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the Montrose Mirror

GET AROUND WITH ALL POINTS TRANSIT!
Locals can now access Micro Transit for \$3 per Ride



Image courtesy of All Points Transit.

By Caitlin Switzer

REGIONAL-As 2026 rolls in, one local non-profit continues to make a difference here. Incorporated in 1989 and achieving its 501c3 status in April of 1990, All Points Transit has been moving people in and around Montrose for more than 30 years.

In the beginning, [All Points Transit](#) delivered rides for senior citizens and for people of all ages with disabilities through its popular Dial-A-Ride service, which now costs \$10. Originally, bus service was concentrated within Montrose County, including the communities of Montrose, Olathe, Nucla, Naturita, Norwood, Paradox, Bedrock and Redvale.

In 2010, All Points launched the City Bus Service in Montrose. Today, according to the website, All Points Transit also provides bus service in Delta County, including the communities of

[Continued pg 4](#)

COAL CARS TO RACECARS

By Bob Cox

MONROSE-In late February of 1890, William Eckerly, officials of the City of Montrose and the local newspapers received a letter from G. A. Jackson. The letter impressed many with the thoughts of riches to be obtained. The letter was printed in the several Western Slope communities and in the *Rocky Mountain News*. It described how Jackson, a recognized geologist and mining expert, had spent some considerable time in the drainages of Cow Creek and the upper Cimarron, and had discovered a significant amount of coal. In part, the letter read:

I have spent the greater portion of the past year in examining the formations of the country drained by Cow Creek, the three forks of the Cimarron and one of the tributaries of the Lake Fork. I have found a Carboniferous formation, extending from Cow Creek to the little Cimarron. These coal

[Continued pg 9](#)



Tom Cooper (left) and Barney Oldfield (right) pose in race cars built by Henry Ford but owned by Cooper during a special event for the Ford Motor Company. Oldfield sits in "999" while Cooper's vehicle was known both as "Red Devil" and "Arrow." Photo provided by [The Henry Ford](#) collection.

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Your Brain on Nature!](#)

[Red Hawks Garner Multiple
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Dear Readers:

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

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

the **Montrose Mirror**

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

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Teens Teach Tech

Teens Teach Tech

January 7

5:30-6:30 p.m.

Library Meeting Room



Teen volunteers will be available to help with basic tech questions! Teens Teach Tech is on the first Wednesday each month from 5:30-6:30pm in the library meeting room. Adults are encouraged to register at bit.ly/tttadultregistration. Teens interested in volunteering for this program can submit an interest form at bit.ly/mrldteentechvolunteer. Contact Teen Services at mrldteen@gmail.com or (970) 249-9656 ext. 3 with questions.

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REGIONAL NEWS BRIEFS

ROAD CLOSURE ON 5550 ROAD STARTS JAN. 6

Special to the
Mirror

MONROSE—
Beginning January 6, Montrose County Public Works will close 5550 Road 40 feet north of Hickory Road for a culvert replacement, with work expected to continue through Jan. 15, 2026.



Drivers are encouraged to plan alternate routes and follow posted signage during this period. For more information, please contact Rich Rivera at 970-252-7009, Danny Piatt at 970-964-2443 or Mike Hindson at 970-964-2448.

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GET AROUND WITH ALL POINTS TRANSIT! From pg 1

of Delta, Cedaredge, Hotchkiss, Paonia, Orchard City and Crawford.

Hours of Operation are Monday to Friday: 6 am – 7 pm, and routes and pickup locations are listed on [the web site](#).

Executive Director Gary Clark is in the driver's seat as All Points Transit continues to navigate in a challenging fiscal environment.

He notes that there are now two local bus routes in Montrose as well as a public commuter route.

Also, "We're working on expanding our new service, Micro Transit," Clark said.

The Micro Transit service, [All Points Go](#), offers on-demand rides across Montrose for just \$3 per ride. "It's a really nice option," Clark said. "As we add drivers, we will expand."

Bus Drivers do not carry change, so riders are encouraged to have the exact fare ready.

The Montrose Regional Airport ride service has been available for the past two years, Clark said, and All Points now has a designated stop at the airport.

All Points also continues to serve the students of Vista Charter School.

The City of Montrose's recent lodging tax increase partially supports All Points Transit, and will benefit the non-profit immeasurably over time, Clark said, although additional funding is always needed for operations. "The city has been really great with us," he said.

Also supportive of All Points is the [Region 10 League for Economic Assistance & Planning](#), which works with [regional transit agencies](#), advisory committees, and the public to coordinate regional transportation plans.

In addition to the constant need for funding, All Points Transit's biggest challenge is marketing, Clark said.

"We serve all of the public, not just elderly people," he said. "We have a public bus service, and we do all of it!"

To learn more about available options, visit the web site at <https://www.allpointstransit.com/>.



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OPINION/EDITORIAL: LETTERS

THE REVOLVING DOOR OF CITY COUNCIL

Editor:

Montrose suffers from a damaging cycle in our City Council. The same ineffective individuals keep cycling back into office, perpetuating stagnation and self-interest. Term limits exist, but they allow council members to serve up to eight consecutive years (typically two four-year terms for district seats) before a required break, after which they can run again. This loophole enables endless recycling of familiar faces, **undermining fresh ideas and accountability.**

Our five-member council is dominated by those with prolonged or repeated service. District seats carry four-year terms, the at-large position a two-year term. The mayor and mayor pro tem are selected from among council members, while a City Manager handles daily operations. **This structure requires vigilant council oversight of the City Manager and City Attorney**, the roles they hire. However, based on the record of the current City Council, **this vigilant oversight is completely absent.**

Current Council Members and Service History

-J. David Reed (District III): Reed previously served 2000 to 2004 (4 years), appointed in 2021, elected in 2022 to finish a term, re-elected in 2024. This current stint approaches five years, Cumulative service: **9 years**, blocking new voices.

-Judy Ann Files (At-Large, Mayor Pro Tem): Served 2012–2020 (eight years); returned in 2024, after **being elected unopposed** after a four-year break. Cumulative service: **10 years**.

-Ed Ulibarri (District II): Served 1998–2002 and 2004–2008 (eight years); rejoined in 2022. Total service: **12 years**.

-Dave Frank (District IV): Elected initially in 2020 (4 years), re-elected in 2024, **elected unopposed**. Total Service: **6 years**.

-Doug Glaspell (District I): Elected initially in 2018, re-elected in 2022. Total Service: **8 years**

The Purpose of Term Limits

This pattern of returns after short breaks defeats the spirit of term limits. So, it begs the question, why do we not have true term limits for City Council? Term limits for county commissioners, state representatives, and senators in Colorado curb corruption risks and encourage broader civic engagement. **Rotating officials reduces undue influence, cronyism, and complacency** while inviting new candidates and diverse ideas.

In Montrose, weak enforcement yields the opposite: sustained dominance by a few, fewer opportunities for newcomers, and governance that favors insiders over residents.

Signs of Ineffective Governance

The council's near-unanimous voting record reveals the problem. In recent meetings, decisions frequently pass without meaningful dissent, **turning the council into a rubber stamp for administrative proposals rather than an independent overseer**. Meaningful debate vanishes, producing policies that protect the status quo instead of citizen interests.

The Role of Long-Term Administration

These issues worsen under **City Manager William Bell**, in his position since 2011, reaching 15 years, **DOUBLE** the national average. **His long tenure has prioritized major legacy projects at taxpayer expense, often favoring grand visions over fiscal restraint.** A clear example is the decision to relocate and renovate City Hall in a former bank building, with interior work and facade improvements costing millions (including over \$2.8 million approved for facade alone in recent phases), when renovating the historic City Hall would have offered a more cost-effective path.

Montrose's combined sales tax rate of 8.53% ranks as one of the highest among rural Colorado communities (2.9% state, 1% county, 3.88% city, 0.75% special district). When looking at tax rates for restaurant and lodging it **reaches up to 14%**.

Grand Junction (8.52%), Durango (8.4%), and Alamosa (7.9%) show lower rates with more robust services. Elevated taxation with minimal council pushback squeezes residents unnecessarily.

The structure fosters potential corruption concerns. In 2025, municipal judge Erin Maxwell was fired weeks after ruling against the city in a case involving a church's homeless encampment. Critics called the timing suggestive of retaliation. **Bell acknowledged "bad optics"** but predictably denies any link.

Further entrenching his power, **Bell has influenced shifts where positions like the Chief of Police and city clerk, who previously were appointed by the council, now they are appointed by and report directly to him.** This concentrates authority, reduces independent oversight, and heightens risks of unchecked decisions.

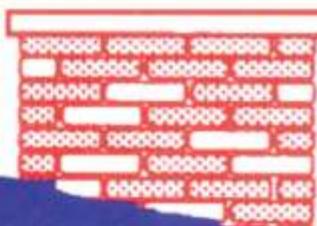
Long tenures like Bell's, combined with recycled council members, **create an environment prone to corruption, favoritism, wasted funds, and eroded trust.** The result costs taxpayers through higher expenses, unfair governance, and diminished accountability.

Moving Forward

The combination of recycled council members and an entrenched manager produces stagnant, self-serving governance. Citizens face steep taxes, oppressive regulations, and corruption risks that drain resources and fairness. Montrose needs stricter term limits to prevent quick returns after brief absences. Without reform, this harmful cycle will continue, further damaging confidence in local leadership.

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.



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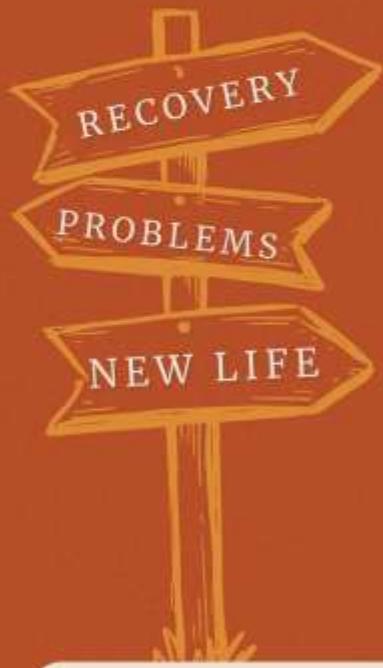
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COAL CARS TO RACE CARS *From pg 1*

fields are very extensive and should be proven by further explorations that they contain a good article of anthracite or coking coal. It would not take a Solon to estimate approximately at least it's valued to the future of Montrose and the county. There is pinion and Cedar wood in abundance contiguous to this city, and with the prospect in the near future of increased coal facilities Montrose may soon become the smelting point for the ores of western Colorado.

