



ONLINE NEWS  
ASSOCIATION

**FRESH NEWS FOR BUSY PEOPLE!**

© Issue No. 676 Feb, 9, 2026

**Find us online:**  
[www.montrosemirror.com](http://www.montrosemirror.com)

**Please support our advertisers!**

**scott's**  
printing & design

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



**Alpine Bank**

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

  
**Montrose**  
REGIONAL HEALTH

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

**CENTURY 21**

<https://the-res.com/>



**CIMARRON CREEK**

<https://cimarroncreekcommunity.com/>

  
**Hidden  
Lake**

<https://thehiddenlakecommunity.com/>

  
**WHITEY'S**  
HOME IMPROVEMENT INC.

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

# the Montrose Mirror

## CANDIDATES SHOW UP FOR CITY COUNCIL INFO SESSION



*A Montrose City Council Candidate Information Session was held on Feb. 3. According to their district, the names of the candidates were put into a bowl and drawn for the order in which they will appear on the ballot. (L to R) Montrose City Clerk Lisa DelPiccolo, with the assistance of Montrose City Youth Council Mayor Jordyn Simo, conducted the drawing. Photo By Gail Marvel.*

By Gail Marvel

MONTROSE-A Montrose City Council Candidate Information Session was held on Feb. 3 at 5p.m. City Clerk Lisa DelPiccolo said, "We have 11 candidates. This is the largest number of candidates we've had since 2020." The order in which the candidates' names appear on the ballot was determined through a random drawing.

The 45-minute session, with an attendance of approximately 40 people, included City Council, department heads, all candidates, and citizens. Mayor Dave Frank, as the official spokesperson for City Council, asked all attendees to introduce themselves. Following Frank's general comments about serving on the city council, there was candidate Q & A, and 15 minutes for individual networking.

Frank said, "We are nonpartisan. Remember it at all times. Our meetings are mandatory. Council meetings and work sessions

***Continued pg 14***

## BOCC APPROVES BARTOL REZONE, DENIES OLD SCHOOL LODGE

By Caitlin Switzer

MONTROSE-The Montrose County Board of Commissioners (BOCC) kept their morning session relatively brief on Wednesday, Feb. 4, with a second meeting scheduled for 6pm that evening to allow more citizens to weigh in before the final decisions on two hotly contested Planning & Development decisions were made. All commissioners were present, with Commissioner Sean Pond attending virtually.

BOCC Chair Sue Hansen greeted those in attendance and opened the session. Following the Pledge of Allegiance, Pastor Curt Mudgett of Cedar Creek Church delivered the Invocation. "...It's nice to be in the beautifully renovated building," Mudgett said. "So let's pray...Heavenly Father we're grateful for this day that you have made, we're reminded that you are Lord over all, each of



***Continued pg 6***

*Montrose County Planning & Development Director Tallmadge Richmond presented a plaque to David Seymour at the BOCC meeting of Feb. 4 in recognition of Seymour's 18 years of service on the Montrose County Planning Commission. Meeting Screenshot.*

[Youth City Council Presents Proclamation  
in Support of Gun Violence Awareness!](#)

[Red Hawks Sports:  
By Cliff Dodge!](#)

[The Satisfied Self:  
Column by Gia Pirelli!](#)

[Local Church Directory!  
Cartoon by Tim Jones!](#)



© 2011 Scholastic Inc.

## STEAM Storytime

**Friday,  
February 13  
10:30 - 11:30 PM  
Library Meeting Room**



Join us for stories and activities all about STEAM (Science, Technology, Engineering, Art, Math).

**This program is designed for kids  
3-7 years old.**

320 S 2nd, [www.montroselibrary.org](http://www.montroselibrary.org)  
Mon-Thurs 10-7, Fri 10-6, Sat 10-5, Sun 1-5,  
(970)249-9656.

MONTROSE REGIONAL  
**LIBRARY DISTRICT**

# MIRROR CLASSIFIEDS

# NOTICE OF SALE

**PUBLIC NOTICE:**

Fruit Park Storage and  
San Juan Storage  
727 Fruit Park Road  
Montrose, CO 81403

The Date of eviction sales has been changed to  
February 28, 2026, 9:00 a.m.

Fruit Park Storage  
727 Fruit Park Road  
Montrose, CO 81403

Lacy Halsor  
16357 Chipeta Road Unit A  
Montrose, CO 81403  
Unit C24 Fruit Park Storage

Remington Usrey  
325 W. Main Street #34  
Montrose, CO 81401  
Unit A00 Fruit Park Storage

Peter Kaiser  
647 N. Ute Avenue  
Montrose, CO 81401  
Unit C40 San Juan Storage



## A New Market Requires A New Strategy

*The 2026 housing market isn't a sprint you run alone; it's a marathon where expert coaching makes the difference between hitting a wall and reaching the finish line*

We've moved past the "wait and see" era. Across Montrose, we are seeing a return to a balanced market - one where buyers have more choices and sellers have more stability. But a balanced market is also more complex. Every decision requires a deeper level of data and a sharper eye for detail

### **How a Montrose Association Realtor® guides you in 2026:**

- Pricing with Precision: In a market where buyers are more selective, "guessing" a price is a liability. Your Realtor uses real-time local data to ensure your home is positioned to sell, not sit.
- Navigating New Options: With inventory rising nearly 9% this year, having a professional to filter through the noise helps you find the right property faster.
- Negotiating with Confidence: Multiple-offer frenzies have faded, but negotiation has become an art form. From rate buydowns to inspection repairs, your Realtor advocates for your bottom line.
- The "Thaw" Advantage: As mortgage rates stabilize, your Realtor helps you understand your true purchasing power and connect you with local lenders who know the Montrose landscape.

### **Is your agent a member of the Montrose Association of Realtors®?**

*Expertise for the Market of Today.  
Commitment for the Community of Tomorrow.*

# UPDATED GUIDELINES FOR LETTERS TO THE EDITOR

**Not Just a Better Deal. A Better Dealership!**  
**Montrose Ford-Nissan** SINCE 1986!

**Make Your Service Appointments Online**

**ANY Make, ANY Model!**

Or phone 970-249-4576 - The choice is yours - click or call!

We will not be undersold on tires! Backed by Ford's National Network of Dealers



Subject to dealer-established retail purchases only. Requires presentation of competitor's current price guarantee or match guarantee within 30 days after purchase. For complete details, guarantee applies only to new tire purchases on authorized websites. Excludes tires sold by the Coopers on marketplace sites and any resellers. Limited time offer, subject to manufacturer's through-warranty terms. See your Service Advisor for details.

**BEST of the Valley for 2025!**

- **BEST New Auto Dealer**
- **BEST Oil Change Shop**
- **BEST Auto Repair**



**Ford** MONTROSE FORD - NISSAN, INC.

**970-249-4576**  
**MontroseFordNissan.com**

## 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*

*Editor: Caitlin Switzer*

*Publisher: Harry Switzer*

*Of Counsel: B. Switzer, Esq.*

*For information, advertising opportunities, or to submit content:*

*Email: [Editor@montrosemirror.com](mailto:Editor@montrosemirror.com)*

*Website: [www.montrosemirror.com](http://www.montrosemirror.com)*

*Connect with us on social media:*

[www.Facebook.com/MontroseMirror](http://www.Facebook.com/MontroseMirror)

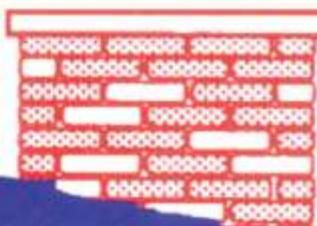
[www.instagram.com/MontroseMirror](http://www.instagram.com/MontroseMirror)

*We welcome community contributions and commentary! Please note, submitted content does not necessarily reflect the views of the *Montrose Mirror* or its editorial team. In addition to the Online News Association, we hold memberships in the Colorado Press Association and Society for Professional Journalists.*

ONLINE NEWS  
ASSOCIATION

coloradopress  
ASSOCIATION NETWORK





# WHITEY'S HOME IMPROVEMENT, INC.

## Replacement Windows

- Vinyl Insulated Low E Glass
- Windows & Patio Doors

## Entry Door System

- Insulated Steel & Fiberglass • Many Styles

## Storm Doors

- Heavy Duty • Many Styles & Colors

## Exterior Siding - Low Maintenance

- Insulated Vinyl • Aluminum or Steel

## Eaves & Overhang Coverings

- Vinyl-Aluminum • Low Maintenance

## Seamless Rain Gutters

- 5" & 6" Aluminum, Steel, and Copper
- Over 30 Colors Available

## Gutter Leaf Guard

## Patio Covers & Lattice Pergolas

- Steel & Aluminum - Any Size
- Attached or Freestanding

## Mobile Home Improvements

- Roofing, Windows, Doors, & Siding

## Skylights & Sunubes

- Many Sizes & Styles

**Before You Buy, Give Whitey's a Try!**  
**“Serving the Local Area Since 1947”**

**Montrose**  
**970-249-9603**

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

**Delta**  
**970-874-3665**

## ***BOCC APPROVES BARTOL REZONE, DENIES OLD SCHOOL LODGE REZONE From pg 1***

us are a creation of yours...we're grateful for your provision and your love, we ask for your wisdom today so that what is accomplished is good for everyone who will be impacted, and may all be harmonious in their part for what this meeting and day holds...the chief end of man is to glorify God and enjoy him forever..."

BOCC Chair Sue Hansen said, "Thank you Pastor, always good to have Curt Mudgett here to make us smile."

### **PUBLIC COMMENT PERIOD**

There were no comments from the public on non-agenda items.

### **CHANGES TO THE AGENDA**

Clerk to the Board of County Commissioners Melissa Howie had no changes to the meeting agenda.

### **CONSENT AGENDA**

Consent Agenda items were approved, with Resolution No. 3-2026 assigned to Item 10.

### **GENERAL BUSINESS AND ADMINISTRATIVE ITEMS**

The Board took time to recognize David Seymour for his 18 years of service to the County Planning Commission., "A genera-

tion of land use decisions," noted Planning & Development Director Tallmadge Richmond. Planning Commission Chair Dennis Murphy, who was also appointed in 2007, spoke about some of the weighty decisions that were made during Seymour's many years of service.

"It was my pleasure to serve the citizens of Montrose County," Seymour said. "I would do it again if I had to."

The BOCC approved the appointment / reappointment of members of the Montrose County Airport Advisory Board for a Term of three years expiring Feb. 4, 2029:

#### **Reappointed:**

John Reams  
Matt Skinner  
Lynn French  
Mike Nelson

#### **Newly Appointed:**

Jay Moyer  
The BOCC appointed Josh Hansen and Kaleb Lee to the Montrose County Fair Board for a term of three years expiring Sept. 1, 2029.

### **PLANNING AND DEVELOPMENT GENERAL BUSINESS**

Commissioners approved the first Planning and Development item, the [MD Ranch Minor Subdivision Number 2 \[MI25-019\] proposal](#) to divide three lots from 82.98 acres at Parcel 399315300065.

The next two items were continued from previous meetings and were continued again to the meeting at 6pm. Commissioners heard comments from the public as well as the applicant:

-The [Bartol Rezone \[RZ25-003\] proposal](#) to rezone 3.2 acres from General Agricultural to General Business at Parcel 399335100001; and

- The [Old School Lodge Rezone \[RZ25-004\] proposal](#) to rezone 2.21 acres from General Agricultural to General Business at Parcel 399336201023.

Comments are also included in the [meeting packet](#).

At the evening meeting. Commissioners voted two to one to approve the Bartol Rezone, with Commissioner Sean Pond voting to deny. The Old School Lodge Rezone was denied on the basis that only one foot of the property was located in the designated commercial node.



A government watchdog shining the light on Constitutionality of policy and fiscal responsibility of Colorado's State and Local government and beyond.



Scan me

<https://USALibertyreport.com>

- Insightful Political Commentary
- New Content every Tuesday
- Breaking news when it happens!

Join our email and text list.



Scan me

# REGIONAL NEWS BRIEFS

## WESTERN SLOPE RESIDENTS CAN OPEN A SPECIAL ENROLLMENT PERIOD DURING TAX TIME: JUST MARK THE BOX ON YOUR COLORADO INCOME TAX RETURN

*Special to the Mirror*

MONTROSE— As tax season officially begins, Tri-County Health Network (TCHNetwork) is reminding community members that they can open a Tax Time Special Enrollment Period by marking the box on their Colorado Income Tax Return. This is a simple way to enroll in a 2026 health insurance plan through Connect for Health Colorado.

This unique enrollment window is triggered when residents filing their 2025 State Income Tax Return (Form DR 0104) indicate that they or a household member lack health insurance. By checking this box, the Colorado Department of Revenue securely notifies Connect for Health Colorado®, opening a 60-day window for the filer to shop for and select a plan.

"Living in rural Western Slope communities comes with unique challenges, and navigating health insurance shouldn't be one of them," said Amy Rowan, Co-Executive Director at Tri-County Health Network. "This Special Enrollment Period

helps families who missed the deadline to enroll in January."

### Bridging the Coverage Gap in Rural Colorado

For the 2026 plan year, an estimated 65% of Marketplace customers qualify for financial assistance. Additionally, the new Colorado Premium Assistance program provides state-funded savings for middle-income households, helping offset rising costs in rural Colorado.

TCHNetwork serves as a vital bridge for the region, offering community members enrollment assistance through one of its Certified Health Coverage Guides, who are certified by Connect for Health Colorado.

A Certified Health Coverage Guide can assist you in selecting your plan and provide you with health literacy to make an informed decision for you and your loved ones.

### How to Get Help

Residents are encouraged to contact TCHNetwork to ensure they receive the financial assistance for which they qualify

and obtain the coverage they need. These services are free, confidential, and available to all community members regardless of income.

To schedule an appointment with one of TCHNetwork's Certified Health Coverage Guides, you can:

-Schedule an appointment by visiting [www.tchnetwork.org/programs/insurance-assistance](http://www.tchnetwork.org/programs/insurance-assistance)

-Or Call TCHNetwork at 970.708.7096  
Whether you are filing your taxes independently or through a professional tax preparer, remember to "check the box" to ensure you and your loved ones are covered in 2026.

**About Tri-County Health Network (TCHNetwork) is a regional non-profit committed to collaborating with their communities to improve health for everyone. Their coverage area spans across Delta, Montrose, Ouray, San Miguel and the West End of Montrose counties. Visit [www.tchnetwork.org](http://www.tchnetwork.org) to learn more about the services they offer.**

## ATTENTION CLASS OF 2026 PARENTS!

**NEW EXTENDED HOURS!**



**URGENT CARE**

### HOURS

**MONDAY – SATURDAY  
7:00 AM – 7:00 PM**



**COMPASSIONATE CARE  
CLOSE TO HOME**

296 STAFFORD LN • DELTA, CO • 970.874.5777 • DELTAHEALTHCO.ORG

*Special to the Mirror*

MONTROSE-The Senior Safe Party for the Class of 2026 is just around the corner, and we'd love for you to join us for an important Parent Information Meeting.

Date: Thursday, Feb. 12

Location: Montrose Christian Church, 2351 Sunnyside Rd

Time: 6:15 pm

This meeting is your chance to learn all about the Senior Safe Night Party—a beloved tradition designed to give our seniors a safe, fun, and unforgettable final night together. This event is not sponsored by the school, but organized and funded entirely by parents and community support. We rely on the involvement of ALL parents—whether by volunteering your time, donating financially, or connecting us with local businesses willing to contribute.

Have any questions, please call or text.

Please reach out to:

Charity Womack – 970-209-0297

Jessica Pelham – 970-275-2106

# SPECIAL ENROLLMENT PERIOD: TAX TIME

Scan the Code to Schedule your appointment!



To see if you or members of your household qualify for free or reduced-cost health coverage, check this box if:

- You are a Colorado resident and at least one person in your household does not have health coverage **and**
- You give permission for the Colorado Department of Revenue to share the information on Form DR 0104EE with Connect for Health Colorado (the Colorado Health Benefit Exchange) and the Department of Health Care Policy & Financing.

## Miss Open Enrollment?

You can still enroll in your 2026 Health Insurance plan by **CHECKING THE BOX** on your Colorado Income Tax Form CO DoR104!

Call 970.708.7096 to schedule your appointment with a Certified Health Coverage Guide!



TRI-COUNTY HEALTH NETWORK



# OPINION/EDITORIAL: LETTERS

## THERE IS A MOVEMENT TO BRING DOWN THE CONSERVATIVE SCHOOL BOARD DIRECTORS

Editor:

There is a very insidious movement that is happening against the Conservative School Board Directors. It appears to be instigated by the School Board Superintendent, her sycophants, and the group Indivisible (<https://colorado-indivisible.squarespace.com>).

The Superintendent seems to be trying to undermine the School Board President, Neisha Balleck, by making excruciatingly long meetings and organizing protests against hiring a conservative lawyer for the Board, Brad Miller. What Superintendent Stephenson keeps forgetting (or wants to forget) is that she was hired by the Board and is supposed to get her marching orders from them. Of course, with the previous Board, Dr. Stephenson was able to tell THEM what to do and they were very obedient.

The new Board Directors did not win by small margins. The voters of Montrose County spoke and declared they wanted new leadership--more conservative leadership. Needless to say, many progressives and non-conservatives were stunned by the victories, and are now, with the guidance of our Superintendent, want to bring down the new Directors. By the way,

the word "recall" was thrown out before the new Directors were even seated.

### Falsehoods and Lies Spread About Brad Miller

A message on The Montrose Message Board was posted by "an educator here in Montrose" called No Name. She made a clarion call to Indivisible to show up *en masse* at the next school board meeting (February 10) wearing red shirts to protest the hiring of this "book-banning, fear-mongering attorney." There was a lot more in this post, but it was removed. Much of the misinformation is being fed by a group in Fort Collins called The Thompson School District Reform Watch Group (<https://www.facebook.com/TSDReformWatch/>). When Neisha Balleck was running last fall, this group perpetrated lies about her. No Name and her buddies are swallowing misinformation on social media and are not checking the facts. This is the main reason we have such division in our country; people blindly believe what they see and hear instead of pursuing truth. Many people are getting sucked into these lies and are not asking themselves "Are these things really true?" Social Media is driven by emotion and algorithms, and has been proven to feed

depression and suicidal thoughts. (Sorry for the rabbit trail.)

The truth is Brad Miller is a Conservative and that is the main reason feathers are rustling. He desires, as the conservative members desire, to protect our students and parental rights. The fear-mongering that No Name is accusing Miller of is exactly what she and her cohorts are doing. They fear that they won't have control over our students and prevent parents from being involved in decisions, such as "gender affirming care" and other issues, that will affect the rest of their lives. They want the public school to parent the kids and feed them ideologies instead of basic skills to succeed in life.

### The Facts

There has been so much misinformation about Brad Miller and what he might do, i.e., fire teachers, administrators, etc. The fact is that any Board lawyer has NO POWER to fire or hire. His job is to advise the Board and the Board decides what to do.

Check your facts! Contact the Miller, Farmer, Carlson firm yourself (<https://www.millerfarmerlaw.com/>)!

Leah Vandersluis  
Montrose, CO



### Why Are There NO REAL Term Limits for City Council?

I asked the same question! And with your support and your **vote on April 7th**, I'm proposing a simple change to the Montrose City Charter to: Establish **REAL** Term Limits for Members of City Council.

**Currently**, council members can serve **two consecutive four-year terms, then return after a four-year break**. This perpetuates stale perspectives and an elitist attitude. The cycle fosters entrenchment and reduces accountability.

My proposal will **let voters decide if there should be a lifetime cap**. Which will inject fresh ideas and ensure leaders listen. It is time for true term limits in Montrose.

*In our Republic, we elect our Representatives, but if we don't show up and Vote, 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 7<sup>th</sup>**

<https://mjb4Montrose.com>

**Montrose Strong: Community, Family, Freedom with MJB**



MJB4Montrose



Scan to Donate

## OPINION/EDITORIAL: LETTERS

### LISTENING AFTER A VOTE IS NOT THE SAME AS LISTENING

*Editor:*

I've reviewed the agenda for the **Montrose County School District RE-1J Board Meeting** scheduled for **Tuesday, February 10, 2026**, and I'm concerned about how decisions are being made that affect our children and their schools.

#### 1. A rushed decision that impacts all students

The Board agenda lists "Comprehensive Legal Counsel Presentations." Yet, for this critical decision, firms are given only five minutes! The law firm selected will be the *single, comprehensive legal counsel* for the entire district. That legal counsel will help guide decisions that affect student safety, staff support, special education services, and parents' rights. Five minutes per firm does not feel like enough time to fully understand who will be representing our children's interests, and it leaves parents and the community wondering whether this decision has already been made behind closed doors.

