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ASSOCIATION



**FRESH NEWS FOR BUSY PEOPLE!**

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## CITY MARKET SOUTH TO BE SUPER STORE

*Mirror Staff Report*

MONTROSE-Montrose City Market South is undergoing a renovation—and it's more than just adding another self-service checkout area.

A source close to the project told the *Mirror*, "We're doing a whole major superstore—everything is going to be bigger, but it's mostly about expanding our produce. "The produce department is going to be huge."

The renovation is expected to be complete in June or July, the source said, and the in-store Starbucks will reopen then as well. City Market South is owned by the Kroger Co. The store can be reached at 970-240-3236; the pharmacy phone number is at 970-240-1994 .



Above, the City Market located at 16400 South Townsend Avenue in Montrose is undergoing a transformation.

## U. S. HIGHWAY 50 OVER CERRO IS 100 YEARS OLD



*H. T. Reno was credited with the engineering of the steel high bridge at Sapinero. Reno moved to Montrose and became the highway engineer responsible for the highway over Cerro Summit. Courtesy photo Bob Cox.*

By Bob Cox

MONTROSE-What we know today as the Federal Highway Administration has a long history in the United States. It started as the office of road inquiry in 1893 and held several designations through the years. In 1913, the agency was known as the Office of Public Roads. When the agency published a manual entitled, "*A Descriptive Catalog of the Road Models of the Office of Public Roads*," the publication caused the movers and shakers of Montrose and Mesa counties to pay attention to what this powerful government agency was doing.

The topic of the future of motor cars was becoming more prevalent, and the "horseless carriage" owners were demanding more and better roads. In December of 1913 the Department of Agriculture, which was the lead agency of

**Continued pg 22**

Red Hawks Sports:  
by Cliff Dodge!

Dr. Lauren Hall Ruddell:  
You Brain on Nature!

Benefit Show Will Help Magic Circle Players  
Purchase Theatre Property: By Jonathan Heath!

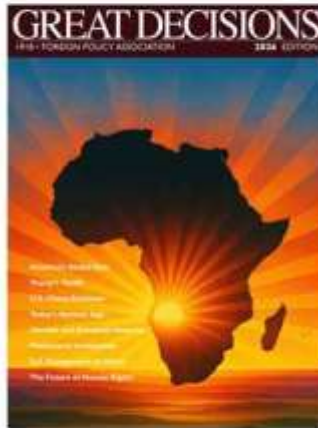
Gia Pirelli Column:  
The Satisfied Self!





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# UPDATED GUIDELINES FOR LETTERS TO THE EDITOR

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- Nick Kluge
- Erik Ederson
- Billy Baxter
- Marvin Horvath
- Manuel Vargas
- Guillermo Barba

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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



Fresh news for busy people

Serving Colorado and Beyond Since 2010!

Published every Monday in Montrose, Colorado, the Montrose Mirror reaches a readership of more than 35,000 across the region and around the world

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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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## OPINION/EDITORIAL: LETTERS

### BE OBJECTIVE, BE RESPECTFUL, THINK CRITICALLY

*Editor:*

Well, that didn't take long. And it didn't matter if one was in Florida or Kolorado. The Monday Morning quarterback, regarding the tragic circumstances of two progressive protestors in Minneapolis, was swift, almost as if the events had been anticipated and an orchestrated response was in place long before the untimely deaths.

I suppose Rahm Emmanuel is correct- "... never let a tragedy go to waste."

A retired federal law enforcement officer and an Indivisible Group Leader graced this publication's pages with with opinions formed by hearsay and opinionated versions of the events and local eyewitness accounts from comradely protestors. This clutching of pearls serves no purpose other than incite further distractions from the true origins of the protests. One account resembled a front-row seat to the events.

The other account's lofty rambling had little relevance other than to be noticed because the author doesn't like something or ICE or some plow driver being denied critical medication. Huh?

While the events are disturbing, the circumstances, justified or not, are subject to a thorough investigation, provided that local assistance is objective. Government has no business in minimizing the headcount of its citizens. By the same token, government officials, local/state/federal have an obligation to stay in their lane and collaborate for the betterment of its citizens. Clearly, this is not the case in Minnesota.

The origins and true objectives of the chaos, in Minnesota, are for another day.

Today, however, as citizens, we should respectfully voice our concerns, assist in the betterment of our society and not judge. We can wait for a thorough investi-

gation.

Truth eventually breaks into the sunlight. Piling on, announcing one's version or opinion of what you think happened serves no purpose. The point is You Were Not There. You Were Not The Law Enforcement Officer facing the chaos and circumstances.

Those two protestors lives are gone. Nothing you can say or do is going to bring them back. So, instead of spewing your opinions of grainy videos, be a responsible citizen and hold your ire until the facts come out. Don't let TDS cloud your objectivity.

We are a polarized nation. Nothing is going to change that, nothing. Our contribution to the betterment of our society is to be objective, respectful and to critically think.

*Robert Franco,*

*Montrose County and Wakulla County*

### CHOOSE 'THE COMMON SENSE PARTY'

*Editor:*

Which Party supports Law and Order and lower taxes? There's only ONE Party. Which Party supports our Foundational Values which have guided our country for 250 years? There's only ONE Party. I support American Values and our way of life which is being threatened. I support Citizen Candidates who care about the people because they are one of us; not perpetual politicians. Don't make the mistake and choose the Party that works AGAINST your own best interest and values. Choose the "Common Sense Party," The Republican Party where all are welcome who believe in our American Values and Common Sense Politics. Doesn't that make sense????

*Carol McBride, Montrose*



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# REGIONAL NEWS BRIEFS

## ROAD CLOSURE SCHEDULED ON 5950 ROAD BEGINNING FEB. 3

*Special to the Mirror*  
MONTROSE— Beginning Feb. 3, Montrose County Public Works will close 5950 Road

between Locust Road and Lily Drive for a culvert replacement, with work expected to continue through February 10, 2026.

Drivers are asked to follow the detour on Locust Road to 6000 Road out to Maple Grove Road. For more information, please contact Rusty Catlin at 970-964-2447.



***I know you're tired of Elections and feeling Voter fatigue!  
I know I am...***

That's why, with your support and your **vote on April 7th**, I'm proposing a simple change to the Montrose City Charter: align our municipal elections with the November congressional schedule.

Our City Clerk reports that in the April 2024 municipal election, **only about 3,500 people voted out of 17,000** registered voters in the city limits. That's why we're seeing outcomes in Montrose we don't want. Stronger civic participation means a **better Montrose for all of us**.

My proposal will let voters decide to consolidate elections, coordinating local races with national issues for higher, more consistent turnout. In our Republic, we elect our representatives, **but if we don't show up, we lose our voice!**

Join me in building a better, stronger Montrose based on **common sense**.

***Vote: Michael J. Badagliacco, "MJB"***  
***For City Council on April 7th***

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# OPINION/EDITORIAL: LETTERS

## SUPPORT THE MONTROSE COUNTY SHERIFF'S POSSE ANNUAL FUND DRIVE

Dear Editor,

I am writing this letter in support of the 2026 Annual Fund Drive for the Montrose County Sheriff's Posse. The Posse is a 501 (C) (3) and relies on donations to help buy much needed equipment, provide training and cover operating expenses.

The Montrose County Sheriff's Posse is a dedicated group of volunteers from all walks of life within our county. They are a tremendous help to the Montrose County Sheriff's Office and an invaluable asset to all Montrose County residents and to our hunters, hikers, tourists and outdoor enthusiasts.

Year after year the Montrose County Sheriff's Posse responds to numerous calls for assistance with rescue, firefighting, traffic control and recovery of loved ones who lost their lives in our county. 2025 was no exception. From the county line on the West End across the Uncompahgre Plateau to the rim of the Black Canyon and beyond, the Montrose County Sheriff's Posse responds when and where they are needed.

As Sheriff of Montrose County I ask for your continued support by donating to the 2026 Montrose County Sheriff's Posse Annual Fund Drive. Please mail your contributions to the Montrose County Sheriff's

Posse, Inc. at P O Box 717, Montrose, Colorado 81402. You can also scan the QR code from the Annual Fund Drive Letter you received in the mail or go to <https://www.mcspi.org/> <<http://www.mcspi.org/>> and click Donate.

Respectfully,  
Montrose County Sheriff  
Gene R. Lillard & Staff

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# REGIONAL NEWS BRIEFS

## TIM STROH ANNOUNCES RUN FOR MONTROSE COUNTY COMMISSIONER DISTRICT 3

*Special to the Mirror*

MONTROSE- — Tim Stroh, a Montrose County business owner, is running for County Commissioner District 3. Tim and his wife Catherine moved to Montrose County six years ago bringing both their work and family to a region they have worked in since 2013. Tim believes his familiarity with the county's people and government, his private and public sector experience, plus professional record of consistent stable leadership would be assets as a commissioner. Among colleagues, he's known for listening to client and stakeholder needs, seeking out varied perspectives, and recruiting and empowering talented people to achieve results. "I've worked with many Colorado communities in both private and public sector roles," says Tim. "When I started working in the Montrose area, its people, leaders, and positive trajectory always stood out when compared to other communities in the state. Our family felt this was a place we could establish roots and be supportive of our community."

"People here understand that growth is happening and early on, we saw a rural community who acknowledges future growth, and more importantly, that it can grow and still maintain those things which make our county an amazing place," Tim continues.

"I'm interested in continuing a legacy of staying the course on in-progress initiatives, solving problems together, and welcoming new opportunities without sacrificing longstanding values. Our community's safety, resources, and character are so important. I'm running for County Commissioner because I can provide our county with the stable leadership it deserves."

Tim grew up in rural Havre, Montana. His family ran a flying business that started in the 1940s. The family business served local farmers and ranchers, railroad companies, oil and gas companies, elected officials, and firefighting operations. Growing up in a small town taught him the importance of community service, how to be disciplined in business, and to collaboratively find solutions when complex issues present themselves.

"Montrose County is made up of some wonderfully unique places," notes Tim.

"We have small communities which are separated from each other by mountains and canyons. They each have their own character, work-sectors, priorities, and challenges, which means county-wide solutions can't always be one-size-fits-all. It's important to recognize how these places make up the county as a whole and the Board of County Commissioners must balance policies, resources, and investments with all of this in mind."

Since 2004, Tim has held leadership roles at architecture firms and co-owns Springboard Studio. His work throughout Colorado specializes in community revitalization such as downtown improvements, community engagement, and leveraging financial incentives at a local level. Tim engages in complex construction projects as an architect, a consultant, and an owner's representative, often responsible for selecting and working with engineers and contractors. He contributed to the success of the Montrose Potato Growers Building, the Rathbone Hotel, Montrose County Historic Courthouse, and the Delta Police Department (historic Delta Armory). His scale of work ranges from consulting to being fully engaged in large projects over \$20 million requiring years of customer and community involvement. In recent years, Tim has helped business and building owners in Montrose and surrounding communities harness over \$5 million in tax credits and grants to restore their historic buildings. The funds helped pay for work by local businesses, contractors, and people who live here.

In the public sector, Tim worked for the Department of Local Affairs as a statewide architect, collaborating with communities to revitalize their downtowns. He facilitated Main Street program trainings and consulted with diverse communities to help move them towards their goals. Tim also served as the director of the Colorado State Historical Fund, which deploys \$9 million in grants from gaming-tax revenue annually to restore historic buildings



*Tim Stroh. Courtesy photo.*

statewide. His team was responsible for managing active, overlapping grants over multi-year cycles. Tim oversaw the program's \$24 million dollar budget and 15 staff members, plus the work of other state agencies involved in projects.

Throughout his career, Tim has connected with elected officials and testified to state legislators, budgeting committees, and local planning commissions. He's helped analyze policy decisions for unfunded mandates and how they impact local communities and programs.

