practiced oncology in Grand Junction for three years before coming to Montrose, joined MRH in the summer of 2018. Dr. Emmons said, "I'm the old-timer. I've been here seven and a half years."

When asked to compare the old facility to the new facility and what amenities will be most noticeable to patients, Emmons laughed and said, "Adequate bathrooms. Before, there was no room. The infusion room is four times as big as the old one, and the waiting room is much larger with more seating." Speaking to how he is affected by the new facility he said, "It's nice to have more doctors. It takes a bit of the pressure off."

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FINALS

Saturday February 7 2:00pm

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VETERAN BANKER BRIAN ROSE RETURNS TO ALPINE BANK DURANGO

Special to the Mirror

DURANGO— Alpine Bank is pleased to welcome Brian Rose back to the team as a lender and senior vice president, based out of our Durango branch.

Rose returns to Alpine Bank after serving for the past seven and a half years as deputy director of the Region 9 Economic Development District of Southwest Colorado, Inc., a nonprofit dedicated to supporting economic growth across the region. His career spans more than two decades in community banking and economic development, with deep roots in Chaffee and La Plata counties.

"We're thrilled to have Brian back," said Eric Eicher, president of Alpine Bank's Durango branch. "His commitment to community, his depth of experience and his heart for southwest Colorado make him a perfect fit for our team and our mission."

Rose's background includes 15 years as a commercial lender in community banks, and a long history of civic involvement. He's served on boards for Durango Nature Studies, Durango Youth Baseball, The River Church and the Economic Development Council of Colorado, among others. He's also contributed to regional and national initiatives through advisory roles with the Economic Development Agency and the Small Business Development Center.

"I'm excited to be back at Alpine Bank," said Rose. "This is a place where relationships matter and where community comes first. I'm looking forward to reconnecting with customers and colleagues and continuing to support the people and businesses that make Durango and La Plata County such a special place."

Rose grew up in upstate New York and graduated Cum Laude from Siena College in Albany. He moved to Buena Vista shortly after college and has called southwest Colorado home ever since.



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OPINION/EDITORIAL: LETTERS

THANK YOU SCOTT MIJARES FOR TAKING THE HIGH ROAD

Editor:

Late last year all 3 candidates for county commissioner on the November ballot went to the Board of County Commissioners and requested that they not fill the open position of county manager. The county manager serves at the pleasure of the Board and should be a good fit. A majority of the board was to be replaced in January. It made sense to allow the new board to elect the manager of their choosing. That would honor the citizens who voted for the new board. But 29 days before the November election, on October 7, 2024, our previous Board of County Commissioners, Sue Hansen, Roger Rash, and Keith Caddy, ignored the

request of all 3 candidates and hired a new county manager. Emily Sanchez was acting county manager and was doing a fine job. She could have continued in that position. Whether or not the newly hired county manager was competent is a subject for another day. On November 5, 2024, 2 new county commissioners were elected. The new commissioners were sworn in on January 14, 2025. When it became obvious that the newly hired manager was not a good fit for the board, he resigned. Even though paying him a severance was not required, the county did pay him, so that the 'optics' would look good. When Scott Mijares was recently voted to be recalled, he could have done what the previous board did to him and could have hired a manager, as he was still officially a commissioner. But he showed excellent character by taking the high road. He did not want to cost the county money if his hire was not going to be a good fit for the board. Thank you, Scott, for not taking revenge by doing what was done to you but by doing what was right, something the previous board did not do.

Carol Antolovich, Montrose

CORRECTION

In MM663, the BOCC Article, under heading Interim County Manager, should read as follows: "Interim County Manager David White asked to remove Item D-1, Consideration of second reading and passage of proposed ordinance 2025-01 prohibiting the introduction, support, facilitation, or habitat establishment of non-native animal species, including migratory arrivals, into Montrose County, Colorado. Item D-1 was removed from the Agenda."



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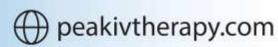
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7TH JUDICIAL DISTRICT COURT JUDGE FINALISTS SELECTED: GOVERNOR TO APPOINT NEW DISTRICT COURT JUDGE

Special to the Mirror

REGIONAL-The 7th Judicial District Nominating Commission has nominated three candidates for a district court judgeship created by the retirement of the Honorable Mary E. Deganhart, effective January 1, 2026.

Nominees Laura E. H. Harvell of Olathe, Julie J. Huffman of Montrose, and James R. McDonald of Lake City were selected by the commission on November 7, 2025.

Under the Colorado Constitution, the governor has 15 days within which to appoint one of the nominees as a district court judge for the 7th Judicial District (Montrose County).

Comments regarding any of the nominees may be sent via e-mail to the governor at gov_judicialappointments@state.co.us

Editor's Note: Contact information for the three nominees:

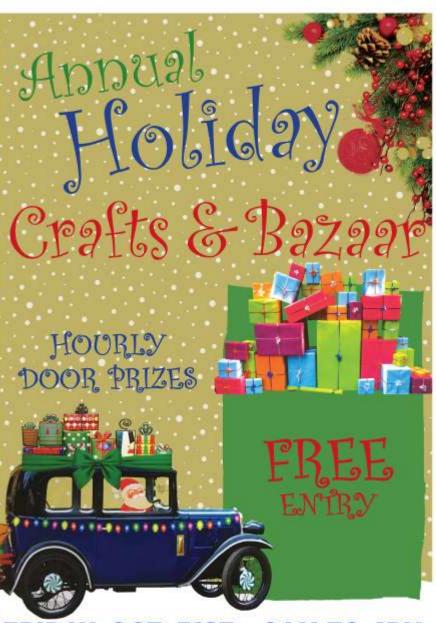
-Laura E. H. Harvell – 1200 North Grand Avenue, Bin A, Montrose, CO 81401. 970-252-4300;

-Julie J. Huffman – 1501 E. 3rd Street, Delta, CO 81416. 970-874-2245;

-James R. McDonald – 317 Henson St., Lake City, CO 81235 and 120 N. Taylor St., Gunnison, CO 81230. 970-944-2227.

For questions about this announcement, please contact the Colorado Supreme Court Clerk's Office at: 720-625-5150.





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DELTA HEALTH ANNOUNCES LEADERSHIP TRANSITION

Special to the Mirror

DELTA— The Delta Health Board of Directors announced late Friday that the organization will be moving forward with a change in executive leadership. The Board has made the decision to part ways with CEO Jonathan Cohee, who had recently notified the Board of his intention to depart the organization within the next six (6) months.

Effective immediately, Julie Huffman has been named interim CEO.

"We have been through times of transition together before," said Julie Huffman, Interim CEO for Delta Health. "While this news may feel sudden, it is important to remember that Delta Health's mission—and the heart of who we are—remains unchanged." Delta Health remains fully dedicated to providing exceptional care to the community. We are strong, unified, and focused on guiding Delta Health through this transition with transparency, stability, and steadfast commitment to the organization's long-term success.



MONTROSE REGIONAL HEALTH EARNS TOP RECOGNITION FOR QUALITY AND PATIENT SAFETY Hospital honored by state for excellence in care, safety, and performance

Special to the Mirror

MONTROSE— Montrose Regional Health (MRH) has earned Tier 4 status in the Colorado Hospital Quality Incentive Payment (HQIP) Program, the highest level of recognition awarded by the Colorado Department of Health Care Policy & Financing (HCPF). The HQIP program rewards hospitals for delivering high-quality care to patients with Medicaid. Hospitals are ranked from Tier 1 to Tier 4, with Tier 4 representing top performance based on strict measures of patient safety, outcomes, and quality of care. This recognition places MRH among the top hospitals in Colorado for:

- -Improving patient safety and outcomes
- -Preventing hospital-acquired infections
- -Helping patients safely transition home after a hospital stay
- -Promoting fairness and access to care for all patients

Participation in the HQIP program is voluntary. Hospitals that earn higher tiers receive additional quality-based funding from the state, which allows MRH to reinvest directly into patient care and safety improvements.

"This is a significant achievement for us, as it's our first top-tier score since 2022," said Melissa Bonuales, director of quality, risk, compliance, and infection prevention. "Our commitment to excellence and our focus on our Five Star Ascent initiative, MRH's internal program to enhance quality, safety, and service, are reflected in the high level of care our teams deliver every day." Montrose Regional Health continues to raise the standard for healthcare on the Western Slope by combining compassion with innovation and accountability. The Tier 4 recognition reaffirms MRH's mission to care for every patient like family. To learn more visit MontroseHealth.com.

About Montrose Regional Health (montrosehealth.com)

Montrose Regional Health (MRH) is a nonprofit 501(c)(3) healthcare system serving Montrose, San Miguel, Ouray, Gunnison, Delta, Hinsdale, and San Juan counties. Licensed for 75 beds, MRH offers a wide range of inpatient and outpatient services, including cardiology, oncology, minimally invasive surgery, laboratory services, medical imaging, Mountain View Therapy, a Level III Trauma Center, an Acute Rehabilitation Unit, a Spine and Pain Center, advanced respiratory and pulmonary care, and a family birthing center. Known for adopting advanced technologies such as robotic-assisted surgery and UVC disinfection, MRH is the second-largest employer in Montrose County, with more than 950 employees and over 188 providers representing 32 medical specialties. MRH is recognized for its warm, personalized care and lives its tagline: "Caring for you like family."



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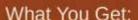
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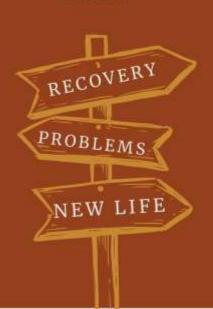
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The Montrose Mirror November 17, 2025 Page 18

REGIONAL NEWS BRIEFS

COUNTDOWN TO PINK FRIDAY: MONTROSE BOUTIQUES UNITE TO ENCOURAGE SHOPPERS TO SHOP SMALL FIRST! Nov. 21—22 marks a celebration of community, connection, and the power of shopping small

Special to the Mirror

MONTROSE— With the holidays fast approaching, six local boutiques are joining forces for Pink Weekend: The Montrose Boutique Crawl, a two-day celebration of small businesses and local shopping.

Taking place Friday and Saturday, Nov. 21—22, from 10 a.m. to 5 p.m., the event coincides with Pink Friday— a nationwide movement encouraging shoppers to #SupportSmallFirst before the holiday rush.

Participating boutiques include Wilde Merrion Boutique, Luxe Designs, SheShe, Piel Morena, The Bougie Barn, and Mauve. Each shop will feature its own promotions and in-store experiences, along with a collective giveaway for customers who get their Boutique Crawl map stamped at all six locations.

The Power of Shopping Small

Pink Friday isn't just a sales event — it's a reminder of how local businesses shape the culture and vitality of Montrose.

"This weekend is all about celebrating the heartbeat of Montrose — our small businesses and the amazing people who support them," said Brittany Barnes, owner of Wilde Merrion Boutique. "When you choose to shop local, you're investing in your neighbors, your downtown, and the character that makes our town unique."

Giving Back: A Win-Win for Communities

The Boutique Hub, the organization behind Pink Friday, has partnered with Heart on Main Street to donate \$1 for every participating business. This year's funds will directly support Texas Hill Country retailers impacted by devastating floods. Learn more

at www.heartonmainstreet.org

Join the Celebration

Pink Friday and the Montrose Boutique Crawl take place Nov. 21–22 from 10 a.m. to 5 p.m.

Shoppers can start their Crawl at any participating boutique. The event map and more details will be available in-stores and on social media at @shopwildemerrion Discover other participating businesses across the country on the #SupportSmallFirst man at https://

#SupportSmallFirst map at https://pinkfriday.shopthebestboutiques.com

About Pink Friday

Pink Friday is a nationwide shopping event held annually on the Friday before Black Friday to celebrate and support small, local businesses. Organized by The Boutique Hub, the event focuses on community connection and creating memorable shopping experiences before the holiday rush. Learn more at https://theboutiquehub.com/pinkfriday









Dear Santa,



Sharing Ministries Food Bank has been very busy this year! Our volunteers have filled boxes, pushed carts, mopped floors, stocked shelves, delivered food, pulled weeds, fixed trucks, repaired freezers, stuffed envelopes, laughed and cried as we shared with our communities.