Over the next several years demand for the Cow Creek coal increased, but getting the coal from the mines to the consumer was problematic. The roads were notoriously bad and got worse as the mining seasons progressed. On April 22, 1897, an article in the *Ouray Herald* pointed out the guarded optimism for the shipment and use of the coal:

L. B. Montgomery was up from Dallas Tuesday. He is one of the proprietors of the Dusky Diamond coal banks on Cow Creek. Mining there seems to have ceased for the season, which is to be regretted, as there are many in Ouray who willingly use the Cow Creek coal, not only because it is good domestic coal, but to encourage the home industry. Perhaps by another winter arrangements will be made to promptly supply the market.

For the next three years, interest in the anthracite coal increased and it was being mined at several locations in the upper Cow Creek drainage. Roads began to see improvement and shipments, especially to Montrose, saw a steady increase. In October of 1901, the coal industry added another tidbit to the history of the area. The roads to the coal mines provided an excellent training amenity for one of the world's best known bicycle racers, Tom Cooper. Cooper not only trained in the area; he also landed a job with the Cow Creek Coal Company. His partner, co-worker and fellow bicycle racer, Berna Eli Oldfield came on the scene in Montrose at the same time. Most people would not recognize the Oldfield name until later, when he became known better as Barney

Oldfield. This short article in the *Montrose Press* appeared in the October 25, 1901 edition under the Rakings social column: *Last week Mr. Tom Cooper, who holds the world's championship for short distance bicycle riding and who made a fortune in his line, came to Montrose as manager of the Cow Creek Coal mining property. He was accompanied by Mr. Barney Oldfield, who also is a famous bicyclist, having won prizes galore. It is probable that they will make Montrose their headquarters and they expect to put in the next two years developing the coal property. They are pleasant, genial gentlemen and will soon make many friends here.*

On November 29, in the same column, a little more description was given:

Tom Cooper, the famous Detroit boy who holds the world's championship for short distance bicycle riding, left for the east last Wednesday to ride in a six days bicycle riding exhibition at New York City. Mr. Cooper is pretty well known here by this time as local manager of the Cow Creek Coal mine. He will remain in the east several weeks before returning here. In the meantime, Mr. Oldfield will be in charge of the affairs at the mine,

As a result of his November trip to New York, Cooper decided to give up on his mining career and focus on his bicycle racing. At about the same time, Barney Oldfield became involved in auto racing. His first attempts were largely financed by none other than Tom Cooper. It was not long before Oldfield became prominent in the auto racing world. He gained a significant jump in popularity when he managed to claim the world shortest distance record, pushing his car to a little over 64 mph in one mile. Over the next year, Oldfield brought fame upon himself driving a race car designed by Henry Ford and owned by Tom Cooper. He beat Alexander Winston, who was considered the best, not once but twice. For the entire year (1903), Oldfield was constantly in the news. In one newspaper out of Florida, he was described as 'the most interviewed man in the nation. But, with all that notoriety, he

wanted to return to the Ouray and Montrose area.

In December of 1903, Oldfield did return to Ouray, but only for a short visit. He was a member of the Ouray B. P. O. Elks Lodge, and returned to attend and participate in the annual Elks Memorial. The memorial service was held in the Wright Opera House.

According to the news accounts, Barney and his wife were guests of "his old-time chum," Walt Reynolds. At that time Oldfield held a total of 16 auto racing records. He spent about one week in Ouray, then returned to New York, where he was interviewed by a New York reporter. During that conversation, he pointed out that he was well aware of the dangers of auto racing.

Part of the interview was published in several newspapers and his desire to return to the San Juans was evident, as demonstrated in this excerpt of the interview:

One of these days, there will be just a little flaw in a piece of steel; just a little flaw, and after it's all over, it will hardly take more than the tick of a watch. People will say, "well, he was going some." It will be only just a little piece wrong in an otherwise perfect piece of steel; just a little flaw in it, just a little flaw, which is needed to end it all... The cheers of the crowd are alright; the name of the champion is alright, but what is that if I break my neck? I can make all I want to make in the game in another year. Maybe then I'll put in to Colorado, and live a free out of door life, where there will be no smell of gasoline and no danger of death, except in the natural ways.

Barney Oldfield retired from auto racing in 1918, two years after being the first person to complete a lap at the Indianapolis Speedway at over 100 mph, but he did not spend his retirement years in Colorado. Instead, he headed for California and lived in Beverly Hills, entered into several business enterprises, and became the owner of a large mansion, where he died on October 4, 1946. He was 68 years old.

OPINION/EDITORIAL: LETTERS

PROUD OF PRESIDENT DONALD TRUMP FOR HIS BRAVERY: THANK YOU SIR

Dear Editor,

It is not unprecedented that the United States would apprehend a dictator who is a threat to our country and bring him to justice. In fact President H. W. Bush did EXACTLY the same thing with Manuel Noriega, ordering the 1989 invasion of Panama.

I am proud of President Donald Trump for his bravery and faithfulness to our country. Thank you Sir.

I am however disappointed and disgusted in the press, who immediately questioned his motive and method without giving a single thought to the fact that President Trump's ONLY purpose is to stop the avalanche of drugs into America from filthy countries killing thousands of our young people every year.

The last 5 Presidents have voiced a "war on drugs" and failed.

President Trump is the last opportunity to clean the drug infestation in America.

Bob Stollsteimer, Montrose



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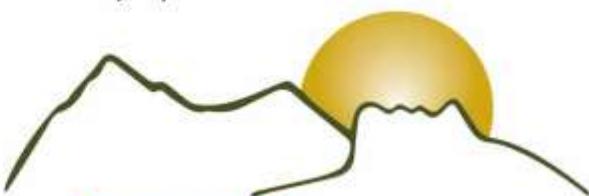
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REGIONAL NEWS BRIEFS

DELTA COUNTY SEES AN INCREASE IN FLU CASES AND HOSPITALIZATIONS

Special to the Mirror

DELTA COUNTY-Flu activity is increasing in Delta County and across Colorado. Mirroring statewide trends, local flu-related hospitalizations have surged past last year's figures, intensifying the ongoing issue of hospital capacity both locally and across Colorado. At the same time, increased circulation of flu and other respiratory viruses is contributing to higher patient volumes at local healthcare facilities.

"With the uptick in flu and other respiratory viruses circulating in our community, Delta Health continues to fluctuate between being at full capacity and near capacity on a daily basis," says Darnell Place-Wise, Delta Health Public Information Officer. "We strongly encourage individuals to get their flu vaccine for their own health, and for the health of those around them."

This rise serves as a reminder of the importance of prevention, early treatment, and staying informed as winter and flu season continue.

Delta County Flu Snapshot

September 1 – December 31

2025: 8 flu-related hospitalizations*

2024: 4 flu-related hospitalizations*

When comparing the same time period, Delta County recorded eight flu-related hospitalizations in 2025, compared to four hospitalizations during the same period in 2024. While the overall numbers might seem small, hospitalizations are double what they were at this time last year; this increase is an early indicator of heightened flu activity.

*Data reported by Delta County Public Health.

Local public health officials are concerned with the increase in flu cases and hospitalizations. "Flu activity typically peaks between December and February, but this year we're seeing influenza spread earlier than usual," said Leah Rawson, Nurse Manager with Delta County Public Health. "Colorado is experiencing this early increase, and Delta County is reflecting that trend. Taking preventive steps now, such as getting vaccinated, practicing good hand hygiene, and staying home when sick, can help reduce the impact of flu in our community as we move through the winter months."

According to national surveillance data, Colorado is currently among the four states with the highest flu activity in the nation. Much of this activity is being driven by Influenza A, one of the primary types of flu viruses responsible for seasonal outbreaks and more severe illnesses – particularly among older adults, young children, pregnant women, and people with chronic health conditions.

Delta County Public Health offers flu and high-dose flu vaccines. Vaccination at any point during flu season can provide protection against the flu. Residents are encouraged to stay informed and take preventive steps to protect themselves, their families, and the community.

Travel Considerations:

Flu activity varies by state and region. Before traveling or hosting gatherings, residents are encouraged to check current flu levels across the U.S. using the CDC's influenza activity map: <https://www.cdc.gov/fluview/surveillance/usmap.html>



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OPINION/EDITORIAL: LETTERS

DEMOCRATS AND THEIR BUREAUCRACY ARE THE ENEMY OF THE AMERICAN PEOPLE

Editor:

2025 was a real eye-opener for most Americans because it revealed the continuous outright theft of a major share of our taxpayer dollars. The curtain was pulled back on Democrats and their propaganda press to expose them as totally corrupt, and on the entrenched federal bureaucracy that sees itself as the real government answering to no one. During Trump's first term, the entire federal bureaucracy undermined his policies and sabotaged his administration. During the four years Trump was out of office, malicious lawfare continued against Trump and his supporters.

D.C.'s ruling class gave us Covid tyranny, censorship, new foreign entanglements, disastrous "green energy" mandates, record-high inflation, and skyrocketing crime. Most damaging was giving us 20 million unvetted illegals and the placement of armies of people who hate us in our vulnerable communities. In sharp contrast to Trump's first term, Biden's autopen presidency was disastrous economically, militarily, and diplomatically. When people had a chance to halt the chaos of the Biden years by returning Trump to office, they did so overwhelmingly. Not even fraudulent mail in ballots, blatant disregard for state election laws, or the illegal certification of unlawful votes could save the hapless Kamala and her party. I could fill this page with Trump's successes in 2025, but I will just mention the critical fact that he sealed the border, stopped the invasion, and is doing everything possible to remove the worst of the criminal illegals imported by Biden.