Tim's volunteer service has included the American Institute of Architects Colorado board, Rotary, and the Colorado Springs Planning Commission. He has held appointed positions on both the Colorado and National Historic Register of Historic Places Advisory Boards. Tim was recently appointed to the Local Government Limited Gaming Impact Advisory Committee which reviews and provides grants to local communities impacted by gaming activities. Much of this funding supports local law enforcement and safety agencies of these communities. Tim is also the vice chair of the Montrose County Historic Landmark Advisory Board.

Tim Stroh looks forward to starting his candidacy for Montrose County District 3 County Commissioner and serving for the benefit of the county's people.

###

*To learn more about Tim Stroh and his campaign for County Commissioner District 3, contact [ElectTimStroh@gmail.com](mailto:ElectTimStroh@gmail.com)  
Photo attached: Tim Stroh, photo credit: Studio 14 by Gabrielle*



# OPINION/EDITORIAL: LETTERS

## ARE WE READY TO TAKE BACK COLORADO?

*Editor:*

With elections coming up in 2026 are we ready to take back Colorado?

Are we ready to fight to get our state back to the rugged individualism, freedom loving, law abiding, low taxes & affordable great place it used to be? Get ready! We have a Big Fight ahead but we intend to WIN!! Colorado Freedom Fighters are fighting for Local, State and National Candidates who are Citizen Candidates; not "forever" Politicians and it starts locally here in Montrose. I'm supporting My Colorado Freedom Fighters right here in Montrose. These Candidates want to bring Montrose Government back to the people.

City council

Michael Badagliacco- District 1

Ed Ulibarri - District 2

Adam Woodden - AT Large

County Commissioner - Ed Lafferty- District 3

Become a Colorado Freedom Fighter! Support these local candidates. They will bring common sense, accountability and transparency back to Montrose Politics.

*Carol McBride, Montrose*

# PEAK

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# REGIONAL NEWS BRIEFS

## DMV IMPLEMENTING A SIGNIFICANT UPGRADE TO SYSTEM IN FEBRUARY

### *Special to the Mirror*

MONTROSE—Once the new system is live, customers can look forward to a simple, streamlined user experience that features intuitive and faster online tools to use on any device.

To facilitate this necessary transition, services at the Montrose County Motor Vehicle Office and all online e-services will be temporarily impacted in February 2026. Please note that all online e-services will be unavailable statewide starting the evening of Friday, February 13th, through Monday, February 16th. The Montrose County Motor Vehicle Office, located at 317 S. 2nd Street in Montrose, will be closed for an additional morning on Tuesday, February 17th, to allow for system implementation and essential staff training. We will re-open to the public at 1:00p.m. on February 17th.

Please be patient with our staff as we adjust to the new system. We apologize for any inconvenience this may cause and thank you for your patience as the state prepares for a modernized and better DMV experience for all Coloradans.



**SYSTEM UPGRADE**

E-services and self-service kiosks will be **unavailable from Friday, February 13 through Monday, February 16.**

In-person county motor vehicle services will be unavailable from 7:00 am- 1:00 pm on Tuesday, February 17 at the Montrose County Vehicle Registration Office, 317 South 2nd Street, Montrose, CO



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# COLORADO NEWS BRIEFS

## ROCKY FORD MAN PLEADS GUILTY TO MULTIPLE FIREARM AND DRUG CHARGES

DENVER – The United States Attorney's Office for the District of Colorado announces that Mario Rocha, 27, Rocky Ford, Colorado, pleaded guilty to three counts of possessing controlled substances with the intent to distribute them, one count of knowingly being a felon in possession of a firearm or ammunition, one count of possessing a firearm in furtherance of drug trafficking, possession of an unregistered short-barreled rifle, and possession of an unregistered short-barreled shotgun.

According to the plea agreement, in August 2025, investigators learned that Rocha was distributing large quantities of fentanyl, methamphetamine, and cocaine out of his Rocky Ford home and that he was in possession of numerous firearms. After obtaining a search warrant for his residence, FBI agents recovered 1169.3 grams of cocaine, 4742.3 grams of fentanyl (approximately 45,000 individual pills) and 1,236 grams of methamphetamine, all of which Rocha possessed with the intent to distribute. Agents also found a large amount of United States currency, and seventeen firearms which included a short-barreled shotgun and a short-barreled rifle in Rocha's home.

Chief United States District Judge Philip A. Brimmer presided over the hearing. A sentencing hearing is scheduled for May 29, 2026.

The FBI Denver Field Office and the Rocky Ford Police Department handled the investigation.

The Violent Crime and Immigration Enforcement Section of the United States Attorney's Office for the District of Colorado handled the prosecution.

Case Number: 25-cr-00265-PAB

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To be a posse supporter, simply mail your donation in the enclosed envelope or if you prefer, scan the QR code or enter the Posse website link below and click donate. While you're there, check us out. The brave men and women pictured are your friends and neighbors, here for you!

Thank you for your support.

Montrose County Sheriff's Posse



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*The Ute Indian Museum Presents*

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*Ute/Navajo Artist Oreland C. Joe Sr.*

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Yellow Nose was a warrior of Ute/Cheyenne heritage, and Oreland Joe is of Ute/Navajo heritage. It's that Ute connection that would lead Oreland on a great adventure of his own, deep into the heart of ledger art as he studied many of these historic works around the country and then used those examples to create his own interpretations for his ledger-inspired oil paintings.

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# U.S. HIGHWAY 50 OVER CERRO IS 100 YEARS OLD From pg 1

the Office of Public Roads, reported that the expenditures on roads had increased by more than 80 million dollars in the previous 10 years. Many Colorado towns became concerned that the money was not being spent in a way that would improve the roads in their state. Representatives from the state began making their voices heard, but it was often in vain. Almost 10 years later the arguments were still going on, and the number of motorized vehicles was increasing.

In the latter days of 1921 the Colorado State Highway Engineer announced that a new map of Colorado was being printed. The map was to show that the two primary roads across the state from east to west would be the Midland Route, via Glenwood Springs and Grand Junction, and the Victory Highway via Steamboat Springs. Neither of these routes were deemed satisfactory by the people of Montrose. In an editorialized comment on January 9, 1922, the *Montrose Daily Press* expressed concern in the following way: "The rainbow route over Coto and Monarch passes has been given the merry go by. This will be a serious blow to the central part of the state and puts both of these primary roads toward the northern portion of the state." The Rainbow Route, originally designated by the Rio Grande Railroad, includes Cerro Summit east of Montrose.

In the February 3, 1922 edition of the *Montrose Daily Press*, the editor gave an explanation headlined, **DESIGNATIONS OF HIGHWAYS ARE EXPLAINED; REASON WHY MONTROSE CO. WANTS RAINBOW PRIMARY ROAD.**

The reporter interviewed F. J. Hartman, county commissioner, for an explanation. Several years before, according to Mr. Hartman, the federal government asked the various states to designate primary and secondary highways, and 1,900 miles of secondary and 1,400 miles of primary roads were designated in Colorado. The difference between the two kinds of highways, Hartman explained, is that each year seven percent of the federal money given to each state was set aside to be used exclusively on primary and secondary highways. This could be divided 50-50 between the two kinds of roads at the

discretion of the state highway engineer. Colorado chose to use 60% on primary roads and 40% on secondary roads, and neither of those designations included the road between Gunnison and Montrose.

The various arguments persisted until late in 1925, when the Bureau of Public Roads sent their engineers out to evaluate two Colorado roads that provided access over the Continental Divide--the road over Tennessee Pass and the one over Monarch. The engineers' report prompted the bureau to change the designation of the Tennessee Pass route as a secondary road and that of Monarch Pass as a primary road, thereby designating that 60 percent of the allotted Colorado primary road money could be spent on the Monarch route.

U.S. Highway 50, like so many of today's roadways, began as part of a trail system. In 1926, it was officially recognized as "the backbone of America" and became a transcontinental highway. It was plotted as starting in Annapolis, Maryland and ending in Sacramento, California. The small Colorado towns along the route are frequently referred to for their tenacious endeavors to make the route easier to travel. Montrose was no exception. Early in 1926, F. J. Hartman once again became vocal through an op-ed style article published in the March 12, 1926 edition of the *Montrose Daily Press*. The article was headlined: **TIME TO WAKE UP AND KEEP THE MONARCH PASS ROAD DESIGNATED PRIMARY ROAD THRU MONTROSE.**

Hartman recognized that the businessmen of the affected towns and counties were the answer to keeping the primary designation and he penned a letter to the various groups in which those people were involved. The letter was sent to the Chamber of Commerce in Delta, the Ouray Recreation Association, the Lions Club of Telluride, Chamber of Commerce in Gunnison, Chamber of Commerce in Saguache, the Chamber of Commerce in Canon City, and the Chamber of Commerce in Pueblo. Hartman pointed out that the Monarch route could be opened during most winters and that the so-called highway from Gunnison to Montrose was being neglected, largely as a result of an

inept highway engineer. The last two paragraphs of Hartman's letter, which appeared in that edition of the *Press*, was reprinted in other newspapers. This is an excerpt:

*There has been considerable criticism about the opening of the Blue Mesa and Cerro. Even the road overseer that opened the eastern slope of Cerro, spent most of his time while doing this job cussing and discussing the automobile, and abusing those that initiated this program, etc.*

*Why Public officials will keep a man of his type on the job is more than I can understand. With the criticism there is the satisfaction of giving those of our citizens in the Cimarron valley an outlet to the county seat, and to the traveler whose business demands his getting across the mountains a way to go. The road is scarcely open, yet to my knowledge there has been some thirty automobiles passed thru, saying nothing of those that used the road that I do not know of. Let's wake up. Get on the map, and stay there.*

F. J. HARTMAN

In September of 1926, Montrose officials considered it a benefit when H. T. Reno was appointed to be the highway engineer for the Montrose area. Reno became well respected in previous years as the engineer for the Gunnison area. He is credited with the construction of the highway west of Gunnison, including the high bridge at Sapinero. Reno reportedly considered the Cerro Hill as being a priority. The many unstable hillsides and necessary curves, according to Reno, were major challenges. Cerro Summit to this day remains a difficult section of road. *Good Roads Magazine* described the work that was to be done by Strang-Maguire Construction shortly after Reno's appointment. The company was to start work at Cerro Summit and work down for approximately four miles toward Cimarron. The road was to be 26 feet wide with a gravel surface of 18 feet, the gravel being six inches deep. The grade would be about six percent.

On October 22, 1926, the *Montrose Enterprise* printed an article describing the project. The opening paragraph of that article points out the accolades due to the



## U. S. HIGHWAY 50 OVER CERRO IS 100 YEARS OLD *From previous pg*

to the people of the community:

*The movement started by the Rotary and Lions clubs of Montrose, in cooperating with the county commissioners, to get a federal aid project for the west side of Cerro Hill, will meet with the hearty approval of everybody in Montrose and all the people who travel that road. A federal aid project has already been started for the east side of the hill. The road is to be graded twenty-six feet wide and surfaced eighteen; the grades eliminated. This will be finished about 18 feet in width and the sharp curves and steepness less for next year's travel.*

*While the Enterprise article was a little over-positive, the road was completed and became part of U. S. Highway 50, which many called, "The Backbone of America."*

## REGIONAL NEWS BRIEFS

### ARREST-MAIN STREET AND CASCADE AVENUE

#### Montrose Police Department

MONTROSE-On January 30, 2026, at approximately 3:55pm, WestCo Dispatch received several phone calls from motorists, and members of a protesting group, that a female protester was standing in the roadway blocking traffic at the intersection of E. Main Street and Cascade Avenue.

At approximately 4pm, Montrose Police Department Officers arrived at the location and saw a female, later identified as Yvette Sylvia-Booth (60 years of age), standing in the travel lanes of E. Main Street, physically stopping cars from driving down Main Street. As cars would attempt to drive around the Sylvia-Booth,

Sylvia-Booth would move to block the cars movement.

