



Find us online:
www.montrosemirror.com

Please support our advertisers!

the Montrose Mirror

REC DISTRICT BUYS BUSINESS LOCATION IN MURA *MURA funding to take 'Big Hit' from tax exempt facility*

scott's
printing & design
www.scottspainting.com


Alpine Bank
www.alpinebank.com


MONTROSE REGIONAL HEALTH
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.whiteyhomeimprovement.com

By Caitlin Switzer
MONTROSE-Big projects and bigger changes have become a way of life in Montrose. Following the recent sale of its Outdoor Pool/Field House facility to the Montrose County School District, the Montrose Recreation District has announced plans to open a new Fieldhouse facility at the Secret Creek location, 1227 Mayfly Drive. Secret Creek will be relocating within Montrose, according to a source close to the company.

The recent [announcement](#) from the Montrose Recreation Center states that a new Community Fieldhouse will be developed "between now and late 2027." Noting the age and deficiencies of the old Field House, the Rec District said that demand for activities has increased while the old site "severely limits expansion to meet the current and emerging parks and recreation needs...The approximately 32,000-square-foot



The Secret Creek location in the Montrose Urban Renewal Authority (MURA) has been purchased as the new location for the Montrose Rec District's Field House. Photo by Harry Switzer.

Continued pg 7

ERIN GO BRAGH



A healthy shamrock plant, lovingly named "Maggie," serves as a reminder of the dedication of a man whose life is honored by so many every year on March 17. Photo by Bob Cox.

By Bob Cox
MONTROSE-Erin Go Bragh, which was Errin go Brách in the original Irish language, has long been a term associated with St. Patrick's Day celebrations. According to several sources, the term literally means "Irish Forever," but generally became a greeting used on St. Patrick's Day. Celebrated for centuries, St. Patrick's Day had some dedicated Montrose followers in the 1900s. The day was routinely recognized by special parties held by the socialites in the community. One example was a large gathering on March 17, 1909, sponsored by Mrs. W. J. Farthing, Mrs. Chas. A. Fisher, and Mrs. T. B. McDonough. The gathering took place at the K. P. Hall and, according to press reports, it was a "huge success, enjoyed by all." On March 15, 1910, the importance of the holiday was noted by the action at the candy store operated by Patrick

Continued pg 32

Looking for a book club?

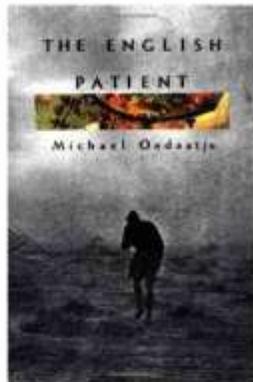
The next meeting of the Montrose Library Book Club will be **Saturday, March 7 at 9:00 a.m. in the Library Meeting Room.**

The book to be discussed is ***The English Patient***

by Michael Ondaatje.

The Montrose Library Book Club for adults meets on the first Saturday of the month (except for holiday weekends and closures).

Email lmclean@montroselibrary.org for more info.



320 S 2nd, www.montroselibrary.org
Mon-Thurs 10-7, Fri 10-6, Sat 10-5, Sun 1-5,
(970)249-9656, Option 3.

MONTROSE REGIONAL LIBRARY DISTRICT

REGIONAL NEWS BRIEFS

ROAD CLOSURE SCHEDULED ON KANSAS ROAD



Special to the Mirror

MONTROSE— Beginning March 3, Montrose County Public Works will begin a culvert replacement project that will temporarily close Kansas Road approximately 350 feet east of 6040 Lane. The closed section will extend from just west of 60561 Kansas Road to just east of 60545 Kansas Road. Weather permitting, work is expected to continue through March 17. Drivers are encouraged to plan alternate routes and follow posted signage during this period. For more information, please contact Rich Rivera at 970-252-7009.

Commercial Offset & Digital Printing

Trade Bindery & Finishing Services

Innovative Screenprinting

Custom Digitizing & Embroidery

Direct-To-Garment Printing

Creative Design & Prepress

Promotional Marketing

Large Format

in the heart of the San Juans...

Scott's PRINTING
COMMERCIAL OFFSET PRINTING

(970) 249-2611 • 315 S. 12th Street, Suite A • <https://linktr.ee/scottsprinting>



MONTROSE
ASSOCIATION of REALTORS

Say “Yes” to the Dress!