#### 2. Choosing a firm tied to charter schools raises concerns

One of the firms being considered, **Miller, Farmer, Carlson**, currently represents **Vista Charter School** and assisted with the application for **Montrose Classical Academy**, another charter school in our district. Parents of neighborhood public schools deserve to know that the district's *sole legal counsel* is fully independent and focused on *all twelve public schools*, not closely connected to a particular type of school with different governance and priorities. Even the appearance of favoritism erodes trust.

#### 3. Parents and the community are being asked to speak after the vote

Perhaps most concerning, community input has been scheduled *after* the Board votes on this decision. Asking for public comment only after a vote disregards the very parents and community members who elected you to serve. Many times in board meetings, thoughtful comments made during community input help clarify concerns, raise issues that have not been fully considered, and ultimately inform how Board members vote. Listening after the vote is not the same as listening.

Selecting a legal firm matters. They will shape the legal guidance behind budget decisions, curriculum adoptions, discipline policies, special education protections, staffing disputes, and how the district responds when families raise concerns. Parents deserve transparency, fairness, and a real voice in the process.

If you share these concerns, please consider attending Tuesday's Board meeting. The meeting begins at **6:30 p.m.**; arriving by **6:00 p.m.** is recommended to ensure seating.

*Linda Gann, Montrose*

## Make Integrated Dermatology of Montrose your skincare destination of choice!



Spencer Hamner,  
PA-C

*Se habla Español*

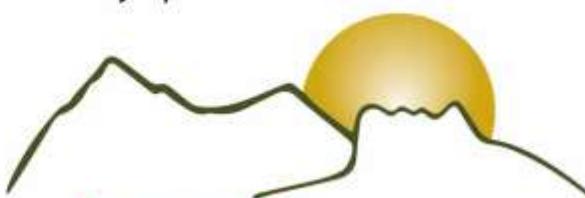


Carly Routzahn,  
PA-C

3480 Wolverine Dr.  
Suite F  
Montrose, CO  
**OPEN M-F 8AM-5PM**

### Providing safe, sophisticated care featuring:

- Precancer & Cancer Screenings
- Skin, Nail, & Hair Disease Treatment & Management
- Non-Invasive Repair of Damaged Skin
- MOHs Surgeries
- Cosmetic Procedures
- TeleDerm Appointments
- Parking Lot Check-Ins
- Monthly Specials



**INTEGRATED  
DERMATOLOGY of Montrose**

Call today at **970-252-7444** or visit us at:

**www.IntegratedDermatologyofMontrose.com**

## OPINION/EDITORIAL: LETTERS

# ICE DEMONSTRATIONS ARE TODAY'S RESISTANCE

*Editor:*

I have often wondered that if I had been in Nazi Germany how I would have reacted to the persecution of the Jews. I'm blond and blue-eyed, so I'd be "safe". Would I have resisted, risked my life, gone underground? I honestly don't know.

The demonstrations against ICE in Minnesota and elsewhere are resistance today. So is the refusal of many communities to have detention facilities (concentration camps) in their states.

I hope and pray this resistance continues and I know today I will be a participant.

Put Saturday, March 28<sup>th</sup> on your calendar and show up. I'll be there.

*Jo Clugg, Montrose*

# ALIGNING MUNICIPAL ELECTIONS IS A GREAT IDEA

*Editor:*

What a great idea MJB!!! Make a simple change to Montrose City Charter to align Municipal elections with the November Congressional schedule! That would help eliminate Voter Fatigue and bring more people to vote for local priorities. Isn't that COMMON SENSE??? So Colorado Freedom Fighters, let's support this "Common Sense" candidate and get it done!

*Carol McBride, Montrose*

# TO THE MONTROSE COUNTY SCHOOL BOARD MEMBERS

*Editor:*

I am a resident of Montrose County and my children, 7th and 10th grade, attend Montrose public schools. I am writing to express my deep concerns about the consideration to hire Attorney Brad Miller to represent the Montrose School Board. It is no secret that Miller is deeply engaged in the politics of conservative education reform.

Brad Miller is bad news. The districts he has been involved with have been marred by financial mismanagement, large staff turnover, silencing parents and teachers, legal threats against the district, and rising legal fees.

According to Chalkbeat Colorado "Miller and his firm have long represented a number of conservative-leaning Colorado school districts and charter schools, including several currently involved in high-profile legal fights over library book bans and other violations of civil liberties." In Miller's first full year as attorney for Woodland Park School District, they were the target of multiple lawsuits resulting in increased legal costs by roughly 900%. This was all due to questionable policies

enacted under his guidance. The American Civil Liberties Union is litigating the case for two students in the Elizabeth School District, also represented by Miller, who objected to the removal of 19 books from their school libraries; costing the district over \$50,000 in additional legal fees.

Miller works in cooperation with Alliance Defending Freedom, an Arizona-based group involved in high-profile conservative legal causes, to test "the legalities around the issue of whether a public school may provide religious education." I am a firm believer in separation of church and state, freedom of religion, and freedom from religion.

Our public education resources should not be put towards funding religious education. Our current resources are already scarce, and the local taxpayers clearly do not want to allocate more funding to our schools.

That was proven by the overwhelming rejection of ballot measure 5A in 2024 and more recent the local voters' rejection of ballot measure of LL and MM.

During the last election, all the candidates ran on a platform of empowering parents,

being fiscally prudent, and keeping education free from ideological agendas. For example, Scarborough rallied voters with a vision of education as a builder of character, not controversy. Scarborough stated he wants to "audit district spending and redirect savings to teacher salaries". Well then, start by spending on teachers, keeping money in the classrooms, not on a big shot controversial lawyer with an obvious self-serving agenda.

Miller's agenda is shaped by religious and political leanings that is sure to create turmoil for the district as it has already done elsewhere. This move does not represent the idea of "keeping education free from ideologic agendas". In fact, it is a direct contradiction. Furthermore, hiring Miller would result in increased spending on legal fees, which is not "fiscally prudent".

Please do the right thing for Montrose School District and our community. Do not hire Brad Miller. Montrose taxpayers and voters are watching and will be at the school board meetings.

*Sincerely,  
Kelly Fox, Montrose*

# COLORADO NEWS BRIEFS

## FORT LEWIS COLLEGE STUDENT ARRESTED FOR ALLEGED CRIMINAL SOLICITATION FOR HOMICIDE AND WEAPON POSSESSION

### *Special to the Mirror*

DURANGO— The Fort Lewis College Police Department (FLCPD), in conjunction with the Colorado Bureau of Investigation (CBI), has arrested a 19-year-old Fort Lewis College student following an investigation into allegations of a plot to commit murder.

The Fort Lewis College Police Department and the Colorado Bureau of Investigation confirmed there is no ongoing threat to the campus community related to this incident.

Jackson T. Keller, 19, a Fort Lewis College student was taken into custody on January 29, and booked into the La Plata County Jail. Keller faces the following felony charges:

-Criminal Solicitation for First Degree Murder Homicide in the First degree (CRS 18-2-301)

-Unlawful Possession of a Weapon on College Grounds (CRS 18-12-105.5)

The investigation began January 28, which uncovered evidence suggesting the suspect allegedly attempted to persuade two separate parties to commit the murder of a fellow student in exchange for a cash payment.

All individuals are presumed innocent until proven guilty in a court of law. The investigation is ongoing.

# PEAK

## Wellness Center

### **BASIC @ \$69 PER MONTH**

4 visits per 12 months included; labs discounted at/near PWC wholesale pricing; additional visits at 50% off standard office fee; procedures billed at then-current prices. Eligible primary provider, NP or PA, as determined by PWC.

### **STANDARD @ \$99 PER MONTH**

Unlimited primary care visits; greater discounts than Basic. Eligible provider: NP, PA, or Physician, as determined by PWC.

### **PREMIUM @ \$119 PER MONTH**

Unlimited primary care; greater discounts than Basic/Standard. Eligible provider: NP, PA, or Physician. Includes one free monthly in-house chiropractic visit; additional visits at then-current discounted price.

### **EMPLOYER OPTIONS**

We help businesses save money by providing high-value healthcare access through our PWC plans. Take care of your employees with discounts on their healthcare services.

**SIGN UP TODAY!**



### **WHY CHOOSE US?**

- OPEN 6 DAYS A WEEK IN THE OFFICE
- EASY ACCESS TO PROVIDERS
- SAME-DAY APPOINTMENTS
- IN-PERSON / PHONE VISITS
- VIDEO-CALL CONSULTATIONS
- ON-SITE X-RAY
- ULTRASOUND-GUIDED PROCEDURES
- LOW COST LABS



970-497-4921



[mypeakmd.com](http://mypeakmd.com)

CENTURY 21 ELEVATED REAL ESTATE | 500 E MAIN ST | MONTROSE, CO 81401



# MICHELLE KLIPPERT

CRS, GRI, SRES, SFR, ABR

BROKER ASSOCIATE | CERTIFIED NEGOTIATOR

YOUR REALTOR FOR LIFE

FOR MORE INFORMATION

**C: 970-275-3016**  
**O: 970-249-7653**

[MICHELLEKLIPPERTREALTOR@GMAIL.COM](mailto:MICHELLEKLIPPERTREALTOR@GMAIL.COM)

FOLLOW US

CENTURY 21.  
**DEDICATED  
TO THE  
JOY OF  
HOME**



## CANDIDATES SHOW UP FOR CITY COUNCIL INFO SESSION *From pg 1*

are determined by the Charter. As mayor, I run meetings, sign documents, and represent the city at all functions. We are responsible to our constituents, but you represent the city when you express an opinion. You represent the city and you are always [all situations] a councilperson. City Council does not engage with the press. The Mayor and the City Manager do the press." Frank cautioned candidates that three or more councilpersons together constitute a quorum. Regular meetings are posted; however, if three or more councilpersons attend an event, it too should be posted in advance.

Referring to basic compensation and benefits for councilpersons Frank said, "Council gets a \$900 a month stipend, the mayor gets \$100 more. You can purchase health insurance through the city. There is a discount at the Rec Center, golf at the Black Canyon Golf Course, and discounts at the restaurant and pro shop. With per diem, the city does not pay for any alcoholic beverages."

### Candidate Q & A

Candidate Kevin Clay asked for clarification on a quorum.

Frank said, "If three of you show up, no talking during the event."

Candidate Kendall Cramer asked about serving on the MURA (Montrose Urban Renewal Authority) Board.

Frank said, "All five city councilmembers serve on the MURA board."

Candidate Ryan Sedgeley asked about boards that council serves on, and Frank listed numerous local boards where council has representation.

Sedgeley said, "How do you engage with the County and the State?"

Frank said, "We have good relationships."

Candidate Adam Woodden asked about a dress code.

Frank said, "We don't have a dress code, but we want to look professional."

### Community Candidate Events Scheduled:

-March 11 - Candidate introductions at The Forum - 9 am - Cascade Hall on the CMU Montrose Campus.

-March 12 - League of Women Voters Candidate Forum - 6 pm - City Council Chambers.

-March 16 - March 23 - Ballot packets will be mailed.

-April 7 - Election Day - Unofficial results will be posted after 8 p.m.

**Livestream and videos of candidate forums will be available on the city website. The Montrose Mirror will publish candidate's bio and photo when submitted to the Mirror.**

### Post Election:

-April 13 - City Council Orientation - 8 am until 4 pm - location to be determined.

-April 21 - Oath of Office for Newly Elected City Councilors; selection of mayor and mayor pro tem - 6 pm - City Council Chambers



**Montrose City Council candidates for District I. (L to R) Kevin Clay, April Heard, and Michael Badagliacco. Photo by Gail Marvel.**



**Montrose City Council candidates for District II. (L to R) Ed Ulibarri, Rachel Betancourt-Ege, and Ryan Sedgeley. Photo by Gail Marvel.**



**Montrose City Council candidates for District III. (L to R) Kendall Cramer, Adam Woodden, Sam Aster, Judy Ann Files, and Greg Cairns. Photo by Gail Marvel.**

249

8500

ANONYMOUS

Download The APP. P3TIPS

F

MONTROSE REGIONAL

CRIME STOPPERS

see something, say something

# SPACIOUS HOME FOR SALE!



MLS - 824291

\$629,999

**8555 COFFEY ROAD**  
**AUSTIN, CO 81410**

NO HOA or  
Covenants!

## **FEATURES:**

- 4 Bed + 1 Non Conforming/Office
- 2.75 Bath
- 2 Living Areas
- 2,820 Sq. Ft.
- 5.97 Acres with Irrigation Water
- 2 Car Garage + Shed

**CENTURY 21**

Elevated Real Estate

**Holly Hensley**

+970-208-4689

500 E. Main St.  
Montrose, CO 81401



# COLORADO NEWS BRIEFS

## GOVERNOR POLIS APPOINTS RYAN L. HESS TO THE MONTROSE COUNTY COURT IN THE 7TH JUDICIAL DISTRICT

*Special to the Mirror*

DENVER - Governor Polis has appointed Ryan L. Hess to the Montrose County Court in the 7th Judicial District. This appointment fills a vacancy created by the appointment of the Honorable Laura E.H. Harvell to the 7th Judicial District Court and is effective immediately.

Mr. Hess is the Owner/Attorney at the Law Office of R.L. Hess. His practice consists of civil, family, and estate law. Previously, he was a Detective for the Montrose Police Department (2024-present); Deputy District Attorney in the 7th Judicial District (2023-2024); Attorney at Cannon Law Office (2022-2023); Mayor for the City of Craig (2021-2023); Council Member of the City of Craig (2019-2021); and Owner at Ryan Hess Mediation (2020-2022). Mr. Hess earned his B.A. from Colorado Mesa University in 2008 and his J.D. from Purdue Global Law School in 2020.

**THE 26TH ANNUAL**

**GERMAN DINNER SILVER STAR CHAPTER # 40**

**SATURDAY, FEBRUARY 21ST**

**4:00 - 7:00**

**RESERVATIONS PREFERRED**

**CONTACT JACQUI QUINT**

**(970) 615-0916 OR**

**JACQUELINE.QUINT@GMAIL.COM**

**Guten Appetit**

**MENU:**

- LOIN OF PORK & SAUERKRAUT
- GERMAN MASHED POTATOES
- RED CABBAGE
- GREEN BEANS WITH SPAETZLE
- YOUR CHOICE OF CAKE

**\$20.00/ADULT**

**\$10.00/KIDS 10 AND UNDER**

**DINE-IN OR TAKE-OUT AVAILABLE**

# COLORADO NEWS BRIEFS

## COLORADO DRIVERS FAIL TO OBEY TRAFFIC SIGNALS AND STOP SIGNS

*Special to the Mirror*

COLORADO – Hitting the gas instead of the brake when the traffic lights change, slow rolling through a stop sign, or completely disregarding traffic control devices is a dangerous and potentially deadly decision. Last year, Colorado State Troopers issued 5,590 citations to motorists disregarding or failing to obey traffic control devices such as stop signs, traffic lights, and flashing red/yellow signal lights. This is a 33.9% increase over 2024 (4,174).

“Ignoring traffic control devices is the decision to break a rule at everyone else’s expense,” stated Col. Matthew C. Packard, chief of the Colorado State Patrol. “Intersections are inherently dangerous places. Don’t expect a warning if we see you make a reckless choice.”

Looking closer at the 5,590 citations issued by troopers, 4,372 were for failing to obey a traffic control signal or device, while 1,218 were for disregarding or failing to stop at a stop sign. According to Colorado State Patrol crash data, in 2025, Troopers responded to 587 crashes involving an at-fault driver who disregarded a traffic control device or stop sign.

As the disregard for traffic devices appears to be accelerating across Colorado communities, it is helpful to break down the severity of these crashes. In 2025, the majority (70%) of these crashes were property damage only. The remaining 30% caused serious injury (185) or death (12 fatalities).

“If you are tempted to ignore a traffic signal to save time, ask yourself if you can live with the consequence of harming your passenger or the pedestrian you failed to see,” stated Col. Packard.

“Traffic violence can stem from poor split-second decisions. As a driver, it is your responsibility to place safety over your convenience. That means following the rules designed to keep all road users safe.”

**READ ALL ABOUT IT**  
  
**IN THE**  
**MONROSE MIRROR**

2026

PRESENTED BY THE GREATER MONTROSE CHAMBER OF COMMERCE

# BUSINESS EXPO

-FREE FOOD  
 -GIVEAWAYS  
 -MUCH MORE!

FEBRUARY 12TH  
 HELD AT MONTROSE PAVILION  
 4:00-7:00PM

FOR MORE INFORMATION CALL  
 970 765-0914 [WWW.GREATERMONTROSECHAMBER.COM](http://WWW.GREATERMONTROSECHAMBER.COM)  
[INFO@GREATERMONTROSECHAMBER.COM](mailto:INFO@GREATERMONTROSECHAMBER.COM)

# PRICE DROP



**BRAND NEW  
SKYLINE HOME  
Now \$162,000**



901 6530 ROAD  
LOT #1600  
MONTROSE, CO



## PROPERTY FEATURES



3 Bedroom



2 Bathroom

Lovely Open  
Concept Home

1142



8x8 Matching Shed

**\*ONLY \$1,831.00  
PER MONTH\***

(\$1,115.00 mortgage plus  
\$716.00 lot rent)

## CONTACT DETAILS

📞 970-249-0493

✉️ [manager@cimarroncreekcommunity.com](mailto:manager@cimarroncreekcommunity.com)

🌐 [www.cimarroncreekcommunity.com](http://www.cimarroncreekcommunity.com)



**CIMARRON CREEK**  
Welcome Home

\*WAC. Estimated payment, rates and terms may vary based on credit history. Not all applicants will qualify. Subject to lender terms & conditions. Actual term, rate, APR, and loan amount may vary.\*

## OPINION/EDITORIAL: LETTERS

### THE MEDIUM IS THE MESSAGE

*Editor:*

Why is Nic Zapko giving me the finger? Because as Marshall McLuhan's famous aphorism stated, "the medium is the message."

Punster that he was, he changed "message" to "massage" to garner attention for his book claiming it was a misprint while also making his point.

In fact, it wasn't me exactly as it was the entire television audience; more specifically Donald Trump and the Immigration and Customs Enforcement officers on behalf of Minneapolis Mayor Jacob Frey sharing the podium with Tim Walz.

You see, Nic is a champion for deaf access to information as well as a viral sensation. She's an actor and American Sign Language (ASL) interpreter known for her dramatized translations of Minnesota Governor Tim Walz's press conferences, as if the governor wasn't animated enough.

She is said to provide "crucial real-time translation for the deaf and hard-of-hearing community, often working as a Certified Deaf Interpreter (CDI) alongside hearing interpreters to convey nuances in tone and emotion, ensuring clarity and accessibility."

Interestingly, since the passage of the Americans with Disabilities Act in 1990, the FCC has required all television receivers manufactured or sold in the US to have the ability for closed captioning since July 1993.

So why do we need Nic as a layer, albeit very talented, to interpret that which can be provided literally as a legally mandated requirement? It's because, as Marshall pointed out decades ago, it's no longer the content of the message that's of primary importance, as much as the image signaled.

And who better at signaling their virtue as champions of those with disabilities or the

downtrodden than self-styled, if not self righteous, progressive politicians. I doubt we'll see the commentary of their conservative counterparts interpreted by artful, bald, lesbian actors any time soon; not that there's anything wrong with that. Of note, it's somewhat ironic that Nic Zapko is also deaf and is relaying the governor's 'message' signed to her from another off-screen sign language interpreter who can actually hear the governor; much like the old "telephone game" only with sign language.

I'm reminded of the old SNL skit with Chevy Chase doing 'Weekend Update' and Garret Morris in an inset screen yelling the commentary for the hearing impaired.

Oh by the way, I've programmed my TV to automatically mute any and all politicians, activists or community organizers the second they begin to speak.

Scott Rizzo, Montrose

Our  
aim  
is  
true



the montrose mirror

## OPINION/EDITORIAL: LETTERS

# A CALL FOR TRUE TERM LIMITS FOR MONTROSE CITY COUNCIL

*Editor:*

### Persistent Faces in Local Government

Have you noticed the same faces dominating Montrose City Council seats year after year? I certainly have. Even during my time away from Montrose, staying connected with family and friends revealed a persistent pattern. Familiar names cycle through city and county government roles without end.

Upon returning full-time to care for my aging mother and diving into local involvement, I observed more red flags. Attending council meetings, I saw unanimous "yes" votes with rare dissent from one council member who appears beaten into submission. It seems peculiar. Either policies are universally perfect, or something else is at play.