Sylvia-Booth was contacted by officers while she was standing in the middle of E. Main Street. Sylvia-Booth was asked to step out of traffic and move to the sidewalk. Sylvia-Booth ignored the officer's requests, becoming verbally argumentative in the process. After several attempts by officers asking Sylvia-Booth to identify herself, she refused to identify herself to the investigating officers, thus preventing them from completing their investigation.

Following numerous requests for Sylvia-Booth to move from the roadway and back up to the sidewalk, and failing to identify herself on scene obstructing the

officers investigation, officers arrested Sylvia-Booth and booked her into the Montrose County Jail for CRS 18-9-107(1)(a) Obstructing a Highway or other Passageway, and CRS 18-8-104(1)(a)(4) Obstructing a Peace Officer. Sylvia-Booth was held on a \$750 Bond. During the jail booking process, officers were able to confirm Sylvia-Booth's identity.

The Montrose Police Department respects everyone's right to exercise free speech while peacefully and safely protesting within the community. We ask that all community members exercise their rights in a safe and lawful manner.  
*Chief of Police Blaine Hall,  
Montrose Police Department*



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## OPINION/EDITORIAL: LETTERS

### WHY IS IT THE RIOTERS, PROTESTORS AND ACTIVISTS ARE ON THE STREETS CAUSING MAYHEM AND CHAOS?

*Editor:*

We were catching up on the weather and the forecast was interrupted by a family member ranting and raving, incoherently, about the Minnesota situation. Every existing four-letter phrase was used to describe Kristi Noem, Bovino, Trump, ICE officers, etc.

I couldn't stop laughing at the idiocy of it all but when the family member was able to articulate through her spittle and catch her breath I asked her what was her solution.

Aside from "Dump Trump" a thoughtful idea or option was non-existent. Pressing forward, I informed her that elections have consequences. Our current President was elected on a platform to mitigate illegal immigration and why should her emotions "trump" what the President was elected for? Again, no rational response or thought.

Ok, Mr Franco- get on with your point.

Here's my question- Why is it the rioters, protestors and activists are on the streets causing mayhem and chaos? Why aren't

they at work? If they're getting paid to agitate, then, as a society, we cannot let that stand. If the agitators don't have jobs, they need to find one.

In my house, we don't riot and cause mayhem because we're too busy working and paying taxes so the agitators can create chaos and the politicians perpetuate massive taxpayer fraud.

Now, how screwed up is that?

*Robert Franco*

*Montrose County*

*Wakulla County*

### SUPPORT FEDERAL FUNDING OF CULTIVATED-MEAT RESEARCH

*To the editor,*

Most people aren't aware animal agriculture is one of the leading causes of climate change. To help counteract this, forward-thinking politicians should support state and federal funding of cultivated-meat research. For readers who are unfamiliar, the new protein is grown from

livestock cells, without killing. Scientists believe cultivated meat will eventually require a fraction of the greenhouse-gas emissions that slaughtered options do.

The basic science of making cultivated meat is already known. However, important technological hurdles remain, which are preventing the new protein

from being mass produced at a competitive price. These can be overcome with significant public investment in further study. For the sake of the environment, let's build facilities like the Tufts University Center for Cellular Agriculture at schools across the country.

*Jon Hochschartner, Granby CT*

## READING THE ROOM

*Editor:*

Reading the room is a term that is used in politics to analyze election results in order to see which candidates have the best chance of being elected in a particular district. This is something that all effective political parties do before each election. Those that do not do this are doomed to failure. Too many state and county political parties let emotion guide their decisions rather than sound unbiased analysis. And so goes the Montrose County Republican central committee. The voters of

Montrose County rejected Scott Riba two years ago, and the central committee rejected him on a vacancy vote. But here he is again running for county commissioner district three. There are currently three candidates running for the seat that is being vacated by Sean Pond who thinks he would be better suited in the U S senate. And for that I say good luck Sean you are going to need it. The three candidates are Scott Riba, Ed Lafferty, and Tim Stroh. I support Tim. He was the architect that oversaw the remodel of the old Montrose

County courthouse. He is professionally qualified and has a genuine desire to make Montrose his permanent home. In district two Caryn Webb Gibson has announced her candidacy for Commissioner. She will be a great one to succeed Sue Hansen. Now we need someone to challenge Larry Don Suckla and Gene Lillard. And MJB is running for city council. I would vote for a rock before I would vote for him. But I do not live in the city, so I hope the city dwellers know to avoid him.

*Ray Langston, Montrose*



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# REGIONAL NEWS BRIEFS

## COFOUNDERS OF KBH CENTER BRING 30 YEARS OF MENTAL HEALTH EXPERTISE TO THE 'HEALING OUR COMMUNITY' PODCAST

*Special to the Mirror*

DELTA— Dr. Ray and Jean Kadkhodaian, the cofounders of the KBH Center, are proud to announce the launch of their new weekly podcast, "Healing Our Community," premiering Wednesday, Feb. 4, at 12:15 PM MT.

The duo brings a 30-year history of experience working across nearly every mental health setting imaginable—from clinical environments to community-based crisis intervention. Now, they are focusing that deep well of expertise specifically on the unique needs of Delta County and the surrounding Western Slope.

"After three decades in this field, we've seen that the most profound healing often happens



through simple, honest connection," says Dr. Ray. "We are bringing all of those years of clinical experience out of the office and directly to our neighbors' screens."

*Healing Our Community* is designed to be a "digital town square" for rural Colorado. The premiere teaser, filmed on location in the snow with local livestock, reflects the show's mission: delivering high-level mental health insights in an authentic, rugged, and relatable way.

The podcast will stream live every Wednesday at 12:15 PM MT. While the show will be shared across Facebook, the co-founders are encouraging the community to subscribe to the KBH Center YouTube Channel, which will serve as the primary archive for these expert-led sessions.

"We want this to be a permanent resource for Delta County," says Jean. "By subscribing to our YouTube channel and following our Facebook page, residents can access our full library of discussions on resilience, family dynamics, and rural mental wellness at any time that works for them."

How to Join the Launch:

-Primary Video Library: Subscribe to the KBH Center YouTube Channel [<https://www.youtube.com/@KBHCenter>]

-Live Interactive Stream: Join the live broadcast on Dr. Ray's Facebook page on Feb 4th at 12:15 PM MT, which will be shared directly to the KBH Center Facebook page [<https://www.facebook.com/KBHCenter>]

**About the Cofounders:** Dr. Ray and Jean are the Cofounders of the KBH Center in Delta, CO. With 30 years each in the mental health field, they have dedicated their careers to empower, support & promote healing throughout the community of Delta County, Colorado. Their move to Delta County represents a commitment to bringing world-class mental health advocacy to the rural Western Slope.

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# OPINION/EDITORIAL: LETTERS

## ALIGNING ELECTIONS: COMBATING VOTER FATIGUE IN MONTROSE

*Editor:*

Voter fatigue is a growing issue across America, and Montrose is no exception. Constant elections leave many feeling overwhelmed and disengaged. As a dedicated resident and candidate for Montrose City Council, I experience it as well. Why don't we align our municipal elections with the November congressional schedule in an effort to revitalize civic participation.

The shift would address a core problem in our community. Separate April elections dilute focus and turnout, leading to decisions that do not reflect the full will of the people. By consolidating, we streamline the process, saving our precious taxpayer dollars, making it easier for everyone to engage without the burden of multiple voting dates.

### **The Problem with Low Turnout**

Consider the stark reality from our City Clerk's report on the April 2024 municipal election. Only about 3,500 individuals cast ballots out of 17,000 registered voters within city limits. This represents a turnout of roughly 20 percent, far below what we should have for true representation. Low participation results in outcomes that many residents oppose, from policy decisions to resource allocations that fail to prioritize local needs.

Stronger civic involvement fosters a better Montrose. When more voices are heard, we build policies that support families, businesses, and our unique Western Slope lifestyle. Currently, isolated municipal elections in April compete with daily life demands, leading to apathy. Aligning with November harnesses the energy of national races, where turnout often exceeds 50 percent, to boost local engagement.

In our Constitutional Republic, we elect representatives to safeguard our interests. However, abstaining means forfeiting that voice. The question arises: why persist with April elections when November offers clear advantages?

### **Benefits of Consolidation**

Shifting to November delivers tangible benefits. First, **it saves taxpayer dollars** and YOU and I are already strained. Running separate elections incurs significant costs for staffing, printing, and administration. These savings could reduce Montrose's escalating debt or redirect funds to critical city services or community programs that enhance quality of life in Montrose.

Second, **it elevates participation**. November ballots feature a mix of local, state, and national issues, drawing more voters. This consolidation creates a one-stop civic event, encouraging consistent involvement and ensuring elected officials represent a broader cross-section of the community. Studies from other municipalities show consolidated elections can increase turnout by 10 to 20 percent, leading to more accountable governance.

### **Questioning the Status Quo**

Why does city leadership maintain separate elections? Is there a compelling reason beyond tradition? To me, this change is logical, overdue and is just common sense. It promotes efficiency, inclusivity, and fiscal responsibility. What do you think? Does it resonate with your vision for Montrose?

**Michael J Badagliacco, "MJB"**

**Michael is a father of 5, grandfather of 3, USAF Veteran, recording artist, entrepreneur, Editor of USA Liberty Report, passionate about Freedom, Liberty, the founders' genius of the Constitution and current Candidate for Montrose City Council.**



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# RED HAWK GIRLS CONTINUE UNBEATEN STREAK

## *Red Hawks 53, Grand Junction Tigers 34*



*Freshman Landree Johnson sets to score vs the Palisade Bulldogs. Courtesy photo.*

*By Cliff Dodge*

MONTROSE-The final week of January proved to be a continuation of the red-hot streak the Red Hawk Girls Basketball Team finds themselves in. The Red Hawks improved their overall record to 18 wins and 0 losses, and an unblemished 5-0 record in league action. The initial challenge of the week saw the Tigers of Grand Junction invade the Red Hawks' lair and depart with a 53 to 34 shellacking.

The home team jumped out to a 14-7 lead after the initial period and then built upon the lead through the final whistle, 53-34. Freshman Landree Johnson led the way with 17 points while Seniors Maggie Legg and Mayce Oberg contributed 16 and 13 points respectively.

The Red Hawks dominated the backboards throughout the contest. Senior Mayce Oberg was a one-woman wrecking crew on the boards. Oberg captured a dozen rebounds including 6 on the offensive glass and 6 on the defensive board. The Red Hawks passed out 13 assists, had 11 steals, and only turned the basketball 6 times.

Despite a so-so shooting night the Red Hawks prevailed, sinking 4 of 19 long-range attempts. The Red Hawks sank 13 of 19 attempts from the free throw line while scoring at a 36 percent clip from 2-point range.

### **Red Hawks 58, Palisade Bulldogs 28**

The second phase of the two game homestand featured a visit from the Palisade Bulldogs on Friday evening. The result was less of a game than expected. The Red Hawks jumped out to a 19 to 1 lead after the first period of play. Things went downhill for the Bulldogs from that point, with the Red Hawks prevailing 58 to 28.

The Red Hawks kept their foot on the gas as they continued to score 39 more points while giving up only 19 points down the stretch. The Bulldogs were a step slow as the Red Hawks ran from end to end for the entire game.

Senior Mayce Oberg led all scorers with 19 points while Senior Maggie Legg added 10 points to the mix. Other scorers included Freshman Landree Johnson and Senior London Schafer with 9 and 8 points respectively.

Next up for the undefeated Red Hawks will be a visit from the Warriors of Grand Junction Central High School on Tuesday.

**SAVE A TREE READ THE MIRROR**



# OPINION/EDITORIAL: LETTERS

## WITH RIGHTS COMES RESPONSIBILITY

*Editor:*

Recent events in Minnesota have sparked intense discussions about the nature of rights in America.