In early 2025, Musk's young DOGE team revealed that innumerable Democrat institutions functioned solely on taxpayer money. Our "foreign aid" was nothing more than a Democrat party slush fund. As 2025 drew to a close, it became even more obvious that Democrats presided over corruption at a previously unimaginable scale. They did away with in-person voting and replaced it with mail-in voting, which openly begs for election fraud. Fulton County, Georgia finally admitted in recent weeks that it counted over 300,000 illegal early vote ballots in the 2020 election. Biden "won" that state by only 11,700 votes, and Fulton County sent two Democrats to the Senate. A few days ago, we learned about Minnesota's "voucher system." On election day, anyone can show up with eight people in tow who have no identification, sign a document "vouching" that they are all eligible to

vote, and – voila! – they all get to vote.

Remember when Tim Walz bragged during the VP debate that Minnesota was "the best in the nation on childcare" and that he was "making it easier to get into that business"? Unless you only read the Montrose Press, you are now aware of the industrial scale fraud in Minnesota exposed by 23-year-old independent journalist Nick Shirley --- by simply walking up to the front doors of Somali owned daycare centers and inquiring about their services. Daycare centers with millions of dollars of government funding and no children inside, and neighbors who say they've never seen children going in or coming out. The Somali fraud has been happening for at least a decade and got bigger and more brazen every year when the likes of Tim Walz refused to do anything about it. Reports going back years show investigators raising alarms about massive cash flows leaving Minneapolis -St. Paul Airport. In one year alone, more than a hundred million dollars cash left MSP in carry-on baggage, much of it going to the area of Somalia controlled by the Al-Shabaab terrorist group. Local reporting connected those cash surges to the welfare fraud schemes. A restaurant in Minneapolis seats 35 people but claimed to serve 18,000 meals a day to hungry children. The federal government paid them for every meal. The children didn't exist. The meals didn't exist. The money did, and it's gone, just one example of the \$9 billion fraud in Minnesota. Minnesota is just the tip of the iceberg. More than 40 daycares were opened all on the same day in Columbus, Ohio, by the same Somali shell corporation with annual "earnings" of \$14 million. In Washington, it's the same deal; houses supposedly listed and licensed as daycare centers, but there are no kids.

Anyone with just a little bit of curiosity knows an important truth: Not all cultures value honesty and a corruption-free government. Until the modern era, American immigrants came from societies that pretty much believed in honesty in both personal dealings and the government, and valued honest hard work over corruption. Too many of the current immigrants come from very different cultures. Their communities, while they may value honesty within their tribe or gang, consider corrupt government the norm and a source of profit for those willing to take it. The Venezuelan Tren de Aragua gang member invaders and the Somali immigrants, for example, have a belief in getting away with

what they can to benefit themselves. The Somali mindset is based on their Islam religion, which is totally incompatible with western civilization. Islamists teach violence against non-believers (as evidenced by Muslim immigrants burning holocaust survivors in Colorado, executing National Guardsmen in Washington, and killing unarmed non-Muslims in Australia) and openly admit their intention to subvert western civilization. Because they do not have the power to conquer militarily, they intend to do so from within, by immigration, out-breeding native populations, and seizing political power. (Of course, all the fraud is clearly not done by Muslims or South American gang members. A HUD report just found more than \$5 billion in taxpayer funds went to "questionable" rental assistance recipients during the Biden administration's final year – including around 30,000 dead tenants. The majority of that fraud was done by non-immigrants – Americans only too happy to join the dependent welfare class.)

Here is the key point: For decades Democrats have intentionally tried to restructure U.S. society to redistribute wealth and opportunity from Americans to non-Americans. As stated by Elon Musk; "The radical left have been using fraudulent government programs to import vast numbers of illegal immigrants to win elections and turn America into a single-party state , , , " Democrats flooded our country with immigrants totally incompatible with our society and set up intentionally porous welfare systems that encouraged fraud. That, along with corrupting our foreign aid, became a major Democrat party source of income and votes. Never mind that they put unvetted migrants and grifters first while screwing over hardworking Americans. Never mind that you can't afford childcare, but fraudsters got millions of your tax money for non-existing child care centers. Never mind that you can't afford a home while thieves spend millions on luxury properties. Never mind if you have to spend tens of thousands for terrible health care while illegals are getting free Medicaid. Never mind that our veterans have to beg and jump through hoops to get proper care and many are living on the streets. Never mind that many Americans are still in debt from having to use their credit cards during the Biden administration to put food on the table. There is only one logical conclusion to all of this: Democrats and their bureaucracy are now the enemy of the American people.

Ed Henrie, Montrose

COLORADO NEWS BRIEFS

COLORADO BUREAU OF INVESTIGATION ASSISTING MONTE VISTA POLICE DEPARTMENT WITH SHOOTING INVESTIGATION

Special to the Mirror

MONTE VISTA— The Colorado Bureau of Investigation (CBI) is assisting the Monte Vista Police Department (MVPD) with an investigation into a shooting that occurred this morning in Monte Vista.

At approximately 6:00 a.m. on Saturday, January 3, 2026, MVPD was notified of a shooting in the 300 block of 2nd Avenue. A female victim was shot once in the arm inside a residence. She was able to leave the home on foot and run to a neighbor's house, who then called 911. The 35-year old victim was airlifted to a Colorado Springs hospital and is currently in stable condition.

The male suspect, identified as 77-year-old **David Martin**, initially barricaded himself inside the residence. He was subsequently taken into custody by law enforcement. Martin has been arrested and booked into the Rio Grande County Jail on one count of Assault in the First Degree. Additional charges are pending.

MVPD requested the assistance of the CBI, and a CBI Crime Scene team responded to process the scene. CBI Special Agents also responded to assist with the investigation, including interviewing the suspect and the victim.

Monte Vista Police would like to thank additional agencies for their assistance: San Luis Valley Regional SWAT team, Monte Vista Fire Department, Monte Vista Ambulance Service, Colorado State Patrol, and the Rio Grande Sheriff's Office

The investigation is active and ongoing. Further updates will be provided as they become available.



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OPINION/EDITORIAL: LETTERS

THERE IS NO SUCH THING AS 'NON-PARTISAN'

Editor:

I recently stumbled across yet another sanctimonious article whining that school boards, city councils, and other local bodies are supposed to be or should be "**non-partisan**". The author practically clutched their pearls at the thought of politics creeping into these sacred spaces. **BUNK!** *There is no such thing as "non-partisan", never has been*, and pretending otherwise is *intellectual dishonesty* wrapped in a bow of naive wishful thinking.

The "Non-Partisan" Myth Is a Dangerous Delusion

This whole *non-partisan charade* is sold as some noble experiment: take the big, bad party labels off the ballot and, poof, suddenly everyone becomes a pure-hearted servant of the public good, free from ideology, bias, or conviction. *It is pure, unadulterated fantasy*, and anyone who still clings to it in late 2025 either has not been paying attention or is deliberately trying to gaslight the rest of us.

People Are Not Blank Slates

Human beings do not become neutral robots the moment they win a so-called non-partisan seat. Every single decision they make, every budget vote, every curriculum choice, every zoning decision, every personnel hire, is filtered through their deeply held beliefs, values, and worldview. *You cannot unplug a person's convictions like you unplug a toaster.*

Trying to pretend otherwise is not just naive. It is laughably absurd.

A board member who believes government should be small and taxes should be low will fight tooth and nail against bloated spending proposals. Someone convinced that leftist social engineering is the path to utopia will push exactly that.

These are not minor differences in "management style." *These are fundamental, irreconcilable clashes of philosophy.*

phy. Slapping a "non-partisan" sticker on the process does absolutely nothing to erase them.

The Label Is a Lie That Hides the Truth

The "non-partisan" label does not eliminate partisanship. It merely disguises it. Behind closed doors, candidates still cozy up to the same unions, business PACs, activist groups, and national political networks that back their ideological cousins at the state and federal level. Money flows from the exact same partisan sources.

Endorsements come from the exact same ideological camps. Voters, meanwhile, are not idiots. They sniff out the leanings anyway, even when the ballot tries to play coy.

Worse, *the myth allows ideologues to cloak their agendas in a false mantle of objectivity.* They get to claim they are "just looking out for the kids" or "just focused on local roads" while quietly advancing the same culture-war battles that divide the country everywhere else. When the mask finally slips, and it always does, the damage is already done, and the public has been sold a lie about who these people really are!

The "Unaffiliated" Myth

And let us not forget the self-proclaimed "*unaffiliated*" who love to crow about their independence while pretending the non-partisan fairy tale is real. These people are either delusional as those who still believe "non-partisan" actually exists or worse, they are simply too gutless to actually take a position. They hide behind the "*I vote for the person, not the party*" slogan because *it lets them avoid picking a side*, defending a coherent set of principles, and avoid admitting that every choice they make at the ballot box is still ideological. It is *cowardice dressed up as virtue*. They are not above the fray. They are simply too spineless to own their place

in it.

Stop the Ridiculous Pretending

It is beyond comical. It is insulting to treat adults like children who need to be protected from the reality of human nature.

Of course ideology infects local government. Of course convictions shape votes.

Of course the same divides that tear apart Congress and State Legislatures show up in your school board meetings and city council chambers. They always have, and they always will.

The sooner we rip off the "non-partisan" Band-Aid and admit the obvious, the better. *There is no neutral zone in public life.* There are only people with beliefs, fighting for what they believe is right. Pretending you can scrub that element out of decision-making is not a noble ideal. It is a cowardly evasion of reality.

Call it what it is: Partisan. Ideological.

Conviction-driven. Because that is exactly what it has always been, label or no label. And anyone who tells you different, whether they wear a party badge or smugly call themselves "*unaffiliated*" is either fooling themselves or *trying to fool you.*

I would rather have someone who is intellectually honest who can admit where they stand. That may be on the other side of the aisle, but that is OK. I can respect that, even if I disagree with them. *It would allow us to have a real discussion and not bask in the delusion of "non-partisanship".*

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.

OPINION/EDITORIAL: LETTERS

WHO ARE YOU AND WHAT DO YOU STAND FOR?