### Uncovering Deeper Concerns

Digging deeper revealed serious issues. In our Constitutional Republic, we elect representatives to serve "We the People." Yet, in a March 2024 council meeting, over 600 residents packed the chambers. More than 100 spoke, urging Montrose to declare itself a non-sanctuary city. Council members nodded in agreement, but after the crowd left, they tabled the issue indefinitely.

This shows the council's disregard for constituents. It took over a year of John Brown hounding the council to prompt any action, spurred by a Presidential Executive Order on April 28, 2025, threatening to pull federal dollars from sanctuary cities. In June 2025, after a meeting between Brown and Mayor David Frank, the council issued a statement in the Montrose Press and Montrose Mirror declaring, "The city is not, and will not become, a Sanctuary City." However, it took two months to acknowledge this directly to Brown. Worse, they let him continue for months without pointing to the announcements or an email that landed in his spam folder. Brown rarely misses meetings, including the July 1, 2025 session where he again requested a written declaration. Not a word from the council. This demonstrates profound disrespect for public views.

***The question remains; was their action prompted by citizens concern, or was it the threat of the loss of federal dollars?***

### Demanding Accountability

Elected officials work for citizens. Yet, during public comment, speakers face blank stares and silence. No dialogue, just a timed cutoff. For real interaction, submit questions in writing ahead of time. If deemed worthy, you might get a slot before a 10 a.m. work session. How gracious. We hold jobs too. Let's demand regular engagement.

### The Case for True Term Limits

Currently, council members can serve two consecutive four-year terms, then return after a four-year break. This perpetuates stale perspectives and an elitist attitude. The cycle fosters entrenchment and reduces accountability. Legal scholars argue term limits prevent corruption and maintain voter oversight. The U.S. Supreme Court in U.S. Term Limits v. Thornton (514 U.S. 779, 1995) upheld states' rights to impose such limits on local offices.

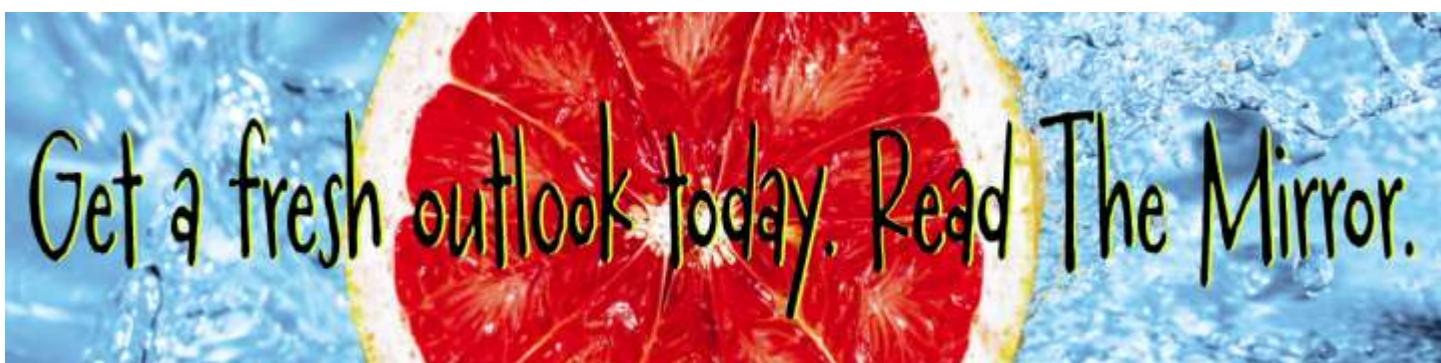
### Join the Movement

It is time for true term limits in Montrose. Lifetime caps will inject fresh ideas and ensure leaders listen. Join me in reclaiming our voice on April 7. I will push for a charter change to establish true term limits for City Council.

### 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, mjb4Montrose.com***

***Montrose Strong: Community, Family, Freedom with "MJB"***





# Montrose County Sheriff's Posse, Inc

P.O. Box 717

Montrose, CO 81402

## 2026 ANNUAL FUND DRIVE

Dear Montrose Neighbor,

Have you ever noticed that emergencies never arrive at a good time?

That is why the Montrose County Sheriff's Posse is a group of volunteers that not only give their time in the community where you have seen them helping with things like parades and the flu shot clinic, but are also on call 24-7, ready to aid in an emergency. You may ask "What does that look like?" To be ready our members are trained in many specialties such as first aid, CPR & AED, wild land firefighting, rope & water rescue, ATV safety, tracking, GPS, radio communications and survival skills. We are ready, in good weather and bad, to enter some of the roughest terrain Montrose County has to offer to bring people home.

**But we need your help:**

- **\$10** could help provide food and water for grueling outdoor searches.
- **\$50** could provide critical medical gear.
- **\$250** could provide replacement safety equipment.

Your donation will help us keep up to date with our training, maintenance, and help us purchase the equipment we need. You never know when it is someone you know that needs help. A friend, neighbor, loved one, or even yourself. With your backing we can be ready when that emergency happens and bring people home safely. You can proudly be a Posse supporter!

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



<https://www.mcsipi.org/>

*'Celebrating 60 years of serving our community'*

# REGIONAL NEWS BRIEFS

## MRH CARDIOLOGY HIGHLIGHTS EXPANDED SERVICES DURING HEART HEALTH MONTH

***Outreach clinics, new providers, and advanced technology improve access to heart care***



## Trust Your Gut.

**Visit us at the MRH Digestive Health Center today.**

*Caring for you like family, from screening to treatment*

At Montrose Regional Health's Digestive Health Center, your digestive wellness is our priority. We combine compassionate care with advanced diagnostics and treatment options, all close to home. Whether you're managing chronic conditions, seeking preventive screenings, or facing complex procedures, we're here to help you feel your best.



**Dr. Michael Paolucci, MD**



**Dr. Chris Harmon, MD, PhD**



**Dr. Augustine Lee, MD, FACS, FASCRS**



**Dr. Vanessa Lee, MD, MS**



**Marie Abbinante, MSN, AGPCNP-BC**



**Victoria Oliva, DNP, APRN, FNP-C**

**MONTROSE REGIONAL HEALTH**  
Digestive Health Center

[MontroseHealth.com/DHC](http://MontroseHealth.com/DHC) | 970.497.5979

### *Special to the Mirror*

MONTROSE—Montrose Regional Health is recognizing Heart Health Month in February by highlighting continued growth in cardiology services designed to improve access to care across the Western Slope. Recent expansions include additional outreach clinics, new providers, and investments in advanced cardiac technology.

MRH Cardiology now provides services at seven locations throughout the region. In addition to care available at the main hospital, patients can be seen at the MRH Cardiology Clinic in Montrose, the Center for Wellness, and outreach clinics in Delta, Gunnison, Cortez, and Telluride.

Since last year's Heart Health Month, the cardiology team has welcomed two new providers: Wojciech Nowak, DO, and Kate Hall, NP. Nowak earned his medical degree and completed his residency at Michigan State University. He is double board certified by the American Osteopathic Association in both cardiology and interventional cardiology. Hall earned her Master of Science degree from Pace University in New York and is board certified by the American Association of Nurse Practitioners.

MRH Cardiology continues to invest in advanced technology to support timely diagnosis and treatment. At the main hospital location, caregivers use the ARTIS icono angiography system, which provides detailed vascular imaging to help identify and treat cardiovascular conditions.

The department's most recent addition is the ZOLL AutoPulse NXT Resuscitation System, an automated CPR device that delivers continuous, hands-free chest compressions during cardiac emergencies. The system helps maintain blood flow to the brain and heart while allowing caregivers to focus on advanced lifesaving care. Grant funding covered 75 percent of the cost.

To learn more about cardiology services at Montrose Regional Health, visit [montrosehealth.com/cardiology](http://montrosehealth.com/cardiology) or call 970-252-2950.



1239 LEEDS AVE. MONTROSE, CO



## Unnoticed gem Huge Shop!



### PROPERTY DESCRIPTION

Completely remodeled home features approximately 1648 ft.<sup>2</sup> - includes 3 bedrooms, two bathrooms, 2 living areas, 2 large decks, fruit trees and irrigation water. The home sits on 1.468 acres and includes a massive 1800 square-foot metal shop building with a ¾ bath and 3 separate shop areas, including a sewing/quilt room, a pool table room and shop with lots of storage. MLS# 825156

**PRICED AT \$495,000**



3 BEDROOM



2 BATHROOMS



1800 SFT SHOP



970-901-9159



michellekeltz5@gmail.com

**CENTURY 21**

Elevated  
Real Estate

## RED HAWK WRESTLERS DROP HEARTBREAKER TO PALISADE 40-38

By Cliff Dodge

The Montrose Red Hawks wrestling team took on the Palisade Bulldogs at the Fieldhouse on Wednesday evening before a decidedly partisan Red Hawks crowd. Things went well through the initial half dozen matches but the worm turned as the Bulldogs won six of the final seven matches to squeeze out a two-point victory. The match came down to the 285 pound weight class as the Red Hawks Noel Najar squared off with Palisade's Tobyn Trottier for all the marbles. It was over in the first two minute period as Trottier pinned Najar to take the match 40-38.

The results of the Red Hawks – Bulldogs are as follows:

106	Red Hawks Quintin Alegria pinned Cruz Cordova 2 <sup>nd</sup>
113	Bulldogs Talen Pinnt won via forfeit
120	Red Hawks Urijah Tonar won via forfeit
126	Red Hawks Jack Hughes pinned Mason Mahlberg
132	Red Hawks Aadin Gonzales 12-11 Decision over Teagan Young
138	Red Hawks Hunter Hess pinned Liam Farmer
144	Red Hawks Chance Culver pinned Logan Holland
150	Red Hawks King Woodmansee pinned Liam Contreras
157	Bulldogs Kadin Mulford decision 14-4 over Trey Clarkson
165	Bulldogs Eli Berry pinned Trevan Anstine
175	Bulldogs Jacob Snodrass pinned Jayce England
190	Bulldogs Eiden Contreras pinned Marshall Metcalf
215	Bulldog Hunter Shipp pinned J. J. Herrera
285	Tobyn Trottier pinned Noel Najar



Quintin Alegria (106 pounds) takes down Cruz Cordova. Photo by Cliff Dodge.

# RED HAWK WRESTLERS TAKE TWO MATCHES

By Cliff Dodge

MONTROSE-The Montrose Red Hawks Wrestling Team hosted dual matches with the Durango Demons and the Olathe Pirates at the Fieldhouse on Friday evening. The tripleheader began with the Durango Demons taking on and defeating the Olathe Pirates. The other two matches saw the Montrose Red Hawks defeat both Durango and Olathe as the Red Hawks prep for the CHSAA state wrestling tournament.

## RED HAWKS 52, DURANGO DEMONS 22

105	Red Hawks Quintin Alegria	Open
120	Red Hawks Urijah Tonar	Pin over Wes Megorden
126	Durango Isiah Aguilar	Pin over Jack Hughes
132	Red Hawks Aadin Gonzales	Open
138	Durango Ryder Martyn	Pin over Hunter Hess
144	Durango Asher Thiessen	Decision over C. Culver
150	Durango Dax Kunch	Pin over Zack Jemming
157	Trey Clarkson	Pin
165	Red Hawks Trevan Anstine	Pin over J. Wianuka
175	Red Hawks Jayce England	Decision over Jacob Belt
190	Red Hawks Marshall Metcalf	Open
215	Red Hawks J.J. Herrera	Open
285	Red Hawks Noel Najar	Open

## RED HAWKS 61, OLATHE PIRATES 12

113	Red Hawks Quintin Alegria	Pin over Tanner Cotton
120	Red Hawks Urijah Tonar	Open
126	Red Hawks Jack Hughes	Open
132	Red Hawks Aadin Gonzales	Tec. Fall over T. Seavers
138	Red Hawks Hunter Hess	Tec. Fall over Braylon Lujan
144	Red Hawks Chance Culver	Pin over Monty Yarnell
150	Olathe Pirates Noah Gray	Pin over Zack Jemming
157	Red Hawks Trey Clarkson	Pin over Bridger Vincent
165	Red Hawks Trevan Anstine	Injury over Hunter Lynch
175	Red Hawks Jayce England	Pin over G. Standish
190	Red Hawks Marshall Metcalf	Dec. over Bryson Corn
215	Red Hawks J. J. Herrera	Pin over Kyle Gardner
285	Red Hawks Noel Najar	Open

Next action for the Red Hawk Wrestlers will be regional action with an eye to qualifying for the state tournament in the coming weeks.





#### Your Trusted Local Real Estate Professional

**Picture this:** 9+ irrigated acres in beautiful Southwest Colorado featuring a **2,200 sq ft heated barndominium** designed for both living and working. The possibilities are endless—ideal for an **equestrian operation, car collector, custom woodworker or cabinet shop**, or any business that needs space to create and store.

Enjoy a **large attached garage** plus a **huge detached shop**, offering incredible flexibility. Convert the space into a **duplex**, run your business on-site, or create the ultimate live-work retreat—all in one stunning location. **MLS #824440, 11604 5800 Rd, Montrose, CO**

Why Work With Leslie Gore• 25 years of real estate experience

- Local agent with deep market insight
- Skilled negotiator and trusted advisor
- Professional, ethical, and client-focused service
- Backed by the global strength of Century 21

Contact Information: *Leslie Gore* 970-275-3195  
[Lesliegorerealtor@gmail.com](mailto:Lesliegorerealtor@gmail.com)



# OPINION/EDITORIAL: LETTERS

## IF THE LAW OF THE LAND IS NOT BINDING, WHY SHOULD ANY FEAR TO TRANSGRESS?

*Dear Editor,*

At the risk of repeating myself I offer the following.

America is under the final wave of attack by paid obstructionists, protesters, agitators and insurgents. These are not demonstrators.

Don't get me wrong, I find absolute acceptance with UNPAID peaceful citizen demonstrators as I admit below.

But those who regard with hate the right of safe living by citizens of the United States sow disobedience to reap disobedience. No rioter has the right to impede the travel or freedom of movement by true Americans.

Now that nonsense has come to Montrose per last week's edition and an arrest was made.

The obstructionist shall be charged with false imprisonment and unlawful restraint and I say lock them up and throw away the key.

There is a real and tangible difference between peaceful demonstration and paid hate filled obstruction.

If an obstructionist shows up in the crowd with a gun and ammunition there is bound to be tragedy as in Minnesota.

I was a demonstrator in my youth, albeit

a small crowd by comparison. In my last semester in college.

I marched with my black friends across campus and across town when we received the news of the assassination on April 5th, 1968, the day after the assassination. Steeped in uncontrollable anger yet we managed to demonstrate peacefully.

This was the birth of my lifetime of activism. I have spent my life defending and assisting honest good hearted immigrants. Let the restraints imposed by the laws of the land be wholly cast aside, and human rights will also be disregarded.

These provokers are ready to trample upon the statutes as a hindrance to constitutional powers; but the results will be such as they do not anticipate since America is already under infiltration by demonic souls in politics.

We are historically witness to events such as Kent State University on May 4, 1970 and the 1989 Tiananmen Square incident, China. Death resulted. I encourage my readers to Google them.

If the law of the land is not binding, why should any fear to transgress?

America is no longer safe as these agitators have cast the stone. Life itself is not

respected and their act will foment death in the streets. It is just a matter of time until the fanatic violence will spill over from the "hot spots" into the gentle population and we become like Afghanistan.

Already the doctrine they have released from faithfulness to the Constitution by obstruction has weakened the force of moral obligation and opened the floodgates of iniquity upon the country.

Lawlessness, dissipation, and hatred are sweeping in upon us like an overwhelming tide.

The media publishes the revolting details of lawlessness with a left leaning bias, thus initiating others into the practice. The infatuation of vice and the terrible increase of intemperance and iniquity of every order and degree, should arouse all who fear God, to inquire what can be done to stay the tide of conflict.

Would we know the result of making void the laws of the land? The experiment has been tried.

Terrible are the scenes enacted in third world countries even as we speak.

It was then demonstrated to the world that to throw off the restraints of the law is to accept the rule of the hate filled.

*Bob Stollsteimer, Montrose*

## EVALUATE EACH CANDIDATE ON WHAT THEY'VE ACTUALLY DONE

*Editor:*

Colorado Freedom Fighters a word of caution. There's a variety of candidates looking for our votes. Be sure to evaluate each candidate on what they've actually done. Listen to "what" they say, look at what they "do" and look at what they have actually "done". Does it align with your values here in Montrose? There are excellent "citizen" candidates running for office who are "Colorado Natives" not some short-term residency people. These are Montrose citizens who REALLY know, and care and understand our citizens here and their concerns. They have business experience, proven fiscal discipline, and are interested in growing our community in sensible, wise ways, not building major expensive projects which increase our tax dollars. Growth is necessary for towns to survive but it must be organized and planned wisely so it doesn't diminish our land for farming, ranching and our valuable water supply. Here are our Colorado Native "citizen candidates for City Council & County Commissioners. Watch for their Meet and Greet and plan to attend and get acquainted.

Michael Badagliacco- District 1

Ed Ulibarri - District 2

Adam Wooden - At Large City Council

Ed Lafferty- District 3

Caryn Gibson District 2

*Carol McBride, Montrose*

# PRICE DROP

**BRAND NEW  
SKYLINE HOME  
Now \$168,000**



## PROPERTY FEATURES



3 Bedroom



2 Bathroom

Lovely Open  
Concept Home

1344 SF



8x8 Matching Shed

**\*ONLY \$1,858.00  
PER MONTH\***

(\$1,142.00 mortgage plus  
\$716.00 lot rent)

## CONTACT DETAILS

970-249-0493

manager@cimarroncreekcommunity.com

www.cimarroncreekcommunity.com

\*WAC. Estimated payment, rates and terms may vary based on credit history. Not all applicants will qualify. Subject to lender terms & conditions. Actual term, rate, APR, and loan amount may vary.\*



**CIMARRON CREEK**  
Welcome Home

# CENTURY 21

## BUYER-FOCUSED REPRESENTATION WITH INTEGRITY AND EXPERTISE

**LESLIE GORE, CRS***Associate Broker*

C: 970-275-3195

O: 970-249-7653

LeslieGoreRealtor@gmail.com

**DIANE HAYNES, CRS***Associate Broker*

C: 970-596-3521

O: 970-249-7653

DianeHaynes@outlook.com

DianeHaynesRealtor@gmail.com



### Choosing a real estate agent with the Accredited Buyer's Representative (ABR) designation offers several advantages:

**Specialized Training:** ABR agents have received advanced training focused on representing buyers, giving them a deep understanding of the buying process and strategies to advocate for your best interests.

**Expert Negotiation Skills:** They are equipped with the skills to negotiate better terms, prices, and contingencies, helping you secure a more favorable deal.

**Market Knowledge:** ABR agents are well-versed in local market conditions, giving you insights into pricing trends, property values, and neighborhood information.

**Exclusive Buyer Focus:** Their primary focus is on buyer representation, ensuring you get unbiased advice and guidance tailored specifically to your needs.

**Legal and Ethical Standards:** ABR agents adhere to a strict code of ethics, ensuring that you receive professional and trustworthy service throughout the buying process.

In short, working with an ABR-certified agent provides specialized expertise, better representation, and a smoother home-buying experience.

**Call for an appointment today!**

## YOUTH CITY COUNCIL PRESENTS PROCLAMATION IN SUPPORT OF GUN VIOLENCE AWARENESS

By Caitlin Switzer

MONTROSE-With all Councilors and Youth Councilors present, the Montrose City Council convened for a brief meeting on Tuesday, Feb. 3.

Mayor Dave Frank opened the meeting and led with the Pledge of Allegiance; Mayor Pro Tem Judy Ann Files had no changes to the meeting agenda.

### YOUTH COUNCIL PROCLAMATION

With the full Youth Council present as well as Montrose County Sheriff Gene Lillard, Youth Council delivered a proclamation in support of Gun Violence Awareness.

### CALL FOR PUBLIC COMMENT ON NON-AGENDA ITEMS

John Brown addressed Council. As he has done in previous meetings, Brown asked Council to declare Montrose to be a non-sanctuary city. "I still believe that it should be done," Brown said, "...Illegal is illegal...it's very important that we do that."

### APPROVAL OF MINUTES

Council voted to approve minutes of the January 19, 2026, special City Council meeting and the January 20, 2026, regular City Council meeting.

### 2026 VEHICLE AND EQUIPMENT PURCHASE AUTHORIZATION

Council voted unanimously to authorize vehicle and equipment purchases in the total amount of \$1,397,812.92.

### SUNSHINE PEAK APARTMENT ACQUISITION COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAMMATIC CLOSEOUT HEARING

Council held a hearing in accordance with the post-award requirements of the Community Development Block Grant program for application #32869 specific to the acquisition of the Sunshine Peaks Apartment facility by the Montrose County Housing Authority. No vote was required.