Through conversations with family, friends, and colleagues, it becomes clear that many have overlooked a key principle: **Rights require responsibility.** Rights, which secure the freedoms we cherish, mean actively safeguarding them and exercising them wisely. **Without responsibility, rights erode.**

In the United States, rights operate as a delicate balance between individual liberties and the common good. **Citizens must exercise their rights thoughtfully, or risk losing the freedoms those rights protect.** This concept applies across various aspects of life, but it stands out prominently in debates over constitutional rights, such as those protected by the First and Second Amendments.

**The Balance of Rights and Responsibility**  
Rights are not absolute; they demand careful management. When people fail to balance their rights with common sense, society suffers. **Responsibility involves recognizing the impact of one's actions on others and the community.** For instance, enjoying a right does not mean ignoring potential consequences to the freedoms of fellow citizens.

This balancing act is essential to preserving the rights and freedoms outlined in the Constitution. History shows that unchecked behavior can lead to restrictions on both. By administering rights wisely, citizens help maintain a stable and just society. The recent Minnesota incident highlights how this principle plays out in real life.

### **The First Amendment in Focus**

The Constitution does not guarantee a "right to protest." What is often misconstrued as the right to protest is actually more benign. **The First Amendment guarantees the right of the people "peaceably to assemble" and to petition the government for a redress of grievances.** This

protection allows for gatherings to express views without violence or disruption, preserving the freedom of peaceful expression.

Even the term "peaceful protest" is hypocritical on its own. The words "peaceful" and "protest" are, by definition, diametrically opposed. **"Peaceful" implies tranquility and lack of conflict, while "protest" denotes strong objection or dissent, often involving confrontation.** True assembly under the First Amendment should remain peaceable, not devolve into actions that impede others or escalate tensions. Exercising this right responsibly means avoiding behaviors that cross into irresponsibility or harm to the freedoms of others.

### **The Second Amendment in Focus**

The Second Amendment, and *New York State Rifle & Pistol Assn., Inc. v. Bruen*, 597 U.S. 1 (2022), guarantees **the individual right to keep and bear arms**, a cornerstone of American liberty that protects the freedom to defend oneself and one's family. However, **possessing this right is not enough.** Individuals must handle firearms responsibly, avoiding indiscriminate use. In the wrong hands or when used irresponsibly, a weapon becomes a danger. When wielded with care, it serves as a tool for self-defense and protection of others.

Note: Personally, I believe no permit should be necessary for any law-abiding citizen to carry, as the Constitution states clearly that the right shall not be infringed. This view aligns with a strict interpretation of the founding document. Yet, even with this right intact, common sense must guide decisions. Rights exist, however, there are consequences to exercising them unwisely that can lead to unnecessary risks and conflicts that threaten the very freedoms they safeguard.

### **The Minnesota Incident**

The case of Alex Pretti in Minnesota illustrates this tension between rights and responsibility. Pretti, a 37-year-old ICU nurse, held a concealed carry permit and

carried a weapon during a "protest" against federal immigration operations in Minneapolis. **From a constitutional perspective, this action was protected.** Supporters emphasize that his permit and the Second Amendment shielded him. **But not so fast! Every training for concealed carry includes the responsibility that one who carries has. You are taught to de-escalate every situation, not instigate.**

Therefore, a distinction exists between having a right and **applying common sense. Protests can escalate quickly,** and introducing a firearm heightens tensions. A week prior to the incident, Pretti had an altercation with ICE agents where he was shown being incredibly aggressive. Then, on January 24, 2026, Pretti encountered U.S. Customs and Border Protection agents, leading to his fatal shooting. While **the investigation is ongoing,** it begs the question: why? Why bring a loaded weapon with two additional loaded magazines to a volatile gathering?

Rights in America thrive when paired with responsibility and common sense. The First and Second Amendments, along with cases like the Minnesota incident, remind us that **rights come with responsibilities.** Citizens must weigh their actions carefully to avoid endangering themselves or the freedoms of others.

By embracing this principle, individuals contribute to a stronger society. Let the discussions from recent events serve as a reminder, that **with rights comes responsibility** and preserving our Republic requires nothing less. Balancing the two ensures that both rights and freedoms endure for future generations.

**Michael J Badagliacco, "MJB"**

**Michael is a father of 5, grandfather of 3, USAF Veteran, recording artist, entrepreneur, Editor of USA Liberty Report, passionate about Freedom, Liberty, the founders' genius of the Constitution and current Candidate for Montrose City Council.**



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# RED HAWK BOYS DROP TWO ON HOME COURT

By Cliff Dodge

## GR. JCT. TIGERS 40, RED HAWKS 37

MONTROSE-The final week of January proved very difficult for the Montrose Red Hawks basketball team as the lads dropped a glove-tight battle with the Grand Junction Tigers by the score of 40 to 37 on Tuesday evening.

The Red Hawks established a small lead, 9 to 6, after the initial period. The Red Hawks rode the shooting of Lane Pressler and Cache Oberg and good team defense to lead by 3 at the break. The second stanza flipped around completely as the Tigers doubled the Red Hawks scoring 16 to 8, a lead the Tigers would never give up.

Senior C. J. Rocco led all Red Hawk scorers with 14 points while Senior Lane Pressler added 10 points to the scorebook.

Freshman Cache Oberg chipped in with 7 points and enior Josh Hawks contributed 4 points. C. J. Rocco also lead the Red Hawks on the offensive and defensive glass. Rocco grabbed 8 rebounds that included 5 on the offensive window.

The Red Hawks passed out a dozen assists, had five steals and five blocked shots while turning the ball over 10 times. The Red Hawks shooting numbers did not favor the Red Hawks. The team managed a single 3-point field goal from behind the arc. The Red Hawks managed only 4 of 10 from the free throw line while sinking 15 of 30 attempts from two-point range.

**PALISADE BULLDOGS 62, RED HAWKS 47**  
Friday evening proved no better than



*Red Hawks rebound vs Grand Junction Tigers. Photo by Cliff Dodge.*

Tuesday as the Red Hawks were roughed up by the visiting Palisade Bulldogs by the score of 62 to 47. Both teams spent the initial quarter feeling the opposition out and the Bulldogs led after the initial canto by one point, 13 to 12.

Things got progressively out of hand as the second quarter unfolded. The Bulldogs outscored the Red Hawks 21 to 9 and led at the halfway point by 13 points. Things got no better as the third and fourth quarters unfolded. The Bulldogs outdid the Red Hawks on both ends of the court. The Bulldogs defense kept the Red Hawks offense bottled up, and did not allow the flowing offense the Red Hawks

are known for.

The Red Hawks were led in scoring by Junior Josh Hawks and Senior C. J. Rocco, with each contributing 11 points. Sophomore Bodhi Schafer was close behind with 10 points. Junior Ryan Pankey and Senior Lane Pressler added 8 and 7 points respectively. The thirteen rebounds captured by the Red Hawks were evenly distributed.

The Red Hawks passed out 13 assists and 11 steals while blocking 7 Bulldog shots. The Bulldog defense forced the Red Hawks to turn the basketball over 19 times. The Red Hawks managed to sink four 3-point baskets and score 9 of 13 shots from the charity stripe.

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## REGIONAL NEWS BRIEFS

### MONTROSE REGIONAL HEALTH NOW OFFERING ADVANCED PET/CT SCAN FOR HARD-TO-DIAGNOSE CANCERS

*Special to the Mirror*

MONTROSE— Montrose Regional Health (MRH) is now offering DOTATATE PET/CT scans, an advanced form of imaging technology used to detect and evaluate certain cancers, particularly neuroendocrine tumors (NETs). The addition of this specialized scan allows patients to receive highly detailed diagnostic imaging close to home, supporting earlier detection and more targeted treatment planning.

DOTATATE PET/CT combines positron emission tomography (PET) with computed tomography (CT) to produce detailed images that show both the location and activity of cancer cells. During the scan, patients receive a small injection of DOTATATE, a radioactive tracer that binds to receptors commonly found on neuroendocrine tumor cells, allowing physicians to more accurately identify and assess disease. "At Montrose Regional Health, we

are proud to offer DOTATATE PET/CT imaging as part of our commitment to bringing advanced, patient-centered care to our communities," said Bodie Blowers, director of medical imaging at MRH.

"This technology allows us to pinpoint neuroendocrine tumors with exceptional clarity, helping physicians make more informed diagnostic and treatment decisions while reducing the need for multiple follow-up scans."

DOTATATE PET/CT imaging is often used when standard imaging does not provide clear answers and can play a critical role in determining appropriate treatment options for patients with suspected or confirmed neuroendocrine tumors. To learn more about



*Megan Hatfield, nuclear medicine technologist, operates MRH's Cartesion Prime 160-Slice PET/CT scanner used for advanced cancer imaging at Imaging at River Landing. Courtesy photo.*

DOTATATE PET/CT imaging at Montrose Regional Health or to schedule an appointment with a provider referral, contact Imaging at River Landing at 970-497-5976.

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# COLORADO NEWS BRIEFS

## COMMUNITY ORGANIZATIONS INVITED TO HOST SUMMER MEAL PROGRAM SITES

*Special to the Mirror*

DENVER - Colorado's Summer Meals Program seeks sponsors, sites and state partners to help ensure children and teens have access to healthy meals during the summer break.

In 2025, sponsors served more than 2 million meals at 616 sites through this USDA-funded program administered by the Colorado Department of Education's School Nutrition Unit. For the summer of 2026, eligible families can also receive support through the Summer Electronic Benefits Transfer Program.

"No child should face a summer without reliable access to healthy food," said Colorado Education Commissioner Dr. Susana Córdova. "These programs help close the nutrition gap when school is out, and they depend on strong partnerships with local organizations to reach kids in every corner of Colorado. We're inviting community partners across the state to be part of that support for children and teens."

The Colorado Department of Education and Hunger Free Colorado are working to expand summer meal access. They invite community organizations, including camps, government agencies, colleges and nonprofits to join as Summer Meals Program sites.

Organizations can learn more on CDE's Become a Sponsor webpage.

According to data from the Colorado KidsCount Survey, nearly 30% of Colorado households with children experienced financial hardship.

"Consistent access to nutritious food is foundational to kids' health and ability to learn and grow," said Graciela Guillen, Hunger Free Colorado Applied Policy and Economic Justice Coordinator. "Summer is often the hungriest time for kids—when families lose access to school meals and grocery budgets skyrocket. With federal cuts to SNAP putting additional strain on family budgets, Healthy School Meals for All, Summer EBT, and the Summer Meals Program play a vital role in ensuring Colorado's kids have reliable access to nutritious food year-round."

"The Food Bank for Larimer County has operated the Summer Food Service Program (SFSP) for over 10 years because of its alignment with our mission to alleviate hunger in our community," said Zac Hummel, Food Bank for Larimer County's community impact manager. "SFSP funds the distribution of over 33,000 made-from-scratch meals to children every summer who might not otherwise have access to fresh and healthy food in Larimer County."

### **About the Summer Meals Program:**

- Meals are free to all kids and teens 18 years and younger. In rural locations, some meals may be taken home to eat.
- Parents do not need to apply to the program for their children to get free summer meals.
- Organizations that can administer the Summer Meals Program include schools, non-profit organizations, government entities, camps, universities and community- and faith-based organizations.
- Parents and youth can find summer meal sites by visiting [www.kidsfoodfinder.org](http://www.kidsfoodfinder.org).
- Meals served follow USDA nutrition guidelines.