We have shared our bounty with soup kitchens, food pantries, schools, churches, veterans, children, grandma's & grandpa's, the homeless and disabled, single moms, your neighbors and mine.

We know you are making your lists and checking them twice. We hope you know we have not been naughty but we have been very <u>nice</u>.

So during this holiday season while you are busy with all the hustle & bustle we ask that you assist and put us on your list!

PLEASE HELP US FEED A FAMILY THIS SEASON

We are your local food bank please donate locally.

Your tax-deductible gift will provide many holiday meals for families in need.

Partner with us as we serve our community this holiday season!



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THANK YOU & HAPPY HOLIDAYS FROM OUR FAMILY TO YOURS!

OPINION/EDITORIAL:LETTERS

THE MYTH OF THE MANDATE: LOW TURNOUT EXPOSES RECALL FARCE

Editor:

In the quirky arena of local politics, nothing beats watching a loud minority highfive themselves over a so-called triumph. On November 4th, the recall of Montrose County Commissioner Mijares (R) had the recall advocates strutting like they'd just captured the county's collective voice. But let's crunch the numbers: only 8,477 votes ousted him from a pool of 34,187 registered voters. That is a measly 25% turnout. This isn't a "roar of the people", it's a faint echo in an empty hall, overlooked by the bulk of residents who stayed home. Yet, the recall boosters preach as if they've tapped into universal wisdom. Please. This result screams voter indifference more than any grand mandate.

Breaking Down the Voter Numbers: A Tale of Two Elections

To grasp the emptiness of this recall, contrast it with Mijares' first win. He secured over 18,000 votes from the electorate back then, even running unopposed. That was a solid endorsement, with far higher participation affirming his role. Voters showed up in droves, delivering numbers that eclipse the recall's tally. Now, fast-forward to the recall: just 8,477 yes votes to remove him. That's under half his original haul and barely a quarter of all registered voters. If this is "the people speaking," it's through a muffled megaphone in a soundproof room. The stats are stark: 34,187 eligible, yet 25,710 abstained. Maybe life got in the way, or perhaps they dismissed the recall as a petty squabble fueled by a niche grudge. Either interpretation shreds the idea of a popular revolt. It's as believable as a campaign vow etched in sand. Low-turnout special elections like this are

Low-turnout special elections like this are a political science staple, where participation plummets and outcomes tilt toward the hyper-engaged. In Montrose, that edge went to a faction irked by Mijares' choices. But *zeal doesn't equal broad consensus*. With three-quarters of voters opting out, *the recall resembles a sneaky sideline play rather than a full-field victory*. Proponents may spin it as a bold statement, but the majority's no-show drowns them out.

The Replacement Riddle: Copeland's Underwhelming Debut

If the recall tally doesn't convince you, eye Mijares' successor, Kirstin Copeland (I). She waltzed in unopposed, echoing Mijares' entry, but her stats reveal even dimmer enthusiasm. Copeland tallied just **8,003 votes**. That is fewer than the recall's yes count. Worse still: 8,738 undervotes, meaning more ballots skipped her race than backed her. In simple terms, 8,738 voters glanced at her name and shrugged it off. If this was about fresh, resonant leadership, Copeland should've surfed a support surge. Instead, she limped across the apathy threshold. Thousands essentially voted "no thanks," turning her "win" into a lukewarm nod at best. With such faint acclaim, touting this as the people's will is laughable. The recall narrative collapses under these digits, exposing their "success" as a consolation prize in a sparsely attended contest.

The Bigger Picture: Apathy Over Outrage

Zoom out, and the Montrose recall emerges as no earth-shaker, despite the hype. The vast majority bailed, making this less democracy's pulse and more its nap. While advocates toast their feat, the headline is widespread disinterest. Maybe folks trusted the status quo, or pegged the drama as irrelevant theater. Regardless, a 75% sit-out guts any mandate claim.

This mirrors trends in Colorado's and national special elections, where turnout tanks and organized blocs dominate. With

minimal input, it feels like a dedicated clique's takeover, not communal harmony. The recall side's pious "we are the people" rhetoric flops when most people chose mute.

Conservative Gains Elsewhere

That noted, conservatives did notch real wins on the ballot's flipside. In school board contests, library funding battles, and city charter tweaks, they rallied to seat a robust conservative board, block liberal library boosts, and nix dubious amendments. This safeguarded education along traditional lines. It's a genuine score, proving that hot-button topics like kids' schooling ignite turnout spikes.

Wrapping Up the Recall Ridicule

Ultimately, Montrose's recall of Commissioner Mijares exemplifies how sparse voting warps truth. Just 8,477 votes sealed his exit from over 34,000 potentials. It is ridiculous to dub it a mandate or "the people's voice." His debut drew more than twice the backing, and his stand-in lagged behind her own blanks. The recall crowd's brags smack of puffed-up pride, blind to the elephant: most of Montrose ghosted the election.

This saga warns against future stunts: Real shifts demand mass buy-in, not absence exploitation. *Until recalls rally true crowds*, skip the sermons on "the people have spoken".

Full civic participation and education is a responsibility we all need to take seriously; our **Constitutional Republic's** survival depends on it!

Michael J Badagliacco, "MJB"

Michael is a father of five, grandfather of three, United States Air Force veteran, international recording artist, and Editorin-Chief of the Colorado DOGE Report. He is passionate about the United States of America and the founders' genius in crafting the Constitution.



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OPINION/EDITORIAL: LETTERS

THE PROBLEM WITH POLITICS IN WASHINGTON D.C

Editor:

The recent government funding bill, which ended a prolonged shutdown, includes a provision that rightly addresses a serious violation of privacy rights for several Republican senators during the Biden administration's "Arctic Frost" investigation. This measure allows affected lawmakers to seek damages of up to \$500,000 per violation for unauthorized access to their data, a step that acknowledges the need for accountability in cases of government overreach. However, the way this provision was inserted into an otherwise essential Continuing Resolution highlights persistent issues with self-interested politics in D.C., where lawmakers vote on benefits that directly serve themselves. While the core idea of providing recourse is commendable, bundling it into a must-pass bill undermines transparency and fair process.

The Arctic Frost Investigation and Its Violations

Launched in April 2022 by the FBI under the Biden administration, the "Arctic Frost" probe was part of Special Counsel Jack Smith's inquiry into election interference related to January 6, 2021. Oversight by Senate Judiciary Committee Chairman Chuck Grassley revealed that the FBI subpoenaed phone records of eight Republican senators; Lindsey Graham, Bill Hagerty, Josh Hawley, Dan Sullivan, Tommy Tuberville, Ron Johnson, Cynthia Lummis, and Marsha Blackburn, without providing the required notice.

This bypassed protocols designed to protect congressional privacy, raising concerns about political motivations and separation of powers.

Grassley's disclosures showed the use of 197 subpoenas targeting hundreds of individuals, described as an "enemies list" orchestrated by the Biden Department of Justice. Such actions rightfully warrant remedies, as they infringe on personal

rights and could set dangerous precedents for future investigations. Supporting compensation for these breaches aligns with principles of justice, ensuring that government agencies face consequences for improper conduct.

Details of the Funding Bill and Its Key Provision

The Senate passed the bipartisan funding package on November 11, 2025, ending a 43-day government shutdown, with the House following suit shortly after. Amid negotiations, Senate Minority Whip John Thune added a provision that retroactively enables senators to file civil lawsuits against the government for data breaches without notice, with potential damages up to \$500,000 per incident. This applies to violations discovered within five years and waives certain immunities, potentially leading to significant payouts for the affected GOP senators.

In principle, this measure is a positive development, offering a pathway to hold accountable those responsible for the Arctic Frost oversteps. Senators like Tommy Tuberville have expressed intent to pursue legal action, emphasizing the need to address what they view as corrupt practices. Yet, the inclusion of this clause in a critical funding bill, rather than through standalone legislation or judicial channels, invites valid scrutiny.

Concerns Over Self-Serving Elements in Legislation

While the pursuit of justice for privacy violations is worthy of support, the method of embedding this provision into the Continuing Resolution exemplifies self-serving behavior that erodes public trust. House Republicans, including Appropriations Chairman Tom Cole, have criticized it as unexpected and inappropriate, arguing that lawmakers should not vote on measures that personally benefit them. This "self-dealing" has drawn bipartisan

condemnation, with some viewing it as a sneaky addition that prioritizes personal gains over clean governance.

The House has now fast-tracked efforts to repeal this clause, highlighting internal GOP tensions and a push for greater accountability. Public discourse on platforms like X echoes these concerns, noting how Democrats inadvertently enabled this through the bipartisan deal. Compensation should indeed be available, but through impartial courts or dedicated bills, not tacked onto emergency funding where scrutiny is limited.

Toward Ethical Reforms in Political Processes

This episode underscores the importance of supporting victims of government misconduct while rejecting tactics that perpetuate insider advantages in Washington. The Arctic Frost provision, in its intent, promotes necessary oversight of federal investigations, but its delivery method reinforces the very self-serving patterns that voters demand be eliminated. True progress requires separating personal remedies from essential legislation, ensuring that all parties, regardless of affiliation, uphold standards of transparency and fairness.

In summary, while endorsing the measure's goal of delivering justice to breached senators, it is crucial to call out and reform the self-interested mechanisms that allow such provisions to slip through. This balanced approach can help restore faith in our institutions.

Michael J Badagliacco, "MJB"

Michael is a father of five, grandfather of three, United States Air Force veteran, international recording artist, and Editor-in-Chief of the Colorado DOGE Report. He is passionate about the United States of America and the founders' genius in crafting the Constitution.

RED HAWKS ROLL — 55-6



The Red Hawks offense moves into scoring territory. Photo by Cliff Dodge.

By Cliff Dodge

MONTROSE-What an ideal day for a playoff football game at the Montrose stadium. The temperature at kick-off was about 65 degrees and the field was dappled in sunlight as the two teams made ready for battle. The Frederick Golden Eagles sporting an 8-3 record had no inkling of what was in store for them at the hands of the Montrose Red Hawks. The Red Hawks won the coin toss and elected to play defense as the Golden Eagles took possession of the football. Three plays netted them minus 3 yards and a punt. The Red Hawks opened up with a long pass completion and Junior Quarterback Cade Saunders ripping off a 26-yard touchdown run to give the Red Hawks a 7-0 lead. Needless-to-say things only goT worse for the Golden Eagles as

the Red Hawk defense gave up very little and the offense scored on all six possessions in the first half of action. Senior Fullback Elijah Womack scored four touchdowns in the rout while Junior Quarterback Cade Saunders scored twice and also threw a touchdown pass.

Coach Mertens cleared his bench throughout the second half of action. At one point the backfield consisted of four freshman with Caiden Ostazewski scoring a touchdown from 8 yards out. Senior Cutter Travers ran 46 yards for a TD in the 3rd guarter.

The defense continues to improve and become stouter still. The Red Hawks gave up a single score as the result of a bad snap on a punt. The Golden Eagles recovered the football on the doorstep of the Red Hawks end zone and punched in their

only offensive threat of the afternoon. The Red Hawks stretched the lead to 41 – 0 with less than two minutes remaining in the second quarter, thus triggering a running clock for the remainer of the contest. The 4A bracket now has eight teams still in the running for a championship trophy. In addition to the Montrose – Monarch game on Friday, Nov. 21st, the rest of the bracket features Palmer Ridge taking on the current titleholders, the Broomfield Eagles. The winners of these two games square off for the right to play for the 4A state title.

The other side of the bracket features Pueblo West Cyclones facing off at Dakota Ridge while the Durango Demons takes on Heritage. Things get demonstratively more difficult as the teams dwindle down to a precious few. Stay tuned.





COLORADO NEWS BRIEFS

WINTER STORM PROMPTS CLOSURE TO PROTECT CDOT PERSONNEL AND MOTORISTS



CDOT Courtesy photo.