### VOLUNTEERS OF AMERICA RENDEZVOUS COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAMMATIC CLOSEOUT HEARING

Council also held a hearing in accordance with the post-award requirements of the Community Development Block Grant program for application #31359 specific to the Volunteers of America Rendezvous facility acquisition. No vote was required.

### RENFROW BOUNDARY LINE ADJUSTMENT VACATION OF EASEMENTS

Council considered vacation of easements as shown on the Renfrow Boundary Line Adjustment, which was approved unanimously. John Renfrow was present on behalf of the Renfrow family.

### STAFF REPORTS

There were no staff reports.

### YOUTH CITY COUNCIL REPORT

Youth Councilor Vivica Prinz delivered the Youth Council Report. Youth Council has presented its proclamation and will soon present their non-profit showcase. Youth Council may have a booth at the State of the City event on Feb. 23. Mayor Frank praised the non-profit showcase.

With no Council comments and no further business, the meeting was adjourned at 6:25pm.



Montrose City Council convened for a brief meeting on Tuesday, Feb. 3. Special to the Mirror.

Get your news feed on.  
**The Mirror**  
Our stories have bite.



## TWO COLLEGE FOOTBALL SCHOLARSHIPS AWARDED

By Cliff Dodge

MONTROSE-Two of the Montrose Red Hawks premier football players signed on the dotted line and accepted scholarships at two of the Rocky Mountain Athletic Conference teams here on the Western Slope. The athletes, Running Back Elijah Womack and Running Back Chase Mehan, accepted football scholarships to Western Colorado University in Gunnison and Adams State University in Alamosa for the fall semester. Both players started both on offense and defense and helped the Red Hawks to a 14-win season and made it to the 4A semi-final game.

Elijah Womack, the son of Harold and Charity Womack, led all running backs in 4A rushing for over 2,000 yards and was named the Male Athlete of the Year by the Colorado Sports Hall of Fame and will be presented with the trophy in Denver on April 16. Womack also excelled in the

classroom and enjoyed his science classes. Womack stated that he started playing organized football in the third grade and has enjoyed every second of the experience. In addition to running the football, Womack was also a four-down player on the defensive side of the football as well. In addition to lugging the pigskin Womack also stood out as a first line lacrosse player for the Red Hawks. Womack is undecided as to a major but there is plenty of time for this decision. Womack lists basketball, weight-lifting and fishing as his hobbies.

Chase Mehan, also a talented running back, was a strong contributor to the success of the Red Hawks scoring machine. While Womack was an up the middle, tackle to tackle running back, Mehan thrived as he stretched the field from sideline to sideline as he would gain the outside and turn the corner and head for the end zone. Mehan would also run between the tackles as his offensive line opened gaping holes for the running backs. Mehan was also a stout defender and played most snaps on offense and defense. His parents James and Manna and four siblings created a built-in cheering section for Chase. While in class Mehan enjoyed biology and psychology. When asked about his football career Mehan said he started playing organized football at age 5 and made the all (2<sup>nd</sup>) state team twice. Mehan is ticketed to play strong safety at Adams State and will probably major in the sciences. Mehan played baseball and basketball in addition to football at Montrose High School.



*Elijah Womack (left) and Chase Mehan (right) sign on the dotted line. Photo by Cliff Dodge.*



**ANONYMOUS**

Download The APP. **P3TIPS** 

**MONROSE REGIONAL**  
**CRIME STOPPERS**

*see something, say something*



**Peg Evanoika,**  
Broker Associate, SRES, CRS, MRP  
970.209.3934  
[Realtor@PegEvanoika.com](mailto:Realtor@PegEvanoika.com)  
Lic. # FA40014873

500 E. Main St.  
Montrose, CO. 81401

 **CENTURY 21**  
Elevated Real Estate

Starting March 1,  
2026,

Federal law will require certain real estate transactions purchased with cash to be reported to the United States Treasury Department, Financial Crimes Enforcement Network. FlinCEN's real estate Report. If there is a chance this will effect you, learn the details. I'm here to help.

# OPINION/EDITORIAL: LETTERS

## NOW IS THE MOMENT TO SPEAK

*To the Editor,*

"It doesn't matter what happened yesterday—just be a little better today."

That idea was the foundation of nearly every lesson I taught over two decades as an educator. We learn from the past because history doesn't just repeat itself—it escalates when warnings are ignored.

Colorado has already seen the damage left behind by attorney Brad Miller and his allies. Woodland Park, Elizabeth, Thompson, Colorado Springs, Cortez, and Pueblo all stand as cautionary tales. (<https://coloradotimesrecorder.com/2023/08/davis-secret-audio-recording-reveals-inner-workings-of-woodland-park-takeover>)

In each case, communities paid the price—financially and educationally—for manufactured controversies, divisive legal strategies, and the erosion of trust in public schools. These efforts most often target rural districts, where good people assume good intentions.

Montrose should be paying close attention.

Brad Miller and Dan Snowberger are leaders within CLAS, an organization founded by Courtney Salt, wife of Aaron Salt—the same individual invited to speak at the

Montrose County School District board's very first meeting, before CASB. Salt's group, Chalkboard Forge, is a Christian conservative governance organization seeking to replace CASB. Many of the legal counsel options now being fast-tracked for MCSO are tied directly to this same network of individuals and interests.

Board president Neisha Balleck and Ted Valerio are pushing this process forward at alarming speed, despite the clear risks to our schools, our teachers, and—most importantly—our students. A majority of current board members have shown little evidence of being advocates for public education. That raises a serious question: who are they serving?

Think back to the three expensive mailers that flooded our mailboxes during the election. Consider how much outside money poured into a small rural county like ours. School board members are unpaid volunteers. Let that sink in. Those mailers were not paid for out of personal pockets—they were investments by outside interests expecting a return.

This is not about red versus blue. Montrose is full of good, caring people who value community, fairness, and opportunity for kids. But outside agendas do not

share those values.

Now is the moment to speak—firmly, respectfully, and together. Please email the board, Dr. Stephenson, and the local press. It is imperative.

[District.A@mcsd.org](mailto:District.A@mcsd.org)

[District.B@mcsd.org](mailto:District.B@mcsd.org)

[District.C@mcsd.org](mailto:District.C@mcsd.org)

[District.D@mcsd.org](mailto:District.D@mcsd.org)

[Districtr.E@mcsd.org](mailto:Districtr.E@mcsd.org)

[District.F@mcsd.org](mailto:District.F@mcsd.org)

[District.G@mcsd.org](mailto:District.G@mcsd.org)

[Carrie.Stephenson@mcsd.org](mailto:Carrie.Stephenson@mcsd.org)

[Editor@montrosepress.com](mailto:Editor@montrosepress.com)

[Editor@montrosemirror.com](mailto:Editor@montrosemirror.com)

Have grace with those who may have taken a wrong turn or been duped. But be clear:

Montrose supports its teachers, its public schools, and its students. Talk to your family and friends. Attend meetings. (Namely the next school board meeting on Tuesday, February 10th at 6:00pm) Write letters.

Notify the school board that this community is paying attention.

Use your voice—before history repeats itself here.

*Sincerely,  
Ellen Angeles, Montrose*



### The MOOving Company

WE'RE UDDERLY THE BEST!

CALL US TODAY! 970-240-3106



[HTTPS://MOOVINGCOMPANY.COM/](https://MOOVINGCOMPANY.COM/)

#### WE OFFER:

- LOCAL MOVING
- IN-STATE MOVING
- OUT-OF-STATE MOVING
- LABOR SERVICES
- PACKING SERVICES
- PACKING MATERIALS
- MILITARY DISCOUNT
- SENIOR DISCOUNT
- FREE ESTIMATES
- & MORE

# Just REDUCED



PRICE REDUCED  
**\$388,500**  
MLS 828972



LESLIE GORE

PRESENTED BY C21 ELEVATED 970-275-3195 [LESLIEGOREREALTOR@GMAIL.COM](mailto:LESLIEGOREREALTOR@GMAIL.COM)

726 SPRING CREEK 3LD  
MONTROSE, CO 81401

- 1550 SQ FT
- 1 BED/1BATH ADU
- 2 CAR GARAGE
- 1 BATH STUDIO
- .34 ACRE LOT
- 2 HW HEATERS
- BUILT IN 1924
- 2 ELECTRICAL
- FENCED BACK METERS
- YARD
- 2 SEWER TAPS



## REGIONAL NEWS BRIEFS

### THIRD ANNUAL STATE OF THE CITY FEB. 23

*Special to the Mirror*

MONTROSE-The State of the City will be held from 5:30 to 7:30 p.m. on Monday, February 23, at the Montrose Pavilion, located at 1800 Pavilion Drive. City leadership will deliver a presentation from 5:30 to 6:30 p.m., which will cover some of the most important issues facing the Montrose community. An open house will immediately follow the presentation from 6:30 to 7:30 p.m.

"We are very excited to host this third annual State of the City presentation for our community," said City Manager Bill Bell. "This event gives Montrose residents an opportunity to share in our accomplishments from the prior year and to learn about a few of our major projects for the upcoming year."

Following the presentation, each department will host tables where residents are encouraged to ask questions and receive informative materials about how each department is operated and staffed.

City staff representing the city's core public services and departments will be on hand and available to speak with residents. Members of the Montrose City Council will also be in attendance.

Anyone looking for a career with the City of Montrose is welcome to visit the Human Resources table to view current employment opportunities.

The State of the City was created as a way to give local residents more opportunities to learn about the city's operations and engage with city staff who serve the Montrose community each and every day.

For information about the City of Montrose visit [CityofMontrose.org](http://CityofMontrose.org).



**We've added more providers  
to serve you!**

#### Appointments

**available now—no waiting!**

**Medical**

**Dental**

**Behavioral Health**

**Pharmacy**

**Medicaid      Medicare**

**Commercial Insurance**

**Self-Pay/Sliding Fee Scale**

**970.200.1674**

**87 Merchant Drive, Montrose**

**PrimeHealthPlus.org**

### **PALISADE LIONS CLUB TO HOST 5TH ANNUAL COMMUNITY YARD SALE**

*Special to the Mirror*

PALISADE-Palisade Lion's Club will be hosting its 5<sup>th</sup> Annual Community Yard Sale at Palisade Gym 711 West 7<sup>th</sup>, on Saturday, March 14<sup>th</sup> from 9 am to 3 pm. Net proceeds will be used towards the Palisade community projects.

Club members will be at the Palisade Gym on Friday, March 13<sup>th</sup> from 1:00 to 5:00 to accept donations of gently used items for sale on Saturday or call 260-7490 or email [afoxlocks@gmail.com](mailto:afoxlocks@gmail.com) to donate earlier.

# Feb. 2026 Cabin Fever Craft Show

Over 70 vendors for your shopping pleasure

Hourly door prizes

Free admission

**Friday February 20<sup>th</sup> 9am-5pm**

**Saturday February 21<sup>st</sup> 9am-4pm**

*Friendship Hall, Montrose County Fair Grounds*

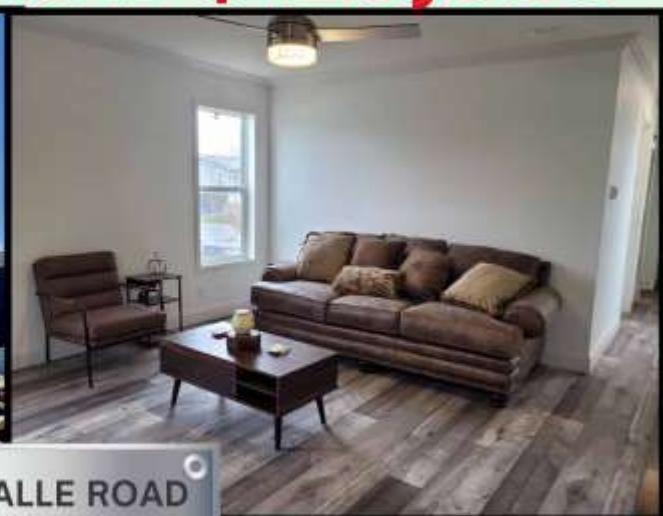
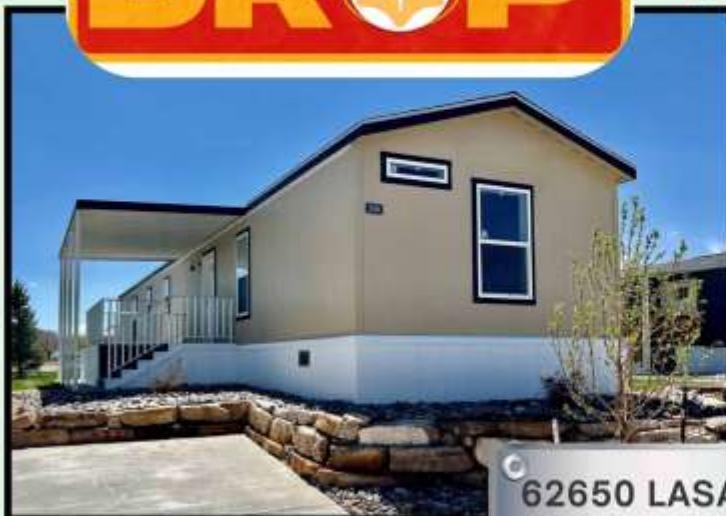
*1001 N. 2nd Street • Montrose*

*For Vendor information  
call Debbie 970.531.2438 or  
email: montrosefootwear@aol.com*



# PRICE DROP

**BRAND NEW  
SKYLINE HOME  
Now \$126,000**



62650 LASALLE ROAD  
LOT #330  
MONTROSE, CO



## PROPERTY FEATURES



3 Bedroom



2 Bathroom



Comfortable Layout



1186 SF



Located Next to  
Zipline & Playground

**\*ONLY \$1,765.00  
PER MONTH\***

**(\$951.00 mortgage plus  
\$814.00 lot rent)**

\*WAC. Estimated payment, rates and terms may vary based on credit history. Not all applicants will qualify. Subject to lender terms & conditions. Actual term, rate, APR, and loan amount may vary.\*

## CONTACT DETAILS

970-615-9412

manager@thehiddenlakecommunity.com

www.thehiddenlakecommunity.com



**Hidden  
Lake**

# RED HAWKS BASKETBALL ROUNDUP

## RED HAWK GIRLS 69, G. J. WARRIORS 13

By Cliff Dodge

MONTROSE-The home standing Red Hawks Girls team continued to play winning basketball as the Grand Junction Central Warriors paid a visit to the venerable Fieldhouse on the Red Hawks campus. This contest was no contest as the Red Hawks zoomed out to a 26-2 lead after one period of play. The second quarter was almost as unbalanced, as the Red Hawks put up 24 points while allowing 8 opposition points. The final score turned out to be a rout of epic proportions as the Red Hawks scored 69 points while giving up only 13. The Red Hawks have now improved their overall record to 19 wins and 0 losses and are 6-0 in league play.

This was a true team effort as 10 Red Hawks dented the scoring column. Senior Maggie Legg and Senior Mayce Oberg each tallied 17 points to lead all scorers. Senior Logan Schafer and Freshman Landree Johnson each added 8 points to the total. Seniors Lilly Nelson and Maggie Legg led all rebounders with 5 caroms each. Senior Mayce Oberg and Sophomore Zuri Balleck each added 4 rebounds to the total.



*Red Hawks and Warriors battle for a loose ball. Photo by Cliff Dodge.*

## MONTROSE RED HAWKS BOYS REBOUND VS GR. JCT. WARRIORS 49-37

MONTROSE-The Montrose Red Hawks Boys Basketball Team came out of the gate slowly on Tuesday evening vs the Warriors of Grand Junction Central High School. The Red Hawks outscored the Warriors 112 to 6 in the first quarter of a game that would be controlled by the Red Hawks. The locals really turned on the juice in the second quarter as they outscored the Warriors 22 to 3 to

lead 33 to 9 at the halfway point. The Red Hawks were outscored in the second half but kept the Warriors in check to come away with a 12 point, 49-37 victory. The Red Hawks were led in scoring by Senior Lane Pressler who tallied 23 points. His teammate, sophomore Bodhi Schafer, chipped in with 15 Points while Freshman Cache Oberg added 6 points to the Red Hawks total. Five of Schafer's six shots found the bottom of the net from long range. Pressler, in addition to his scoring breakout, cleaned the glass with 10 rebounds to lead the Red Hawks' defensive effort. Other rebounders, Senior C. J. Rocco and Freshman Cache Oberg, contributed 5 and 4 rebounds respectively. The Red Hawks passed out 15 assists, had 6 steals and only turned the basketball over 6 times.

Next up for the two teams will be a road trip to Grand Junction for a battle with the Tigers.



*Both teams scramble for a rebound. Photo by Cliff Dodge.*



**Breakfast doesn't have to have calories any more.**  
**Stick with The Mirror.**  
**100 percent good for your health.**



# OPINION/EDITORIAL: LETTERS

## WE HAVE A CHOICE

### *Editor:*

Even eternal optimists like myself know that politicians are corrupt and habitually lie, but it took Trump revealing the truth for us to realize just how pervasive and routine government corruption is. Trump did not create the corruption in both political parties; he exposed it. He did not create the Deep State and the DC swamp; he exposed them. He did not create a corrupt FBI, CIA, and DOJ; he exposed them. He did not create the media's bias; he just exposed them as the propaganda wing of the Democrat party. And he did not create the Democrats' hatred for this country and its people; he just exposed it. The word "authority" no longer has a positive meaning to many Americans because we've seen those "authorities" routinely lie and cover up crimes. We saw Intelligence Community "authorities" concoct an elaborate scheme to frame the MAGA outsider as a Russian agent. We saw Anthony Fauci and other "authorities" create a mass COVID hysteria, promising that people would die if they didn't get experimental injections every three months. Those same "authorities" tell lies about the safety of food and medicine before taking lucrative jobs with the global food and pharmaceutical industries. The esteemed Chamber of Commerce calls the offshoring of blue-collar jobs "free trade." Obama told us how great his "Affordable Care Act" was before making healthcare totally unaffordable. Politicians and their news media mouthpieces told us that 2020's mass riots and murder were justified civil rights "protests." Now those same politicians are telling us that anti-ICE insurrectionists are likewise "protesting" for civil rights.

If Trump accomplished nothing else, his legacy would be intact having exposed how absolutely corrupt our federal government is. At least with that knowledge, the American people can decide what kind of country they want to live in. Do we still believe in our founding principles of limited government, with equal justice under the law? Is the American taxpayer OK with a good share of their taxes going to Democrat slush funds? Do we wish to continue ignoring staggering, systemic fraud? Do we continue accepting the ab-

surdity of men invading girls' sports and sharing their locker rooms? Are we OK with labeling abortion as "women's health care," or mutilating young children's genitals as "gender affirming care?"

The American people must decide on two other issues that are interrelated. One, is this nation going to continue to allow Democrats to protect illegal alien rapists and murderers at the expense of our fellow citizens? And two, will we continue to allow Democrat politicians to deny our will and refuse to enact voting integrity laws? Western Europe should provide us with some clarity – if we are just willing to open our eyes. It is not an exaggeration to say that Europe's immigration problem is destroying that once-great civilization. For decades now, the leftist elites running many European countries have encouraged mass migration with no concern about what happens when those migrants don't integrate into the existing population. Spain's left-wing prime minister just announced the amnesty of half a million illegals, confirming that country's willingness to put the interests of foreigners above native citizens, and turn Spain into a magnet for more third world invasions. Spain's former foreign minister just made a political speech in which she celebrated "replacing" native Spaniards with "migrant people." Not coincidentally, the fear of crime, illegal immigrants, and radical Islam succeeded in getting many European cities to cancel their Christmas markets and New Year's celebrations. If you have to cancel holiday celebrations because a significant portion of your population might try to kill you, your nation has been conquered. These once-great European democracies are resorting to totalitarian means to keep the native population in line. British authorities continue to incarcerate native Brits for "mean tweets." The "thought police" threw unknown Briton Lucy Connolly in prison for denouncing mass immigration after an Islamist murdered three young British girls. Islamic immigrants are celebrated, while native Brits get fired, harassed, or imprisoned.