### **About the Summer Electronic Benefit Transfer Program:**

- Eligible families with school-aged children could receive \$40 per month per child during the summer months.
  - Funds to purchase groceries are placed on EBT cards.
  - The program is led by the Colorado Department of Human Services with support from CDE.
- To learn more about Hunger Free Colorado, visit [HungerFreeColorado.org](http://HungerFreeColorado.org).  
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# REGIONAL NEWS BRIEFS

## LET'S TALK ABOUT A GRADUATED INCOME TAX SYSTEM- A COMMUNITY CONVERSATION: LEAGUE OF WOMEN VOTERS

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#### Special to the Mirror

MONTROSE- On Thursday, February 5, 2026, 2 PM until 3 PM. This is a special invitation to a virtual community conversation hosted by Protect Colorado's Future coalition and Colorado Fiscal Institute (CFI). This discussion is for community leaders, grassroots organizations, promotoras/promotores, and allies who work in your communities. You do not need to be an expert in taxes or public policy. Your experiences, questions and priorities matter most.

During the session, we will:

Explain, in a simple way, the difference between a flat tax system and a proposed graduated tax system in Colorado.

Talk about why many organizations believe that people with more resources should pay their fair share so that we can have well-funded schools, good healthcare, and stronger community services.

Listen to how you want to be included in this conversation and how you prefer to receive information and participate in this topic.

**NOTE: This is a virtual event. Find the registration link at [lwv-uv.org](http://lwv-uv.org). A Zoom link will be made available upon registration.**

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# OPINION/EDITORIAL: LETTERS

## THERE WERE NO RIOTS WHEN JUSTINE DAMOND WAS SHOT...

*Editor:*

One hard and fast rule that Democrats obey is this: Always accuse everyone else of committing the same transgressions that they have already committed or that they plan to commit. When Democrats commit election fraud, they accuse Republicans of trying to steal elections or to keep minorities from voting. When leftist anarchists burn down cities, ambush police, and demand to defund police, Democrats accuse senior citizens and veterans of being “insurrectionists.” When Bill Clinton repeatedly gets caught hanging out with Epstein and much worse, the propaganda wing of the party (the media) goes to ridiculous lengths to somehow implicate Trump. When paid leftist crazies violate federal law by invading Christian worship services in Minneapolis and scream at little kids that their parents are going to burn in hell, the leader of the House Democrats runs to the propaganda press to accuse ICE of storming churches. Non-leftists have endured this kind of duplicity for decades, but until Trump appeared on the political scene, they have remained relatively silent. Conservatives have come to recognize that those lies are just an early warning system for whatever colossal nonsense Democrats are about to unleash on the rest of the country. Democrat leaders portray ICE agents as Gestapo thugs and murderers. They claim ICE kidnaps good people off the streets, and deprives them of due process. A local writer described ICE this way: “paramilitary squads rampage through American streets terrorizing, traumatizing, and killing people.” Those same Democrat politicians lead sanctuary cities that release hardened criminal illegals and incite paid protesters to prevent ICE from arresting rapists and killers. Those same ICE “paramilitary squads” were used by every president for the last 25 years. Obama used them to deport three million illegals.

The same writer wants us to know that “silence is no longer an option” and that “good people in this county” need to “speak out against this inhumane treatment of our fellow humans.” In just a few minutes of research, I came up with a long list of victims -- almost all young girls -- of violent illegal predators invited into this country by the Biden administration. These same liberals were, and still are, totally silent about the rape and murder of these particular “fellow

humans.” Some have heard of Laken Riley, a 22-year-old nursing student murdered by an illegal Venezuelan national on a college campus. He sexually assaulted her and then beat her head in with a rock. No one has heard of Rachel Morin, a 37-year-old mother of five, whose body was found beaten, raped, and murdered by a Salvadoran illegal. Or Dacara Thompson, a 19-year-old, the victim of brutal violence including rape and murder by a Guatemalan illegal. Jocelyn Nungaray was 12 years old when she was raped and murdered by two illegals in Texas. Janet Gomez Hernandez? Arya Cruz Asencio? Victoria Aparicio Cruz? I could continue and fill this page with daughters, wives, children, and sons -- all killed because the left invited millions of unvetted aliens to infiltrate our borders and is now refusing to cooperate in removing them. In just the first 24 hours, the propaganda press gushed more coverage over Alex Pretti (who lost his life because he attacked ICE agents trying to arrest a violent criminal and who resisted arrest while carrying a loaded gun) than the total combined coverage in the past five years of all the women raped and murdered by illegals and all the American families destroyed by violence from illegals. Democrats' sense of “empathy” and “justice” only extend to those people they can politically manipulate and use.

There were no riots when a Minneapolis Somali police officer responded to a 911 call from veterinarian Justine Damond and shot her dead as she approached his car in a bathrobe.

ICE cannot be blamed for the mess on Minneapolis streets. Biden and Harris opened the floodgates. ICE is just the cleanup crew fixing their epic failure. ICE is having to do what they do because Democrats choose to release criminals back on the streets rather than just turning them over to ICE. Just as importantly, every incident and every injury that occurs at these lunatic rage fests are directly linked to Tim Walz, Jacob Frey, and other Democrats who encourage their foot soldiers to take to the streets to “protest” the enforcement of the law. With 20,000 ICE agents conducting operations out of 400 offices across all 50 states, why is the only state with people getting shot by ICE a state with the Democrat governor calling them Gestapo and calling for chaos? Rational politicians with nothing to hide and who are interested in quelling rather than encourag-

ing riots would instruct people to remain peaceful, rather than help organize the harassment of officers. Even in Memphis, with a Democrat mayor, ICE is getting cooperation, and none of this is happening. Of the four tragic deaths, one was armed with a handgun, one was armed with a shovel, and two weaponized their vehicles. Not a single person has been shot carrying a sign and peacefully protesting. The unique factor in the violence is not ICE, which operates smoothly and peacefully just about everywhere. Instead, the problem is a handful of radicalized Democrat-run cities (including Seattle, Portland, and Minneapolis) that encourage miscreants to break the law and impede law enforcement.

The chaos in Minnesota would not be happening if Nick Shirley had not exposed the theft of billions of taxpayer dollars and the complicity in that fraud on the part of Minnesota's Democrats. The resistance to ICE nationwide is a direct result of Democrats seeing open borders and mass immigration as the path to secure their permanent rule. Every illegal deported is one less vote and money laundering opportunity for Democrats. Trump won his second term on a platform of closing the borders and deporting illegal aliens admitted by Biden, particularly those who had committed other crimes. Polls verify that the majority of Americans support deporting all illegal immigrants, and that 78% (including 69% of Democrats) support deporting criminal illegal aliens.

Out of the 700,000 or so of illegals removed by ICE under Trump, 70% had committed extra crimes after coming here. Less than one tenth of one percent of those detained by ICE were mistaken identity, and those mistakes were fixed quickly. ICE isn't perfect. They are just people with families who have the unfortunate task of tracking down child rapists and murderers while dealing with a deluded mob impeding them, or in some cases, trying to attack and kill them. The demonization of these heroes is nothing less than pathetic. If I get pulled over by a police officer, and I don't like the charges, I can have my day in court. If I choose to attack him and I have a loaded gun on me, I deserve to get shot if he makes a split-second decision that his life is in danger. That this is so hard to understand by today's leftists is equally pathetic.

*Ed Henrie, Montrose*



## REGIONAL NEWS BRIEFS

### MOUNTAIN VILLAGE TOWN COUNCIL ELECTS SCOTT PEARSON AS MAYOR AND TUCKER MAGID AS MAYOR PRO TEM

#### *Special to the Mirror*

MOUNTAIN VILLAGE-In a special meeting held on Wednesday, January 28, the Mountain Village Town Council elected Scott Pearson as Mayor and Tucker Magid Mayor as Pro Tem.

Pearson and Magid were both first elected to Town Council in June 2023. The special meeting follows the January 14 resignation of Mayor Marti Prohaska.

"I'm taking this role at a difficult time for our town. Economic pressures from the strike and low snowfall are weighing on us all. And the fallout from the recent events has lowered confidence in our government and deprived us of some of our most capable public servants," Pearson said in remarks after his election as Mayor.

"Becoming Mayor in conditions like this is neither something I expected nor wanted. Marti was a good Mayor and I truly wish she had been able to finish out her term," Pearson said. "My task - our task - is two-fold. The first is to rebuild public trust through transparent and ethical governance. The second is to keep focused on

enabling a great quality of life for our residents and an outstanding experience for our visitors. Economic recovery, regional cooperation, and our big three infrastructure priorities - housing, wastewater and the gondola - these cannot slow down."

The Mountain Village **Charter** outlines that within 30 days after the office of Mayor or Mayor Pro Tem becomes vacant, Town Council shall, by majority vote, promptly elect a successor to the office.

Per the Town's Charter, Town Council elects the Mayor and Mayor Pro Tem from within its own membership every two years after each regular election of Town Council members.

#### **Appointment of new Town Council member**

Mountain Village is also now accepting applications from qualified electors who are interested in serving on Town Council through the remainder of Prohaska's term, which expires June 2027.

Per the Town's charter, within 45 days after a vacancy occurs on Town Council the remaining members of Town Council shall, by a majority, appoint a successor to

fill such vacancy.

The appointed Town Council member shall then serve out the unexpired term of their predecessor.

Interested individuals who are registered to vote within the Town of Mountain Village and have maintained a legal full-time residency within the town for at least 120 days prior to February 19 (when the appointment will be made) are invited to submit a letter of intent and candidate biographical information form (available [online](https://mvclerk@mtnvillage.org)) to [mvclerk@mtnvillage.org](mailto:mvclerk@mtnvillage.org) by 5 p.m. Wednesday, Feb. 11.

Candidates will be announced shortly after the Feb. 11 deadline.

Council will hear from the candidates and make an appointment at its next regular meeting on February 19, 2026. The new Council Member will be sworn in at that same meeting.

Meeting material for the February 19 meeting is expected to be posted on the Town's website on the Friday before a scheduled meeting.

For more information, please visit [townofmountainvillage.com/town-council](https://townofmountainvillage.com/town-council).



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# COMMUNITY OBITUARIES

## KATHRYN LONG

***October 4, 1949 — January 27, 2026***

KATHRYN LONG passed away peacefully at home on January 27, 2026, surrounded by her devoted husband and loving children. She was born on October 4, 1949, in Cedar City, Utah, to Ruth and Francis Betenson, the second of their three children. From an early age, Kathy was blessed to be part of a close knit family who cherished time together and fostered deep, lasting bonds.

Gifted with remarkable musical talent, Kathy became an accomplished pianist and played cello with the Southern Utah Symphony Orchestra during her young adult years in Cedar City. Music remained one of her greatest joys throughout her life, and she shared that passion generously with others.

In 1966, Kathy met the love of her life, Jesse E. Long, while he was attending college in Cedar City. Their love grew quickly and beautifully, and the two were sealed for time and all eternity in the St. George LDS Temple on June 12, 1970. Together they built a life defined by love, faith, and unwavering commitment as they moved through several chapters and locations—Oahu, HI; Orem, UT; Livermore, CA; Electric City, WA—before settling in Montrose, Colorado, in January 1983, where they would raise their family and build lifelong friendships.

Kathy's work life reflected her dedication to service and her love of people. She

taught piano, worked for Salazar and Associates, and served in the Montrose School District before partially retiring to work as a receptionist. In every role, she brought warmth, kindness, and an ability to make others feel valued.

Above all else, Kathy was a devoted wife, mother, grandmother, and great grandmother. She treasured every moment spent with her family. In her later years, one of her greatest joys was traveling to visit her children, grandchildren, and great grandchildren, building memories that will be cherished for generations. She had a beautiful, gentle soul—one that loved deeply and was deeply loved in return.

Kathy was preceded in death by her parents, Ruth and Francis Betenson, and her brother in law, Bill Long, who will lovingly welcome her home.