Special to the Mirror

LAKE & PITKIN COUNTIES - Due to forecasted winter weather, the Colorado Department of Transportation, in partnership with the Colorado Avalanche Information Center, closed Colorado Highway 82 over Independence Pass between Aspen and Twin Lakes beginning at 4 p.m. on Saturday, November 15. Conditions will be re-evaluated on Tuesday morning, November 18, to determine whether the pass can reopen for the fall or will enter its annual winter shutdown.

CO 82 will be closed at approximately Lincoln Creek Road, Mile Point 51.1, on the west side and near Graham Gulch, MP 68.5, on the east side. The incoming storm is expected to bring snow accumulation and strong winds, making travel across the high-mountain pass hazardous. CDOT crews will evaluate the pass on Tuesday morning, Nov. 18, to determine whether the roadway can be reopened or will remain closed for the winter season. The alternate route from the Denver Metro Area to Aspen is via westbound I-70 to Glenwood Springs, then CO 82 to Aspen. "Recognizing the access Independence Pass provides for Pitkin County residents, visitors, and others, our maintenance teams consider several factors when deciding whether to close the pass whether for a short-term storm event or the full seasonal closure," said Jason Smith, CDOT's Regional Transportation Director for Northwest Colorado. "Of all the factors involved, the safety of the traveling public and our CDOT personnel remains paramount."

Each year, Independence Pass typically closes in late October or early November for the winter season.

The latest closure in the past decade occurred in 2017, when the pass closed on Nov. 17.

Independence Pass, a Colorado Scenic and Historic Byway maintained by CDOT, is the highest paved state highway in Colorado, crossing the Continental Divide at 12,095 feet. Although paved, the road is narrow and curvy in many sections making driving conditions difficult in poor weather. The route includes steep dropoffs and several stretches that can accommodate only a single vehicle, requiring drivers to use caution and remain alert when encountering oncoming traffic. The summit of Independence Pass is located 18 miles west of Twin Lakes and 19 miles east of Aspen, crossing the Continental Divide through the Sawatch Range. The pass stretches 32 miles of mountainous terrain, winding through San Isabel National Forest on the east side and White River National Forest on the west. When open, CDOT crews monitor the pass daily from 7 a.m. to 5 p.m. During the winter months, heavy snowfall at the highest elevations of the pass makes it impossible to travel. Weather permitting, and after crews have evaluated the roadway for safety, CDOT typically reopens the pass the week prior to the Memorial Day holiday weekend



OPINION/EDITORIAL:COMMENTARY

MONTROSE VETERANS MEMORIAL COALITION UPDATE

Dear Editor:

Update:

What a November!

The Montrose Veterans Memorial Coalition board of directors has been very busy this month, starting off with a big step forward in clearing the land at the future memorial site, 1800 Pavilion Dr., just south of the Montrose Botanic Gardens.

Team Depot (The Home Depot's associate volunteer force) once again helped improve the lives of veterans as they cleaned up the





site, clearing it of noxious Russian olive trees and other debris. Local store assistant manager Tamara Hutts led the effort along with City of Montrose Colorado Government city forester Michael Arat and the MVMC BOD. The Home Depot has donated more than \$3,000 for fencing along with various necessary tools that will be stored at the site.

Big thanks to The Home Depot Foundation and Hutt's crew for the support, and Arat for all his contributions. He's the one with the chain saw!

Next up was the Welcome Home Alliance for Veterans Blue Jean Ball where we made great contacts and sold a few t-shirts, raising funds for the Memorial. Remember you can get your t-shirt by calling Amy at 970-765-2210.

Which leads us to more fundraising efforts. We met with our partners Montrose County - Government and City of Montrose Colorado Government to discuss steps forward in this building process and told them we will continue raising funds. We are so proud of the citizens of Montrose and those from out of town for your generosity and support. This is a community project with hundreds of donors.

We already have raised enough to pay for most of the elements that will make this a fantastic memorial, including 6-foot engraved black granite panels, granite benches and tribute bricks to line the walkways, a bronze eagle statue and granite entrance stone with service seals. Not to mention a Huey helicopter!

So, in that effort, it is giving season and we offer a few ways you can donate to this worthy cause so we can get this construction underway:

- 1) Write a check to MVMC and mail it or drop it off at the Warrior Center, 4 Hillcrest Plaza Way, Montrose CO 81401.
- 2) Pick up an application for a Tribute (\$125) or Patriot (\$500) brick at the Warrior Center. Amy will help you fill it out to honor our veterans.
- 3) If you have an IRA, contact your financial organization and have a check written to MVMC and mail or drop it off. Your tax advisor will let you know if this is the procedure for tax-free donation.

We so appreciate all of our supporters, the county and city for backing this project, and are anxious to announce a construction start date.

Have a wonderful Thanksgiving! We are thankful for you.

Les Williams, MVMC President

J. Bob Brueske, MVMC Chairman

COLORADO NEWS BRIEFS

5 WAYS TO GET YOUR VEHICLE READY FOR WINTER Colorado State Patrol launches 'Winter Ready' campaign

Special to the Mirror

COLORADO — Predictions for Colorado's winter forecast have ranged from a "classic winter wonderland" with very cold and snowy conditions to a "mostly mild, with pockets of wild" featuring fluctuating snow and temperatures depending upon the region of the state. Whether sustained or sudden, all Coloradoans will likely experience some cold, wet, and icy conditions over the next six months.

"The first few snow and ice events of every season seem to create a bit of havoc on our roadways," stated Col. Matthew C. Packard, chief of the Colorado State Patrol. "In fact, November was our peak 'winter-weather' month for crashes last year, with troopers responding to over 2,030 crashes. It's time for drivers to change their mindset and driving behaviors to match the road conditions." Most of the crashes investigated by Colorado State Patrol last November were property damage (84%), causing thousands of drivers' headaches with the insurance process, costs, parts availability, and repair shop workload.

"This is also the time of the year when we begin seeing more vehicles stuck or stopped on the side of the road unnecessarily," explained Col. Packard. "If drivers don't take care of their vehicles and prepare them for winter, this is when it shows."

Five Ways to Get Your Vehicle Winter Ready

1. Maintain Your Tires – the quality of



your tires is paramount. All vehicles in Colorado are required to have adequate traction.

Colorado defines acceptable tires as those with a tread depth of at least 3/16-inch, and which are rated for either "All weather" or "Mud and Snow." Remember, as the air temperature drops, tire pressure can decrease. Keep an eye on your tire pressure and fill them to reduce the risk of punctures, blowouts, and reduced handling.

2.Maintain Your Battery – cold weather can strain your battery, so keep your battery fully charged. When possible, park in a warm or protected location (e.g., garage or sheltered spot), use a battery blanket, and avoid short trips that don't allow enough time for your battery to charge fully.

3.Check Your Fluids – every fluid in your

vehicle will help it perform better during colder months. Change your oil and filters, flush and refill coolant/antifreeze, and refill your windshield wiper fluid.

4.Visibility is Key -don't wait until the first snowfall to get a snowbrush and scraper for your car. And now is the time to put on a fresh set of windshield wipers.

5.Pack an Emergency Kit – getting caught in a snowstorm doesn't just happen when traveling in the mountains. Whether sitting in a line due to a crash, waiting due to a road closed due to conditions, or sliding off and getting stuck, your kit may save your life.

Be sure to have a first-aid kit, shovel, thermal blanket, and snacks.

Winter is beautiful and a bit unpredictable in Colorado, but making sure your vehicle is ready ahead of the storm can go a long way.



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REGIONAL NEWS BRIEFS

CITY TO HOST "A VINTAGE CHRISTMAS" HOLIDAY SEASON

Special to the Mirror

MONTROSE — What is your favorite memory of the holiday season? Was it the time you got a special gift? Or the time someone important made a surprise visit home? Or is the memory still the same as it is today — the one where family is gathered together in one place to celebrate love and the kindness of giving? Whatever your favorite memory is, there is plenty of room for it in the City of Montrose's theme for this holiday season: "A Vintage Christmas." City event organizers hope this theme will inspire creativity on a community-wide scale.

Holiday festivities begin with the annual Tree Lighting scheduled for Friday, November 28, at 5:30 p.m. in front of the historic Montrose County Courthouse located at 320 S First Street.

Participants will enjoy hot cocoa and cookies provided by Rosemont Church, caroling, and songs by local school children before the exciting countdown by Santa to light Montrose's festive tree. Civic leaders from the City of Montrose and Montrose County will provide remarks along with musical performances from Maslow Academy and the Montrose High School Choir.

Several other festivities will immediately follow the tree lighting that night. The City of Montrose will host a light performance presented by Lumanity Shows at the Montrose Visitor Center, and the Valley Youth Orchestra will perform at the Montrose Police Department Community Room. All of this will lead participants down South First Street from the Tree Lighting Ceremony to Santa's Cabin, which will then open for the holiday season.

Santa's Cabin will be decorated with the warmth of the holidays thanks to our partners at the Montrose Children's Museum. Kids are invited to bring their letters to Santa that night, or drop them off at the cabin at any time until Saturday, December 20. Letters to Santa are accepted in the mailbox attached to Santa's Cabin located at 530 E Main St. Make sure to leave your return address to hear back before Christmas!

Dates and times for this year's Santa's Cabin are: Nov. 28 - 6:30 p.m. through 8:30 p.m. Nov. 29 - 2 p.m. to 4 p.m. Dec. 5 - 6 p.m. to 8 p.m.

Dec. 12 - 6 p.m. to 8 p.m. Dec. 19 - 6 p.m. to 8 p.m.

to 8 p.m. Dec. 20 - 2 p.m.

to 4 p.m.

"When we were thinking about a theme for this year, we wanted one that would trigger the best and brightest memories from past holidays," said Pavilion & Community Events Manager Katie Riley. "'A

Vintage Christmas' has something for everyone. We wanted to promote something that the kids could enjoy and would bring families closer together."

The day after the tree lighting, November 29, the City of Montrose celebrates Small Business Saturday. The city is hosting its popular "Montrose Bucks" holiday promotion earlier this year, to give local residents plenty of time to prepare for Small Business Saturday.

The annual holiday promotion will now be called "Montrose Bucks Monday" and will take place on Monday, November 17, from 9 a.m. to 7 p.m. in the PD Community Room at the Public Safety Complex located at 434 S First Street. The sale will continue throughout the week at the Downtown Visitor Center until funds run out. Bucks are sold on a first-come, first-served basis while supplies last. The annual Montrose Bucks program is a local tradition coordinated by the City of Montrose to provide extra incentives for the



HEARTS AGLOW, CAROLS FLOW, MONTROSE CHRISTMAS STEALS THE SHOW - CITYOFMONTROSE DRG/HOLIDAYS

local merchants. Bucks can be given as gifts, rewards, and incentives by individuals and businesses alike - year-round.

With the holiday season in full swing, the community will gather on Main Street in historic downtown Montrose for one of the biggest events of the year, the annual Parade of Lights, on Saturday, December 6, at 5:30 p.m. Parade entries that encompass the parade theme and demonstrate the most creativity will have a chance to win the first, second, or third-place prizes.

To <u>sign up for the parade</u> and get complete information about judging parameters, visit <u>www.CityofMontrose.org/holidays</u>

Be sure to bundle up as dozens of floats will make their way down Main Street in front of a horse-drawn carriage carrying Santa.

For information about the City of Montrose visit CityofMontrose.org.

OFFERED FOR SALE



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RED HAWKS VOLLEYBALL FALLS IN STATE SEMI-FINAL



Red Hawks on Defense. By Cliff Dodge.

By Cliff Dodge

MONTROSE-One of the finest Montrose Red Hawks volleyball seasons came to an end on the floor of the venerable Denver Coliseum as the Colorado High School Activities Association (CHSAA) State Championship crowned a new champion, the University Bulldogs.

The Montrose Red Hawks put together an outstanding season as Coach Shane Forrest molded the team into a championship contender. The Red Hawks earned a bye in the initial round of tournament play, then defeated Battle Mountain in their first tournament action. Next came the Lutheran Lights in the quarterfinal round, who fell 3-1 at the hands of the Red Hawks. Next, the semifinal round and the Wizards of Windsor took the measure of the Red Hawks by the score of 3-1, thus ended their championship dream for this year.