Editor:

Lately it seems that everything is supposed to be non-partisan. How can we really become non-partisan? We are products of our current environment as well as reflecting the results of every decision we have ever made, every action we have ever been exposed to. We are even reflecting the delayed effects of our parents, our siblings, our spiritual teachings, even our own perceived values. Every yesterday has a direct effect on your today. Let that sink in. Everything we have ever been exposed to has a direct effect on our lives that we live today. We are kind of like a recipe, a result of all the ingredients of our life. Some of us turn into cakes, or cookies, breads, even sourdough breads. If you try to remove one of your ingredients you no longer become the pastry you were intended to become. As you can tell I'm not much of a cook or baker. I do know that it is impossible for anyone to turn off a portion of their life or beliefs. Regardless of your beliefs, you still carry that with you wherever you go or whatever you choose to do. If you have a belief that is your guiding light how can you turn it off? You can't! Whatever your soul source, that is what you are. You can't turn it on and off while being true to yourself. Every decision or action you take reflects your life; yesterday, today and tomorrow. Now back to my point, how can you turn off a part of yourself directly or indirectly? You can't. You are still you. How many times have we heard that government and religion can't mix. How can a person keep their past, their values checked at the door? You can't. I am a product of my diverse background. My politics, my faith, my ethics, my tastes are all a part of me. That's my DNA. The next time someone tells you that they are bipartisan laugh in their face. We are all committed to something or some ideology and that is what governs us, our personality, our likes and dislikes. If someone claims to be unaffiliated, look closer and see what they are really saying. What do their actions demonstrate? So are you unaffiliated or are you committed to a cause? Make your actions match your beliefs, if not then who are you and what do you stand for?

John Brown, Montrose

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REGIONAL NEWS BRIEFS

MONTROSE AARP TAX-AIDE SITE TO OPEN FEB. 3

Special to the Mirror

MONTROSE-The Montrose AARP Tax-aide site will be in operation from February 3rd through April 10th at the senior center in the Montrose Pavilion. The site will be preparing 2025 Federal and Colorado personal income tax returns on Tuesdays, Thursdays and Fridays from 9:00am – 2:00pm. Reservations are being accepted and should be made by calling 970-252-4889.

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The Montrose site has been operating during tax season for more than 20 years. The site offers in-person services. "We are happy to again offer tax preparation three days a week" site coordinator Cheryl said. "It is important that people call for reservations as we do not accept walk-ins."

After making a reservation, people will need to pick up an information packet at the senior center and fill out the intake sheet before arriving at their appointment. The packet provides a list of all the documents and information they need to bring to the appointment. Taxpayers should open and collect all tax documents they receive beginning in early January. These documents include: W-2s and all 1099s for 2025. Review these documents to be sure names, addresses, social security numbers, etc. are correct. Comparing documents received for tax year 2025 with your copy of the 2024 return will help ensure they have all needed documents.

Cheryl added that Tabor refunds based on income are available to full year 2025 Colorado residents through their Colorado income tax returns. Residents will need to file a Colorado state return for 2025 to receive the refund. However, the refund for 2025 will be small compared to what it was for 2024. As an example, a resident tax payer with an adjusted gross income of up to \$54,000 will receive a Tabor refund of no more than \$20.

AARP Foundation Tax-Aide provides tax assistance to anyone, free of charge, with a special focus on taxpayers who are over 50 or have low to moderate income. Tax-Aide volunteers are trained and IRS-certified every year. More information about the AARP Tax-Aide program is available at taxaide.aarpfoundation.org.



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UNITED STATES NEWS BRIEFS

DEA EXTENDS TELEMEDICINE FLEXIBILITIES TO ENSURE CONTINUED ACCESS TO CARE

Special to the Mirror

WASHINGTON – The U.S. Drug Enforcement Administration, in partnership with the Department of Health and Human Services (HHS), has issued a *Fourth Temporary Extension of the COVID-19 Telemedicine Flexibilities for the Prescription of Controlled Medications*, extending the current telemedicine flexibilities through Dec. 31, 2026.

Recognizing the reliance of patients and providers on telemedicine for prescribing controlled substances, this extension allows DEA-registered practitioners to remotely prescribe Schedule II-V controlled medications indefinitely, following an initial in-person medical evaluation. Additionally, audio-only telemedicine encounters remain permissible for prescribing Schedule III-V narcotic-controlled medications approved by the Food and Drug Administration (FDA) for maintenance and withdrawal management treat-

ment of opioid use disorder, without requiring an in-person medical evaluation. These prescriptions must comply with DEA guidance, regulations, and applicable federal and state laws.

“DEA supports telehealth access for patients who need medication, but not at the expense of public safety,” said DEA Assistant Administrator Cheri Oz, Diversion Control Division.

“These rules aim to protect patients, expand access to care, and close the door on diversion into the illicit drug market.”

DEA recognizes that the expiration of the current telemedicine flexibilities without further regulation could disrupt patient care. This extension provides critical benefits, including:

- Ensuring continuity of care for patients who rely on telemedicine, particularly those in rural and underserved areas, the elderly, and patients with mobility limitations
- Preventing a backlog of patients needing in-person appointments
- Allowing time to finalize and implement regulations that balance access to care with the necessary safeguards against drug diversion

On Jan. 17, 2025, DEA and HHS published two final rules titled *Expansion of Buprenorphine Treatment via Telemedicine Encounter and Continuity of Care via Telemedicine for Veterans Affairs Patients* (collectively referred to as the “Two Final Rules”). These rules took effect December 31, 2025.

The Fourth Temporary Extension, along with the Two Final Rules, provides three distinct sets of authorities for telemedicine prescribing, each with unique requirements. Practitioners covered by one or both of the Two Final Rules may continue to utilize the telemedicine flexibilities under the fourth temporary rule, which imposes fewer requirements than the Two Final Rules.

For more information: [Federal Register :: Fourth Temporary Extension of COVID-19 Telemedicine Flexibilities for Prescription of Controlled Medications.](#)



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REGIONAL NEWS BRIEFS

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Special to the Mirror

DENVER — Colorado Parks and Wildlife (CPW) is now accepting hunter registrations for the bison roster, a list that may be used if special management licenses are needed to manage free-roaming wild bison that travel into Colorado. Under [Senate Bill 25-053](#), free-roaming, wild bison that naturally enter Colorado are managed as a big-game species by CPW. While CPW is not proposing regular bison hunting seasons, the agency may issue special management licenses on a case-by-case basis for time-sensitive management needs, such as preventing property or agricultural damage.

Hunters interested in the chance to receive one of these special licenses may sign up for the bison roster for calendar year 2026.

How the bison roster works

If CPW determines that management action is necessary, hunters will be selected through a random drawing from the roster. If a hunter's name is drawn and they accept the license, they will have one week from the time the license is issued to harvest a bison. At this time, no regular bison hunting seasons are planned.

Sign up for the bison roster

-Sign-up period: Jan. 1-31, 2026

-Where to sign up: [Online through the CPW website](#)

-Limit: One sign-up per individual

-Account required: Hunters must create a unique login and password.

Notification and acceptance

If a drawing is conducted, successful applicants will be notified by phone and email. Hunters will have 24 hours to respond and accept the license.

For general questions about the bison roster, contact CPW at 303-297-1192.

License terms and requirements

Because these licenses address time-sensitive management needs:

-Hunters will have 24 hours to pick up the license after it is issued.

-Hunters will have one week to harvest a bison from the time they pick up the license.

For more information about bison management and SB25-053, visit [CPW's Rules and Regulations page](#).

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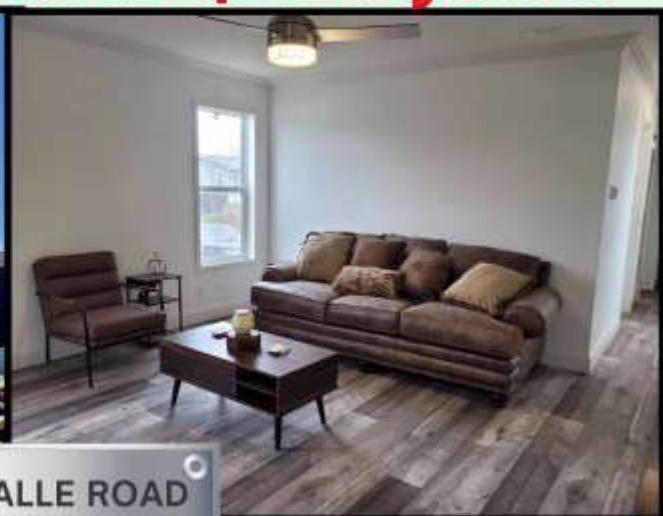
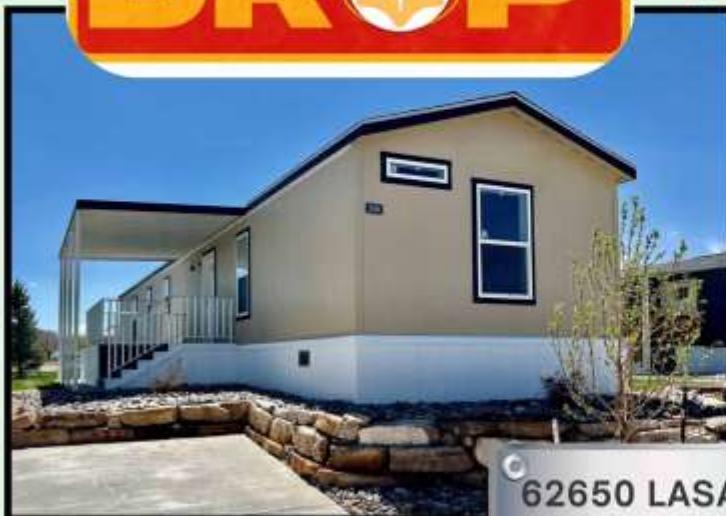
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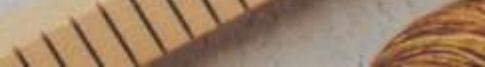
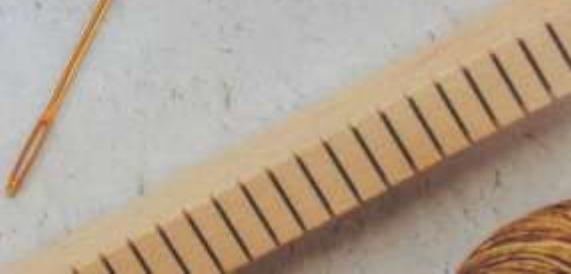
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COLORADO NEWS BRIEFS

COLORADO HOSPITALS URGE LAWMAKERS TO PROTECT HEALTH CARE FUNDING FOLLOWING GOVERNOR'S BUDGET PROPOSAL FOR PROVIDER RATE CUTS

Special to the Mirror

DENVER— The Colorado Hospital Association (CHA) today issued the following statement in response to Governor Polis' proposed FY 2026 state budget cuts (released today):

Colorado's hospitals and health systems recognize the challenging fiscal reality our state faces and understand the need for difficult choices. However, proposed reductions to provider rates—following the repeal of a rate increase approved by the General Assembly last year—will harm hospitals and frontline providers.