A large majority of Americans – including Democrats (71%), blacks (76%), and Hispanics (82%) – are in favor of voting integ-

rity laws. Regardless, Democrat elites are doing everything possible to defeat the Safeguard American Voter Eligibility Act, which would require proof of citizenship to vote. Their hysteria over the SAVE Act is evident when they ridiculously claim it's "Jim Crow 2.0" and a threat to democracy itself. But cut through the hysterics and it is evident that their opposition is quite simple – they hate anything that interferes with their long-running effort to control elections. Democrats hate the SAVE Act because they want, and desperately need, illegals to vote. There's no alternative rationale that survives minimal scrutiny. The pattern has been clear: Anytime a red state tries to enforce basic election integrity, Democrats respond with lawsuits and accusations of racism. A few months ago, they shut down the government in a feeble attempt to give illegals free healthcare. They followed that with another attempt to shut the government down to prevent illegals from being deported. Pretending that minorities are too dumb to get an I.D. is all they have at this point. Democrats claim their voters are more intelligent and educated than those simple-minded MAGA people, but through the other side of their mouth they say Democrats are too stupid to get a simple I.D. The well of Democrat arguments against requiring a photo I.D. is running dry, judging by Dem Rep. Jamie Raskin latest desperate claim. "It might violate the 19th Amendment, which gives women the right to vote." When Democrats try this hard to kill a measure so reasonable and so broadly supported, the facts speak for themselves about their motives.

We have seen the fatal result of European politicians adopting far-left ideology – including open borders, wealth redistribution, and government dependence and control. Thanks to Trump, we now realize that Democrats plan to take us down that same destructive path if they ever regain power. We have a choice. We can continue with or heads in the sand and allow Democrats to destroy this nation from within, or we can elect and support real conservatives that still believe in this country, its ideals, and its citizens.

*Ed Henrie, Montrose*

# *Do you know what you don't know?*

**Real estate is constantly evolving, with new requirements that can impact both buyers and sellers. Have you heard of FinCEN—and do you know how it could affect your transaction? Understanding what it is and why it matters can make a real difference.**

**Knowledge is power, and experienced guidance is invaluable. That's why working with a full-time agent who takes continuing education seriously is so important when buying or selling property. Having the right professional in your corner helps protect your interests every step of the way.**



## OPINION/EDITORIAL: LETTERS

# WE HAVE PLENTY OF CAPABLE LOCAL ATTORNEYS

*Dear Editor,*

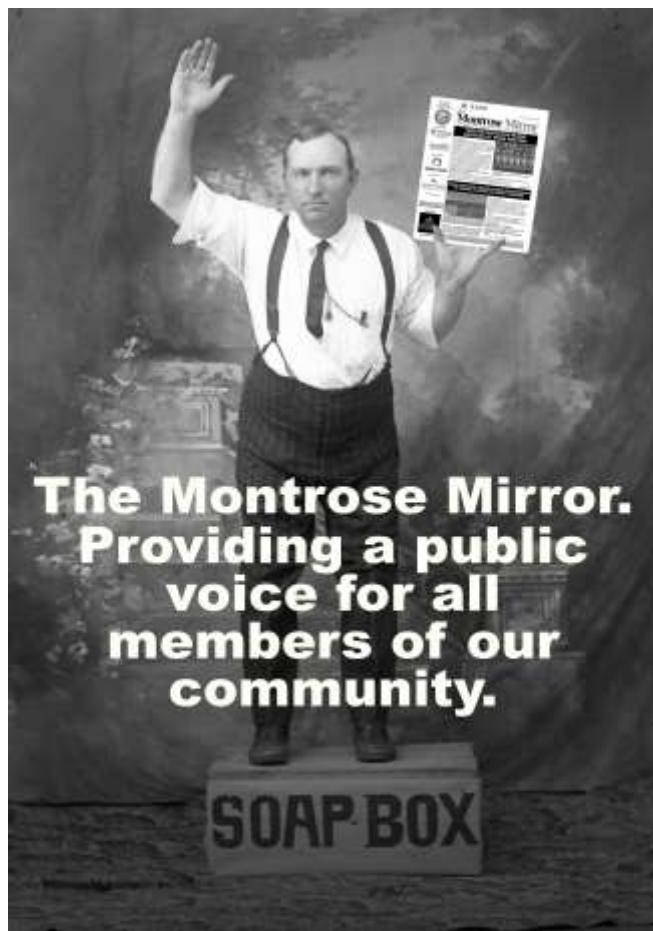
I share the concerns of many about the Montrose School District Board considering hiring the Brad Miller Law firm to advise them. It appears to me that this firm has been involved in many legal battles that have cost the districts that they represent a considerable amount of money that would otherwise be used for our children's education.

All of the candidates in the last school board election favored local control. No one mentioned hiring a legal firm from the Front Range. If this position is filled by the Miller firm, it will be because the new school board members had a hidden agenda that they did not want the public to understand.

I don't think it would serve the interests of our district's students, parents, or taxpayers to hire a firm from the Front Range that has the appearance of getting the districts they represent into trouble. We have plenty of capable local attorneys within our own area who would serve the board better.

*Bob Nicholson*

*Montrose*



**The Montrose Mirror.  
Providing a public  
voice for all  
members of our  
community.**

**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.

 **MONROSE  
REGIONAL HEALTH**

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)

## OPINION/EDITORIAL: LETTERS

# DEFENDING MONTROSE'S MANDATE: RESISTING LEFTIST UNDERMINING OF EDUCATIONAL REFORM

*Editor:*

In November 2025, Montrose voters delivered a clear conservative victory by electing Neisha Balleck, Scott Scarborough, Tiffany Vincent, and Shane Daly to the RE-1J school board.

This landslide reflected widespread demand for principled leadership emphasizing educational excellence, fiscal accountability, and traditional values. However, **radical left-wing activists have launched desperate efforts to sabotage this shift, including baseless fearmongering** over the potential hiring of Brad Miller and his firm, Miller, Farmer, Carlson Law.

**Brad Miller's Strong Track Record**

**Brad Miller stands as a dedicated champion of conservative education reforms in Colorado. As a former teacher and coach, he has advised dozens of schools and districts, promoting charter schools and parental rights.** His contributions have yielded tangible successes.

In Woodland Park, student achievement surged, earning statewide accolades. Cortez climbed 30 spots in rankings. Four of Colorado's top 10 charter schools count among his clients.

Critics falsely claim Miller causes superintendent turnover, but evidence shows this rarely occurs.

Miller's personal commitment to education runs deep. **He, his wife, mother-in-law, son, and daughter-in-law all serve as public school teachers.** His four children reside nearby, reinforcing his family's de-

votion to public education. Over 25 years, Miller has supported more than 120 entities, with only one instance of direct involvement in ending collective bargaining agreements back in 2014-2015.

Importantly, **no board attorney, regardless of who it is, holds the power to fire staff or dictate policy** as the fearmongers allege. Attorneys provide legal advice only; decisions on personnel and policy rest solely with the elected board and administration. **This fact exposes the hysteria as unfounded propaganda designed to mislead and divide.**

**Johnson Elementary Principal's Inappropriate and Biased Presentation**

Shockingly, **Johnson Elementary Principal Kirsten Bloomfield abused her position by creating and delivering a PowerPoint to staff during official school hours, aimed at discrediting Miller and his firm.** The presentation detailed alleged negatives, such as claims of inflated legal costs, frequent superintendent departures, and district chaos in places like Woodland Park and Cortez. It highlighted lawsuits and supposed agenda-pushing, while omitting Miller's proven improvements in student outcomes and rankings. **This one-sided narrative ignored balanced facts**, painting Miller as a disruptive force without evidence of widespread harm. Bloomfield's actions represent a gross misuse of taxpayer-funded resources and time. **By pushing this propaganda on school grounds, she not only undermined**

**the elected board's authority but also sowed unnecessary fear and division among educators.**

This unethical conduct borders on insubordination, flouting professional standards and potentially breaching district policies against political advocacy in the workplace. As a school leader, Bloomfield should prioritize student welfare over partisan sabotage. **Her behavior exemplifies the entitlement of entrenched leftists who reject democratic outcomes, demanding swift accountability to restore trust and focus on education.**

**Upholding Conservative Priorities**

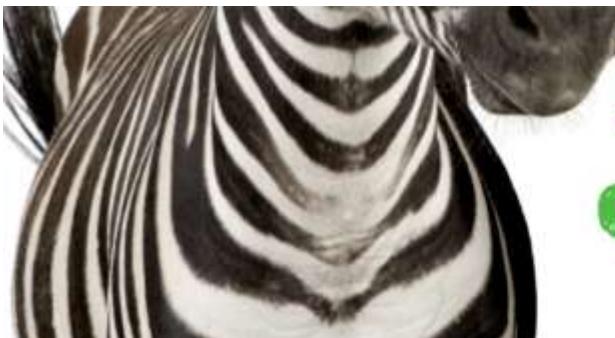
The board must resist these cowardly tactics from left-wing holdouts. **Voters chose change, and engaging Miller aligns perfectly with that vision and advancing merit-based teaching.**

Montrose RE-1J needs leaders who honor the electorate, not those intimidated by the far-left. By standing firm, **the district can secure legal guidance that bolsters family values and academic rigor, ensuring a brighter future for all students.**

Just one man's humble opinion.

**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.**



**Journalism of a  
different stripe.**  
[montrosemirror.com](http://montrosemirror.com)

# HOW TO CAUCUS!

FEB  
16

*Join us for a Republican  
community training event. Let  
us help you know how to  
piece it together.*

*MontroseRepublicans.Org*

**MON  
6PM**



*Cimarron Creek Community Center  
901 6530 Rd Unit 1000, Montrose*

*Paid for by Montrose County Republican Central Committee*



At  
LARGE

★★★

# VOTE!

## ADAM WOODDEN

No Special Interests

A Fresh New Voice

★ FOR CITY COUNCIL ★

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

COMMITTED  
TO MONTROSE  
ACCOUNTABLE  
HONEST  
ACCESSABLE



Paid by the  
Committee to Elect  
Adam Woodden

## Vote Michael J Badagliacco, "MJB"



- PEOPLE OVER POLITICS
- FISCAL RESPONSIBILITY
- COMMON SENSE SOLUTIONS
- REVITALIZE OUR ECONOMY AND COMMUNITY

*As someone who grew up in Montrose, I understand the intricacies of Montrose well. An experienced leader, who will listen to the Citizens of Montrose by hosting open town halls, workshops, and genuine public engagement, ensuring that our City Council serves "We the People".*

**ELECTION DAY IS APRIL 7<sup>TH</sup>**

For more information, visit [mjb4montrose.com](http://mjb4montrose.com)  
Follow us on Facebook @mjb4montrose

Scan for More Information:  Scan to Donate: 

### Montrose City Council

## OPINION/EDITORIAL: LETTERS

# TAXPAYERS SHOULD CAREFULLY CONNECT ALL OF THE DOTS

*Editor:*

One day last month the PSST exceeded the \$100 million mark. That means that over the last 18 years \$70 million should have accrued to the full benefit of The Montrose County Sheriff office, over and above the required General Fund. Sadly for Montrose taxpayers that simply did not occur, as the MCSO is no stronger today than it was in 2008.

Below please find and review the timeline for the PSST from 2005 through January 2026. Taxpayers should carefully connect all of the dots over those years and then consider whether or not we have received a return on our substantial tax investment for the benefit of the MCSO.

Stay tuned for more information on how our tax funds have been mismanaged.

*Dee Laird, Montrose*

#### PUBLIC SAFETY SALES TAX PSST TIME LINE 2005

\* Tax proposal for General Fund increase voted down by a substantial margin.

#### 2006-2007

\* MCSO is having difficulty attracting and retaining deputies

\* MC4FF sales committee established to study needs of MCSO.

\*MC4FF recommends one percent tax for Road and Bridge and a .75% tax as an enhancement fund for MCSO.

2007- \*BOCC passes a resolution to have a 1.75% tax proposed by MC4FF. Commissioners Belt and Patterson speak to multiple community organizations guaranteed that they proposed tax will. NOT be a General Fund increase. The issue passes by a slim.900 vote majority.

#### 2008

Tax dollars begin to flow into the PSST fund absent specific financial accounting instructions.

2019 . Citizens and past Commissioners question PSST fund expenditures.

#### 2009-2022

Except for less than a handful of citizen taxpayers who ask probing questions on accounting procedures, no one pays much attention as the PSST fund grows financially.

2023

- Montrose County Sheriff begins to question money that is pulled from his PSST fund by the commissioner's/finance department for expenses he has not approved in public meetings.

- \* Montrose County sheriff office begins to publicly note that it is losing officers and is unable to compete for qualified new hire deputies...

The Montrose BOCC Honda, Hansen, Caddy

and Rash decline substantial increased funding for the MCSO,  
2024

- MCSO continues to highlight improper use of PSST funds ,The continuing loss of deputies, and the inability to attract or retain qualified officers continues.

- \* BOCC, Hansen, Caddy and Rash once again refused to address the problem.

- \* PSST funds continue to be diverted for unintended and general fund expenditures not authorized by the Sheriff and questioned by citizens.

- BOCC authorizes a citizens committee to be formed to develop procedures for PSST accountability and accounting purposes.

Citizens committee finishes recommended procedural recommendations. Performance standards and accountability recommendations are recommendations for PSST corrections. CITIZEN REPORT NOT ACTED ON BY SHERIFF OR BOCC.  
2025

- MCSO continues to highlight loss of employees and inability to effectively compete even locally with the Montrose Police Department, Regionally or Nationally for new hire deputies.

- PSST funds are being used for general fund and construction purposes as directed by BOCC.

- Commissioner Pond develops resolution 36. That includes recommended changes in the administration and accounting procedures for the PSST. Resolution passed two to one with Hanson voting NO.

- \* Resolution 36 was to go in full force and effect as of the date of passage, but that did not occur.

- Pond and Mijares dropped the ball and failed to get resolution on the November ballot.

\* Budget year 2026 MCSO projects 10 new

deputies requested but final budget approves none.

2026

- Installed BOCC of Hansen, Copeland, and Pond resend resolution 36 and replace it with resolution 54, drafted primarily by the finance department that essentially makes the PSST the primary funding source for the MCSO. And removes the sheriff's authority over the PSST fund.

- Research reveals that during 2023, 2024, and 2025 the MCSO failed to utilize over \$3 million of its appropriate budget to hire new deputies. Research for uncovered defects that the finance department urged under spending by the MCSO placing Montrose public safety at great risk. Sheriff complied.

As of mid-January, the total amount accumulated by the PSST over 18 years reached the \$100 million mark, with the MCSO portion of that fund hitting the \$70 million mark.

#### TAXPAYER CONCERNS

- Over the 18 years that the PSST has been collecting taxes the MCSO is in no better shape now than it was in 2007.

- Yes, \$70 million of hard-earned tax dollars have not improved the quality and efficiency of the MCSO the question arises as to the necessity of collecting these additional taxes.

- It has become apparent for numerous reasons that the proper course of action is for the BOCC to place on the ballot the PSST question and to provide the voters of Montrose County with the opportunity to vote whether to repeal or retain this additional tax after eighteen years and \$100, 000,000 collected . The PSST as passed in 2007 has" NO SUNSET OR PROVISION FOR VOTER CONTINUATION APPROVAL BY T5HE VOTERS AND TAX-PAYERS OF MONROSE COUNTY. Only the BOCC CAN place the PSST question on the ballot. It is time TO "ACT".

# Golden Age Gala is Coming February 16<sup>th</sup>

Celebrating  
President's Day and  
America 250/Colorado 150  
Anniversaries

The Community is Invited  
February 16, 2026 6pm - 9pm at

The Historic Potato Growers Building  
39 West Main Street - Montrose  
AKA

the  
**ASSOCIATION**

Dress: Your favorite historical person, era,  
President, 1st Lady, or Not

Dance & Toast the night away or just come to mingle

Purchase memorabilia and patriotic jewelry  
Silent and Live Auction Items

Prizes for Best Costumes - Best Era Representation

Cash Bar open during event

\*Cash/Check Only for Event\*

Admission: \$20

hosted by

Montrose Republican Women



Dress: Your favorite historical person, era,  
President, 1st Lady, or Not

Dance & Toast the night away or just come to mingle

Purchase memorabilia and patriotic jewelry  
Silent and Live Auction Items

Prizes for Best Costumes - Best Era Representation

Cash Bar open during event

\*Cash/Check Only for Event\*

Admission: \$20

hosted by

Montrose Republican Women



# REGIONAL NEWS BRIEFS

## MRH BEGINS SEEING PATIENTS AT RENOVATED MT. VIEW THERAPY STAR COURT LOCATION

*Special to the Mirror*

MONTROSE – Montrose Regional Health (MRH) will begin seeing existing Star Court therapy patients, along with hand therapy patients, at the newly renovated Mountain View Therapy Star Court location starting Monday, Feb. 9, 2026. The clinic is located at 611 E. Star Court, Suite B, in Montrose, in the space previously occupied by In Motion Therapy.



**Star Court Therapy Patients Transition to Renovated Mountain View Therapy Location Former In Motion Therapy site reopens following renovation. Courtesy photo.**

# 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

©2026 Volunteers of America National Services. All Rights Reserved. We are designated tax-exempt under section 501(c) 3 of the Internal Revenue Code. Montrose Valentine OPEN HOUSE 0126



The renovated clinic allows Mountain View Therapy to continue providing convenient access to physical, occupational, and speech therapy services for patients who previously received care at the Star Court location, while also welcoming new patients from across the region. Updates to the space were designed to support patient recovery and improve therapist workflows in a comfortable, functional setting.

“Reopening this location ensures continuity of care for patients who relied on therapy services here, while also strengthening access to outpatient rehabilitation in our community,” said Justin Wilson, director of Mountain View Therapy at Montrose Regional Health. “This space allows us to care for more patients, closer to home, in an environment designed to support recovery and progress.”

With the addition of the Mountain View Therapy Star Court clinic, Mountain View Therapy now offers nine locations across the region, improving access to physical, occupational, and speech therapy services in Montrose and surrounding communities, including Ridgway and Telluride.

For questions about Mountain View Therapy services or the Star Court location, call 970-240-7369 or visit [montrose-health.com/mvt](http://montrose-health.com/mvt).

# REGIONAL NEWS BRIEFS

## MONTROSE VETERANS MEMORIAL GETS BIG BOOST IN JANUARY!

*Special to the Mirror*

MONTROSE—Over a period of four years, MVMC and our supporters raised nearly \$300K towards the project through donations and the selling of veteran bricks. These funds have been spent on the elements that make the memorial: the helicopter, engraved granite panels, engraved benches, flagpole, bronze eagle and veteran and patriot bricks.

—The cost to complete the project now is estimated at \$900,000, which was higher than we first thought.

—The **City of Montrose Colorado Government** and **Montrose County - Government** have each pledged \$300,000 and expect MVMC to come up with the additional \$300,000 beyond what we have already raised and spent.

—Now we are seeking donations from businesses and other sponsors for the remaining \$300,000 (either cash or in-kind) to make this memorial a reality. This will allow us to leverage the funds from the City and County and start construction in Spring 2026.

—In the past few weeks, we have raised more than \$120,000 in in-kind and cash through donors including:

Werner Foundation

CED Electric

San Juan Recla Metal

San Juan Fabrication

Western Gravel

Kaylor Fencing

CAM Electric

M&H Towing and Rescue

The Home Depot

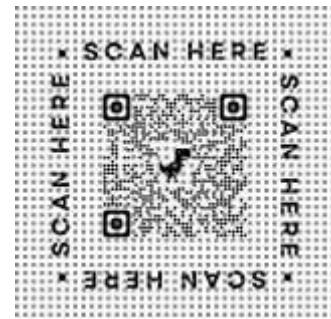
Velocity Car Wash

and a number of individual donors

MVMC BOD members J. Bob Brueske, Lance Bach, Troy Meyer, Dave Vergamini, Dave Powers, Amy Eifling and yours truly may be knocking on your door to help raise the remaining \$200,000 and get this memorial built this spring and summer! We want to celebrate the memorial as we celebrate the 250th anniversary of our country.

You can donate or contact us at <https://www.montrosevmc.org> or call me personally at 970-744-8624 if you are interested in supporting us with in-kind donations.

With great appreciation on behalf of the Board,  
Les Williams, President MVMC BOD



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



**Dr. Rasheed Abiola**

Spine Surgeons



**Dr. Adam Archie**



**Dr. Ryan Hagens**

Pain Management Specialists



**Dr. William Summers**

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



**It's Your Business! Let's Grow Together.  
Advertise with The Montrose Mirror  
970.275.0646**

 **MONTROSE  
REGIONAL HEALTH**

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)

D'Medici  
Footwear & Clothing

2026  
*Winter*  
SALE  
UP TO  
75% OFF!

• *Don't miss out on style, quality,  
and GREAT PRICES!*

D'Medici Footwear & Clothing  
316 East Main Street  
in Historic Downtown Montrose  
**970-249-3668**



## OPINION/EDITORIAL: LETTERS

### PLEASE DO NOT HIRE BRAD MILLER. PLEASE.

*Dear Editor,*

My name is Kindra Kurtz, and I am a 35-year veteran teacher at Montrose County School District. I am proud of my profession, and I am proud of my service. I was hired in 1992 to teach at Columbine Middle School under Mr. Axel Hasto, principal. I worked at Columbine Middle School for 16 years teaching seventh grade English and history. When I had my son, I was able to move to Montrose High School where I have worked for the past 19 years teaching Honors English Nine and Senior English.