The Red Hawks were a championship caliber team from the opening game to the final whistle of the CHSAA tourney. The Red Hawks record ends with 24 victories against just four losses. The ladies won the league championship with a 9-1 record to go along with their run in the CHSAA tournament.

Here are the players who will be graduating this spring. Marisha Lutz, Lilly Nelson, Taylor Cooper, Maggie Legg, Shiloh Warthen, and Jordyn Simo. Returning will be seven juniors and a full complement of JV and freshman players. Head Coach Shane Forrest will have the makings of another outstanding group of players come next season. New players, new challenges and now opportunities. Go Red Hawks.



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OPINION/EDITORIAL: LETTERS

CARPETBAGGERS HAVE ARRIVED ON THE WESTERN SLOPE AND ARE CASHING IN AT THE EXPENSE OF LONG-TIME RESIDENTS

Editor:

First of all, conservation easements are being sold as salvation for Colorado ranchers, but they're really surrender in disguise. Take a typical 500-acre ranch. It runs 150 cow-calf pairs, grossing \$180,000 a year. After feed, vet bills, diesel, and labor, the profit is \$30,000—if the weather holds. But the Montrose County Assessor doesn't tax the cows. They tax "highest and best use"—what a Denver developer would pay to slice the land into 35-acre ranchettes, \$2,000,000 market value. 0.51% effective tax rate. \$10,200 property tax bill. That's one-third of the profit—before state income tax, sales tax on hay, or federal taxes. One drought, one broken tractor, one bad calf crop, and the ranch is one tax payment from a lien sale. Then comes the glossy packet from the Colorado Cattlemen's Agricultural Land Trust or The Nature Conservancy: "Protect your legacy. Slash your taxes. Get cash. Keep ranching."

They offer to buy or take the development rights in a conservation easement. The deed stays with the owner, but the land is locked in agricultural use—forever. The bait: Property tax drops to \$1,000—\$1,500/year. \$675,000 cash from selling the state tax credit (more on this below). The bank gets paid. A new bull gets bought. Sleep comes easier.

But here's what's not in bold print—and the simple truth about that "cash": The easement runs with the land. Future generations can't undo it. The owner permanently loses: The right to subdivide. The

right to build more than one replacement home. The right to mine gravel, lease for solar, or drill new wells. The right to change use without written permission from a nonprofit board. Every year, a stranger drives the fence line with a clipboard, takes photos, and files a report. The landowner pays for the inspection. Break a rule—even accidentally? The trust sues in district court. The landowner pays their legal fees. IRS audits the credit. Millions owed + penalties.

Now, how the "tax credit" becomes real cash: 1. You sign away the right to ever build houses or subdivisions. 2. An appraiser says: "That right was worth \$1,500,000." 3. Colorado gives you a \$750,000 "gift card" good for paying anyone's state taxes. 4. You sell the gift card to a Denver businessman or company who owes taxes. 5. They pay you \$675,000 cash (90 cents on the dollar). 6. You get a check. They pay less tax. Colorado gets the same money. You cash out the equity today—get the money now to survive the tax man. You still live on the place. But when you're gone, your kids inherit the land minus the engine: no development value, no flexibility, just the same perpetual rules. Over 100,000 acres in Montrose and Delta counties are already under these easements. Big ranches stay whole; small ones sell to out-of-staters. Result: fewer working ranches, more "open space" for urban hikers who never shovel manure. Who wins? Land trusts get federal grants and tax-deductible donations. Urban voters get weekend views. Developers see nearby land values skyrocket. Government gets control without ownership and more taxes. Ranchers lose. Their kids lose. Private property loses. This isn't about conservation; it's about more tax revenue and development profit.

The playbook is plain and simple. A developer quietly snaps up the scrubland next door to a working ranch—cheap, overlooked, and zoned for nothing but sagebrush. The county assessors take notice, slap a "highest and best use" label on the entire valley, and suddenly the rancher's tax bill triples overnight. Cattle can't pay for that. So, the rancher signs a conservation easement, trading development rights for a one-time check and a prayer. The land is "saved," but the developer's parcel is now premium: estate lots with million-dollar views of permanently protected open space. He builds the subdivision, cashes out, and the ranch becomes the scenic wallpaper for his profit. Then the assessor eyes the selling price of those new homes, jacks up the evaluations on every home in the valley, and the taxman and developer join hands, skipping off down the road to the next valley. Choose your favorite musical instrument, folks because we are all being played. Carpetbagging? You bet. Builders are local but the capital is external: Front Range equity firms, out-of-state flippers, and remote buyers cashing in on Western Slope scarcity. Higher property taxes are here for everyone, and working ranches are turned into scenery. What a racket!

Don Hemme, Redvale



LESLIE GORE WITH CENTURY 21 ELEVATED PROUDLY PRESENTS



Welcome Home! This charming 3-bedroom, 2 bathroom manufactured home is nestled in a well-established park, offering a welcoming community feel and ideal amenities for comfortable living. Step inside to a thoughtfully designed interior featuring a spacious kitchen complete with a breakfast bar, dedicated dining area, and ample pantry space—perfect for those who

Spacious Kitchen: Enjoy the well-planned kitchen with a breakfast bar and dining area, ideal for family gatherings and casual meals.

love to cook and entertain.

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Accessible Entrance: A covered ramp provides ease of entry, blending convenience with thoughtful design.

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Stylish Flooring: Features a mix of plush carpeting and durable plank vinyl tile, blending comfort and practicality. Move-in ready and waiting for a new buyer to make it their own!



3 bedroom 2 bathrooms

CONTACT:

19702753195

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20547 TULIP CIRCLE MONTROSE, CO 81403

- 1887 SQ FT
- 3 BED/2 BATH
- 2 CAR GARAGE
- COVERED PORCH
- 1.20 ACRE LOT
- BACK DECK
- BUILT IN 2002
- · STORAGE SHED





LESLIE GORE

OPINION/EDITORIAL: LETTERS

GREETINGS TO THE PATRIOTS OF MONTROSE AMERICA

Editor:

To the folks that voted in our most recent elections, thanks for doing your civic duty as an American! It is a privilege that not all people have! Now we have an opportunity to go back to educating our kids in what they should be learning. Reading, writing and arithmetic!! No more from the Democrat Party Platform. No DEI, CRT, or LGTB nonsense. The School Board election was a clean sweep, thanks to the conservative Patriots that voted. We could have a good conservative BOCC also if more Republicans in Mont-

rose would have turned out to vote!!!

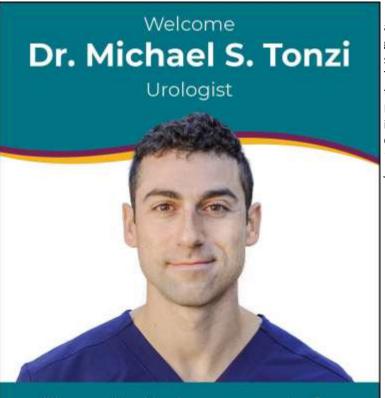
It appears we have at least 6000 voters in Montrose that are Pro Choice, pro CRT,DEI,BLM, Palestine, Gender Ideology for children, Illegal Immigration and Men in Women's sports.

They are against, Common Sense, Free Speech, and Christians.

Better vote next time unless you are ok with Montrose turning into a Denver or California Or New York! Scary huh? God Bless You and God Bless America

Thanks for listening

Jim Abney, Montrose



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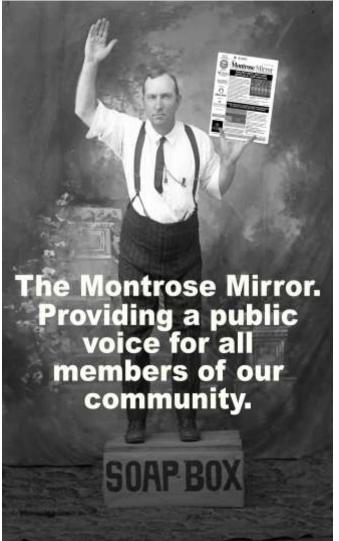
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REGIONAL NEWS BRIEFS

DELTA MIDDLE SCHOOL STUDENT CHARGED

Delta Police Department

DELTA- On Nov. 7, 2025 at approximately 9:12 a.m. Delta Police Department's School Resource Officer was dispatched to the Delta Middle School for a report of threats of violence being made against 27 students there at the school. The juvenile suspect in this case utilized the social media platform, Discord to disseminate a "list" of students who were to be harmed by use of a firearm while at school. On November 9th, 2025 it was discovered that additional threats were made via email.

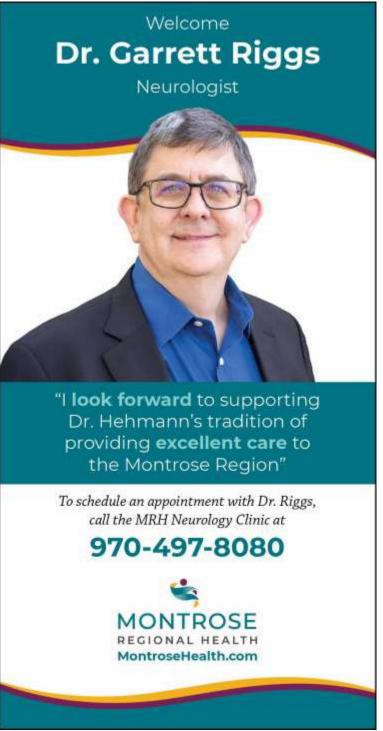
Working with the Delta County School District, officers of the Delta Police Department were able to identify a juvenile student of

the Delta Middle School as the party responsible for the threats. This student has been removed from the Delta Schools with the recommendation of expulsion. The Delta Police Department has charged this student with the appropriate criminal charges, to include multiple felony and misdemeanor violations.

The Delta Police Department and the Delta County School District takes these matters very seriously. We will always thoroughly investigate reports such as these and follow through with the appropriate legal action. All criminal charges are merely an accusation, and the defendant is presumed innocent until or unless proven guilty.

The Delta Police Department does not have further information available for release at this time.





LESLIE GORE WITH CENTURY 21 ELEVATED PROUDLY PRESENTS



 Equestrian Potential & 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 theflexibility to create a truly customized home. Whether you're after a spacious primary suite, an expanded living area, or the ultimate craft orhobby studio, this floorplan is ready to adapt. The main living space includes two bedrooms, a 3/4 bathroom, kitchen, dining area, and aconvenient laundry center. Three large additional rooms two of which have some cabinetry and sinks (one includes a half bath)—makeideal spaces for quest suites, home offices, or creative workspaces. For vehicle or equipment storage, the oversized attached garageeasily 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, ridingarena, or paddocks and take full advantage of nearby public lands and miles

of riding trails just minutes away.

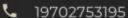




\$1,129,000.00 2 BEDROOMS 2 BATHROOMS 9..18 acres



CONTACT: LESLIE GORE



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The Montrose Mirror November 17, 2025



Discover timeless appeal and modern comfort in this what seems to be a Mid-Century Modern home. With 2,072 sq ft of single-level living, the layout offers both roominess and accessibility. The oversized two-bay garage features a dedicated workspace — perfect for hobbies, storage, or weekend projects. Enjoy outdoor living in the privacy-fenced backyard with a generous covered patio, ideal for entertaining or relaxing in style. Mature landscaping, a full sprinkler system, and a classic brick facade with a durable metal roof add to the home's impressive curb appeal. Inside, you'll find: A large, inviting living room. This home has a fireplace with a gas insert A fabulous den — perfect for a home office, studio, or media room A well-appointed kitchen with solid surface counter tops and a pantry, roomy enough for a second refrigerator Incredible storage throughout — more than you may ever need! Notice the second water heater by the bedrooms and an additional H2o source under the kitchen sink Located adjacent to Montrose Golf Course, this property offers scenic serenity with the convenience of being in the heart of Montrose — close to dining, shopping, and all the best the city has to offer. This home blends classic designwith everyday function — and it's truly one-of-a-kind.





Contact Peg Evanoika 970-209-3934



www.the-res.com CENTURY 21 Elevated Real Estate

Page 43

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LESLIE GORE

The Montrose Mirror November 17, 2025



HOSTED BY: DOUG SPEEDIE, MD



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PROPERTY FEATURES











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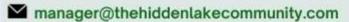
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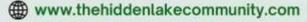
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The Montrose Mirror November 17, 2025

For Dads Who Take Their Showers Neat.