Nearly 70 percent of Colorado hospitals are financially vulnerable as expenses continue to rise faster than reimbursement. At the same time, the number of unin-

sured Coloradans is expected to continue to grow as federal coverage supports expire, making it more difficult for patients to obtain needed care and further increasing the uncompensated care burden on hospitals.

Looking ahead, hospitals face another wave of cuts as federal reductions to health care funding take effect—an estimated \$10 billion in total losses to Colorado by 2032.

"Hospitals have been the pressure valve in Colorado's health care system absorbing cost increases, workforce shortages, and growing demand," said Jeff Tieman, CHA president and CEO. "But even the strongest system can only take so much pressure. As it stands, the majority of Colora-

do hospitals operate with thin or negative margins, two hospitals have recently closed, service lines (including labor and delivery) have been cut, and charity care is growing at 30 percent a year. In these conditions, any rate cut threatens access to care and hospitals' short- and long-term sustainability.

CHA urges state lawmakers and the Joint Budget Committee (JBC) to carefully evaluate any changes to Medicaid or hospital financing that could threaten care availability. The Association and its members stand ready to work with the JBC and other health care stakeholders to identify strategic Medicaid reforms that improve efficiency and protect both patients and providers.



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REGIONAL NEWS BRIEFS

DELTA HEALTH CELEBRATES LANDMARK YEAR OF SUPPORT FROM DELTA HEALTH FOUNDATION



Special to the Mirror

DELTA—Delta Health is proud to recognize Delta Health Foundation for their transformative contributions throughout 2025. Through the dedication of its volunteer Board of Directors, and the generosity of the community, the Foundation is able to help ensure that Delta Health remains Delta County's first choice for accessible, high-quality healthcare, close to home.

Since its inception in 2001, Delta Health Foundation has been a cornerstone of local medical advancement through its support of Delta Health. This year, that legacy continued with three major initiatives:

-Advancing Diagnostic Capabilities: The Foundation funded a state-of-the-art Fluoroscopy and X-ray unit. This investment brings cutting-edge imaging technology to Delta Health, allowing for more precise diagnostics and enhanced patient outcomes.

-Investing in Delta Health Employees: Education remains a priority, with the Foundation awarding 18 scholarships for continuing education this year. This brings the Foundation's historic total to hundreds of scholarships awarded to students, nurses, doctors, EMTs, and medical coders since 2001.

-Enhancing Pediatric Safety: In a critical move for emergency services, the Foundation provided essential infant transport

Courtesy photos show state-of-the-art Fluoroscopy and X-ray unit funded by the Delta Health Foundation.

units for the Delta County Ambulance District, ensuring the safest possible transit for our youngest and most vulnerable patients.

"The Delta Health Foundation is thrilled to support Delta Health in bringing the best training, services, and technology to our community," said Jess Ayotte, Executive Director of the Delta Health Foundation. "Keeping quality healthcare close to home and building a healthier future together matters deeply to us, and we are grateful to be part of that mission."

Each year, Delta Health Foundation hosts events to raise awareness about the organization, and raise funds for Delta Health. Mark your calendars for Delta Health Foundation's upcoming "Casino Night Gala," on February 28, 2026. Additional details will be available in early 2026.

It is through the community's generosity, sponsorships and participants that support for the remarkable care in our community continues at Delta Health.

The Delta Health Foundation is a 501(c)(3) non-profit organization whose mission is to inspire generosity and support, as well as remarkable care in the community, through Delta Health.

As a community-funded organization, the Foundation invites residents and businesses to join in this commitment. Contributions are tax-deductible and may be eligible for an Enterprise Zone Colorado state tax credit, providing an additional benefit to those who invest in local healthcare.

For more information on how to support the Delta Health Foundation and to learn about upcoming projects, please visit <https://www.foundationdeltahealth.org/>.

RED HAWKS GARNER MULTIPLE AWARDS

By Cliff Dodge

MONTROSE-The changing of the sports season from fall to winter brings forward awards in a number of sports from the just completed season as the Red Hawks enter the basketball and wrestling season. The Red Hawks have acquitted themselves very well in almost every sport this past fall season.

RED HAWKS FOOTBALL:

Elijah Womack turned into a one-man wrecking machine as he ran for over 2,100 yards and was named the state of Colorado Offensive Player of the Year. Womack is also a finalist for the Male Athlete of the Year according to the Colorado Sports Hall of Fame. The senior has also been named the Southwestern Colorado Most Valuable Player and is a member of the CHSAA all state team

Additional honors for the football team saw Head Coach Brett Mertens named the Southwestern Colorado League's Coach of the Year. Other players also picked up awards.

-Eason Jessup – Colorado Lineman of the Year and a member of the CHSAA All State team.

-Chase Mehan – All State and All Conference

-Trevor Prock – All State and All Conference

-Ryan Pankey – All State and All Conference

-Maverick Powers – All Conference

-Cade Saunders – All Conference

RED HAWKS VOLLEYBALL:

Senior Maggie Legg has been honored by the Colorado Sports Hall of Fame by being named as a finalist for the Female Athlete of the Year. Legg has also been named to the CHSAA first team All State team in addition to the Southwestern Conference Player of the Year. Several of her teammates also picked up awards.

-Head Coach Shane Forrest -Southwestern Conference Coach of the Year.

-Lilly Nelson – 2nd team All State and Conference

-Mercedes Mendoza – 2nd team All State and All Conference

RED HAWKS SOCCER:

Several Red Hawks soccer players on the team that advanced into the state playoffs also were honored.

-Cale Godbe – All State Honorable Mention and All Conference

-Eli Rodriguez – All Conference

-Miguel Aguilar – All Conference 2nd Team

-Jude Carlton – All Conference 2nd Team

-Luke Gore – All Conference 2nd Team

-Luken Senior – All Conference 2nd Team

RED HAWKS CROSS COUNTRY:

-Josiah Graff – Southwestern League 1st Team

-Millie Crain – Southwestern League Honorable Mention

RED HAWKS SOFT BALL:

-Head Coach Lilly Lovato – Southwestern League Coach of the year.

-Freshman Bentley Schiller – 1st All Conference

-Abby Siegel – 2nd Team All Conference

-Isabella Mott – 2nd Team All Conference

-Jaytli Cannizzo – 2nd Team All Conference

RED HAWKS GOLF:

-Brandon Blacker – Southwestern League 1st Team All Conference

Blacker finished 28 at the Colorado State Tournament.

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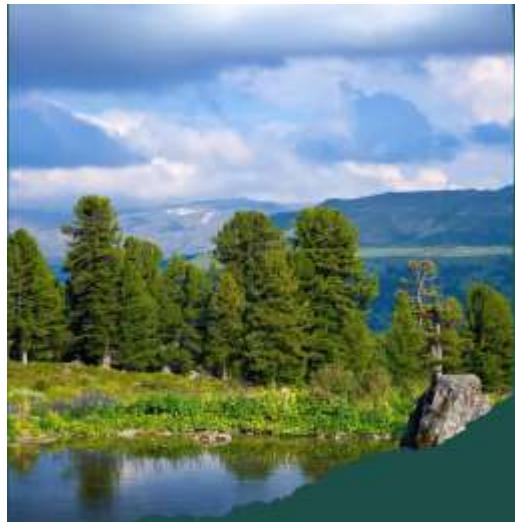
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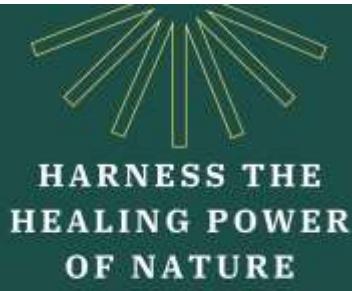
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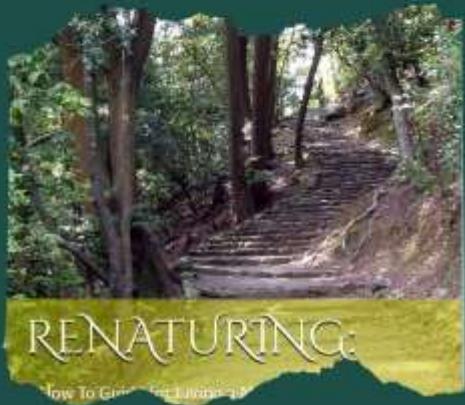
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COLORADO NEWS BRIEFS

START THE YEAR ON THE RIGHT FOOT

Special to the Mirror

COLORADO – Drivers aren't the only ones at greater risk on the roads in winter. Pedestrians are injured in winter crashes, too. Last winter season (November 2024 – March 2025), Colorado State Patrol responded to 94 crashes involving a pedestrian or bicyclist, with 12 resulting in a fatality. Troopers determined that pedestrians were at fault approximately 30% of the time (e.g., disregarding a traffic signal) and drivers were at fault approximately 70% of the time.