I am appealing to the Montrose County School Board to please not hire Brad Miller to represent the Montrose County School Board. I have fully researched, and he is not what is best for our school district. When the current board members ran for school board, they pledged that they would advocate for parents, students, and teachers, and if this is true, hiring Brad Miller is definitely not what is best for all of Montrose County students.

My reasoning, simply, is that Brad Miller has single handedly brought division to the other school districts across the state that he has served, and by doing that, he has taken tax payer money away from students rather than where it belongs... and where it belongs is to help and to inspire all students to learn and to succeed. The proposal to hire Brad Miller raises significant concerns. History shows that Miller's tenure often correlates with a sharp increase in legal spending; for example, Jefferson County saw its legal fees double during his time there ([Chalkbeat](#)). Furthermore, his involvement often precedes high staff turnover and administrative unrest, as seen in Woodland Park, where a shift in legal and board strategy led to nearly 40% of staff departing in a single year ([Colorado Public Radio](#)). Finally, his current work in Pueblo District 70 has drawn national scrutiny for attempting to use public funds for religious education, a move that critics argue turns the local school district into a legal 'test case' for outside interest groups ([The Denver Post](#)). Given these precedents, I urge the board to consider the potential for budgetary strain and the disruption of our educational environment.

One of the greatest compliments to a school district's work, is that students return to this district and work as educators, and these Montrose County graduates, now educators, are scared for their future... One of my former students who is a third-grade teacher at Johnson Elementary told me last night she is nervous about her future employment, and she is nervous about sending her kids to MCSO schools due to the proposed hire of Brad Miller. He is not what we educators want or deserve.

I love my work as an educator. I love seeing students "light up" when we read *To Kill a Mockingbird* or *Fahrenheit 451*. I love teaching them that words matter, but more than anything, I love being able to inspire them to believe in themselves, and I do that by seeing the best in every student that I teach.

Please, I urge you to see the best in Montrose County Educators, and trust that they are knowledgeable, skilled, kind-hearted, and selfless. When I speak of the students that I teach, I refer to them as "my kids" because they are my kids. I care about them that much.

Please trust that teaching is an art that requires passion and skill. I see this every day because I am blessed to work with the best. They inspire me to be the best that I can be, and my students inspire me to be the best that I can be. Please trust that public education works for the good of the many, and the many deserve all that we have to offer. I implore you to listen to Montrose County Educators and to the students and to the future students of Montrose County. Please do not hire Brad Miller. Please.

*Sincerely,*

*Mrs. Kindra Kurtz, Montrose High School English Instructor*

**SEE SOMETHING - SAY SOMETHING**

 **970-249-8500**  
ANONYMOUS CALL

**MONTROSE REGIONAL  
CRIME STOPPERS**

## OPINION/EDITORIAL: LETTERS

### A SUNDAY RIDE: AN ENCOUNTER WITH ICE PROTESTERS

#### *Editor:*

The sun hung high over Montrose, casting a warm glow on the San Juans that begged for a motorcycle ride. ***It was one of those perfect Sundays in early February***, where the crisp mountain air mixed with the thrill of freedom on two wheels. As I cruised through town, my mind wandered to the simple joys of life in our tight-knit community. But ***at the corner of Main and Townsend, at Demoret Park, something caught my eye***. Two individuals stood there, holding handmade signs that decried ICE as "Nazis." The bold accusation against law enforcement officers doing their job piqued my curiosity. I pulled over, hoping for a civil exchange to understand their perspective.

#### **The Barrage of Insults**

No sooner had I asked why they equated agents enforcing immigration laws with "Nazis" than the verbal assault began. The shouted ***calling me a "Fascist!", a "Racist!", followed by a string of profanities*** I will not repeat. I stood my ground, calmly repeating my questions about the basis for their claims. But their responses were evasive, laced with assumptions about my politics. ***They painted me as an uninformed right-winger, blind to the Constitution and indifferent to non-citizens' rights***. In that moment, the setting contrasted sharply with their rising tempers, as cars passed and occupants glanced curiously but kept moving as I was parked in the turn lane.

#### **Reflections on Dialogue and the Constitution**

Anyone familiar with my work at the Colorado DOGE Report and in the Montrose Mirror, knows I am no stranger to the Con-

#### *stitution. I study it rigorously, weaving its principles into my articles and daily life.*

Discussions on constitutional matters excite me because they offer fresh insights I might have missed. ***Learning never stops, especially in law and the Constitution.*** Yet, these protesters shut down any chance for real talk. They preferred to hurl accusations, perhaps thinking their volume equated to victory. It left me pondering how polarized views stifle growth.

#### **Insights into the Far-Left Approach**

This was not just an isolated spat. It mirrored a broader tactic I have observed in the far militant-left: confrontation over conversation. As tensions escalated, ***they mocked my military service***, sneering that it meant little ***since I had "never killed anyone"***. The irony stung. I am sure if my record included combat kills, they would have twisted that against me too. Such dismissals reveal a deeper disdain for those who serve, regardless of the details. In the end, I rode away, reflecting on how ***echo chambers on both sides of the aisle breed hostility rather than understanding***.

#### **Thoughts on ICE Incidents**

The protesters' signs were an obvious reference to the recent tragedies in Minnesota, where ICE operations under Operation Metro Surge had turned deadly.

***Renee Good***, was fatally shot by an ICE agent on January 7. She was in her car near an enforcement action when the incident occurred. Then, on January 24, ***Alex Pretti***, was killed by Customs and Border Protection agents during an anti-ICE protest. Video evidence shows he was tackled, disarmed, and shot while restrained on the ground, reportedly after

trying to aid another protester.

#### ***These deaths were heartbreaking and avoidable.***

It is telling that such issues flare up predominantly in deep-blue areas like Minneapolis, unlike other regions with similar operations. Both individuals chose to obstruct or intervene in law enforcement activities, but that does not change the tragedy of their death. Many, including some Republicans, have called for ***transparent investigations***, criticizing premature defenses from officials and demanding accountability. Others defend the agents' actions as self-defense in chaotic situations. ***I stand against excessive force and urge full investigations*** by the Department of Justice and state authorities ***to reveal the truth, holding wrongdoers accountable across political lines.***

#### **Supporting Fundamental Rights**

Despite our differences, I champion the First Amendment's guarantee of ***"peaceful assembly"*** as the 1<sup>st</sup> Amendment provides for all citizens. Every citizen and legal resident merits due process under the law. As I revved my engine and left Demoret Park, the encounter lingered as a reminder: ***True progress demands dialogue, not division.*** In a nation as vast as ours, respecting these rights keeps us united, ignoring them divides.

Just one man's humble opinion.

***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.***



# Committed to **COLORADO** and you.

We believe banking should feel personal.

Thank you for choosing Alpine Bank.

We're glad you're here!



## Alpine Bank

[alpinebank.com](http://alpinebank.com) • Member FDIC

500 E. Main St. Montrose, CO 81401  
 970-249-5573  
[www.the-res.com](http://www.the-res.com)

CENTURY  
21

CENTURY 21  
 Elevated Real Estate



# HISTORIC PROPERTY

230-228 S 2<sup>ND</sup> ST. MONTROSE, CO 81401

OFFERED AT \$509,900

MLS# 829853

One of the original homes in Montrose, has been lovingly cared for, carefully updated and maintained. The main floor business was a styling salon for many years that evolved into a cottage retail store with room for classes and workshops. The original use of the home is noticeable in the front parlor, living, dining, bedroom, bath and kitchen.



Peg Evanoika, Broker Associate  
 SRES, CRS, MRP, SSF  
[REALTOR@pegEvanoika.com](mailto:REALTOR@pegEvanoika.com)  
 Cell: 970-209-3934



## FEATURES:

- Built in 1895- Zoned B-2
- 785 Sq ft upstairs apartment
- 1217 Sq ft main floor
- 10 parking spaces, ADA compliant
- One car detached garage
- Privacy fenced

# CITY COUNCIL: CANDIDATE BIOS

## MAIN STREET BUSINESS OWNER AND COLORADO NATIVE ANNOUNCES RUN FOR MONTROSE CITY COUNCIL, DISTRICT 1

*Special to the Mirror*

MONTROSE— Kevin Clay, co-owner of Studio 14 by Gabrielle, a portrait photography studio in a historic building on Main Street, officially announced his candidacy for the Montrose City Council, representing District 1. Bringing a unique blend of business experience, customer service, and deep multi-generational roots in the region, Kevin aims to focus on revitalization and common-sense growth for the city.

"I am running for City Council because I believe in the potential of Montrose's future while deeply respecting our past," said Clay. "Owning a business and a 130-year-old building downtown has given me a firsthand look at the challenges and opportunities our city faces. I want to ensure that as we grow, we do so responsibly and sustainably, protecting the character that makes Montrose home."

Clay's platform is centered on three core priorities:

**-Revitalizing the Historic Core:** Advocating for the "back-filling" of empty or blighted buildings to transform neglected spaces into vibrant economic assets.

**-Sustainable Growth:** Implementing growth strategies that modernize infrastructure and support smart growth while preserving the "big little town" feel of Montrose.

**A Business-Owner's Perspective:** Bringing a pragmatic, cooperative, results-oriented approach to the City Council to support local entrepreneurs and cut unnecessary red tape.

While Kevin has been a Montrose resident since 2019, his family history in the area is extensive, with roots reaching through Delta and Hotchkiss for generations. This connection to the Western Slope informs his commitment to long-term stewardship of the community.

"Montrose deserves a representative who understands the sweat equity it takes to build a business, how cooperation and teamwork are essential, and the importance of preserving our historic town's integrity," Clay added.

**About Kevin Clay:** Kevin Clay is a local business owner and entrepreneur invested in Montrose's historic Main Street. He is actively involved with the Montrose Development and Revitalization Team (DART) and Rotary International, and is a dedicated supporter of several non-profit organizations throughout Montrose County. While Kevin has been a resident since 2019, his family ties to the Uncompahgre and North Fork Valleys span generations, giving him a deep commitment to the long-term prosperity of Western Colorado. He lives in Montrose with his wife, Gabrielle, a professional photographer and co-owner of their Main Street business, Studio 14 by Gabrielle.



*Kevin Clay.*

*Phot by Gabrielle Clay Studio 14 by Gabrielle*

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

# CITY COUNCIL: CANDIDATE BIOS

## **MICHAEL J BADAGLIACCO, "MJB" COMMITTED TO COMMUNITY, FAMILY, AND FREEDOM**



**Michael J. Badagliacco,  
"MJB". Courtesy photo.**

Michael J. Badagliacco, "MJB," a proud Montrose resident, USAF Veteran, international recording artist, entrepreneur, and candidate for Montrose City Council in District I. Deeply rooted in the community he loves, Michael returned full-time to Montrose in 2023 and now resides in his childhood home. His life story reflects unwavering dedication to family, service, innovation, and constitutional principles.

Raised in Montrose, Colorado, Michael attended Northside Elementary, Centennial Junior High, and Montrose High School, class of 1983. He gained early work experience in his parents' local business before enlisting in the United States Air Force in 1984, serving honorably through 1991. Michael comes from a long line of military in his family. His grandfather was the Provost Marshal at Pearl Harbor on that fateful day, December 7, 1941, and later retired from the Army Air Corps as a "Full Bird Colonel" at the conclusion of WWII. His uncle was a combat Marine during the Korean War, and his father served in the USAF during the Vietnam era. All three of his sons served honorably in the US Army, and his son-in-law currently serves as a Chief Warrant Officer in the US Navy. His military service instilled a profound respect for freedom and duty that continues to guide him today.

Following his Air Force service, Michael embarked on a dynamic career blending entertainment and entrepreneurship. For 16 years, he served as the lead vocalist for the international recording artist band "Arrival," earning a Top40 hit, numerous awards and accolades for his vocal talent, including recognition during his military years as lead vocalist of the USAF Academy Band's Top 40/Rock group "Blue Steel." From 1994 to 1999, he served as the music leader for the Littleton Colorado "Salvation Army New Heights Center". After his retirement from his professional music career in 2008, Michael founded TheNetStar.com, an innovative online platform that showcased emerging talent.

Michael's entrepreneurial spirit shone bright in the wireless industry, where he worked from 1994 to 2023. Starting as an entry-level sales associate, he rose through the ranks to CEO-level positions with global leaders such as Huawei, LG, and Samsung. In 2004, he founded Wireless Advocates, an enterprise with revenues exceeding \$1 billion annually, establishing himself as a visionary business leader. A devoted family man, Michael is the proud father of five children (two daughters and three sons) and grandfather to three grandchildren (one granddaughter and two grandsons).

In 2023, he moved back to Montrose to provide daily support for his mother, now 84, demonstrating his deep family values. More recently, he worked alongside his son to successfully transition a newly acquired log home company in Bailey, Colorado, fully handing over operations to the next generation in December 2024.

Now fully settled back in Montrose, Michael channels his passion for liberty, the Constitution, and government accountability into public service. A regular contributor to the Montrose Mirror's editorial pages on local and national politics, he serves as Editor-in-Chief of the CoDOGEreport.com/USALibertyReport.com. His focus on transparency and responsibility, especially at the county and local levels, stems from a belief that strong communities begin with trustworthy leadership.

As a candidate for Montrose City Council in District 1, Michael brings a unique blend of real-world experience, proven success, and heartfelt commitment to the Western Slope. He is dedicated to preserving the values that make Montrose special while fostering opportunity, accountability, and freedom for all citizens. Join the movement @ MJB4Montrose.com

**Because your voice carries a lot of weight.**

# CITY COUNCIL: CANDIDATE BIOS

## A FRESH VOICE WITH A LONG TERM VIEW

Montrose Mirror Readers, I would like to announce that I, Adam Woodden, am running for the "At Large" seat on the Montrose City Council. For many years, numerous candidates have run unopposed, but this year we have an abundance with three candidates for District 1, three candidates for District 2 and five for the At Large seat. This should confirm your feelings that many in Montrose are not satisfied with the way the city is being managed. Pick your topic: roads, expenditures, fees, debt, expensive sculptures and murals being hired to buddy-buddy city friends or any other item on your list and you will get a lot of feedback that the citizens of Montrose are not content for things to continue on this path.

With five of us running for the At Large seat, I have many things that set me apart from the pack. I am a fresh voice with a long term view. All my memories are Montrose: from Pomona Elementary to graduating Montrose High School; from getting married (to an amazing Montrose woman) to raising four kids here; from working part-time in school to running my own business. As a Montrose kid, I never cared about how the city functioned; I was carefree. Yet, as an adult, I have a growing concern of our ballooning debt or the lack of roads being promptly repaired. With only one child left at home and graduating this year, I finally have the time and energy to step up and offer my voice, to be your voice, on the City Council.

The election is on April 7th, open to all registered voters of Montrose City. If you live in the county, this council affects your livelihood and business as well. So while you cannot vote, please spread the word and convince those who do live in the city to vote your values.

To learn more about my values, to find ways to contact me or to support me, visit my website at [www.AdamWoodden.com](http://www.AdamWoodden.com) (the site is in both English and Spanish.)

Adam Woodden -for City Council - April 7th



Adam Woodden. Courtesy photo.

*Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.*

# Friday Afternoon Art with Kate Abstract Watercolor 1-3 pm, Feb. 13. Senior Center



No experience necessary.

Instruction and all materials provided.  
Class includes snack and beverage. \$40.



1800 Pavilion Dr., Montrose, Colo.  
<https://kathrynrburke.com/product/021326mrd>



# Call me for all your Real Estate Questions and Information



**Diane Haynes,  
GRI, ABR, CRS**

Century 21 Elevated Real Estate

[dianehaynes@outlook.com](mailto:dianehaynes@outlook.com)

[dianehaynerealtor@gmail.com](mailto:dianehaynerealtor@gmail.com)

970-596-3521



## REGIONAL NEWS BRIEFS

### MEET APRIL: NEW WIC DIRECTOR FOR DELTA COUNTY

DELTA-Delta County Public Health is excited to introduce April Houk, our new WIC Director!

April joins us with a deep-rooted passion for community health and a clear vision for the future of the WIC program. Currently an aspiring Registered Dietitian, she specializes in community dietetics and population-based nutrition. For April, nutrition isn't just about calories; it's about empowerment, equity, and long-term wellness.

#### Fresh Ideas for a Healthier Community

April is bringing a wave of energy and a ton of ideas to invigorate the WIC program. One initiative we are particularly excited about is "Dial-A-Dietitian." This program aims to bridge the gap between clinical advice and daily life, making expert nutritional guidance more accessible than ever for our local families.

#### A Passion for People and Prevention

April's approach to health is grounded in the belief that a healthy community starts with supported families. She is dedicated to taking evidence-based nutrition science and turning it into practical, culturally appropriate strategies that fit the real lives of our residents.

"My goal is to ensure every family feels empowered, heard, and excited about their health journey," April says. "I am honored to lead a team that provides such vital resources to our community."

#### Rooted in Our Community

April resides in Cedaredge. She has a personal stake in the health and vitality of our local area and the surrounding demographics. Her work is driven by a desire to address the social determinants of health and create sustainable programs that make a difference for generations to come.

#### What April Brings to Delta County:

- Expertise: Advanced focus on nutrition education and disease prevention.
- Commitment: A drive to provide equitable access to nutritious foods for all families.
- Vision: Leading WIC with a focus on practical, sustainable, and culturally inclusive strategies.

Whether it's in the clinic, at a local community event, or through our digital outreach, April is looking forward to connecting with you. Please join us in giving her a warm welcome!

**OPEN**  
*for Business*

**It's  
Your  
Business!**

**Let's Grow Together  
Advertise with The Mirror**

970-275-0646 [editor@montrosemirror.com](mailto:editor@montrosemirror.com)



#### Trusted Guidance for Life's Next Chapter

Seniors Real Estate Support with Care, Clarity, and  
Housing transitions.



**Peg Evanoika,**  
Broker Associate | REALTOR®

SRES®, CRS, MRP

[Realtor@PegEvanoika.com](mailto:Realtor@PegEvanoika.com)

Lic. # FA40014873

970.209.3934

[Realtor@PegEvanoika.com](mailto:Realtor@PegEvanoika.com)

[The\\_RES.com](http://The_RES.com)



**CENTURY 21**  
ELEVATED REAL ESTATE

# Montrose Regional Crime Stoppers



## See Something? Say Something!



Report Anonymously at:

**(970) 249-8500**

**P3 mobile app**

**p3tips .com**

If your tip results in an arrest...  
You could receive a cash reward!



## WEEKLY CARTOON

# CARTOON BY TIM JONES

## SOUR GRAPES

by Tim Jones



## Live better in 2025

Sick and tired of  
feeling sick and  
tired? The  
answer is right  
outside your  
door!



## HARNESS THE HEALING POWER OF NATURE

Find out how with this  
informative and entertaining  
book that will change your  
brain, your body, and your  
spirit.

[Click here](#) to find  
the book on  
Amazon

## Renaturing



### RENATURING

How To Grow A Healthy Life

## Contact Author and Speaker:

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

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

## OPINION/EDITORIAL: LETTERS

# IS MONTROSE REALLY A NON-SANCTUARY CITY?

*Editor:*

I was made aware of an email sent to city council candidates on February 5, 2026, by Chris Dowsey, City Attorney, referencing my continued push to declare Montrose a non-sanctuary city. He said, "... I would like to give you all information on how the City has responded to John Brown, the citizen who spoke at the City Council meeting on Tuesday (February 3, 2026) during public comment. As background, Mr. Brown has attended most City Council meetings and has had the same request from about March 2024 through present."

He claimed city staff and council members met with me multiple times and explained the position. Also, the city released a statement in the Montrose Daily Press and Montrose Mirror in June 2025.

This is a partial truth, a lie, and an insult to me and others asking for non-sanctuary status.

My Chronology of Events.

Let me go back to March 2024. The council agreed in a working meeting to declare Montrose non-sanctuary. At public comment, over 200 attended, nearly 100 supporting it. Mr. Frank changed wording, causing confusion. The vote went against it. The mayor called a closed meeting, then nullified the vote, leaving no status.

I kept attending meetings, asking for clarification or declaration. No one approached me. Mayor Reed told the press we were non-sanctuary, but no written proof despite my asks.

After Mr. Frank became mayor, I met him. I raised concerns on status and asked why veterans were not recognized. He honored veterans and Welcome Home Alliance. At a meeting end, he verbally stated Montrose always has been non-sanctuary.

I confronted them next, one verbal statement or publication is not binding.