The Montrose Mirror November 17, 2025

COLORADO NEWS BRIEFS

COLORADO BACKCOUNTRY SEARCH AND RESCUE SURCHARGE FEE INCREASES TO BETTER SUPPORT LOCAL SEARCH-AND-RESCUE VOLUNTEERS

Special to the Mirror

DENVER — Colorado Parks and Wildlife (CPW) is increasing the <u>Colorado Backcountry Search and Rescue Program (BSAR)</u> fee on wildlife licenses and boat, snowmobile and off-highway vehicle (OHV) registrations to \$1.25 to increase funding support for county search-and-rescue teams and local volunteers.

The previous BSAR fee was set at 25 cents and has not changed since 1987.

The newly increased fee, now adjusted to \$1.25, is a necessary step to reflect the current customer price index, taking into account inflation, as well as the increase in search-and-rescue incident responses and the number of highly challenging and risky rescues over the last 15 years.

In response to significantly more calls for help, the cost of search-and-rescue administration, training and equipment has also increased over the years, necessitating this fee increase. Current law dictates that CPW has one opportunity to increase the BSAR fee to a base level, after which point this fee may only be increased by the Consumer Price Index.



Pahgre's 970-249-6442

Rib City 970-249-7427

Fiesta Guadalajara Re-Opening 2025 970-249-2460 Stone House 970-240-8899

Alpen Confections 970-648-0609



Jimmer's Steak & BBQ 970-252-1227





Beer Barn II 970-249-5550



Colorado is home to around 50 search-and-rescue organizations, which are 100% volunteer-based and provide search-and-rescue services free of charge to individuals lost, injured or stranded in the backcountry. While these organizations are county-based and coordinated through county sheriffs or county governments, CPW provides support and funding from the statewide level.

CPW sells products that incorporate funding for search -and-rescue teams, including the <u>Colorado Outdoor</u> <u>Recreation Search and Rescue Card</u> and the <u>Keep Colorado Wild Pass</u>. These are crucial as the demand for outdoor recreation increases in Colorado, directly impacting the need for search-and-rescue services. Outdoor enthusiasts from various recreational communities, who hunt, fish, boat, hike, snowmobile and drive OHVs in Colorado, all contribute to the Colorado BSAR fund.

"We're constantly amazed by the dedicated volunteer search-and-rescue professionals across Colorado who are ready to mobilize and help people in a time of need when they become stranded, lost or injured in the backcountry," said CPW BSAR Manager Perry Boydstun. "These types of outdoor rescues often require a specific type of training and gear, so it's really important that our statewide BSAR program accurately provides our local teams with funding for resources they need to complete rescues without jeopardizing their own safety."

CPW BSAR funding is distributed through incident reimbursement forms and a county allocation <u>application process</u>. Counties may use funds to purchase equipment, training, vehicles, small capital improvement projects, mental health services, communications, computer software, maintenance and some fixed costs. For more information on CPW's Backcountry Search and Rescue Program, visit

<u>cpw.state.co.us/backcountry-search-and-rescue-program</u>.

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COUNTY CUTS RIBBON FOR COURTHOUSE RENOVATION







On Monday, Nov. 10, Montrose County officials and members of the community gathered to celebrate the ribbon cutting and restoration of the historic Courthouse. Community members enjoyed the chance to see the beautifully updated facility, and take a tour. Photos by B. Switzer.



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

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Busy Corner White Kitchen 970-323-6215

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The Montrose Mirror November 17, 2025

NEEKLY CARTOON

CARTOON BY TIM JONES

SOUR GRAPES

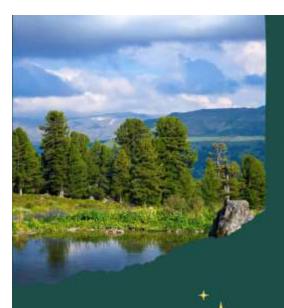
by Tim Jones



I WAITED IN LINE OVER THREE HOURS TO SEE MY FAVORITE CELEBRITY. WHEN I GOT IN THE FRONT, I REALIZED I WAS IN THE WRONG LINE!







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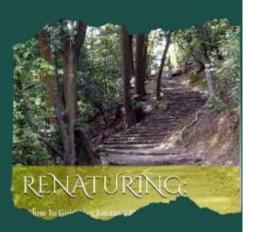
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PROPERTY FEATURES











3 Bedroom

2 Bathroom

Next To Dog Park

1155 SF

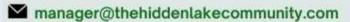
Hidden Laundry

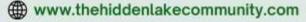
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OPINION/EDITORIAL: LETTERS

AREA LIBERALS WILL USE THE SAME MOB RULE TACTICS AT SCHOOL BOARD MEETINGS THEY USED AT COUNTY COMMISSIONERS' MEETINGS

Editor:

I am thinking that area liberals are in complete bewilderment with the results of the school board elections in Delta and Montrose counties and the rejection of the ballot issues for the Montrose library. Congratulations to the four new conservative school board members in Montrose, and the two new conservative school board members in Delta. It was no shock that both library funding issues were soundly defeated by Montrose taxpayers. Coupled with last year's total rejection of the ballot issue for a new \$200 million Montrose high school albatross, it should be evident that area residents will tolerate only so much woke insanity before they say "enough is enough."

Advocates for the library thought voters wouldn't notice that our local library either totally supports the American Library Association's extreme policies, or worse yet, doesn't have the gumption to stand up to the ALA's insanity. This is the same ALA that is run by Marxist Emily Dravbinski, who openly advocates for using our libraries for socialist organizing. This is the same ALA that is tracking antipornography legislation in an effort to kill the bills, arguing that bills that prevent librarians from providing minors with sexually explicit materials are "adverse" to a librarian's success. Not too many years ago, it would have sounded insane that our local library would not actively cooperate with parents in protecting their young children from inappropriate materials, but that is exactly what happened in Montrose. Montrose library employees and board members thought taxpayers would not remember how they dismissed legitimate parental concerns and tried to portray parents as ignorant bigots who

wanted to "ban books." They were perfectly willing to offend concerned parents rather than risk offending a small minority of people pushing the craziness. Until the library severs all ties to the ALA and discards their woke attitudes and policies, they should expect zero taxpayer support. The Montrose school superintendent, the administration, and the majority of the school board at the time likewise took taxpayers for fools when they asked them to fund a new \$200 million high school. It is true we have many dedicated, patriotic, and highly effective teachers delivering objective, historically accurate lessons in core subjects like math, science, and history. It is also becoming increasingly clear that that type of teacher (the type of teacher we had in our youth) has been replaced by too many academics who want to indoctrinate rather than teach students to think critically, read, write, and be prepared to live in the real world. For decades now, public schools have pushed the oppressed / oppressor lie, along with as much Marxist, feminist, racist, and LGBTQ theory as possible. Academic success is now defined in terms of "equity" rather than merit. The end result is that our public schools have failed most students by every key measure. What is the point of putting our children through twelve years of public schools if nothing is learned other than contempt for their country and that they are an oppressor or a victim depending on their skin color? Voters / taxpayers paid attention when the Colorado Education Association, the teachers' union representing Montrose, passed a resolution condemning capitalism. They paid attention when the present Montrose school superintendent insulted a major voter segment by accusing them

of being OK with racism. Taxpayers paid attention when the school district stayed conspicuously silent when they were questioned about their administrative staff levels compared to other area school districts. Voters paid attention when they saw the school board repeatedly reject the application for the Montrose Classical Academy – in spite of overwhelming evidence of support in the community – until the state school board embarrassed them enough to grudgingly approve it.

The election of four conservative school board members in Montrose is confirmation that voters have had enough of woke insanity. Area conservatives should be prepared to aggressively support the conservative members of our school board. Area liberals will use the same mob rule tactics at school board meetings they used at county commissioners' meetings when elections didn't go their way. If you need a reminder of how ugly and corrupt liberals can be when they lose elections, just research the Biden administration's Arctic Frost operation. That was an unprecedented, illegal conspiracy of corrupt prosecutors and FBI personnel to surveil, harass, and prosecute the entire Republican apparatus for the crime of being conservative. Never mind that the two-year effort yielded zero evidence of wrongdoing. The investigation – the harassment, the spying, the legal fees, the intimidation - was the punishment. Because they can't win at the ballot box, area liberals will do everything possible to attack, harass and intimidate the new conservative majority on the school board. They will be as loud and nasty as they can to hinder the school board's effectiveness. They have no

Ed Henrie, Montrose



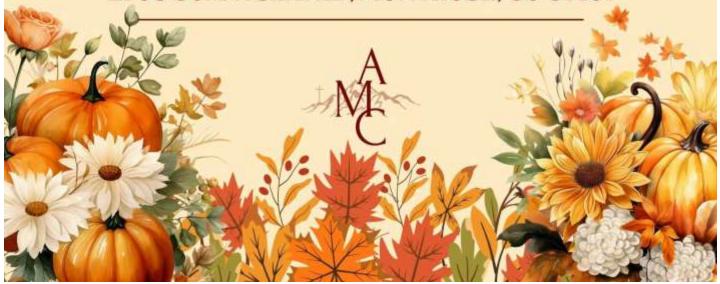


Gathering for an evening service of worship and fellowship. Let's thank the Lord together!

SUNDAY, NOVEMBER 23RD, 2025

at 7:00 PM

TRINITY REFORMED PRESBYTERIAN CHURCH 2705 SUNNYSIDE RD, MONTROSE, CO 81401



COMMUNITY OBITUARIES

ARVIL "STEVE" MCCULLOUGH April 3, 1952- November 12, 2025

ARVIL "STEVE" MCCULLOUGH, a devoted husband, loving father, proud grandfather and great-grandfather, and a gifted master carpenter, passed away on November 12, 2025, at the age of 73. Born on April 3, 1952, Steve built a life rooted in hard work, loyalty, and a deep love for his family

Steve and his wife Kathy were married for 52 years. Together, they moved to Colorado in 1979 from their longtime home in Carlsbad, New Mexico, beginning a new chapter that would shape the rest of their lives and the lives of their family.

A master of his craft, Steve spent his life shaping wood with precision and pride. His hands built countless things over the years—homes, furniture, and projects for family and friends—each one a testament to his patience, skill, and the pride he took in doing things the right way.

Steve had a passion for life's simple joys. He loved old cars, admiring their craftsmanship, character, and the memories they carried. He also enjoyed playing pool, where his calm focus and quiet confidence made him both a steady partner

and a tough competitor.

Steve is survived by his wife, Kathy McCullough, and his sons, Eric McCullough and his wife Lindy, and Nathan McCullough and his wife Angie. He was a deeply proud grandfather to eight grandchildren: Tasey Medina (Keoki Medina), Laurèn McCullough (Frank Culver), Cole McCullough, Gabe McCullough, Aubree McCullough (Wyatt Mansker), Sydney Hedden (Ethan Hedden), Luke McCullough, and Addisyn McCullough. He was also blessed with four greatgrandchildren: Ayden and Kamaya (children of Tasey), Willow (child of Sydney), and Kaylee (child of Laurèn). Steve is also survived by his siblings: Donna, Linda, Paul, Phillip, Sue, Theresa and Denton McCullough. Steve is preceded in death by his parents Arvil and Loreta McCullough and his brother Mike McCullough. He will be remembered for the love he shared, the things he built, and the steady, dependable presence he was to so many. His legacy lives on in the hearts of all who knew and loved him. Please join us for Steve's celebration of



life Tuesday, November 18 at The Montrose Church of Christ (1215 Calm Water Dr. Montrose Co). There will be a viewing at 10 AM. The service will start at 11AM with a grave site service immediately following.

Donations can be made to Tornado Alley Bulldog rescue on behalf of Steve.



COMMUNITY OBITUARIES

RANDELL ORRIS BRICKSON October 15, 1947- October 9, 2025



Randell, Randy, is survived by his sister Cathy and brother Paul of Utah; son-in-law Ryan, grandsons Solan and Sawyer, and daughter Jill of Dillon, Colorado; and daughter Jodi and wife Edie of Montrose, Colorado.