"When pedestrians aren't following rules designed to protect them or are present on roadways that are not designed for their use, it poses a significant hazard to drivers as well as themselves," stated Col. Matthew C. Packard, chief of the Colorado State Patrol. "Drivers need to slow down and watch for the unexpected. Slushy, icy, or snow-packed conditions require more time to stop."

In winter, shortened daylight hours and blowing snow can hamper visibility for drivers. To protect pedestrians, the Colorado State Patrol recommends that both pedestrians and drivers follow these safety tips.

Pedestrians

1. Remember to look both ways before stepping out into the street.
2. Wear bright or reflective clothing in low light and poor weather conditions.

3. Stay in Your Lane by only crossing at intersections and crosswalks. Make eye contact with drivers before stepping onto the street.

4. Avoid walking along rural roadways with little to no shoulders and access-controlled roads, like highways. These are not designated for pedestrians.

Motorists

1. Avoid distractions. A vehicle going 25 mph travels 36 feet per second. Looking at your phone or changing radio stations for just a few seconds can reduce your chances of stopping in time to avoid a pedestrian.

3. Slow down in snow or ice; observe the speed limit in all other conditions.

3. Keep your tires in good condition. Colorado's Traction Law requires all tires to have at least 3/16" of tread depth.

4. Wear your sunglasses in winter. Glare from the sun and snow can obscure vision, especially during commuting times on foot or by bike, such as early morning and late afternoon.

5. Take extra care when backing out. Whether parked in a parking lot or backing out of a driveway, snow piles up and other cars can block the view.

The Colorado State Patrol wants residents and visitors to be 'Winter Ready' during our cold, snow, and ice season. This campaign aims to educate drivers on the most common behaviors that lead to serious injury and death during the winter months on Colorado roadways.

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COLORADO NEWS BRIEFS

COLORADO PARKS AND WILDLIFE REMINDS PUBLIC OF DAILY VEHICLE PASS FEE INCREASE AT ELKHEAD RESERVOIR, PEARL LAKE, STAGECOACH, AND STEAMBOAT LAKE STATE PARKS

Special to the Mirror

STEAMBOAT SPRINGS— Colorado Parks and Wildlife reminds the public that on Thursday, Jan. 1, the daily vehicle pass fee at Elkhead Reservoir, Pearl Lake, Stagecoach, and Steamboat Lake State Parks will increase to \$12 per visit.

The two-dollar fee difference from this increase will go to Routt County for maintenance of county roads associated with access points into and out of the state parks.

The increase was approved by the Parks and Wildlife Commission during their November 2025 meeting as a result of SB23-059.

The price of the Keep Colorado Wild pass will not be affected by this daily fee increase.

More than just access to parks, the Keep Colorado Wild pass is a way to help preserve the beauty of Colorado. You can get a Keep Colorado Wild Pass for just \$29 when you register your vehicle, and your purchase supports Colorado state parks and outdoor education programs for local communities. Learn more at cpw.info/keepcoloradowild.

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COMMUNITY OBITUARIES

SERRA CLAYTON PETTAY

May 23, 1986- December 27, 2025



Our Beloved Serra Clayton Pettay of Olathe, CO was called up to heaven after an unexpected passing on December 27, 2025. Serra was born and raised in St. Augustine, FL on May 23, 1986 to Lathan Clayton and Rhonda Nobles.

Serra was a devoted and loving mother to her three sons, Mason, Brantlee, and Kingslee, who were the greatest joy of her life. Her family meant everything to her, and she made it a priority to create meaningful memories with them whenever she could.

Serra had a deep love for adventure and the outdoors. She especially enjoyed floating the river, snowmobiling, fishing, four wheeling, and sightseeing in the mountains. Whether it was chasing the northern lights or planning a simple weekend getaway, Serra embraced life with excitement and a sense of wonder. Sundays often found her cheering on her favorite NFL teams, the Raiders and the Cowboys, a tradition she truly enjoyed.

She also loved cooking out at home, surrounded by family and her beloved dogs- Ozzy, Biscuit, and Nikita - Those moments of togetherness, laughter, and love meant the most to her.

Serra took great pride in her work as a waitress, a role she held for many years. For her, it was far more than a job. She welcomed everyone with warm smiles, genuine care, and respect for others. Serra had a rare ability to connect with people, making each customer feel seen, valued, and truly welcomed. Her kindness and authenticity left an everlasting impact on those she encountered.

Serra is survived by her husband, Chris Pettay; her sons, Mason, Brantlee, and Kingslee; her mother and stepfather, Rhonda Nobles and J.D. Nobles; her sister, Forest Chapman; and multiple brothers and sisters-in-laws, nieces, nephews, aunts and uncles.

She was preceded in death by her father, Lathan Allen Clayton; her brother, Kevin Clayton; and her father-in-law, Kevin Pettay. Serra will be remembered for her vibrant smile, kindness, resilience, adventurous heart, her compassion, and the deep love she poured into her family and everyone she met.

Her presence will be deeply missed and forever cherished by all who knew her.

BARBARA RAINY

November 17, 1949 — December 27, 2025

BARBARA RAINY, 76, passed away on December 27, 2025, at home surrounded by family. She will be remembered as a loving wife, mother, grandmother, and educator who profoundly touched the lives of all she knew.

Barbara Anne James was born in New York City in 1949. Barbara attended Keuka College in Keuka Park, NY, where she earned a Bachelor of Arts degree in Education. A lifelong educator, Barbara taught elementary and pre-school in New Mexico, New York, Vermont, and Arizona. Outside of the classroom, she taught all her loved ones how to persevere through hardship as well as bake a delicious cheesecake. She enjoyed reading, traveling, and spending time with her husband, children, and grandchildren.

Barbara married John Rainey in 1973 and enjoyed over 52 years of loving marriage. She is survived by John, her children Heather and Jeffrey and their spouses Jeffrey Brewer and Amber Rainey, grandchildren Hannah, Joseph, Benjamin, Gavin, and Alder, siblings Kirk, Kyle, and Elizabeth, and numerous in-laws, nieces, nephews, and friends who will miss her deeply.

A graveside burial and service will be on Tuesday, January 6, 2025, at 1PM at Grandview Cemetery, Montrose, CO.



COMMUNITY OBITUARIES

JESSE P. COCHRAN

October 25, 1964 — December 25, 2025

JESSE P. COCHRAN, 61, passed away at his home on December 25, 2025, after a long, hard fought battle with cancer. Jesse will be remembered for his dedication to his family, his example of hard work and inner strength.

Jesse lived the last 23 years in Montrose, Colorado, raising his family and working in the local restaurant industry as a general manager and business owner. His greatest joy and proudest accomplishment are his two sons. His happiest times were spent with his family, biking, hiking, skiing, dirt biking, and spending time outside working on projects.

Jesse is survived by his wife of 31 years, Leeann, his two sons, Nate and Brice, mother Mary Alta Cochran, sister Shelley Cochran, brother-in-law Dennis Shirley, father-in-law Charles Moroni, a niece and three nephews. Jesse is preceded in death by his father Delbert DeLayne Cochran, sister Vali Chrzanowski and mother-in-law Sharon Moroni.

Donations in Jesse's memory would be greatly appreciated to Hope West Hospice, 725 South 4th Street, Montrose, Colorado, 81401. The family is being assisted by Crippin Funeral Home. A celebration of life with family be held at a later date.



BECKIE ANN MASON

February 21, 1957 — December 26, 2025



BECKIE ANN MASON, 68, of Ouray, Colorado, passed away on December 26, 2025, leaving a profound sense of loss in the hearts of all who knew her, but a legacy of strength that will never be forgotten.

Born on February 21, 1957, Beckie was a woman who understood the value of hard work, often described as making those around her appear as if they were moving in slow motion. She was the foundation of her family, recognized for her warmth, her unwavering devotion to her three children, and for being the most wonderful sister and friend anyone could wish for. To know Beckie was to know a woman of resilience who always had a fresh pot of coffee brewing, a cherished puppy by her side, and a secret stash of chocolate-covered cherries nearby.

While her children were her pride, her grandchildren were her greatest joy. Beckie made "spoiling grandkids" an art form, ensuring that every moment spent with them was filled with extra treats, toys, and boundless affection.

Beckie's strength, her selflessness, and her never-ending sacrifice for her children was revered. She was a proud single mother, a provider, and protector who led her life with love and grace.

Family and Survivors

Beckie is survived by her children: Melanie Avila, John Avila, and Justin Avila; her beloved grandchildren: Johnathan Sierra, Samantha Sierra, and Alexander Avila; and her cherished siblings: Edward Mason, Jack Mason, Bill Mason, Robert Mason, and John Korsage. She was preceded in death by her parents, Edward Mason and Wanda Mason, and her siblings, Vickie Bilden and Tammy Mason.

Rest in peace, Mom. Your love lives on in the hearts of those you touched, and your light will continue to guide us always.

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ISSUE 555 Jan. 5, 2026

ART&SOL

YOUR BRAIN ON NATURE: UPDATE ON SMARTPHONE USE FOR CHILDREN



By Dr. Lauren Hall Ruddell, PhD.

Greetings Mirrorites!

OLATHE-A couple of years ago, I wrote a comprehensive piece on the effects of early smartphone use on the juvenile brain. Although scientists were very concerned and had an idea about potential damage, the research had not been performed. The technology was so new and adoption so rapid that scientific inquiry could not keep up. Psychologists and pediatricians could utter sensible precautions with too little data to back those cautions up.

That has changed in the last two years. Recent research, particularly from late 2025, links early smartphone ownership (before age 12-13) to increased risks of depression, obesity, poor sleep, and stunted brain development (less white matter growth). The younger the user, the worse the outcome, impacting attention,

language acquisition, and emotional regulation.

The key findings of interest to concerned parents involve three developmental aspects.

1. Dopamine & Attention: Fast scrolling and notifications provide rapid dopamine hits, which can disrupt developing attention control and lead to addictive behaviors by affecting the brain's reward pathways.