Around late April 2025, federal threats to withhold funds from sanctuaries prompted action. A statement appeared in Montrose Mirror on June 23, 2025, page 10, not near minutes. I missed it and kept pushing.

On September 2, Dowsey emailed me the letter, saying Mayor Frank upheld his promise. I overlooked the attachment, thinking it was veterans-related.

Up to February 3, 2026, I spoke at almost every meeting. No one corrected me. I guess council can ignore public. You would think someone would mention the letter. Something big should be public.

The letter is unsigned, just says "The Montrose City Council" at bottom. We lack a full council-endorsed document. Are we non-sanctuary or sanctuary? Maybe the city attorney can explain if an unsigned statement is legally binding.

*John Brown*

*WE THE PEOPLE.*



**It's Your Business!  
Let's Grow Together.  
Advertise with  
The Montrose Mirror**

# Ink & Drink at Mosaic

Thr., Feb. 12<sup>th</sup>

5:30-7:30 pm

## Abstract Alcohol Ink



Sign up by Feb. 11<sup>th</sup> and  
receive \$10 Mosaic Store Credit



Everything provided plus adult  
beverage or soft drink & a snack.

No experience necessary.  
\$40-\$45. With Kate Burke



21 N. Cascade Ave, Montrose, Colo.  
<https://kathrynrburke.com/product/021226M>



# FINANCING AVAILABLE!

# 5 $\frac{1}{2}$ % INTEREST!

ON THESE BRAND NEW  
MOVE-IN READY HOMES

LOT #1600

\$1,831 PER MONTH



LOT #2836

\$1,885 PER MONTH



LOT #1608

\$1,858 PER MONTH



Call Today For

More Information:

**(970) 249-0493**

Monthly payment includes  
estimated mortgage plus lot rent.

\*WAC. ESTIMATED PAYMENT, RATES AND TERMS MAY VARY BASED ON CREDIT HISTORY. NOT ALL APPLICANTS WILL QUALIFY. SUBJECT TO LENDER TERMS & CONDITIONS. ACTUAL TERM, RATE, APR, AND LOAN AMOUNT MAY VARY.\*



CIMARRON CREEK

901 6530 ROAD, MONTROSE, CO  
OPEN: MONDAY-FRIDAY, 8AM-5PM

# REGIONAL NEWS BRIEFS

## MRH HONORS NURSES RECOGNIZED BY PATIENTS AND FAMILIES WITH DAISY AWARDS

***National program celebrates compassionate, exceptional nursing care***



**Rheann Smedly, RN, BSN.**  
Courtesy photo.



**Alyssa Moon, RN.**  
Courtesy photo.

### *Special to the Mirror*

MONTROSE— Montrose Regional Health (MRH) recently honored two nurses with the DAISY Award, a national recognition that celebrates extraordinary nursing care. Between September and December, MRH received more than 35 DAISY nominations from patients, family members, and caregivers recognizing nurses who made a meaningful difference in their care.

The DAISY (Diseases Attacking the Immune System) Award is an international recognition program established by the DAISY Foundation™ to honor nurses for the compassionate, skillful care they provide to patients and families. Nominations may be submitted by patients, family members, co-workers, or community members.

Any licensed registered nurse, nursing faculty member, or nursing student at MRH is eligible for nomination. All submissions are reviewed anonymously by a hospital committee and evaluated using criteria focused on compassion, professionalism, and alignment with the organization's mission, vision, and values.

"As a nurse and the leader of the DAISY Committee at Montrose Regional Health, I see firsthand how powerful recognition can be," said Sherry Meaker, RN, BSN, staff educator at MRH. "The DAISY Award gives our nurses a meaningful way to be seen for the compassion, skill, and dedication they bring to every patient, every day."

The most recent MRH DAISY Award recipients are Alyssa Moon, RN, of the Medical-Surgical Unit and Rheann Smedly, RN, BSN, of the Emergency Department. Both nurses were recognized for their commitment to exceptional patient care and for consistently treating patients and families with kindness, respect, and empathy.

Community members who would like to recognize a nurse who made a difference in their care are encouraged to submit a nomination. To learn more about the DAISY Award or submit a nomination, visit [montrosehealth.com/daisyawards](http://montrosehealth.com/daisyawards).

## Plastics & Reconstructive Surgery Center

*Now Open*

Call to Learn More:  
**970-497-5535**



**Featuring**

**Dr. Hunter Oliver-Allen**

*Board Certified Plastic Surgeon*

### PLASTIC & RECONSTRUCTIVE PROCEDURES INCLUDE:

- Breast Reconstruction
- Aesthetic Surgery of Breast and Body
- Cancer Reconstruction
- Head and Neck Reconstruction
- Trauma and Limb Salvage Surgery
- Scar Revision and Wound Care
- Injectables and Non-Surgical Aesthetic Procedures



# Just LISTED



746 S 2<sup>ND</sup> ST, MONTROSE,  
CO 81401

LISTED AT  
**\$725,000.00**  
**MLS 830078**

- 1996 SQ FT
- 2 CAR GARAGE
- 1/7 ACRE LOT
- BUILT IN 1904
- FENCED BACK YARD
- 4 BEDROOMS (1 is nonconforming)
- 1.5 BATHROOMS
- NEW ROOF
- ORIGINAL WOOD TRIM



LESLIE GORE

PRESENTED BY C21 ELEVATED 970-275-3195 [LESLIEGOREREALTOR@GMAIL.COM](mailto:LESLIEGOREREALTOR@GMAIL.COM)



## OPINION/EDITORIAL: LETTERS

# MOVING BACKWARDS AT BREAKNECK SPEED

*Editor:*

Our five-time draft dodging, felon president has accomplished much on his first year in office:

Unleashed taxpayer funded paramilitary forces on Democrat states to terrorize, beat, and even murder both citizens and undocumented families, turning once peaceful communities into war zones, in direct violation of their 1<sup>st</sup>, 4<sup>th</sup> and 10<sup>th</sup> Amendment rights.

Deporting hardworking people trying to gain citizenship without any semblance of due process; ripping families apart, leaving them in despair that they may never see loved ones again.

Imposed punitive tariffs on countries that were our most reliable friends, threatening them repeatedly for refusing to go along with his stupid demands to “sell us Greenland”.

Insulted our closest ally and friend, Canada, leading PM Carney to cut financial ties, and leading to the loss of an estimated hundreds of billions of dollars of revenue for states that voted for Trump.

Destroyed relations with former close NATO allies Canada, Mexico, Denmark, France, and others, resulting in shutting the USA out of future trade agreements, and redirecting trade relationships to China and others.

Ensured that the Dollar will lose it's place as the world's reserve currency. Countries that placed their full faith and credit in the USA are now investing their hard earned currency elsewhere, with devastating effects on our economy!

Implemented a staggering number of grafts, including several crypto coins, to be used as conduits for bribes from foreign governments, implementing dozens of “pay for play” schemes.

Stymied the release of documents, and investigation of Epstein, who was by all accounts, a close “friend” of Trump.

Finally, he has divided our country's citizens as no other leader in our entire history. As the rest of the world moves their economies into the 21<sup>st</sup> Century, we U.S. Citizens are at each others throats, and our leading minds, who once solved the nation's problems, bicker and fight on the public stage. His followers crow about how much he's accomplished in a year; but remember this: it's easier to destroy a government than to build one.

The GOP of my WWII era parents, which touted family values, a tight budget, personal responsibility, honoring your friends, TRUE Christian values, treating others, including your enemies, with respect, etc, is gone.

This happened because too many Americans listened to Fox News, and all of it's mini-me's like OAN, Sinclair, Newsmax, et al, throwing your support to the greatest conman ever produced by the USA.

*David Congour  
Montrose, Colorado*



**Fiesta Guadalajara  
Re-Opening 2026  
970-249-2460**

**Alpen Confections  
970-648-0609**

**Pahgre's  
970-249-6442**

**Jimmer's Steak & BBQ  
970-252-1227**

**Rib City  
970-249-7427**



**Stone House  
970-240-8899**



**DINE - OUT  
MONROSE**

**Beer Barn II  
970-249-5550**



## COMMUNITY OBITUARIES

### RICKY RAY SANDOVAL SR

**March 4, 1964 – January 29, 2026**



RICKY RAY SANDOVAL SR age 61 took the stairway to heaven on January 29, 2026. He was surrounded by all his loved ones. He finally gained his wings after a long battle with health issues. He was born on March 4, 1964 in Cortez, Co to Edward & Rosalie (Gallegos) Sandoval. Rick spent his early life in Montrose, Co with his parents and four siblings. At the age of 20 he married his first wife Michelle (Wold) DeJulio which followed with the birth of his first son.

In 1990 Rick met his wife Joannie (Montano) Sandoval whom he shared his life with. He took on the responsibility of raising 5 kids. In 1991 Rick and Joannie welcome their only child together, which was his second son.

Rick enjoyed so many things in life. As a kid he enjoyed wrestling, as an adult he played softball down at River Botton and Holly Park, he loved his music, going to concerts, and singing "he had one hell of a voice". Many of his hobbies included fishing, camping, hunting, cooking on the grill and just being outdoors. His most favorite thing to do was gamble, whether it was playing poker with his buddies, going to the casinos with his Wife, or simply at home having family game night with family. During football season you would not find him anywhere besides in front of the tv cheering on the Denver Broncos.

Rick found the most joy in life spending time with his family and friends. When he wasn't busy working and providing for his family, he always enjoyed his time with his grandkids. Even in the toughest of times, Rick made sure every moment and holiday was one to remember. Family was everything to him.

Rick is survived by his wife Joannie, his sons and daughters: Josh & Yuni Sandoval:

Javi, Izzy, Jasmine, Abby, Beto and 3 great grandkids: Amorra, Analiah and Baby J. Ricky Jr & Ashley: Ricky III, Rey, Myah & Damian. Andrea Ballesteros: Johnny, Serena, Sara, Oscar and 5 great grandkids, Aria, Remedie, Roman, Jade and Josiah. Angelita Montano: Isaac and Aaliyah. Juan Ballesteros & Cece: Carmela, Marcos and Juan Jr. Rudi & Daniel Salinas: Eli, Javi, Baby D and Selena. Amanda Ballesteros: Andrew, Angel, Adrian, & Ayden. Siblings Victor & Laurie Sandoval & Sandy & Steve Woods. His only Goddaughter Chelina Garcia and his Godson Juan Ballesteros Jr. Rick & Joannie also raised their granddaughter, Aaliyah Montano.

Proceeded in death by: His parents Rosie and Eddie, siblings, David & Shelly, nephew Dustin and niece Annika Sandoval. His brother from another mother Sonny Alires, his beloved Daughter Angelita "Lita" Montano, Jeff Morales, and so many more.

Services for Rick Sandoval Sr. will be on Friday, February 13, 2026 at the Elks Lodge 801 S. Hillcrest Dr. Montrose, Co from 1-5pm.

Everyone is welcome to join us in the Celebration of Rick's life.

Please everyone wear your Broncos gear or Rock n Roll.

*Now more than ever...*

*Thank you for reading*

**THE MONTROSE MIRROR**

## COMMUNITY OBITUARIES

# AUSTIN LYNN SMITH

## August 24, 1978 — January 30, 2026

AUSTIN LYNN SMITH was born on August 24, 1978, to Randy and Holly Christensen in Boulder, Colorado. As the daughter of a lineman, Austin spent her childhood living throughout the state, but her heart always remained rooted in the mountains and wide-open spaces of Colorado. Much of her youth was spent between Coal Creek Canyon and the San Luis Valley, where her grandparents and extended family lived. It was on her grandparents' ranch, riding horses, chasing cows, and soaking in ranch life, that Austin's lifelong cowgirl spirit was forged.

Austin graduated from Nederland High School in 1997 and soon moved back to the San Luis Valley to manage her parents' western wear store. It was there she met the love of her life, Jonathan Smith. Austin and Jon married on March 14, 1998, beginning a partnership grounded in love, adventure, and dedication to one another.

After their wedding, the couple moved to Grand Junction while Jon attended lineman school. Following his graduation, they relocated to Lake City, Colorado, where Jon began his career. In 2005, he accepted a position with San Miguel Power, prompting a move to Norwood just weeks before the birth of their daughter, Haylee.

From the moment she entered the world, Haylee became Austin and Jon's greatest joy, their pride, their light, and their most

cherished accomplishment. Together, the family shared a passion for the outdoors, spending countless hours hunting, fishing, UTVing, and helping ranches with branding, gathering, and moving cattle. Their roots in Norwood grew deep and strong, and it remained Austin's home until her passing on January 30, 2026.

Jon's passing on December 17, 2021 brought Haylee and Austin closer. The two became inseparable. Together they overcame tragedy and hardship over and over. Austin's unwavering love for her daughter was inspiring. Her whole heart was devoted to Haylee's happiness, well being, and passion for the outdoors. Despite the family's numerous hunting adventures, Austin was always the guide. And finally this fall Austin killed her first bull elk with Haylee by her side.

Austin dedicated much of her life to helping others. She had a kind, caring soul and a gift for making people feel welcomed and valued.

She worked for many years in both Norwood and Nucla Public Schools as a paraprofessional, coach, and librarian. Her commitment to her community extended far beyond her work. Austin volunteered tirelessly with the San Miguel Basin Fair Board, the Norwood Roping Club, the San Miguel Basin Rodeo Committee, and the Wrights Mesa Gymkhana Club. Wherever help was needed, Austin showed up reliable-



bly, wholeheartedly, and with a smile and humor.

She will be remembered for her warm heart, her generous spirit, her witty sense of humor, her matter-of-fact honesty, her deep devotion to her family, and her true cowgirl grit.

Austin is survived by her daughter, Haylee; her parents, Randy and Holly Christensen; her sister, Mischell McCollum and John Paul Coats and nephews Liam and Lance and nieces Kelsi and Kacie; and her brother Marty and Lea Christensen and niece Shelby, and numerous aunts, uncles and cousins.

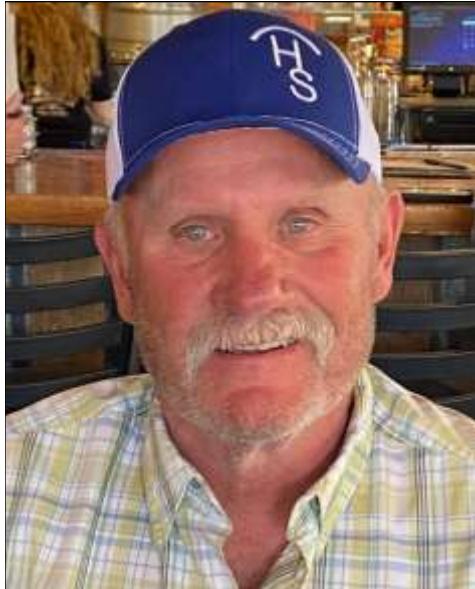
CELEBRATING LOCAL BEAUTY.

#montrosemirror

## COMMUNITY OBITUARIES

### JEFFREY "JEFF" ROSS SMYTH

#### June 10, 1954 — January 30, 2026



JEFFREY "JEFF" ROSS SMYTH, 71, of Montrose, Colorado, passed away peacefully on January 30, 2026.

fully on January 30, 2026.

Jeff was a devoted husband of 51 years, father, and grandfather whose enthusiasm for life and steady presence were felt by all who knew him. He built a life rooted in faith, family, and hard work, and he leaves behind a legacy of kindness, integrity, and generosity.

Jeff is survived by his wife, Sheri Smyth; his children, Lucas Smyth and daughter Everley (9); Brent Smyth and his wife Carley, and their son Weston (6); and Rickelle Hicks and her husband Caleb, and their sons Gunnison (14), Fraser (11), and Henry (8); and siblings Mike, Andy and Mary Sue. He was deeply proud of each of them, and his greatest joy came from being a father and "Papa."

Jeff graduated from Wasson High School, Colorado Springs, CO in 1972. He raised his family and built a business in Monro-

ment, CO. Jeff and Sheri moved to Grand Lake for several years before completing his work career with Alpine Lumber Company in Montrose, CO. Jeff was a builder and sales manager for construction millworks. He retired in December 2025. Jeff was looking forward to volunteering in a ministry role.

Jeff's passions in life included guitar, golfing, fishing, friendships and his relationship with Jesus Christ. He was an encourager, listener, counselor and leader. Jeff was a true friend to many. He brought laughter and joy with him always.

*"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."* -Matthew 11:28-30

### RICHARD "DICK" H. NALLY

#### April 19, 1944 — February 5, 2026

RICHARD NALLY peacefully passed away on February 5, 2026, at the age of 81 in Montrose Colorado where he had retired 24 years earlier. He was born in Rockford Illinois and grew up in Byron, which is a small farming town south of Rockford. Dick, as he liked to be called, graduated from Northern Illinois University, where he met his wife Sue, and earned a bachelor's degree in chemistry and physics. He later achieved a master's degree and beyond in School Business Administration from NIU.

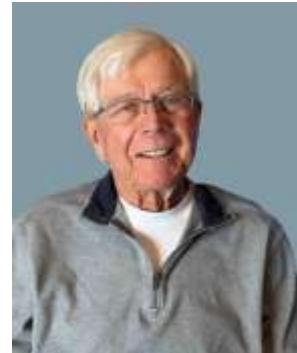
His early years of teaching were in Prophetstown Illinois before moving to complete his 36-year career at Lincoln-Way H.S. in New Lenox Illinois. As he often said, his greatest personal accomplishments were always in the classroom. In his later years, he took on the role of Director of Computer Services for the district. He was also an active member of the

local Lions Club, and Kiwanis organization. He is survived by his wife Sue (Klinger) Nally of 58 years and two daughters Kimberly Nally and Lisa Thompson. His grandsons Jared and Blake respectively were always active in visiting their grandfather to take part in all of Colorado's wondrous activities. His older brother Tom and his wife Joan reside in Florida, his brother-in-law Andy Klinger resides in Illinois as well as nephews.

One could always find Dick either on the golf course, in the mountains, or in his woodshop. With a smile, he would modestly say he shot his age or even better. He had an ongoing mutual chocolate chip cookie contest with Kimberly. They were both winners, and so were the recipients. Respecting Dick's wishes, there will be no service or gathering as he has chosen to remain in the mountains where he absolutely loved to be surrounded by the

beauty and tranquility of nature and friends. As we hiked and smiled, our personal mantra was to say, "sniff up." He was proud to say he left no bucket list.

If memorial contributions are desired, they may be made to Project Oz (projectoz.org) which is a nonprofit youth organization in Bloomington Illinois who helps serve thousands of young people each year match their full potential. Not only does Project Oz reflect the values shared by Dick, but it also reflects the values of our daughter Lisa who leads this organization.



# COMMUNITY OBITUARIES

## CINDY ANN JOHNSON

### January 23, 1956 – January 26, 2026

CINDY ANN JOHNSON, Age 70 passed away on Monday January 26, 2026 in the loving arms of her husband in Montrose, CO following a long battle with rheumatoid arthritis. She was born on January 23, 1956 in Longview, Washington to Evelyn Flowers and George Briggs. They moved to Montrose when Cindy was in elementary school where she lived until she moved to Alaska in 1975 with daughter Elisa, born in 1972. There she met the love of her life, Dave Johnson, while working at Safeway as a baker and later a meat packer. They were married on July 21, 1977 and had many adventures in the 15 years they lived in Anchorage and Soldotna. They were 21 and 22 when they married and worked hard to save up to take their honeymoon a couple of years later. They went to the small islands of Hawaii, Molokai, Maui and Kauai. They rode donkeys to the Leper community, a memory they both held dear. They loved it so much they would go often to help the winter chill of Alaska. They both loved the outdoors, her Uncle Vern's home-stead, hunting, fishing, boating, and camping together. They welcomed their son Dustin in 1983. And moved to Yakima where they lived

for several years. Cindy took up glass etching and worked cleaning jobs. They moved back to Montrose for a short time then moved on to Phoenix and later Prescott where she went to massage school. She loved reading, arrowhead hunting, crystal rock collecting, and was always helping and encouraging others. She loved gardening, her houseplants, and always kept an immaculate home. Dave had a great job with Truly Nolan pest control where they took yearly trips with the company on cruises and other adventures which they both loved. Cindy moved back to Montrose in 2010 when her grandson Cash was born and helped with her aging mother. It was shortly after this time she developed rheumatoid arthritis. There is no cure and she had allergic reaction to any medications that could have helped. After years of suffering, she is now in the loving hand of her Lord Jesus who helped her endure, persevere, and hope for a better future which she is now living. She is survived by her loving husband and caregiver Dave of Montrose, CO, sister Nora of Montrose, CO, daughter Elisa (Kent) of Goldendale, WA, son Dustin (Cory) of Prescott, AZ, sister in law (law) she loved to say, Patti (Vic) of Shoreline,



WA. Her six grandchildren, Leanna, Kent Jr, Kelly, Alex, Syanne, and Cash, as well as seven great children.