She is survived by her older brother Brent (Dixie) Betenson and her sister Joann (Douglas) Cox; her eternal husband and companion, Jesse E. Long; and her children, Michalle (Shaun) Beringhaus, Andrea (Kimo) Bandmann, Jeffery (Michelle) Long, Jenae (Ty) Cox, and Kimberly (Turreal) Moore

She leaves behind a large and beloved posterity of grandchildren: Devon (Chantrea) Beringhaus, Braxton (Hadlie) Shirley, Alissa (Lane) Lee, Megan Beringhaus, Bella Weesner, Kasha (Josh) Malan, Kahala Maikalani (William) Ward,

Kui'll Bandmann, Kincaid Long, Gracie Long, Kian Long, Kelsey Rocco, Taygan Rocco, CJ Rocco, Breckin Cox, Bailee Moore, and Covelli Moore.

Kathy is also survived by her precious great grandchildren: Kiya Malan, Axel Malan, Brock Shirley, Bettie Shirley, and Nora Lee.

Kathy will be remembered always—for her compassion, her faith, her music, and the love she poured into every relationship. Her legacy of gentleness, devotion, and deep family love will continue to bless all who knew her.

She will be forever missed and forever loved.

Kathy will be laid to rest in Montrose, Colorado. A funeral service will be held at the Church of Jesus Christ of Latter-Day Saints at 1521 South Hillcrest in Montrose, Colorado on February 6, 2026, at 1 PM. In lieu of flowers or plants please donate to the Montrose Red Hawk Sports Fan Club at <https://redhawkfans.com>



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## COMMUNITY OBITUARIES

### MICHAEL RAY SCHELL

*January 8, 1950 — January 26, 2026*



MICHAEL RAY SCHELL passed from this life on January 26, 2026. He was born in Perryton, Tx on January 8, 1950 to Bob and Earline Schell.

The family moved to Montrose in 1960 where Michael spent his childhood and graduated from Montrose High School in 1968. He married his first wife, Betty Harbath in 1968 and they had a daughter, Tannah and a son, Tony. He attended CU in Denver attaining a degree in electrical engineering. He then worked in sales and service of X-ray equipment in Grand Junction.

He later met Lynda Downing and they married in 1980. Together they worked hand in hand through 45 years of marriage in various entrepreneurial businesses from owning and operating cable television systems, owning a dude ranch in Wyoming, to building homes, hard rock gold mining and most recently dirt and excavation business working mainly with the forest service.

Family was very important to Michael and he worked and played with them always. Hunting was a very big love of his life. He loved the mountains, camping, fishing and boating. He loved the Lord dearly.

Michael is survived by his wife, Lynda, daughter Tannah Snow (Brian), son Tony (Jamie), son Randall Marlatt (Jessica) and adopted daughter, Leslie Ruiz, numerous grandchildren and great grandchildren. He was preceded in death by his parents, Bob and Earline Schell.

A celebration of life will be held February 7 at 2pm at Crippin Funeral Home.

*Now more than ever...*

*Thank you for reading*

**THE MONTROSE MIRROR**



ISSUE 559 Feb. 2, 2026

## ART &amp; SOL

## YOUR BRAIN ON NATURE – PREPPING



By Dr. Lauren Hall Ruddell, PhD.

*Greetings Mirrorites!*

OLATHE-You may at first glance wonder how this topic tracks with time in restorative environments but bear with me and you will see.

About 18 months ago, I became a prepper, sort of. I started inventorying all of my camping gear and found that I was woefully under-prepared for an emergency evacuation with goats in case of wild-fire. I had focused on their well-being quite well and neglected my own necessities. Emergency communication, electricity, water purification, cooking, shelter, shelf-stable food, etc, was just about nil. Even my tent situation was inadequate.

Many months and thousands of dollars later, I am in pretty good shape. I no longer acquire anything except to rotate pantry goods to avoid accidental expiration. I am confident and content. But during the



*Courtesy photo.*

acquisition process, I went down the prepper rabbit hole, which caused a great deal of existential anxiety. I was able to retrieve my brain and regain a sense that all would be well, probably. Nature helped with that. But what was that rabbit hole, and how does it affect people's well-being?

Prepping is a practice of anticipating and adapting to impending conditions of calamity, ranging from low-level crises to extinction-level events. The 2020 COVID-19 pandemic was considered by professional preppers to be a 'mid-level' event,

which many of them were well-prepared for. I was actually in good shape myself for this non-evacuation emergency and sailed through lockdown. But there are more radical folks known as 'bolthole' preppers who are building closed communities intended to survive the collapse of society, order, and even the environment itself. In this prepper ideology, faith in adaptation has supplanted hope of mitigation.

Contemporary bunker believers have a forecasting outlook, rather than being reactionary and

**Continued next pg**



## YOUR BRAIN ON NATURE – PREPPING From Previous pg

rushing to the store at the last minute for generators and toilet paper, as we saw back east last week. These bunkers preppers build an ark to cross through a likely (but often unspecified) catastrophe; they are constructing or buying a chrysalis from which to be reborn – hopefully into an improved milieu.

I'm not that sort, and I figure at my age if it all goes pear-shaped, well, I've had a good life and my time has come. So, the heightened anxiety I needed to motivate me to spend money on stuff I may never need, hopefully, served its purpose and needed to be let go. But is that true for most preppers?

There are varying degrees of prepper-ness, which makes sense because humans are infinitely variable. Some, like me, identify a shortcoming in their household security and comfort, and take steps to correct it. Some people who tend toward anxiety, may suffer from conditions that mean that prepping simply must become a way of life. Folks who catastrophize and ruminate usually fall into that category.

Catastrophizing (imagining the worst-case scenario) and rumination (repetitive, negative overthinking) is strongly correlated cognitive distortions that feed anxiety, depression, and pain perception. Rumination involves repetitive thinking or dwelling on negative feelings and distress and their causes and consequences. The repetitive, negative aspect of rumination can contribute to the development of depression or anxiety and can worsen existing conditions. Together, they create a self-perpetuating cycle where individuals dwell on past failures and fear future

disasters, leading to helplessness, paralysis, and increased emotional distress. Catastrophizing makes a mountain out of an ant hill and rumination takes you back over and over to the bites you received while sitting on that ant hill and taking no constructive action. Both traits are types of perseverative, negative thinking that focuses on threats and an inability to cope. Continuous, unending planning and preparation against disaster yields a momentary relief from dread. These folks tend to belong to religious or political parties that form a community of support and source of information for waiting out a potential extinction level event in style for themselves and their loved ones.

At the far end of this spectrum are survivalists. While I have most of the skills needed to survive in the back country for a few days, these folks want to survive long term in ways that would have been familiar to Daniel Boone and Davey Crockett.

Survivalists plan and prepare for a major disaster. They are often iconoclastic hermit types, and psychologists have described them as generally disagreeable, low in rationality, and high in the dark triad traits of psychopathy, Machiavellianism and narcissism. They are also sensation seekers, deep learners, and high in entrepreneurial intent which suggests ingenuity and ambition. They are not community-oriented and have strong preservation instincts that might be of benefit, if only to themselves, should disaster strike.

I see a little of myself in each of these categories from time to time, and I bet you do too. In yourself, that is. To give

myself a swift kick in the bunker, I resort to nature. Science has my back on this. Lopes et al, in 2020 showed that a 30-minute walk in an urban park significantly reduced ruminative thinking in healthy participants, whereas a 30-min walk along a city transect devoid of natural elements did not. "Also, we showed that the 'walk in nature' significantly reduced negative mood and elicited more awe and more externally oriented thoughts than the walk in city... it showed that the more awe participants experienced while walking, the more negative affect was reduced, which then led to reduced rumination". This study adds weight to previous research supporting the concept of "psychological ecosystem services." I do take advantage of such services to right the ship of vigilance and diligence before it runs aground.

We live in treacherous times right now, but not for the first time and probably not the last. The 17th-century philosopher Thomas Hobbes's suggested that in the absence of institutions, humans would become trapped in a cycle of violence – "a war of all against all". He might be right, or not, but he must have had a good reason for contemplating this, even back then.

So for now I am confident that I am prepared enough, and I hope that you are too or can get that way without going overboard. If you feel like you have lost the plot, then get out into nature for a little stabilizing perspective. It certainly works for me.

*Stay safe and sane,  
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# COMMUNITY NEWS BRIEFS

## VIRGINIA POET LESLEY WHEELER READS AT BARDIC TRAILS FEB. 3

### Special to Art & Sol

TELLURIDE-Poet, writer, critic and professor Lesley Wheeler of Virginia will be the featured poet for the Telluride Institute's first Tuesday Talking Gourds' Bardic Trails virtual Stories & Poems series Feb. 3rd at 7 pm MST.

Lesley Wheeler writes poetry, fantasy fiction, creative nonfiction and criticism. Her sixth poetry collection was *Mycocosmic* which appeared in March of last year from Tupelo Press and was runner-up for the Dorset Prize. Her debut work of nonfiction, *Poetry's Possible Worlds* (2022), blends memoir and criticism to read 21<sup>st</sup>. century poetry in light of the cognitive science of "literary transportation" – getting lost in a book.

Her novel of dark academia, *Unbecoming*, appeared in 2020 and was called "an excellent feminist fantasy" in a starred review from *Publisher's Weekly*. Her poems and essays appear in *Poets & Writers*, *Best American Poetry 2025*, *Poetry*, *Kenyon Review*, *Guernica*, *American Poetry Review*, *Gettysburg Review*, *Ecotone*, *Massachusetts Review*, *Strange Horizons* and many other venues.



**Lesley Wheeler. Courtesy photo.**

For those that like prompts, we are suggesting

"Mushrooms," although poems on

any subject are welcome. Virtual attendees are encouraged to bring a story or poem to share each month after the featured reader, their own work or someone else's.

The Wilkinson Library and Talking Gourds has started a new live Stories & Poems series at Magazine Room on the third Tuesday of every month, although we are changing the time from 5:30 pm to 5:15 pm so we can wrap up for the library's closing time at 7 pm. We began in December with Montrose metaphysical poet Tracy Lightsey, in January we had Montrose storyteller Tanya Ishikawa, and Feb. 3<sup>rd</sup> we will have writer Karen Bellerose and musician Bob Beer – both of Lawson Hill.

Talking Gourds' Scot Rasor (KOTO DJ Razor Blaze) is talking with Telluride Arts to continue to bring poetry to Art-walk first Thursdays in selected galleries and is also working with a lot of local arts entities to start a monthly music and poetry event somewhere in town.

The Telluride Institute's Talking Gourds Poetry Program hosts the free Bardic Trails virtual zoom series on the first Tuesday of each month. The Wilkinson Public Library continues as our collaboration partner, with town support from Commission for Community Assistance, Arts & Special Events.

**No longer needing to register with the library, participants are encouraged to visit <https://www.tellurideinstitute.org/western-slope-calendar> to get the zoom link each month, if they aren't already on our mailing list. Thanks to the Cantor Family, the Guttman Family Foundation, CCAASE and our Fischer and Cantor contest participants for supporting our program and projects.**



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# The Satisfied Self

## THE CASE FOR CALM IN A WORLD THAT PUSHES



By Gia Pirelli

We live in a culture that confuses urgency with importance, celebrates speed as efficiency, and rewards reactivity over responsiveness. Productivity is measured by output rather than impact. And beneath it runs the underlying assumption that if you slow down, you'll fall behind.

For many women, this pressure doesn't arrive as chaos, it arrives as constant vigilance. A low-level readiness to react to anything thrown her way. A feeling that rest must be justified, and serenity—if it's even available, must be earned.

Peace, calm, and serenity are not a reward for over functioning. It's a way of life. It is a strategic advantage. Because eventually, the harder push just leads to a bigger burnout. And, ultimately, Chernobyl-style meltdown in your life.

Most women don't realize how much effort they're expending just to stay afloat. The pushing is subtle: tightening schedules, multitasking through meals, answering messages immediately, moving quickly even when there is no real urgency.

Over time, this pace trains the nervous system to stay alert, even when nothing is wrong. The result?

- Fatigue that doesn't resolve with sleep
- Irritability that feels out of character
- Difficulty focusing, even on things you care about
- A sense of always being "on," but rarely present

Sound familiar? This isn't ambition. This is over-adaptation. And it's why pushing harder typically backfires. Eventually.