2. Brain Structure: Screen time, especially social media, can interfere with normal adolescent brain growth, potentially reducing white matter development crucial for cognitive function. A study published in Addictive Behaviors that used magnetic resonance imaging (MRI) to reveal a correlation between smartphone addiction and lower gray matter volumes in certain areas of the brain. Gray matter is a type of brain tissue that plays an important role in maintaining memory, as well as regulating emotions and movement. A different study found that the white matter pathways in the brains of very young children are affected as well. More on this below.

3. Emotional Regulation: Early exposure is linked to poorer emotional resilience, self-worth, empathy (in boys), and higher rates of suicidal thoughts and detachment from reality, especially in girls. A study in Journal of Human Development and Capabilities linked pre-13 ownership to worse outcomes like suicidal ideation, detachment, and low self-worth, again, particularly for girls. Acquiring a phone

between 12 and 13 increased risks for psychopathology and insufficient sleep compared to peers who waited.

One particularly terrifying finding concerns early childhood development of white matter. Teens who self-reported as smartphone problem users were studied alongside a control group. The addicted (problem users) displayed significantly lower white matter integrity than controls (Hu et al, 2017, Alterations in White Matter Integrity in Young Adults with Smartphone Dependence). Theta wave frequencies were disrupted.

Brain theta frequencies (around 4-8 Hz) are slow brainwaves linked to deep focus, memory, and meditation, and they play a crucial role in white matter plasticity, enhancing neuroplasticity and myelination (nerve insulation). Just as smartphone overuse or age-inappropriate use can decrease white matter (the brain's roadways), mindfulness meditation can boost frontal theta activity, leading to white matter changes that improve cognitive function and emotional regulation, essentially helping the brain's communication pathways get stronger and more efficient. And guess what else does that too? Yep, time in restorative natural environments. Does this decrease really matter all that much?

Yep, because cognitive control and inhibition are essential for task performance. The disruption in frontal theta frequencies may affect children's ability to inhibit irrelevant stimuli or to

Continued next pg

UPDATE ON SMARTPHONE USE FOR CHILDREN From previous pg

control impulsive responses during even simple tasks. And not just the kiddos, either. This decrease may explain the previously reported decreased performance when smartphones are in close proximity to the learning environment in adults as well.

What I find especially problematic for the classrooms of the future is that this reduction of theta waves can result in impaired language and literacy skills, in addition to impacting emotional integration. It seems likely, at least to me, that an increasing number of Gen Alpha students will find certain classroom activities, such as reading and grammar, to be frustrating and even infuriating. Not all young children will be impacted this way, but it appears that about 20 percent will be. In a crowded classroom, that's a lot of tears and frayed nerves for students and instructors alike.

If the concerned parent wonders if their son or daughter is developing correctly despite smartphone use, there is help. First of all, in the coming new year, try to limit their exposure. Not eliminate, just reduce it some.

Then, be sure to get them out into nature for at least an hour per day when the weather permits. I won't go into the various brain structures that are benefitted by time in nature, but I will state that the overlap with areas affected by



Courtesy image.

smartphone exposure is quite remarkable. Not 100 percent, but significantly close.

So in other words, the damage can more or less be prevented and even mended by limiting screen time and increasing nature immersion experiences. Sure, you might get that fidgety and defiant boy to sit and meditate for an hour, but probably not. Letting kids run, scream, yell, explore, wonder, and fall down in nature is the most practical cure for their theta wave

issues and builds strong white matter 12 ways (older people will get that joke).

For readers wanting more background and prospective on the scientific gains made in understanding the impacts of smartphones and social media, this excellent article in the New York Times may be of interest to you. [The Movement to Reclaim Childhood Is Just Getting Started.](#)

Wishing you and yours a theta wave-filled new year,
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COMMUNITY NEWS BRIEFS

MONTROSE CENTER FOR ARTS: *BIG ART: THE POWER OF SCALE*

Special to Art & Sol

MONTROSE-The Montrose Center for Arts (MCA) is pleased to present *Big Art: The Power of Scale* exhibit in the Main Gallery. Large scale art is created on a powerful scale, often using unconventional materials, large canvases and even whole walls. These pieces can be very striking and awe-inspiring. Western Colorado Artists are proud to display large works of art that make a big impact.

MCA Artist Donna McMahon says, "I love large format work because to me, the viewer becomes part of the work and can truly feel the energy of the mood, the marks, and the atmosphere of the experience being shared."

McMahon started working on large pieces of art (6'x10') when in college. Her final project was made up of almost a dozen large charcoal figurative drawings. She says, "Funny enough, people at that time questioned if quiet, little me actually did that work! I felt invigorated with a power I had never felt after I created that body of work." McMahon will be the guest presenter at the exhibit reception on January 8, 2026, from 5 – 7 p.m. at the MCA. The exhibit will run from January 6 through February 14 during regular MCA hours.

Big Art is very appropriately sponsored by John Trainor with Canyon Print Frame & Design, which offers print and framing for all types of artwork and photography, and has worked closely with many MCA artists to help showcase their art.

Trainor will be giving an Art Talk at MCA, at 6 p.m. January 28, 2026, with great tips and tricks for framing to make any artwork look its best. Canyon Print Frame & Design is located at 10 Selig Avenue in Montrose. You can contact Trainor by emailing John@canyonprints.com or calling 970-249-4711.

On us on February 12, 2026, (2nd Thursday in February), when MCA artist and muralist Jeanette Oslund will share her experience painting one of the murals here in Montrose. In her role with the City

of Montrose's Development and Revitalization Team's (DART) Mural Grant Program, she'll share how other artists can become a part of the program. DART's mural program aims to support public art and promote expression through murals in the City of Montrose. Murals added to exterior façades of local buildings helping to promote Montrose as an attractive, vibrant place where people converge, businesses thrive, and values rise. During the same period, guests should be sure to explore the Member Rooms (Ponderosa and Cottonwood Galleries) which will be exhibiting *Wild at Heart Colorado*.

As Colorado celebrates its 150th anniversary in 2026, MCA invited its member artists to share their vision of what they love about Colorado, particularly the Western Slope. Experience their interpretation beautiful scenery, outdoor sports and adventure, people, places and things that inspired all of us to fall in love with our state. All art displayed at MCA is original, and unless marked, available for purchase.

Coming Next

The next exhibit is *Give Us Your Best Shot: A Look Through the Lens* that runs from February 17 – March 27. Every photo tells a story. Every picture opens the doors to another world. The power of photography lies in its ability to ignite emotions across barriers of language and culture. Journey through the camera lens with some of the best regional photographers on the Western Slope.



BIG ART POWER OF SCALE



Reception- Jan 8th - 5-7 pm
JAN 6TH - FEB 14TH, 2026



Montrose Center for Arts
205 E. Main Street, Montrose, CO
Gallery Hours
11pm - 5pm Tues-Saturday
(970) 787-9428
Visit montrosecenterforarts.com



About Montrose Center for Arts

MCA is a non-profit organization totally served by volunteers and is always looking for volunteers to help with a wide variety of activities, from hosting at the reception desk, to helping with events and planning and developing the future of the organization. If you are interested in helping bring art to the Western Slope, you can call or email MCA to volunteer. The MCA depends upon support from membership, contributions, sponsorships, grant funding and the local community. To support the MCA and local artists on the Western Slope, become an MCA member by stopping by the gallery or visiting our website. (970) 787-9428

205 E Main St
Montrose, CO 81401

info@mc4arts.com

montrosecenterforarts.com

Hours: Tues-Sat 11 a.m. – 5 p.m.

COMMUNITY NEWS BRIEFS

MAGIC CIRCLE PLAYERS: CLUE: ON STAGE

MONTROSE-January 9-24, 2026

Clue: On Stage, written by Sandy Rustin, is a hilarious farce-meets- murder- mystery, adapted from the screenplay by Jonathan Lynn. The tale begins at a remote mansion, where six mysterious guests assemble for an unusual dinner party where murder and blackmail are on the menu. When their host turns up dead, they all become suspects. Led by Wadsworth – the butler, Miss Scarlet, Professor Plum, Mrs. White, Mr. Green, Mrs. Peacock and Colonel Mustard race to find the killer as the body count stacks up. WHO did it, WHERE and with WHAT? Directed by John Lange, Assistant Director Janel Culver. Tickets at magiccircleplayers.com. Magic Circle Players, 420 S 12th St, Montrose. Box office: 970-249-7838. Family discounts available through the box office!

Friday, January 9, 2026 - 07:30 PM MST

Saturday, January 10, 2026 - 07:30 PM MST

Sunday, January 11, 2026 - 02:00 PM MST

Friday, January 16, 2026 - 07:30 PM MST

Saturday, January 17, 2026 - 07:30 PM MST

Sunday, January 18, 2026 - 02:00 PM MST

Friday, January 23, 2026 - 07:30 PM MST

Saturday, January 24, 2026 - 07:30 PM MST

REDEEMER LUTHERAN CHURCH & SCHOOL CELEBRATES ANNIVERSARIES AND NEW PIPE ORGAN DEDICATION WITH SPECIAL WORSHIP SERVICE, ORGAN MUSIC CLINIC AND CONCERT

Special to Art & Sol

DELTA-Redeemer Lutheran Church & School at 1000 Pioneer Road in Delta will be celebrating three anniversaries and the dedication of their newly installed pipe organ. A special worship service on Jan. 18 at 10 AM will have Pastor Jordan Schaller as the officiant with our LCMS Rocky Mountain District President, Rev. James Maxwell preaching. The service will include our thanks to our Lord Jesus Christ for our 80th Anniversary as a congregation, the 25th anniversary of our Tiny Treasures Preschool, and the 5th anniversary of our Redeemer Lutheran Elementary School. The new pipe organ will be dedicated during this service.

Area churches and the public are invited to enjoy a music concert of our newly installed pipe organ which was gifted by Jerry Hager of Cody, WY and installed by Rocky Mountain Organ Service. The pipe organ is comprised of over 1000 pipes in 14 ranks designed to play and teach traditional organ music

Music festivities will start on Saturday, January 17 with an organ performance clinic for any interested musicians at 10 AM at the church. Later that afternoon, everyone is welcome to attend a special public organ concert at 4 PM, also at the church. We welcome all to attend these music events.