She is survived by many nieces and nephews. She is preceded in death by her parents, sister Sharon, niece Amy, and great grandson Jerome.

Cindy also had many special friends who helped and supported her throughout her life, Pam, Ronlyn and Shae of Montrose, CO.



ISSUE 560 Feb. 9, 2026

# ART & SOL

## AUTHOR CHRISTOPHER PRESTON TO SPEAK AT BLACK CANYON AUDUBON SOCIETY ANNUAL DINNER

*Special to the Mirror*

MONTROSE-The Black Canyon Audubon Society is honored to host Christopher Preston at Remington's, Bridges Golf and Country Club, 2500 Bridges Ave, Montrose, CO. The event will take place March 5 from 5:-8:30 PM. Dinner will be served followed by Preston's keynote address. The cost is \$50. per person for the event including dinner, and the public is welcome! Advance registration is required and can be made at:

<https://www.blackcanyonaudubon.org/news/notices>

Christopher Preston's book, *Tenacious Beasts, Wildlife Recoveries that Change How We Think About Animals* won the High Plains International Book Award in 2024 (non-fiction), received First Honorable Mention in the Rachel Carson Environmental Book Awards 2024, and was included in the New Yorker's Best Books of 2023.

Christopher Preston is a professor of philosophy at the University of Montana in Missoula. He attended Colorado State University in Ft. Collins for his Master's degree and has family in Denver.

Preston will share success stories of humpback and sperm whales, bears, wolves, peregrine falcons and several other species, including a discussion of the "messy business" of killing barred owls to support spotted owl recovery. Preston suggests that species recovery offers a unique chance to change the way we think about animals.



*Christopher Preston. Courtesy photo.*

## COMMUNITY NEWS BRIEFS

### DEISIG NAMED TO THE FALL 2025 BSC PRESIDENT'S HONOR ROLL

*Special to Art & Sol*

BISMARCK, ND-- Jeremy Deisig, Montrose has been named to the President's Honor Roll for the Fall 2025 semester at Bismarck State College.

"Making the BSC President's Honor Roll reflects more than just strong grades. It reflects focus, commitment and prioritization of competing demands," says BSC Interim President Dan Leingang. "These are the same traits that will define these students as professionals and future leaders in the workforce."

Students must maintain at least a 3.50 grade point on a 4.00 scale while enrolled in at least 12 semester hours of classes to qualify for the BSC President's Honor Roll.

### ELYANA POLLARD OF MONTROSE NAMED TO FALL DEANS' LIST AT NEBRASKA

*Special to Art & Sol*

LINCOLN, NE -- Elyana Pollard of Montrose has been named to the Deans' List at the University of Nebraska-Lincoln for the fall semester of the 2025-26 academic year.

Pollard, a senior majoring in fisheries and wildlife, was named to the Dean's List for the College of Agricultural Sciences and Natural Resources.

# Wine DINNER

STONE HOUSE,  
MONTROSE, CO



Wed March 25, 2026 | 6:00 pm

Come enjoy an unforgettable evening of wine and food – and help make a difference for children in our community.

4 Course Wine Dinner: \$75/per person

LIMITED SEATING AVAILABLE.  
RESERVATIONS REQUIRED-

970.249.8899

RSVP: MARCH 11

## REGIONAL NEWS BRIEFS

### KARAOKE AT MAGIC CIRCLE THEATRE

*Special to the Mirror*

MONTROSE-Come KAROKE with Us! You can sing, cheer on a friend, or just come be part of the Magic Circle community - we offer fabulous stage lights, a great sound system, and lots of moral support! The \$5 cover charge can be purchased in advance or paid at the door. Magic Circle Players, 420 S 12th St, Montrose. Box office: 970-249-7838.

Sunday, February 15, 2026 - 07:00 PM MST

Sunday, March 22, 2026 - 07:00 PM MST

Sunday, April 19, 2026 - 07:00 PM MST



**Leslie Gore GRI, CRS, ABR, SRES** ✓ + You

Broker Associate with Century 21 Elevated  
now ✓

...

Congratulations to the buyer and seller of 20547 Tulip Circle in Montrose, CO! I was honored to serve as the listing agent for this beautiful home and help bring a successful closing together.

**CENTURY 21** **ELEVATED**

**Leslie Gore**

Broker Associate, GRI, CRS, ABR, SRES, SFR

500 Main St.  
Montrose, CO 81401

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

☎️ 970-275-3195

# PRICE DROP

ON THESE BRAND NEW  
MOVE-IN READY HOMES

LOT #811  
NOW \$125,000



LOT #330  
NOW \$126,000



LOT #341  
NOW \$124,000



Call Today For More Information:  
**(970) 615-9412**



**Hidden  
Lake**

62650 LASALLE ROAD, MONTROSE, CO  
OPEN: MONDAY-SATURDAY, 8AM-5PM

# The Satisfied Self

## WHY EXHAUSTION ISN'T A BADGE OF HONOR



By Gia Pirelli

Somewhere along the way, exhaustion became a status symbol.

Being busy signals importance. Being stretched thin suggests dedication. Running on empty is proudly worn as evidence that we are

doing enough, giving enough, achieving enough. Many of us move through our days in a constant state of output, managing careers, households, relationships, finances, and the invisible labor that keeps everything functioning.

And beneath it all? A pervasive sense of being flat-out exhausted. Most of us are simply tired, not only physically but mentally, emotionally, and psychologically. Tired of holding everything together. Tired of always being available. Tired of measuring worth by productivity.

The problem isn't ambition or responsibility. It isn't even effort. It's the belief that depletion is the inevitable price of success. But exhaustion isn't proof of value. It's a sign of misalignment. It's an indicator that something's wrong. It's your body's way of asking for recalibration.

Most of us learned early that big effort brings big reward. Work hard, stay organized, show up for everyone, push through discomfort, and life magically moves forward. And, for a while, that formula works.

But eventually, we start to notice something shift. Almost imperceptibly at first. The same strategies that once worked begin to stall. Energy drops. Motivation fades. Sleep doesn't restore us like it used to. Small decisions feel overwhelming. Even habits meant to support well-being (exercise, meal planning, productivity systems) begin to feel like more pressure. This isn't failure. This is physiology. Because effort without recovery eventually loses effectiveness.

When the nervous system lives in con-

stant output, it stops distinguishing between true urgency and every day pressure. The body remains on low-level alert, even during rest. Cortisol stays elevated. Recovery shortens. Focus narrows. Rest becomes more and more elusive, and consistency harder to maintain. In this state, adding more effort rarely solves the problem. It compounds it. Most of us are taught to manage our time, but very few of us learn to manage our energy. That's an equation we rarely consider.

Energy is shaped not only by sleep and nutrition, but by pace, posture, environment, emotional load, digital stimulation, and the ways we move through our days. When every task is approached with urgency, even simple responsibilities become draining. And when everything is an "emergency," priorities weaken. There is no longer a metric for relative importance. We feel constantly "on" -- answering messages immediately, multitasking through meals, rushing through errands, carrying mental to-do lists that never fully clear. This is where burnout becomes inevitable.

Over time, the nervous system begins to assume that urgency is the default. Rest is nearly impossible, stillness is actually uncomfortable--if not painful, and slowing down produces guilt instead of relief. And this pattern becomes particularly visible in the way we approach movement.

Exercise is often framed as another arena for effort, as something to conquer (or endure.) Burn calories, push harder sweat more, earn your rest, earn your meals. No pain, no gain. And for some, and at certain stages of life, this can feel motivating. But when the body is already stressed, intensity can compound fatigue rather than relieve it. This is why many of us find ourselves in a frustrating loop: trying to exercise for more energy, only to feel more depleted afterward. Recovery takes longer. Motivation drops. The body feels inflamed or resistant instead of strong. "Resistance training" takes on a whole

new meaning.

This happens because intense exercise itself, is a stressor. And when the nervous system is already overloaded, adding more stress - even productive stress - can keep the body stuck in fight-or-flight, rather than helping it recover. The signs are not subtle: stubborn inflammation or weight fluctuation, fatigue that lingers despite regular workouts, disrupted sleep, irritability or emotional swings, eroding motivation.

Ironically, the very habits meant to support well-being begin working against it. The solution isn't to stop moving. It's to move differently.

Movement should be restoration, not punishment. Movement that supports the nervous system operates by a different logic. Instead of pushing the body to change, it restores circulation, breath, and rhythm.

Practices such as Pilates, yoga, walking, mobility work, somatic movement, and breath-centered movement like Tai Chi or Qi Gong create circulation without overwhelm. Muscles engage without bracing. Breath deepens instead of shortens. The body lengthens instead of tenses. The mind clears instead of contracts. Energy softens rather than constricts. Afterward, you feel clearer, not exhausted.

And because these practices leave the energy intact rather than depleted, consistency becomes easier. Strength builds steadily. Mobility improves.

Mood stabilizes. Motivation returns naturally. Movement becomes less about "fixing" your body and more about reconnecting with it.

Intensity isn't necessarily the enemy, timing is. To be clear, I'm not saying high intensity workouts are inherently wrong. They can be empowering and beneficial when introduced at the right time and in the right balance. The real question isn't "How hard should I push?" It's "What does my nervous system need [today](#)?"

## WHY EXHAUSTION ISN'T A BADGE OF HONOR From previous pg

Some days call for challenge and intensity. Others call for restoration and recalibration. Learning to differentiate those signals entirely changes your relationship with movement - not to mention your body.

One of the biggest advantages of regulation-based movement is sustainability. Short, consistent sessions build strength and resilience more reliably than cycles of intensity followed by burnout. Ten or twenty minutes of consistent movement can reduce chronic tension, improve posture and joint health, stabilize energy levels, support hormone balance, and sharpen mental clarity. And because the practice feels supportive and enjoyable rather than punitive and requisite, movement becomes something you look forward to rather than something you negotiate with. It becomes a daily reset rather than another dreaded obligation.

True strength isn't measured by how long you can take a beating. It's measured by how quickly and efficiently you recover, adapt, and remain present under pressure. A regulated nervous system allows effort when effort is required, and recovery when it is not. It creates space for focus, patience, and creativity. It allows you to meet responsibility without sacrificing yourself in the process.

This isn't about doing less for the sake of comfort. It's about choosing effort strategically so it produces results rather than burnout.

Energy renewal doesn't require dramatic change. More often it begins with small recalibrations: slowing your pace slightly, taking a few intentional breaths between tasks, choosing movement that restores rather than drains, allowing moments of genuine rest.

These adjustments may appear insignificant, but they accumulate. Over time, they rebuild capacity. They establish trust internally. Life begins to feel lighter without becoming smaller. And in that capacity and consistency, you start to notice real change. One day, you realize you completely transformed your body, your mind, and, maybe, your entire life.

In the next article we'll explore why many of the ways we try to rest no longer restore us, and what actually helps the body and mind recover in a world that rarely slows down. Because exhaustion was never meant to be the goal. Feeling alive was.

### *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>*

*Follow her on socials: [https://www.instagram.com/gia\\_pirelli](https://www.instagram.com/gia_pirelli) or <https://www.facebook.com/giapirelli> For more about her in-person classes or workshops, visit: [Https://www.giapirelli.com](https://www.giapirelli.com)*





**CENTURY 21**  
Elevated Real Estate

500 E MAIN ST. MONTROSE, CO 81401  
970-249-5673 | [WWW.THE-RES.COM](http://WWW.THE-RES.COM)



# Offered For Sale

MLS# 830687

THIS PASSIVE SOLAR ENVELOPE  
HOME ON 39 ACRES

**\$1,374,900 | 830 TIYOWEH TRAIL, MONTROSE, CO**



## HOME FEATURES

- Originally utilized for off-grid living, this home now offers mostly full-grid convenience.
- The massive post and beam timbers incorporated in the construction of the home were designed to retain much of the sun's radiant heat in the winter months.
- The passive air flow surrounding the home is also unique, with remote opening windows.
- This home has been the focus of considerable upgrade and updating, all situated on easily accessible 39 acres.

**3 BEDROOMS, 3 BATHS, 3424 SQ FT HOME, 624 SQ FT GARAGE, BUILT IN 1995, REMODELED**



Peg Evanoika, Broker Associate

[realtor@pegEvanoika.com](mailto:realtor@pegEvanoika.com) | 970-209-3934

## 🎓 Attention Class of 2026 Parents! 🎓

The **Senior Safe Party** for the Class of 2026 is just around the corner, and we'd love for you to join us for an important

### Parent Information Meeting

**Date:** Thursday, February 12

**Location:** Montrose Christian Church, 2351 Sunnyside Rd

**Time:** 6:15 pm

This meeting is your chance to learn all about the **Senior Safe Night Party**—a beloved tradition designed to give our seniors a safe, fun, and unforgettable final night together. This event is **not sponsored by the school**, but organized and funded entirely by parents and community support. We rely on the involvement of **ALL parents**—whether by volunteering your time, donating financially, or connecting us with local businesses willing to contribute.

### Have any questions, please call or text.

Please reach out to:

Charity Womack – 970-209-0297

Jessica Pelham – 970-275-2106

**Each graduate will receive \$26 upon arrival at the Senior Safe Party. We are asking all parents to assist us in making this possible for every student who attends. Payment may be sent via Venmo or Check.**

### Want to “DONATE” your way out of volunteering?

- **\$50** & I will volunteer 2 hours of my time on one of the committees.
- **\$100** I really wouldn't have helped. Here is my donation.
- **\_\_\_\_\_** I am making this donation to express my appreciation.
- **In Kind Donation:** \$ \_\_\_\_\_, or describe as (e.g., Gift Card, Service, ect)
- Please email **MHSSeniorsafeparty26@gmail.com**

*Donations are used to purchase prizes and entertainment for the graduates for the evening. All who attend will receive a prize, just for attending.*



Venmo: @seniorsafe26

[venmo](#)

Check: Payable to: Senior Safe Party 2026 Mail to:  
Charity Womack, 1851 6438 Drive, Montrose, CO 81403

I want to donate my time rather than money, and I will attend the parent meeting.



- Sign Up  <https://forms.gle/j6jXKwHaouHQj1JV6>

Let's give these amazing young adults the sendoff they deserve! **Note:** The location and event details are a surprise for the students and will only be revealed at graduation practice. Help us keep the tradition alive!

**Hope to see you at the meeting!**

# REDUCED



PRICE REDUCED  
\$324,900  
MLS 831021

707 N 1<sup>st</sup> Street  
MONTROSE, CO 81401

- 1095 SQ FT
- 2 BED/1 BATH
- 1 CAR GARAGE
- FRONT PORCH
- .17 ACRE LOT
- BACK YARD
- BUILT IN 1904
- ALLEY ACCESS



LESLIE GORE

PRESENTED BY C21 ELEVATED 970-275-3195 LESLIEGOREREALTOR@GMAIL.COM



MULTIPLE LISTING SERVICES  
**MLS**

# PRICE DROP

BRAND NEW  
CHAMPION-YORK HOME  
Now \$124,000



## PROPERTY FEATURES



3 Bedroom



2 Bathroom



Cul-De-Sac



1064 SF

Lock and Leave  
Community

**\$124,000**

5% Down/25 Year Term

**\*ONLY \$1,716.00**

**per month\***

(\$991.00 mortgage plus  
\$725.00 lot rent)

## CONTACT US

970-615-9412

manager@thehiddenlakecommunity.com

www.thehiddenlakecommunity.com



**Hidden  
Lake**

\*WAC. Estimated payment, rates and terms may vary based on credit history. Not all applicants will qualify. Subject to lender terms & conditions. Actual term, rate, APR, and loan amount may vary.\*

# Community EASTER SONRISE SERVICE

Sunday April 5th 6:30am  
“He is Risen”

**Everyone is welcome! Join us at  
the Montrose Pavilion South Lawn for an Easter service.  
Please bring lawn chairs or blankets for seating.  
Refreshments will be available.  
Outside event - please dress warmly**

Speaker



CHAPLAIN  
RYAN DYER

Live Music



PASTOR  
GARRETT AGAJANIAN

## 2026 SPONSORS



Solid Rock  
Ministries



Montrose Pavilion  
1800 E Pavilion Dr Montrose, CO 81401



LESLIE GORE WITH CENTURY 21 ELEVATED PROUDLY PRESENTS

HOME  
FOR SALE



**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

<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/> **Rector:** The Rev Preston Gordon, [pgordon@allsaintsmontrose.org](mailto:pgordon@allsaintsmontrose.org)

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

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

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

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

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

## BIBLE BAPTIST CHURCH

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

Olathe, Co 81425

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

**Website:** <https://celebrationmontrose.org/>

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

**Senior Pastor:**

Pastor Brandon Mathis

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

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

**Demographics:** Multi-generational

**Celebration Kids:** (age birth to 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,  
[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, [inform@fpcmontrose.com](mailto:inform@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:** HCUCU welcomes all ages to worship with us. (predominately family, youth, seniors, singles)

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

## MONTROSE UNITED METHODIST CHURCH

**Denomination Affiliation:** United Methodist

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

81401

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

**Contact Information:** 970-249-3716,

[office@montroseumc.org](mailto:office@montroseumc.org), [\[montroseumc.org\]\(http://montroseumc.org\)](http://mont-</a></p>
</div>
<div data-bbox=)

**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](http://youtube.com/@rosemontbaptistchurch)

[facebook.com/RosemontBaptist](http://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](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

**MONROSE**-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



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

Delta: Pour Ernie's  
 970-546-0074



Alpen Confections  
 970-648-0609

Crash Burger  
 970-249-0825

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

Tacos & Beer  
 970-964-4448

Tacos & Beer on Main  
 970-964-4999

Pahgre's  
 970-249-6442





## Why Use an SRES®

**A Seniors Real Estate Specialist® (SRES®) is uniquely qualified to help you take the next step.**

Trust a skilled professional to ease the anxiety of selling your home.

**SRES® designees have unparalleled training and experience in seniors real estate, including:**

- Helping you manage the financial and emotional challenges of selling a long-held family home
- 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



**Hello, I am your SRES,**

Peg Evanoika, SRES REALTOR



Century 21 Elevated Real Estate

[www.the-res.com](http://www.the-res.com) | (970) 209-3934

Email: [realtor@pegevanoika.com](mailto:realtor@pegevanoika.com)

**CENTURY 21**  
Elevated Real Estate



# MONTROSE COMMUNITY HOLY WEEK SERVICES

March 30 – April 3

7:00 to 7:30 AM



**Monday – St. Stephens Anglican Church  
2504 Sunnyside Rd.**

**Tuesday – First Church of the Nazarene  
705 S. 12<sup>th</sup> Street**

**Wednesday – Calvary Chapel  
2201 Townsend Ave.**

**Thursday -Montrose Christian Church  
2351 Sunnyside Rd.**

**Friday – Celebration Church  
2900 Sunnyside Rd.**

Services will be 30 minutes, followed by a continental breakfast.

An Offering will be received for ministries of the AMC



# 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.alrusamontrose.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. 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).

**Feb. 18**-Come hear local Archaeologist Jon Horn present Insights into the Old Spanish Trail 1821-1881. Wednesday Feb. 18 at 7pm at the United Methodist Church 19 S Park Avenue. Chipeta Archaeology Society. Free.

**Feb. 21**- 21st Annual German Dinner, Montrose Masonic Lodge, 187 Rose Lane, 4-7pm. Reservations preferred. Contact Jacqueline.quint@gmail.com or 970-615-0916.

**March 5**-The Black Canyon Audubon Society is honored to host Christopher Preston at Remington's, Bridges Golf and Country Club, 2500 Bridges Ave, Montrose, CO. The event will take place March 5 from 5:-8:30 PM. Dinner will be served followed by Preston's keynote address. The cost is \$50. per person for the event including dinner, and the public is welcome! Advance registration is required by Feb. 25 and can be made at:

<https://www.blackcanyonaudubon.org/news/notices>

**March 12-March 12**-League of Women Voters City Council Candidate Forum has been set for Thursday, March 12, at 6 pm in the City Council Chambers.

**April 5**-Easter Sonrise Services-6:30am. Montrose Pavilion South Lawn.

## READER PHOTO SPOTLIGHT: LK WILLIAMS



### *Special to the Mirror*

MONTROSE-Montrose County at work installing a culvert-in-a-culvert last week near the intersection of 5950 and Locust roads. First, they cleaned out debris from the deteriorating metal culvert, then inserted a slightly smaller diameter plastic culvert. The new culvert is secured in place. The employees working there said it saves taxpayer dollars because it does not require digging up and repairing the road. Photo by LK Williams

**SAVE A TREE READ THE MIRROR**