Randy was born on the plains of Iowa and moved to Olathe, Colorado at the age of ten with his parents, Orris and Marge, and his siblings, Cathy and Paul. His father worked as a plumber, and his mother was a devoted homemaker. Randy graduated from Olathe High School in 1966.

He attended Fort Lewis College for a year before being drafted into the U.S. Navy, where he served proudly as a Seabee attached to the Marines. His service took him to Vietnam, Cuba, and Texas. Upon completion of his military duties, he received an honorable discharge.

While in Texas, Randy met the love of his

life, Edie. The two were married on March 11, 1972, and went on to share more than 53 years of marriage filled with friendship, laughter, and resilience.

Randy built a career as a contractor in Montrose. He was a devoted husband and father, often working long hours and traveling from Olathe to Telluride to provide for his family.

In his later years, he faced numerous medical complications, many stemming from Agent Orange exposure during the Vietnam War, yet he faced those challenges with strength and grace.

Randy was a lifelong learner who loved music, reading, and meaningful conversation. He had a brilliant mind, a gift for teaching, and a storyteller's heart. He listened deeply and lived fully.

He found peace in the outdoors. Randy loved hunting on the peaks of Dexter and

throughout the San Juans, where he found beauty in the sunsets and stars. He delighted in the flowers Edie tended in their yard and always took time to admire them. He cherished horses, fall hunting season, and camping trips with his family. He taught his daughters to fish, appreciate nature, and read animal tracks in the first snow of winter.

Randy found joy in the symphony of sandhill cranes in spring, the warmth of the Colorado sun in summer, and the golden glow of autumn leaves. He loved the crisp air of fall—the season of his birth and his passing—and the one he loved most of all.

He was an amazing, dedicated, and protective father to a daughter with disabilities, and a steadfast listener, friend, and hero to his other daughter. He deeply loved his sister and brother and treasured the joy and energy his son-in-law and grandsons brought into his life. Above all, he loved Edie—and Edie loved him. Together, they stood side by side through every season of life.

To witness their love was timeless and an honor.

Randy often said, "I'll see you down that road."

We love you, Randy—Brother, Papa, Dad, Husband. You will always be cherished and deeply missed.

"We'll see you down that road." Cremation was fulfilled by Crippin Funeral Home. A memorial will be held in the spring.











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FEATURES:

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YOUR BRAIN ON NATURE — BOREDOM AND RESILIENCE



By Dr. Lauren Hall Ruddell, PhD

Greetings Mirrorites!

Boredom is not a dirty word nor a disastrous state of mind for children or adults. In fact, it's a necessary precursor to creativity and innovation. But until recently, American parenting culture was one of helicopter parenting to an extreme to prevent boredom (their children, not theirs). Childhood boredom equaled parental failure. And letting a child play and roam outdoors unsupervised by a hovering adult could get a parent arrested! Thankfully, although helicopter parenting is still encouraged and praised by a large segment of society, other voices are breaking through the over-protection crowd. They are noting the lack of resilience among young people facing difficult but normal challenges. I saw it myself years ago in the maturity and coping skills

of many (not all) college freshmen. Some were stressed but generally fine, but many were more or less terrified every day, and on the phone to parents daily about their mental health.

Outdoorsy kids or even those who went on just one long wilderness expedition have been shown to develop confidence and resilience that is long-lasting. But you don't need to depend on just my word and that of other academics. In the words of a high school student after multiple summer outdoor education experiences..."On each of these trips, I had moments of pain, whether it was homesickness or an injured knee. And while these things felt incurable in the moment, I persevered every single time, building resilience and confidence. I continue to carry the lessons I have learned on these excursions through my everyday life. Little things like speaking up in class or talking to new people may seem uncorrelated to backpacking, but for me, they have been proven to go hand in hand. Going out of my comfort zone for three weeks in the summer makes me more confident for the rest of the year." North Carolina student **LeeLeeC**

I know not every parent has safe, restorative, and interesting natural environments close at hand. And most parents probably don't have the resources to afford threeweek summer camps. Fear not, there are measures that can be taken at home.

Researcher Darby Saxbe, PhD., is often in

the news these days with semicontroversial advice she calls 'underparenting.' She proposed it as the antithesis of helicopter parenting.

To review, the term "helicopter parent" describes an overly involved, hovering parent who shields their child from any possibility of failure and micromanages their every waking moment. We now know that this approach has a number of disadvantages for kids, as well as being exhausting for adults. This parenting style, while very well intended, prevents skill development, contributes to anxiety, and undermines self-esteem. But perhaps most importantly, where resilience is concerned, it hinders emotional regulation. Research suggests that overprotective parenting can lead to poor self-regulation and a greater vulnerability to anxiety disorders and other emotional problems later in life.

Dr. Saxbe, a clinical psychologist and a professor of psychology at the University of Southern California, studies neurobiological adaptations to parenthood.

She once interviewed an anthropologist who described typical African village childrearing norms. He explained that children in these societies often accompany their parents throughout the day, observing adults engaged in necessary tasks like foraging, but are rarely the focal point of parental attention. This is very different than parenting in America where parents tend to center their lives around their

YOUR BRAIN ON NATURE - BOREDOM AND RESILIENCE From previous pg

children, consciously engaging and entertaining them during their limited free time.

"A parenting approach inspired by hunter -gatherers (ancestors) would advocate for parents to pursue their own lives while bringing their children along. This method, which could be termed mindful underparenting, encourages children to learn by observing adults engaged in various activities, from foraging to socializing. Such exposure equips children with valuable skills for adulthood while also teaching them to tolerate boredom—a crucial aspect of developing patience, creativity, and resourcefulness. Neuroscience suggests that a mind left to its own devices is active, particularly in contemplating the thoughts and emotions of others, which promotes empathy and imagination." She goes on to state something I completely endorse..." One effective way to foster boredom is through mundane tasks like visiting relatives or running errands. These outings can provide opportunities for children to experience tedium without screens, which enhances their ability to entertain themselves. The pressure parents feel to constantly engage their children can inadvertently lead to increased screen dependence by promoting the need for continuous external stimulation." remember a story a contemporary of mine relayed about childhood boredom when being taken to visit distant family members in rural Oklahoma. So bored did the kids become listening to the adults chatter on and on that they went outside to play unsupervised for a while. They entertained themselves by capturing tarantulas and putting them in Tonka toy trucks and pretending they were little

drivers and crane operators. They did this quite a while before a fussy auntie caught them at it, at which point her screams of horror entertained the lads as much as the spiders.

Dr. Saxbe and I feel that it's vital that parents reserve energy for teachable moments by *not* constantly interacting with their children. Ideally, children would explore freely outdoors, as Dr. Saxbe did growing up in Ohio in the 1990s, as I did growing up in the 1960s, but when that's not feasible, mindful underparenting is a practical substitute.

This method involves incorporating children into daily activities, such as working out at the gym or socializing with other adults. My daughter was allowed to run wild on horseback on Log Hill in the 1990s, but only after learning by observing and doing practical backcountry navigation and horsemanship. Despite coping with ADHD as a college freshman, she knows that her early freedom gave her the personal strength and resilience to persevere. Before then, as a real little kid, she learned a lot about adult social life on a bar stool at the High Bridge Saloon in Lake City, where she made origami cranes for the bartender and waitstaff while the adults had beer and gossip. That was 30 years ago. Imagine doing that now! More voices like Dr. Saxbe's are needed to reduce nature deficit disorder and foster increased resiliency and competent self-reliance. American society needs to begin the work of greater acceptance of children in public spaces and wildlands. With all of the evidence that the kids are not OK, at least not right now, more skinned knees and blue-collar tarantulas will help both the exhausted and frustrat-



Courtesy photo.

ed parents and the uncertain and anxious children of today.

Thanksgiving travel is coming, and flying may not be as appealing as it might have been in October. Car travel is predicted to increase greatly this Turkey Day. If you want to save your sanity and still keep the kids off screens, below is a link to a site for activities to keep them either busy on their own or interacting with you instead of social media. I know a guy who still remembers the joy of family car trips where they played 'An animal and an adjective.' They started the game as grammar school kids and continued it in high school, where one of the brothers earned family acclaim for his award-winning contribution when handed the letters O and B... "Obstreperous bandicoot!" No smart phones invented then, so none depended upon. May you be blessed with safe and screen-free holiday travel, The Mindful Naturalist Offline Kids https://offline.kids/ activities/car/

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COMMUNITY NEWS BRIEFS

ARTS ON MAIN DELTA PRESENTS WOOD TURNING WITH RESIN

Special to the Mirror

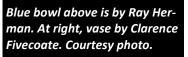
DELTA-Arts on Main Delta is featuring a unique art media of wood turning with resin. Two male artists are showing this exciting exhibit of bowls and containers made from pistachio and elm wood adding bright colored resin within the veins of the wood in a creative manner.

Ray Herman, one of the artists, is a school principal in Olathe. Clarence Fivecoate is a retired carpenter who has worked with wood during his career and now has turned that knowledge and ability into an art.

Both artists are featured at the Arts on Main Delta gallery in the historic building at 301 Main Street in Delta. The new gallery contains the work of a number of local artists as well as those from member collections. A variety is on exhibit: everything from rock art to oil paintings. Arts on Main Delta is open from Thursday through Saturday from 10:30am to 6:30 pm when volunteers are available. Arts on Main

Delta are welcoming more volunteers to open the gallery on those days. FOR FURTHER INFORMATION CONTACT: (970) 291-3888











COMMUNITY NEWS BRIEFS

FRIENDS OF YOUTH AND NATURE APPOINTS ABRAM HERMAN AS FIRST EXECUTIVE DIRECTOR

Special to the Mirror

WESTERN COLORADO — Friends of Youth and Nature (FOYAN), a Western Colorado nonprofit dedicated to connecting youth with outdoor experiences, announced today the appointment of Abram Herman as its first Executive Director. Herman, who has served as Vice Chair of FOYAN's board since 2021 and as a board member since 2019, will transition into the part-time leadership role effective Monday, November 10, 2025, marking a significant milestone as the organization evolves from an all-volunteer structure to include paid leadership.

Since its founding in 2018, FOYAN has experienced remarkable growth under volunteer leadership, expanding from serving approximately 800 youth in its inaugural year to providing nearly 9,000 outdoor experiences for Western Slope youth in 2024—a more than tenfold increase in just seven years. The organization is on track to maintain or exceed this impact in 2025.

"After six years of contributing as a volunteer board member, I'm honored to step into this role and help guide FOYAN's next chapter," said Herman. "Western Colorado faces significant youth mental health challenges, including one of the state's highest youth suicide rates. Our work connecting young people with nature-based experiences has proven to build resilience, confidence, and emotional well-being. My priorities are clear: maintain the quality

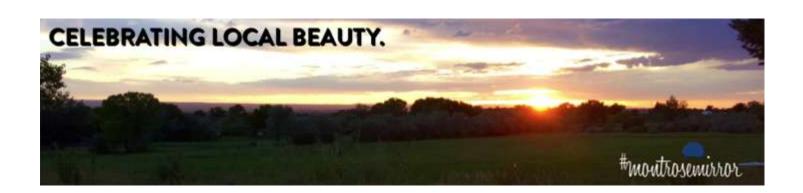
outdoor experiences for young people that define our work, strengthen partnerships across Delta, Mesa, Montrose, and Ouray counties, and expand our impact through programs like the new Generation Wild Uncompanyere initiative. Every child in Western Colorado deserves access to the transformative power of the outdoors."

Herman brings extensive leadership experience to the role, having previously served as Mayor of Grand Junction. He also owns and operates The Sukkah Project®, a seasonal e-commerce business, and leads the Grand Valley Adaptive Climbing Community, which facilitates climbing programs for kids, adults and veterans with disabilities, as well as serving on various nonprofit boards throughout the community.

"Abram's deep commitment to youth, proven leadership skills, and intimate knowledge of FOYAN's mission make him the ideal person to lead us forward," said Anita Evans, FOYAN Board Chair and organization co-founder. "He has been instrumental in shaping our growth and impact over the past six years. As we formalize our organizational structure with our first paid position, we couldn't ask for a better leader to ensure we continue delivering life-changing outdoor experiences to thousands of Western Slope children while expanding our reach and deepening our community partnerships."