Mr. Paul Soulek, Cantor at St. John Lutheran Church and adjunct professor from Concordia University at Seward, NE will be the guest organist who will conduct the Saturday clinic and concert, as well as be the guest organist for the Sunday service.

For questions, please call RLC & School at (970) 874-3052.



COMMUNITY NEWS BRIEFS

CIE GALLERY REIMAGINES ALPINE ARTISTRY IN DOWNTOWN OURAY



Photos courtesy of Cie Gallery.

Special to the Mirror

OURAY— The artistic landscape of the San Juan Mountains reaches a new peak this January with the grand opening of Cie Gallery. Following nearly a year of meticulous architectural renovation, the gallery will host its public unveiling celebration on Friday, Jan. 16, at 5 PM.

Located at 738 Main Street, the building has been transformed from a tired downtown structure into a modern, character infused, sanctuary. The design serves as a deliberate "blank canvas" for the textures of fine art, offering a sophisticated new cultural anchor for the Ouray community. Exclusively featuring the art of Cie Hoover, the gallery serves as the flagship home for the work of local artist Cie Hoover.

Known for his wood-based "organic contemporary" style, Hoover's practice has gained significant regional momentum through large-scale public commissions—including a recent 18-foot tall and 40-foot wide installation at the Durango-La Plata County Airport—and high-profile partnerships with brands like Wagner Custom Skis. The debut collection explores the intersection of mountain topography and visual rhythm. Utilizing a signature process of subtractive carving, wood-burning, and painting, Hoover translates the rugged spirit of the alpine environment into refined, tactile forms. The exhibition will feature a variety of Cie's wall mounted and sculptural works, including several works from his brand

new "Free to Roam" wildlife series.

"This gallery represents more than just a place to hang art; we've reimagined the space to reflect the same dialogue between nature and modern design that I strive for in my art," says Cie Hoover. "After a year of growth through public installations and regional exhibitions, I am thrilled to establish a permanent gallery and studio for my work right here in Ouray."

Event Details: Members of the press, collectors, and the local community are invited to celebrate this milestone.

-What: Grand Opening Celebration: Cie Gallery

-When: Friday, Jan. 16, 5 PM – 8 PM

-Where: 738 Main St, Ouray, CO



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MIRROR CHURCH DIRECTORY

ALL SAINTS ANGLICAN CHURCH

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

Office Hours: By appointment.

Contact Information: (970) 249-2451

<https://www.allsaintsmontrose.org/> **Rector:** The Rev Preston Gordon, pgordon@allsaintsmontrose.org

Worship Service Times: Sundays 9AM,

Sunday Worship. Wednesdays 11AM, Mid-week 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.

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.

BIBLE BAPTIST CHURCH

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

Olathe, Co 81425

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

Sunday School 9:15 a.m.

Sunday 10:30 a.m.

Sunday 6 p.m.

Wednesday Bible Study/Prayer 7 p.m.

CEDAR CREEK CHURCH

affiliation: Evangelical Free

Address: 222 South Townsend Montrose, CO 81401

Office Hours: 10am-2pm Tuesday- Friday

Contact: 970-252-1163

ccc@cccmontrose.org

Pastor: Curt Mudgett

Sunday worship:

worship Service: September-May at 10:15am **Discipleship Hour** at 9am

Worship Service: June-August at 9:30am Nursery available for 0-4 during worship service

Wednesday Prayer: 5:30-6:15pm

Cedar Creek Church is a welcoming and friendly group of people that takes God seriously, but not ourselves.

We enjoy gathering for encouragement, meals, prayer and having fun!

Our mission is to exalt Jesus Christ by being a Word-centered community of believers who are equipped for a life of worship, prayer and service, and to reach our neighbors for Christ.

Please make plans to come check us out soon!

CELEBRATION CHURCH

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

Address: 2900 Sunnyside Road, Montrose, CO 81401

Office Hours: By appointment

Phone: (970) 497-4925

Email: celebrationmontrose@gmail.com

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-

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

Demographics: Multi-generational

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

Student (middle & high school) at 9am.

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

CHRIST'S CHURCH OF THE VALLEY

Name of Church: Christ's Church of the Valley

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

Address: 10 Hillcrest Plaza Way. Montrose, CO 81401

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

Contact information:

Phone: 970-249-0530

Email: CCVMontroseCO10@gmail.com

Website: ccvmontrose.org

Name of current Senior Pastor: Ken Lawrence

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

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.

CHRIST LUTHERAN CHURCH

Denomination: Christ Lutheran Montrose

Affiliation: Lutheran Church Missouri Synod

Address: 1980 N. Townsend Ave., Montrose, CO 81401

Contact: 970-633-0226

Website: www.montroselutheran.org

Email: montroselutheran@gmail.com

Pastor: Tim Onnen

Worship: Sundays at 9 AM

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

find friendly people gathered in a 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.

MIRROR CHURCH DIRECTORY From previous pg

COMMUNITY SPIRIT CHURCH

United Church of Christ (UCC)

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

Office hours: Call or text for appointment

Phone: 970-765-7070

Email: spirit@communityspiritucc.org

Website: communityspiritucc.org

Current Pastor: Rev. Wendy Kidd

Worship service: Sundays at 11am

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

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.

COVENANT HEBRAIC FELLOWSHIP

Denomination affiliation. No affiliation

Address Office hours N/A

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

Name of current Senior Pastor. Led by elders

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

Covenant is a Hebraic roots community

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

FIRST CHURCH OF THE NAZARENE

Denomination: Church of the Nazarene

Address: 705 South 12th Street

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

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

Pastor: Interim Pastor Ian Hyde

Services Sunday: Worship 10:30 AM, Discipleship Hour: 9:30 AM. Discipleship Hour has classes across all age groups. Nursery for children UNDER 3 is available during Worship.

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

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

FIRST PRESBYTERIAN CHURCH

MONTROSE

Affiliation: Presbyterian

Address: 1840 E Niagara Rd. Montrose

CO. 81401 Office Hours: M-Thu 9AM - 12PM

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

www.fpcmontrose.com

Pastor: Rev. Dr. Jesse G. Mabanglo

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

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

HILLCREST CONGREGATIONAL UNITED CHURCH OF CHRIST

Denomination affiliation: United Church of Christ

Address: 611 South Hillcrest Drive, Montrose, CO 81401

Office hours: By appointment

Contact information:

Phone number: (970) 249-9047

Email address: office@montroseucc.org

Website: montroseucc.org

Current Pastor: Rev. Wendy Kidd

Worship service times: Sunday, 10 a.m.

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

on life's journey.

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

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

MONTROSE UNITED METHODIST CHURCH

Denomination Affiliation: United Methodist

Address: 19 S. Park Avenue Montrose CO.

81401

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

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

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

ROSEMONT BAPTIST CHURCH

Affiliation: Southern Baptist

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

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

Contact information:

Phone: 970.249.4887

website: www.RosemontBaptist.org

email: office@rosemontbaptist.org

Senior Pastor: Rolland Kenneson

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

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

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

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

matter what stage of life they are in.

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

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

MIRROR CHURCH DIRECTORY From previous pg

SPIRITUAL AWARENESS CENTER

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

Macdonald, Senior minister; Rev. Ruby Salaz, Assistant Minister. Spiritual Counseling available.

Worship service times: From November 9 -December 14, the regular Sunday gatherings will meet from 9:30-11 am for a six-week 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

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.

ST. STEPHEN'S ANGLICAN CHURCH

Denomination: Anglican-Reformed Episcopal Church (REC)
Address: 2405 Sunnyside Road, Montrose 970-249-4868
Contact: [ststephensmont-](mailto:ststephensmont-rose@yahoo.com)

ststephensmont-rose@yahoo.com

www.ststephensmontrose.com

Rev. Dec. Garrett Agajanian

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

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

Sunday: Holy Communion 10 am.

Fellowship following service.

Children's nursery available (unstaffed).

VICTORY BAPTIST CHURCH OF MONTROSE

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

6874; email at info@vbcmontrose.org; website: vbcmontrose.org

Current Pastor: Roland Kassales

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

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

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

Church Directory

Mirror Editorial Staff

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

Mirror:

Name of church

Denomination affiliation

Address Office hours

Contact information (phone number, email address, website)

Name of current Senior Pastor

Worship service times

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

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

Do your church services include Sunday School and childcare?

Now more than ever...

Thank you for reading

THE MONTROSE MIRROR



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SAVE THE DATE! LOCAL EVENTS CALENDAR

ONGOING-

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 blackcanyonaudubon.org.

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

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

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

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

www.valleyfoodpartnership.org. 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

Jan. 7--Montrose County Historical Society presents Mr. Dave Farley from the Montrose County Sheriff's office discussing the Neighborhood Watch program headed by the Sheriff's office in cooperation with the Montrose City Police department. The public is welcome to attend this free program.

Wednesday, Jan. 7 at the Montrose County Events Center, 7 pm. Room 102 and 104. Light refreshments are provided.

Jan. 8-Thursday, Jan. 8, 7 p.m. Black Canyon Audubon Society will host Don March, birder extraordinaire re-accounting his 12-day birding tour in the highlands of Kenya. This is your chance to glimpse the amazing birds and wildlife of a small part of this continent. The presentation is at the Montrose Field House Summit Room, 25 Colorado Avenue, Montrose. For more information about the speaker and topic go to programs at blackcanyonaudubonsociety.org.

Feb. 3-April 10-The Montrose AARP Tax-aide site will be in operation from February 3rd through April 10th at the Senior Center in the Montrose Pavilion, Tuesdays, Thursdays and Fridays from 9am – 2pm. **Reservations required** – Make reservations at 970-252-4889 Monday – Thursday 9am – 2pm.

MIRROR IMAGES: OUT & ABOUT

THE CMU PROMISE-DID YOU KNOW?



Photos of CMU's Montrose Campus are by B. Switzer.

Mirror Staff cutline

MONTROSE-Colorado Mesa University offers the CMU Promise program, which covers 100% of tuition for eligible in-state students from households with an Adjusted Gross Income (AGI) of \$70,000 or less. This is available to all Colorado residents, including local graduates, who meet the financial and academic criteria.