And this is why regulation is so vital. Calm is often misunderstood as a disengagement or even complacency. But, really, it's

the nervous system's ability to stay steady under pressure, and to respond without reactivity, or act without urgency. A regulated nervous system processes information more clearly, recovers faster from stress, makes decisions with less emotional residue, and communicates boundaries without escalation. This is why calm people often appear confident, grounded, and influential. Their energy isn't scattered. It's carefully contained.

Serenity isn't the absence of strength, it's strength without friction. And friction comes from a constant state of urgency. Urgency narrows perception. It pulls attention outward, shortens patience, and makes everything feel more personal than it needs to be.

Again, sound familiar? When urgency becomes a default state, several things happen: creativity contracts, intuition goes offline, rest feels unproductive or downright elusive, and movement becomes punitive instead of nourishing. Over time, even things meant to support well-being, like exercise, meditation, self-care, become just one more thing to do, or, worse, one more thing to fail at. This creates an added sense of pressure from the very things meant to relieve it. Choosing calm, in a world of chaos, is a decision and a practice.

Peace and serenity don't arrive by accident. No one's going to wait for the right moment, tap you on the shoulder and say, "Here. Here's your dose of calm." It has to be chosen, trained, and reinforced through the body. It's shaped by how you breathe when you're under pressure, how you move when you're tired, how quickly you speak and respond, how often you give your nervous system a signal of safety. This is why calm can't be willed into existence. It has to be practiced, and in moments small enough to be repeatable.

One of my greatest teachers, Wayne Dyer, once said, "When you squeeze an orange, you get orange juice. What happens when life squeezes you? What happens when pressure is applied to you? What comes out? Is it bitterness, anger, fear, resentment...?" (You get the point.)

A few minutes of intentional movement. A pause before reacting. A guided moment of stillness when the mind won't settle down on its own. These practices don't remove challenge, but they do increase the capacity for it. In a world that constantly pushes, calm becomes discernment. It allows you to choose what deserves your energy, and what doesn't. To say no without guilt. To move deliberately rather than reactively. To trust your own timing. This is not withdrawal, this is strategy.

Calm women don't do less because they lack ambition, they do less because they understand the value of their time. They understand leverage. They understand what it means to finally have their shit together.

In the next article, we'll explore how different forms of movement either regulate or drain the nervous system. And why more intensity is not always the answer, especially for women navigating stress, hormonal shifts, or full lives. Because the goal isn't to stop moving forward. It's to move forward without burning out.

### Byline

**Gia Pirelli is a yoga and Pilates teacher and sound practitioner specializing in nervous system regulation and embodied well being. She offers short, accessible online practices designed to support calm, strength, and sustainable self-leadership. Learn more at <https://www.theembodiedself.co>**

**For more about her in-person classes or workshops, visit: <https://giapirelli.com/>**



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# COMMUNITY NEWS BRIEFS

## NEW FREE SUNDAY GROUP MEDITATION

### *Special to the Mirror*

MONTROSE-Meditation Spaces, a unique gift and fine art gallery in downtown Montrose, Colorado, has started a weekly, free meditation class every Sunday morning, which is open to anyone interested in learning, using, or expanding their knowledge of the importance and benefits of meditation.

Meditation Spaces, owned by Sangdrol Blanchard, has continued to receive requests from customers in her shop to build a community of meditation lovers on the Western Slope. When the Spiritual Awareness Center, a small local non-denominational church of 22 years, recently dissolved (owned by Rev. Arlyn who decided to retire), Sangdrol thought it might be a good time to create the meditation sessions on Sundays to fill that vacant time slot in the same location. She felt it made sense to help spiritual and compassionate practice to continue in that space every Sunday.

"So many long-time residents, and a larger group of new residents who are very connected to meditation, have been asking me to help to build a collective of like-minded people in this area," says shop owner Sangdrol Blanchard. "I'm honored to be able to help so many heart-connected individuals on the Western Slope reach out and form a strong spiritual community."

Blanchard has studied and practiced meditation for over 20 years as a Tibetan Buddhist, but the meditation sessions, while spiritually focused, are not based on one religion and are open to all spiritual faiths. Blanchard says that Tibetan Buddhism teaches that all spiritual paths with a compassionate intention should be respected equally. An example of a Sunday meditation session might be a well known and ancient practice such as Tonglen - visualizing the healing of all beings - this is a simple meditation, easy to follow, and use in our everyday lives. These Sunday sessions are considered light and easy to join in.

"The response has been surprising, with new people coming every week," Blanchard says. "Part of the attraction is, of course, to help us let go of the worry that we all deal with every day, but to also learn some new tools that help open our hearts to kindness and compassion. That message is in every faith, serves a universal truth, and can provide a path to our own happiness. I am not a teacher, I am just a simple student sharing what my teachers taught me - hoping it can help others through meditation."

The group meets to learn how to quiet the mind, reduce stress in their lives, improve their health and create spiritual connections with others. Working together, the group is hoping to form a community where everyone is encouraged to share ideas and help work towards making a difference in the world. Not just in an ordinary, everyday sense, but in a spiritual way with focused right-intention to help others.

This class is free and open to all levels of experience, and all faiths. Chairs are provided for those who may not want to sit on the floor, but a large rug is also provided for those who bring their own cushions.

### **Weekly Group Meditation**

Hosted by: Meditation Spaces, Montrose, CO

This group is non-denomination and all levels are welcomed to attend. The focus is on quieting the mind, reducing stress and learning visualization techniques that are spiritual in nature. Chairs are provided, bring your own cushion. Sessions are free, donations are welcomed.

Meeting: Every Sunday morning

Location: 602 N. Nevada Ave, Montrose, Colorado.

09:30 - 10 am: community connection.

10:00 - 10:30 am: news and guided meditation

10:30 - 11 am: quiet meditation.

11:00 - 11:15 am: closing prayers and dedication

11:15 - 11:30 am: cleanup



*Meditation Spaces. Courtesy photo.*



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# MAGIC CIRCLE PLAYERS WILL HAVE OPPORTUNITY TO PURCHASE THEATRE PROPERTY WITH BENEFIT SHOW

By Jonathan Heath

MONTOSE-At the end of a long rehearsal putting together Magic Circle Players' annual benefit show, *My Funny Valentine: Our Song*, director Lisa Rediger asked the cast, "what does theatre mean to you?"

"I get the opportunity to play a role that's different from my own life."

"The opportunity to sing and dance on stage."

"Community."

"I can act silly and not be judged."

"Nobody judges anybody and everyone is supportive."

For generations, Magic Circle Players has been a place for young and old to find community and find themselves. During the run of *Matilda* last Fall, the theatre received the news of an opportunity to purchase the land on which the theatre sits.

"At our benefit concert every year, we work to raise money for a specific project, and we're just so excited to have this opportunity," Rediger said. "We're so excited to be able to steward this opportunity, to be good stewards for our youth coming up behind us. Having *Matilda* being sold out, having a cast of 25 young people that are just anxious to do more theatre, I think it was just an apropos intersection of an opportunity to invest, and with these kids, we can't let this drop."

The history of the current theatre stretches back to a determined volunteer, Marguerite Lathrop, who approached the Montrose Recreation District about building a theatre on the property next to the

community pool (where Centennial Tower now stands). Gerald Weaver, the father of current Magic Circle board member Dru Weaver, helped draw up the original \$1 per year lease agreement in 1973. "That's been a great support for the theatre because we haven't had huge bills, or a lot of debt, so it's been very beneficial," Rediger said.

The current building opened in 1974, and generations of Montrosians have enjoyed watching and performing in live theatre ever since. Hundreds of productions have been staged by Magic Circle—the current production is #333, dating back to the founding in 1959 by Bette Dustin Spiro. The 99-year lease on the property expires August 10, 2072. "When we did the exterior, it just became reality that in 2072, when our 99-year lease expires, we don't have anything. We walk away with nothing. And I feel like too many people have invested too much for too long to take that chance," Rediger said.

Then last November came the opportunity to purchase the land as a result of a land swap agreement between the Volunteers of America (VOA) and the City of Montrose. VOA currently owns the land where the theatre is located, but will swap with the City for property off Niagara. Then the City will sell the property under Magic Circle to the theatre. "The City of Montrose has really jumped in to support us and been a voice for us, to value Magic Circle as an integral and important part of our community," said Rediger.

Magic Circle is inviting the public to come see an exciting live show full of music, dance, and laughter, and have the price of your ticket go toward helping the theatre put roots down, well past the end date of a lease, but for generations to come.

"We can't just hope that the next board or the next generation comes through," Rediger said. "We feel we have a responsibility to make this investment and leave a legacy that is this property and this building."

Then owning the land gives us so much more opportunity to even expand this to make it work better for our volunteers and our guests."

With many of the shows at Magic Circle, even after a long rehearsal, the cast lingers in the lobby, talking and laughing with each other. Rediger reflected on the experience:

"I think Magic Circle does impact the community. Whether it's the kids who are on the stage, whether it's somebody sitting in the audience...it's community theatre."

That's what the kids were saying tonight, it's community. I feel safe here, I'm not judged here. It always stuns me the number of people that come together, that put in the hours to produce theatre."

Magic Circle Players invites the community to *My Funny Valentine: Our Song*, opening this Thursday, February 5, with four shows through Sunday, February 8. Tickets are available at

[www.magiccircleplayers.com](http://www.magiccircleplayers.com) or at the box office, 970-249-7838.





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# COMMUNITY NEWS BRIEFS

## HANDS-ON MALA BRACELET WORKSHOP

### *Special to the Mirror*

GRAND JUNCTION — The Mesa County Women's Network (MCWN) will host a hands-on Mala Bracelet Workshop led by local artist Lynnea Tai of Darc Moon, offering participants a unique opportunity to slow down, create with intention, and explore mindfulness through jewelry-making.

During this immersive two-hour workshop, attendees will select from more than 20 gemstone beads, set a personal intention, and hand-knot their own mala bracelet. Lynnea Tai will guide participants through the meaning and selection of gemstones, as well as practical ways to incorporate a mala into daily mindfulness or grounding practices. All supplies are provided.

Since 2016, Tai has been hand-tying malas and sharing this meaningful art form through workshops across the region.

Based in Grand Junction, her work is inspired by the high desert landscape and surrounding outdoors, infusing each piece with a sense of place, intention, and care.

"This workshop offers a creative and reflective experience that aligns beautifully with our mission to support connection, personal growth, and community among women," said Chenoa Jenkel, President of the Mesa County Women's Network.

The event is free for MCWN members and \$30 for non-members. Please note that this workshop is not eligible for the MCWN PLUSONE benefit; each attendee must be individually registered. Space is limited.

The Mesa County Women's Network connects women through professional development, meaningful events, and community-building opportunities that support personal and professional growth.

**Date: February 24, 2026 Time: 6P-8P Location: Fat Cat Pottery, 552 Main Street, Grand Junction, CO Tickets: MCWN.US Free for members, \$30 for non-members**



*Open House*  
VALENTINE CELEBRATION

*Join us for this free event!*

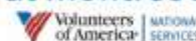
Delicious dessert bar, non-alcoholic chocolate strawberry martini & a drawing to win two dozen roses. Must be present to claim prize.

FEBRUARY 12 2:00 - 4:30 PM

**Tours Available!**  
Visit with our Friendly Staff

*Live music with David Nunn from 3-4:30 pm*

The Homestead  
at Montrose



1819 Pavilion Drive, Montrose, CO  
970-964-3400 | MontroseInfo@voa.org

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# COMMUNITY NEWS BRIEFS

## CHANGE OF VENUE FOR HISTORICAL SOCIETY PROGRAM

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



**Dr. Rasheed Abiola**



**Dr. Adam Archie**

Spine Surgeons



**Dr. Ryan Hagens**



**Dr. William Summers**

Pain Management Specialists

From diagnosis to treatment, our collaborative Spine & Pain team delivers personalized care designed to improve function and quality of life.