Under Herman's leadership, FOYAN will focus on several key priorities: implementing the newly funded Generation Wild Uncompangre program through Great Outdoors Colorado (GOCO) in cooperation with Montrose Recreation District and several area non-profits—this partnership will provide accessible, culturally relevant outdoor programs including hiking, camping, rafting, and youth leadership development; addressing youth mental health and building resilience through nature-based experiences; and strengthening collaborative relationships with partner organizations across the region. FOYAN works with schools, youth organizations, and families across Western Colorado to eliminate barriers to outdoor participation. The organization provides transportation scholarships, program funding, and connects youth with experienced outdoor education providers. Recent funding includes support from GOCO's Generation Wild initiative, El Pomar Foundation, The Mighty Arrow Foundation, Colorado Circle of Dreams, Colorado Parks and Wildlife Partners in the Outdoors, the Colorado Health Foundation, Western Colorado Community Foundation, Montrose Community Foundation, and many local service organizations.

For more information about Friends of Youth and Nature, visit www.friendsofyouthandnature.org.



HOME FOR SALE VIEW THIS LISTING ONLINE:





Great townhome located in the desirable Peppertree subdivision! This solidly built home features a classic brick exterior and quality finishes throughout, including beautiful solid wood doors. Step inside to a spacious tiled entryway leading to a large living room with a cozy gas fireplace. The kitchen is well-appointed with a new stainless dishwasher, Jenn Air stove/oven, refrigerator, and plenty of storage. This home offers 2oversized bedrooms with huge closets and 2 bathrooms, providing comfort and convenience. Large hallways and zero clearance for entry that eliminates steps. Additional features include newer carpet, a newer roof, a newer forced-air heating unit, and central air conditioning for year-round comfort. Washer and dryer are also included. Enjoy the private covered patio—perfect for relaxing or entertaining. The location is ideal, close to a public golf course and centrally located near all the amenities Montrose has to offer. Another perk of this townhome is the HOA takes care of grounds and snow removal!

FEATURES

- 2 Bedrooms
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- 2 Baths
- Great Room
- 1610 Square Feet Patio

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The Montrose Mirror November 17, 2025



26 FOR 26: WEEKS 1 & 2 - BUILDING THE FOUNDATION:



By Gia Pirelli. Courtesy photo.

The most powerful transformations rarely begin with grand gestures. They start with subtle recalibration small, consistent shifts that anchor us back into alignment. The 26 for 26 Challenge is about this kind of precision: creating stability and strength during a season that often

scatters both.

As we step into the first two weeks, the focus is foundational. These shifts restore rhythm to your thoughts, your body, and your energy—so you can close the year not in depletion, but with direction.

WEEK ONE: IDENTITY, MINDSET & ENER-GY:

Think of Week One as your personal reset -a return to intention before action. These four shifts establish your why, quiet the noise, and reconnect you to your physical and emotional core.

Shift 1: Choose a North Star (Pillar: Identity & Mindset)

Before any meaningful change, there must be a point of orientation. Your North Star is a one-sentence identity statement-a declaration of who you are becoming. Choose three words that reflect that version of yourself. Print them, and the statement, post them where you can see them daily and frequently. Live with them. So you may become them. So that every action you take, thought you think, choice you make, is in consideration of (and hopefully reflection of) those words and that statement.

Example: "I am a grounded, radiant, and disciplined woman who moves through the day with clarity and grace. I easily attract opportunities and am ready to take action on those opportunities to create my dream reality."

Read it each morning until it feels less like trudes. an aspiration and more like a truth.

Shift 2: Audit Your Self Talk (Pillar: Mind-

The most powerful words you hear each day are the ones you say to yourself. Begin Theme of Week One: noticing one recurring negative loop-the quiet undercurrent of "i never..." or "I should've..." or "I can't..." and replace it with a neutral-to-positive-frame. Example: "I'm so behind" -> "I'm adjusting my pace. I am exactly where I need to be."

"I can't do this." -> "I'm learning how." Meet yourself where you're at, but make space for growth, grace and compassion. Don't ever compare your start to someone else's middle. Just start and be proud of yourself for that. Progress is, well, progressive.

Over time these rewrites rewire your selfconcept. Language is identity in motion.

Shift 3: Pick Your Primary Movements (Pillar: Body & Energy)

Choose one or two primary movement practices that you can rotate throughout the week-yoga, Pilates, a walk, the gym, or anything that connects your breath and your movement to build strength and steady the mind. Commit to a minimum of 20 minutes per session, 5 times per week. Practice: Treat these sessions, not as workouts, but as energy calibrationmovement as medicine, not maintenance. (You can find short Pilates and yoga sequences on my YouTube channel to support this shift.)

Shift 4: Meditation Minimum (Pillar: Meaning & Recovery)

Begin or return to a five-minute daily meditation practice. Stack it with an existing habit-after coffee, before emails, or right before bed. Make it part of an am or pm routine (or both.) This isn't about transcendence; it's about training your nervous system to pause before the world in-

Practice: Sit, breathe, notice. Five minutes of presence rewires your brain chemistry and sets the tone for your day, or for your sleep.

Intentionality.

You're not fixing anything. You're remembering who you already are. The human being, not the human doing. (We've all heard that. Now apply it to yourself.)

WEEK TWO: BODY, ENERGY & FOCUS:

With your inner compass set, Week Two shifts attention to the physical structure of your days. These four changes build consistency through rhythm—the kind that preserves energy and sharpens focus.

Shift 5: Sleep as a Keystone. (Pillar: Body & Energy)

Sleep is the foundation of every other habit. Set a consistent bedtime and wakeup window-within 30 minutes each day and treat it as non-negotiable. In the morning, wake up and get up. Don't hit snooze. You're just snoozing your life. You won't be excited or motivated or inspired every single day but once you start moving, generally you will be. Especially with habit and practice. Action breeds motivation, it's never the other way around. Then at night, silence your phone, dim your lights and allow the day to close gently. Don't doom scroll until you doze. Try reading a book, nothing on a digital screen -the blue light suppresses melatonin and inhibits sleep. Try meditation. Try listening to music and day dreaming.

Practice: Consider rest not as the end of your productivity, but as its prerequisite. Shift 6: Hydration Habit (Pillar: Body &

Energy)

Anchor hydration to moments you already do: one full glass of water after waking, one before lunch. A water bottle with your exercise. Water bottle on your desk. A glass of water an hour before bed. Simplicity sustains consistency.

26 FOR 26: WEEKS 1 & 2 - BUILDING THE FOUNDATION: From previous pg

Practice: Use a dedicated water bottle and treat those checkpoints as rituals, not chores. Small, predictable wins create psychological stability.

Shift 7: Protein & Plants (Pillar: Body & Energy)

Simplify nutrition by creating a default "Plate rule": Every meal should include a source of protein and at least one plant-based component. Decide your cafe or restaurant orders in advance to remove the friction of decision fatigue, or embarrassing rumination on the menu.

Practice: When in doubt, order the usual—the one that supports your energy, not your cravings.

Shift 8: AM Focus Block (Pillar: Time & Focus)

Protect the first 30-60 minutes or your day from intrusion. Set your energy and set your intention to set the tone for your day. Set yourself up for success by starting with a win. No emails, no texts, no scrolling. This sacred window is your power hour—when clarity compounds.

Practice: Begin the day with your North Star Statement, journal about that, things you're excited about or intending to accomplish that day. Write down five things you're grateful for. Then move into your morning routine before opening the world's requests. You'll spend the rest of your day responding from the grounded energy you established rather than a chaotic reaction to the constant stimulus around you.

Theme of Week Two:

Structure as Self-Respect.

These shifts are the invisible architecture of well-being—the subtle systems that keep you clear, stable, and strong while life accelerates.

Closing reflection

In the first two weeks, you establish rhythm: identity, energy, rest, and focus. The rest of the challenge will build on this foundation—layering systems, boundaries, and meaning.

Remember, this isn't about radical transformation. It's about alignment in motion—the daily act of becoming the person you already decided to be.

<u>Next Monday</u>, we'll step into Weeks 3 and 4, where we translate that internal clarity into external order: decluttering your space, refining your presence, and reintroducing beauty and discipline as everyday habits.

Until then, stay steady. The smallest consistent choices are often the most revolutionary.

Byline

Gia Pirelli—Former salon owner, group fitness instructor, competitive cyclist and triathlete. These days she's trading blowouts for balance, and endurance for infinity as a certified Yoga and Mat Pilates instructor, Sound Healing Practitioner, Breathwork & Meditation Guide, and inner & outer beauty consultant. She blends physical, mental, and spiritual wellness with creative pursuits like jewelry design and painting. When she's not guiding clients toward balance and beauty, she's exploring the world, chasing waves, riding motorcycles, and saying "yes" to life—and Tank, her Pitbull PIC, is almost always along for the ride.

Follow her on socials: https://www.youtube.com/@GiaPirelli, https://www.youtube.com/@GiaPirelli, <a href="https://www.youtube.com/@GiaPirelli, <a href="https://www.youtube.com/@GiaPirelli, <a href="https://www.youtube.com/@GiaPirelli, <a href="https://www.youtube.com/@GiaPirell



COMMUNITY NEWS BRIEFS

NEW IMMERSIVE EXHIBIT, "THE THINGS WE CARRY—LAS COSAS QUE LLEVAMOS," TRANSFORMS LABOR INTO A "LIVING ARCHIVE" OF RESILIENCE AND HOPE

Special to the Mirror

TELLURIDE— Telluride Arts and a coalition of community partners will host the powerful and immersive art exhibit, "The Things We Carry—Las Cosas Que Llevamos," a living archive built by and for Latino workers in San Miguel County. The exhibit will be open to the public from November 14, 2025, through January 2, 2026 (Nov 24-28 by appointment only) at Telluride Arts HQ, 135 W Pacific Ave, Telluride, CO.

This installation is more than an exhibit; it is a sacred space rooted in the truth that creativity is a political act, taking inspiration from the words of Amílcar Cabral: "The culture of liberation is the terrain of struggle." The project transforms the lived experiences of local workers into a powerful collective testimony of survival, resistance, dignity, and hope.

Visitors are invited to step into a space that is part gallery and part archive, where everyday objects, voices, and truths become altars, portraits, and collective memory walls. Through visual, sound, and interactive mediums, the exhibit asks the community to "Look what we built together" by engaging directly with the tools, words, and stories of labor.

"This is an act of collective healing and truth-telling, aiming to spark community empowerment and amplify voices that are too often silenced," said lead curator, Tabassum Siddiqui. "This is the story of millions." said one of the story contributors. In the current political climate, it is a significant challenge for this community to share their stories publicly, making this exhibit a crucial and necessary act of resilience.

The exhibit is vital to the community for its power to humanize this experience and help develop a critical consciousness so that systemic issues can transform and become something of the past. Its public opening on November 14th will kick off the community's Semana de Beinestar (Wellness Week), which runs November 13-16, reinforcing the core tenet of the

coalition: "Without social justice there is no wellness."

About the Supporters

This vital project is made possible through a collaboration of community organizations and advocates, including Tri-County Health Network's Multicultural Advocacy Team (TCHN) and the Workers' School, Raíces Sin Fronteras, Telluride Arts, and various Coalition members across the state. The exhibit is also supported by the CDPHE Health Disparity Community Grant Program.

Visitor Information

If you would like to schedule a learning lab or private visit during the run time of the exhibit, please contact the Multicultural Advocacy Team

at mca@tchnetwork.org.

Exhibition Dates: "The Things We Carry— Las Cosas Que Llevamos" will be on display from November 14th – January 2nd (Nov 24-28 by appointment only) at Telluride Arts HQ, 135 W Pacific Ave, Telluride, CO.