Spine & Pain Center

MRH Spine & Pain Center  
3330 S. Rio Grande Ave.  
Montrose, CO 81401  
970-252-2584  
[MontroseHealth.com/Spine](http://MontroseHealth.com/Spine)

*Special to the Mirror*

MONTROSE-A change in venue! This Wednesday, Feb. 4 at 7 pm, the Montrose County Historical Society general meeting and program will be in the Pioneer Room of Friendship Hall on the Montrose County Fairgrounds. Please enter through the small door just to the left of the North Second Street main entrance to Friendship Hall.

Montrose County Historical Society presents local historian Bob Cox sharing his research of the hoe coal industry developed a connection to auto racing.

The public are welcome, there is no charge for the Societies monthly meetings and programs. Light refreshments will be available.

## COLUMBINE QUILTERS TO MEET FEB. 7

*Special to the Mirror*

MONTROSE-On February 7, 9 am Columbine Quilters will meet at Welcome Home Alliance Warrior Resource 4 Hillcrest Plaza Way, Montrose. Social time is at 9, Business Meeting at 9:30, followed by Show-and-tell, refreshments and a program. Sally Nichols will be sharing on how to use the Twister ruler by Twister Sisters. This ruler simplifies making pinwheel blocks. A sew-in follows. For more information: Paula [millsappscooi@gmail.com](mailto:millsappscooi@gmail.com) or Cheryl [cjquilts50@gmail.com](mailto:cjquilts50@gmail.com)

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## LESLIE GORE WITH CENTURY 21 ELEVATED PROUDLY PRESENTS



901 6530 Rd., Space #3211 • Montrose  
MLS #828659

### Lovely Manufactured Home in Established Community

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

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

**Walk-In Closets:** Ample storage space in each room, including walk-in closets, to keep your home organized and clutter-free.

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

**Flexible Parking Options:** Covered carport for two with tandem parking for up to four cars, plus an additional uncovered parking spot—ample space for vehicles and guests.

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



Price Adjustment  
**\$135,000.00**

3 bedroom  
2 bathrooms

### CONTACT:

📞 19702753195  
✉️ [lesliegorerealtor@gmail.com](mailto:lesliegorerealtor@gmail.com)  
🌐 <https://tinyurl.com/LeslieGoreC21>





# MIRROR CHURCH DIRECTORY

## ALL SAINTS ANGLICAN CHURCH

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

**Office Hours:** By appointment.

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

Sunday School 9:15 a.m.

Sunday 10:30 a.m.

Sunday 6 p.m.

Wednesday Bible Study/Prayer 7 p.m.

## 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](mailto: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](mailto:celebrationmontrose@gmail.com)

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

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

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

**Senior Pastor:**

Pastor Brandon Mathis

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

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

**Demographics:** Multi-generational

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

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

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

## CHRIST'S CHURCH OF THE VALLEY

**Name of Church:** Christ's Church of the Valley

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

**Address:** 10 Hillcrest Plaza Way. Montrose, CO 81401

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

**Contact information:**

Phone: 970-249-0530

Email: [CCVMontroseCO10@gmail.com](mailto:CCVMontroseCO10@gmail.com)

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

**Name of current Senior Pastor:** Ken 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](http://www.montroselutheran.org)

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

**Pastor:** Tim Onnen

**Worship:** Sundays at 9 AM

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

find friendly people gathered in a 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](mailto:spirit@communityspiritucc.org)

**Website:** [communityspiritucc.org](http://communityspiritucc.org)

**Current Pastor:** Rev. Wendy Kidd

**Worship service:** Sundays at 11am

**Mission:** Our commitment to a more 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](mailto:office@ccfmontrose.net),

[www.ccfmontrose.net](http://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](mailto:mncfirst@gmail.com), [www.montrosenazarenechurch.org](http://www.montrosenazarenechurch.org)

**Pastor:** Interim Pastor Ian Hyde

**Services Sunday:** Worship 10:30

AM, Discipleship Hour: 9:30

AM. Discipleship Hour has classes across all age groups. Nursery for children UNDER 3 is available during Worship.

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

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

## FIRST PRESBYTERIAN CHURCH MONTROSE

**Affiliation:** Presbyterian

**Address:** 1840 E Niagara Rd. Montrose

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

**Contact:** 970-249-4732, [info@fpcmontrose.com](mailto:info@fpcmontrose.com),

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

**Pastor:** Rev. Dr. Jesse G. Mabanglo

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

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

## HILLCREST CONGREGATIONAL UNITED CHURCH OF CHRIST

**Denomination affiliation:** United Church of Christ

**Address:** 611 South Hillcrest Drive, Montrose, CO 81401

**Office hours:** By appointment

**Contact information:**

Phone number: (970) 249-9047

Email address: [office@montroseucc.org](mailto:office@montroseucc.org)

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

**Current Pastor:** Rev. Wendy Kidd

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

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

on life's journey.

Church demographics: HCUCC welcomes all ages to worship with

us. (predominately family, youth, seniors, singles)

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

## MONTROSE UNITED METHODIST CHURCH

**Denomination Affiliation:** United Methodist

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

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

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

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

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

**Worship service times:**

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

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

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

## ROSEMONT BAPTIST CHURCH

**Affiliation:** Southern Baptist

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

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

**Contact information:**

**Phone:** 970.249.4887

**website:** [www.RosemontBaptist.org](http://www.RosemontBaptist.org)  
[youtube.com/@rosemontbaptistchurch](https://youtube.com/@rosemontbaptistchurch)  
[facebook.com/RosemontBaptist](https://facebook.com/RosemontBaptist)

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

**Senior Pastor:** Rolland Kenneson

**Worship Service Time:** Our engaging and relevant Sunday Worship Service is at 10:45 AM.

We also have small groups we call L.I.F.E. Groups for all ages on Sunday mornings at 9:15 AM.

We strive to have each of our small groups live L.I.F.E. together.

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 where they are at in life.



# MIRROR CHURCH DIRECTORY From previous pg

## ST. STEPHEN'S ANGLICAN CHURCH

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

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

**Contact:** [ststephensmont-](mailto:ststephensmont-rose@yahoo.com)

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

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

**Rev. Dec.** Garrett Agajanian

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

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

**Sunday:** Holy Communion 10 am.

Fellowship following service.

Children's nursery available (unstaffed).

## VICTORY BAPTIST CHURCH OF MONTROSE

**Denomination Affiliation:** Independent Baptist

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

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

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

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

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

**Current Pastor:** Roland Kassales

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

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

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

### Church Directory

#### Mirror Editorial Staff

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

### Mirror:

Name of church

Denomination affiliation

Address Office hours

Contact information (phone number, email address, website)

Name of current Senior Pastor

Worship service times

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

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

Do your church services include Sunday School and childcare?



### Premier Sponsor:

Montrose Farmers Market  
970-249-0705

Horsefly Brewing  
970-249-6889

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

Fiesta Guadalajara  
Re-Opening 2026  
970-249-2460

El Jimador  
970-249-8990

Busy Corner White Kitchen  
970-323-6215

Delta: CB's Tavern  
970-399-3570



Alpen Confections  
970-648-0609

Crash Burger  
970-249-0825

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

Tacos & Beer  
970-964-4448

Tacos & Beer on Main  
970-964-4999

Pahgre's  
970-249-6442



Lighthouse Eatery  
970-964-7570

Ray's Corner Cafe  
970-417-4340

Rib City  
970-249-7427



Stone House  
970-240-8899

Sidelines Sports Bar  
970-765-0129

Amelias Hacienda Restaurante  
970-249-1881

Delta: Pour Ernie's  
970-546-0074





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- Creating a customized plan to market and sell your property
- Understanding your unique needs and creating a customized plan to ensure your home meets those needs now and in the future
- Utilizing specialized knowledge in reverse mortgages, 401(k) accounts, and IRAs for your real estate transaction
- Connecting you with their vast network of movers, attorneys, home inspectors, and other experts to help you through the process



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Email: realtor@pegevanoika.com



## COMMUNITY NEWS BRIEFS

### MY FUNNY VALENTINE: OUR SONG-PERFORMANCES

#### *Special to Art & Sol*

MONTROSE-Our Song is a joyful, genre-hopping musical comedy about a girl on a mission to find the perfect love song—and maybe true love along the way. With the help of a reluctant fairy godmother's assistant, she travels through decades of iconic hits, diva ballads, and dance-floor anthems. But the more songs they try, the more she wonders: does the perfect love song even exist... or is love a little more offbeat. Directed by Lisa Rediger, Assistant Director Rachelle Rediger.

My Funny Valentine Our Song— Thursday, Feb. 5th-7:30pm MST

My Funny Valentine Our Song—Friday, Feb. 6th-7:30pm MST

My Funny Valentine Our Song—Saturday, Feb. 7th-7:30pm MST

My Funny Valentine Our Song—Sunday, Feb. 8th-7:30pm MST

Tickets at [magiccircleplayers.com](http://magiccircleplayers.com). Magic Circle Players, 420 S 12th St, Montrose. Box office: 970-249-7838.





# 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](mailto: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](http://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](http://blackcanyonaudubon.org).**

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

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

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

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

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

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

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

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

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

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

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

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

## MONTHLY

**Feb. 3-April 10**-The Montrose AARP Tax-aide site will be in operation from February 3<sup>rd</sup> through April 10<sup>th</sup> 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.

**Feb. 4**-A change in venue! This Wednesday, Feb. 4 at 7 pm, the Montrose County Historical Society general meeting and program will be in the Pioneer Room of Friendship Hall on the Montrose County Fairgrounds. Please enter through the small door just to the left of the North Second Street main entrance to Friendship Hall. Montrose County Historical Society presents local historian Bob Cox sharing his research of the hoe coal industry developed a connection to auto racing.

The public are welcome, there is no charge for the Societies monthly meetings and programs. Light refreshments will be available.

**Feb. 5**-Montrose Women's Giving Club scheduled for Thursday, Feb. 5 at 5:30pm, Bridges Golf and Country Club. ALL WOMEN WELCOME!!!!

**Feb. 7**-At 9 am Columbine Quilters will meet at Welcome Home Alliance Warrior Resource **4 Hillcrest Plaza**

**Way**, Montrose. Social time is at 9, Business Meeting at 9:30, followed by Show-and-tell, refreshments and a program. Sally Nichols will be sharing on how to use the Twister ruler by Twister Sisters. This ruler simplifies making pinwheel blocks. A sew-in follows. For more information: Paula [millsappscoui@gmail.com](mailto:millsappscoui@gmail.com) or Cheryl [cjquilts50@gmail.com](mailto:cjquilts50@gmail.com).

**Feb. 12**-On Thursday, Feb. 12 7 p.m. Black Canyon Audubon Society will host Don Marsh, who will continue to share his African adventures Part 2: Birding the Kenyan Coast and Nairobi National Park. Don is a gifted photographer and even more gifted birder and we are lucky to have him present his excellent images of the wildlife in this part of Africa. The Montrose Field House Summit Room, 25 Colorado Avenue, Montrose. For more information about the speaker and topic go to programs at [blackcanyonaudubonsociety.org](http://blackcanyonaudubonsociety.org).



## MY FUNNY VALENTINE: OUR SONG!



**Don't miss "My Funny Valentine: Our Song!"**

*Presented by Magic Circle Players, the production is a joyful, genre-hopping musical comedy about a girl on a mission to find the perfect love song—and maybe true love along the way. With the help of a reluctant fairy godmother's assistant, she travels through decades of iconic hits, diva ballads, and dance-floor anthems. But the more songs they try, the more she wonders: does the perfect love song even exist... or is love a little more offbeat. Directed by Lisa Rediger, Assistant Director Rachelle Rediger.*

**SAVE A TREE READ THE MIRROR**