PALISADE CHAMBER OF COMMERCE ANNOUNCES THE RETURN OF OLDE FASHIONED CHRISTMAS IN DOWNTOWN PALISADE

Special to the Mirror

PALISADE — The Palisade Chamber of Commerce is delighted to announce the return of *Olde Fashioned Christmas*, a cherished community tradition that kicks off the holiday season in true Palisade style. The celebration begins with the *Palisade Parade of Lights* on **Friday**, **December 5**, **2025**, **at 5:30 p.m.**, followed by the *Olde Fashioned Christmas* & *Winter Faire* on **Saturday**, **December 6**, **2025**, from **11:00 a.m. to 4:00 p.m.** in Downtown Palisade.

This year's *Olde Fashioned Christmas & Winter Faire* will transform Main Street into a festive outdoor marketplace filled with local vendors, handcrafted gifts, delicious treats, and seasonal décor. Guests can enjoy live entertainment, children's activities, and a visit from Santa Claus, all surrounded by the small-town charm that makes Palisade so special.

"Olde Fashioned Christmas is one of our most beloved community traditions, a day that truly captures the magic of Palisade. It's a time when families from across the valley come together to celebrate the season, support local businesses, and experience the charm of our downtown in its most festive form. This event not only spreads holiday cheer, but also brings valuable business to our community during a special time of year." — Jessica Burford, President & CEO, Palisade Chamber of Commerce

The weekend festivities promise something for everyone, whether you're watching the glowing floats roll down Main Street at the Parade of Lights or strolling through the Winter Faire with a cup of hot cocoa in hand.

Make plans to join us for this heartwarming celebration of community, tradition, and holiday cheer. For vendor applications, entertainment details, and event updates, please visit **palisadechristmas.com**.

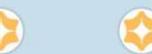


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don@allsaintsmontrose.org

Worship Service Times: Sundays 9AM,

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

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

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.

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

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

COVENANT HEBRAIC FELLOWSHIP

Denomination affiliation. No affiliation

Address Office hours N/A Contact: 720-951-9941, office@ccfmontrose.net, www.ccfmontrose.net

Sunday Worship. Wednesdays 11AM, Midweek prayer and communion, Wednesday, Noon, Multi-denominational Community Prayer Hour.

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

Olathe, Co 81425

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

Pastor Gabe Skillo

Website: https:// celebrationmontrose.org/

Worship Service Times: 9am and 10:45am

Senior Pastor:

Pastor Brandon Mathis

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

Contact information:

Phone: 970-249-0530

Email: CCVMontroseCO10@gmail.com

Website: ccvmontrose.org

Name of current Senior Pastor: Ken Law-

rence

Worship service times: 10:30 a.m.

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

Website: www.montroselutheran.org Email: montroselutheran@gmail.com

Pastor: Tim Onnen

Worship: Sundays at 9 AM

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

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

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

Sunday School 9:15 a.m. Sunday 10:30 a.m. Sunday 6 p.m.

Wednesday Bible Study/Prayer 7 p.m.

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

Demographics: Multi-generational **Celebration Kids:** (age birth to 5th grade)

programs offered both services. Student (middle & high school) at 9am. Adult -Discipleship classes 8am and

10:45am.

in our Lord Jesus Christ to the glory of

God.

Description: CCV is a multi-generational church family. While we are currently predominately 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.

find friendly people gathered in a welcoming environment being comforted and encouraged 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.

Website: communityspiritucc.org Current Pastor: Rev. Wendy Kidd Worship service: Sundays at 11am

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

Name of current Senior Pastor. Led by

Worship service times. Noon on Saturdays. Children's Church will be offered as

Covenant is a Hebraic roots community

where everyone can live freely and authentically.

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

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 predominantly 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

FIRST PRESBYTERIAN CHURCH MONTROSE

Affiliation: Presbyterian

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

12PM

HILLCREST CONGREGATIONAL UNITED CHURCH OF CHRIST

Denomination affiliation: United Church

of Christ

Address: 611 South Hillcrest Drive, Mont-

rose, CO 81401

Office hours: By appointment

Contact information:

MONTROSE UNITED METHODIST CHURCH

Denomination Affiliation: United

Methodist

Address: 19 S. Park Avenue Montrose CO.

81401

Office Hours: M-Thu, 9 a.m. - 2 p.m. Contact Information: 970-249-3716, office@montroseumc.org, mont-

ROSEMONT BAPTIST CHURCH

Affiliation: Southern Baptist

Address: 1598 E. Niagara Road, Montrose,

CO 81401

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

Contact information: Phone: 970.249.4887

website: www.RosemontBaptist.org email: office@rosemontbaptist.org Senior Pastor: Rolland Kenneson

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

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 Mac-

donald,

970-252-0908, arlyn@spiritaware.org, www.spiritaware.org

Name of current pastor: Rev. Dr. Arlyn

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 UN-DER 3 is available during Worship.

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

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

Pastor: Rev. Dr. Jesse G. Mabanglo Worship Service times: 9:30AM, We strive to encourage, challenge and

Phone number: (970) 249-9047

Email address: office@montroseucc.org

Website: montroseucc.org
Current Pastor: Rev. Wendy Kidd
Worship service times: Sunday, 10 a.m.
Hillcrest Congregational UCC is a welcom-

ing, open and affirming church, open to all no matter who you are or where you are

roseumc.org

Current Senior Pastor: Rev. Kevin Young **Worship service times:**

9:15 AM to 10:15 AM: Children's, Youth, and Adult Sunday School; Christian Education & Fellowship.

10:30 AM: Sanctuary & Virtual Worship *Montrose UMC is a leader in being fully*

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

Macdonald, Senior minister; Rev. Ruby Salaz,

Assistant Minister. Spiritual Counseling available.

Worship service times: From November 9 -December 14, the regular Sunday gatherings will meet from 9:30-11 am for a sixweek SAC/Meditation program with Sangdrol Blanchard of Meditation Spaces. Meditation time and guest speakers are planned. Virtual services are temporarily cancelled. Chai Chats will continue to

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.

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.

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.

inclusive, loving, and just servants of Christ. Our church family welcomes people from various cultural and faith backgrounds: single, married, remarried, with or without children, from diapers to dentures. Wherever you are on your spiritual journey we invite you to come discover hope, joy, peace, purpose.

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.

meet on Wednesday mornings at 10:30 am at Pun Hill Himalayan Restaurant, 710 N. Townsend, Montrose.

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, meditation, and family and community projects.

People of all ages are welcome.

MIRROR CHURCH DIRECTORY From previous pg

ST. STEPHEN'S ANGLICAN CHURCH

Denomination: Anglican-Reformed

Episcopal Church (REC)

Address: 2405 Sunnyside Road, Montrose

970-249-4868

Contact: ststephensmont-

VICTORY BAPTIST CHURCH OF MONTROSE

Denomination Affiliation: Independent

Address: 2890 N Townsend Ave., Mont-

rose. CO 81401

Office Hours: Monday-Friday 8am-12pm Contact Information: Phone (970) 249-

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

rose@yahoo.com

www.ststephensmontrose.com

Rev. Dec. Garrett Agajanian

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

6874; email at info@vbcmontrose.org;

website: vbcmontrose.org Current Pastor: Roland Kassales

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

clude childcare)

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

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

Sunday: Holy Communion10 am. Fellowship following service.

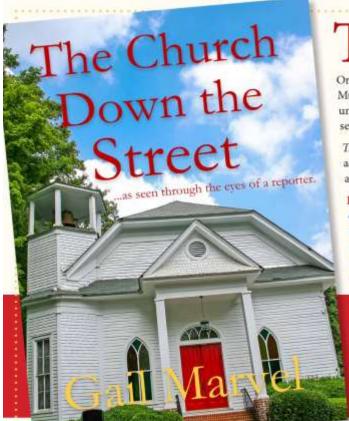
Children's nursery available (unstaffed).

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.

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?



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 and wingedpublications.com.

> GAIL MARVEL Montrose Author & Reporter





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Alcohol Ink Ornaments Thursday, November 20. 5:30-7:30 pm



Make some for yourself or a special gift. Give (or gift) a class for family and friends. Everything provided, including ornaments, inks, metallics, glitter, decals, all tools and detailed instructions. Includes a snack and a drink.

Mosaic Montrose 21 N.Cascade Avenue



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SAVE THE DATE! LOCAL EVENTS CALENDAR

ONGOING-

at 9 am.

ALTRUSA INT'L believes in "Leading to a Better Community" and is always looking for new members. We meet in Montrose on the first three Tuesdays a month at the Field House: 25 Colorado Ave, 12-Noon. Pick a day that works for you & please join us! Through our local Altrusa Club, members unite their varied talents in service to others, achieving as a group what individuals cannot do alone." https://www.altrusamontrose.org/ P: 970-765-7666 E: Altrusa.Montrose@gmail.com

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

Tuesday - 1st and 3rd Tuesdays-Black Canyon Audubon Society hosts monthly birdwatching field trips in the Montrose area on 1st Tuesdays of the month and in the Delta area on the 3rd Tuesdays of the month. Check out the website for field trip details at <u>blackcanyonaudubon.org</u>. **COLUMBINE QUILTERS** meet at Welcome Home Alliance Warrior Resource Center, 4 Hillcrest Plaza Way Montrose. 1st Saturday except for July

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

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

MONTROSE FARMERS MARKET (970) 249 0705 Centennial Plaza, 433 S. 1st St. Montrose, CO 81401 www.valleyfoodpartnership.org. Year-Round Farmers Market, Saturdays 9am-1pm (Summer), every other Saturday 10am-1pm (Winter). Accepts SNAP and Double Up Food Bucks. MONTROSE ALTRUSA-1st Tuesday of the month Program meeting; 2nd Tuesday of the month committee meeting; 3rd Tuesday of the month Business meeting. Meetings are held at the Field House on the corner of Colorado Avenue and Rio Grande Avenue at Noon.

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

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

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

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

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

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

MONTHLY

Nov. 19-It's Potpourri Night at the Chipeta Archaeology Society meeting. Topics include

The Great Gallery pictographs, Nebra Sky Disc and Ireland's famous Neolithic and Bronze Age sites. These 20 minute presentations will enlighten and intrigue. Nov. 19 at 7pm at the United Methodist Church 19 S Park Avenue Montrose Free.

Nov. 20-Friendship Quilters of Western Colorado will meet Thursday, Nov. 20, 9am to Noon at the Montrose County Event Center, 1036 N 7th Street, on the Montrose County Fairgrounds. The meeting starts at 9am with social time, followed by a business meeting, program, and show and tell. Fall is our theme for the month. Wear brown and bring autumn projects or your current work to show. Program will be a parade of quilts and toys for Dolphin House. Call 360.448.0153 for questions.

Nov. 21-Montrose Republican Women are hosting our 9th Annual Giving Thanks Civics Awards on Friday 21 Nov. at Hampton Inn Montrose. Noon to 130pm with doors opening at 1130am. We will be presenting awards to five local volunteers who make our community a better place to live. It is our Thanksgiving potluck- bring a side dish or dessert! For more information contact Kerri 970-209-5170.

Nov. 22-The San Juan Weavers Guild 47th annual Show & Sale is scheduled for Saturday, Nov. 22, 9 a.m. to 4 p.m., at the Ute Indian Museum, 17253 Chipeta Rd., Montrose. The event is free to the public and will feature educational exhibits, demonstrations and hands-on activities. A vast selection of handwoven, handspun, and related fiber items made by guild members will be for sale. The facility is wheelchair accessible and provides on-site parking.

Nov. 28-29-50th Basement Boutique Craft Show. Montrose Pavilion. 9am. To 4pm.

Nov. 28-Christmas Tree Lighting 5:30 p.m. in front of the historic Montrose County Courthouse located at 320 S First Street.

Dec. 3-On Wednesday, Dec. 3 5 – 9 p.m. Uncompander Nordic Association Winter Stoke and Ski Waxing Party. Enjoy and night of comradery with other Nordic skiers at the UNA season kick off (fundraiser) soiree. Beverages, chili and desserts will be available while you get you cross-country skis waxed. UNA will also have a silent auction and an area to sell used Nordic ski gear. Montrose Surf & Cycle (245 W Main). Skis to be waxed can be dropped off earlier that day.



READER PHOTO SPOTLIGHT



Photographer Amanda Mack Nokes shared this photo of the Aurora Borealis in Montrose last week.