The Montrose Association of Realtors® is proud to support our local students with our annual Prom Dress Giveaway.



Every student deserves to feel confident and celebrated on their big night. We invite all local high school students to visit us and find their dream dress—completely free of charge. With hundreds of styles, sizes, and colors to choose from, our "boutique" is ready for you to explore. No strings attached, just beautiful dresses waiting for a second dance!

Event Details:

- When: Every Saturday, March 14th through April 11th
- Time: 10:00 AM – 2:00 PM
- Where: Montrose Association of Realtors Building
- Cost: FREE for all local high school students

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

Supporting our youth. Strengthening our community.

UPDATED GUIDELINES FOR LETTERS TO THE EDITOR

Not Just a Better Deal. A Better Dealership!
Montrose Ford-Nissan SINCE 1984

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

Why Pay More?
Montrose Ford offers all of this:

- 17 major name brand tires
- 30-day price guarantee
- All makes and models
- FREE Alignment Check (with the purchase of your next set of tires)

LOW PRICE TIRE GUARANTEE

Valid on new tire purchases only. Program limitation of competitor's current price applies. Offer valid through 30 days after purchase. For some guarantees, guarantee applies only to new tires sold at participating dealers. Excludes tires sold by third parties or manufacturers direct and by mail order. Limited time offer, subject to manufacturer change without notice. See your Service Advisor for details.

BEST of the Valley for 2025!

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



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

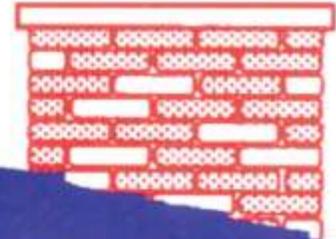
Website: www.montrosemirror.com

Connect with us on social media:

[www.Facebook.com/MontroseMirror](https://www.facebook.com/MontroseMirror)

[www.Instagram.com/MontroseMirror](https://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.



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 & Suntubes

- Many Sizes & Styles

Before You Buy, Give Whitey's a Try!

"Serving the Local Area Since 1947"

Montrose

970-249-9603

www.whiteyhomeimprovement.com

Delta

970-874-3665



Every great production starts the same way: the subject in the viewfinder and a vision behind the lens. Drew Loewen built his video company with the courage to press record before he knew how the final cut would take shape.

Today, DLC delivers full-scale commercial productions across the Western Slope. And while the cameras roll out front, Elevate works quietly behind the scenes—powering lightning-fast uploads, an endless number of video calls, and the kind of bandwidth that keeps creativity moving at full speed.

Build your legend with brilliant connection.

Order service today!

ESSENTIAL

Your essentials covered. Perfect for browsing, email, and everyday use.

\$54.95/month

- Network protection with ElevateIQ app
- 400 Mbps

STREAMER

Built for entertainment lovers who stream, scroll, and share.

\$79.95/month

\$54.95 for three months

- All features included in the Essential plan
- Device Prioritization with ElevateIQ app
- 1 Gig (1,000 Mbps)

Most Popular

FAMILY

Power every moment together—work, play, and everything between.

\$99.95/month

- All features included in Streamer plan
- Tech-assisted parental control setup
- Improved coverage with Wi-Fi extender
- 2 Gig (2,000 Mbps)

LEGEND

Fast, seamless, legendary. Built for those who demand the best.

\$149.95/month

- All features included in Family plan
- VIP installation including cable run
- Always-on, 24/7 priority tech support
- Only legends earn Gigfoot's respect
- 6 Gig (6,000 Mbps)

Reliable Home Phone per month
 Unlimited local & long distance **\$30.00**

Simple TV
 Find packages & rates at elevateinternet.com/tv

elevateinternet.com • 844-386-8744

Available in fiber service areas only. Installation is zero money down and \$10/mo., for 10 months or \$100 upfront. Internet service may be required for TV and phone. Unlimited local & long distance applies to domestic long distance only. *\$54.95 for 1 Gig offer is for the first three months of service only. Internet speeds up to 6 Gig for fiber-wired connections. All prices and offers are subject to change without notice. Taxes, fees, and terms of service apply.



REC DISTRICT BUYS BUSINESS LOCATION IN MURA From pg 1

open-span building will include two artificial turf fields, classrooms and community rooms, fitness areas, and office space for frontline service staff.

“Additional uses will be shaped through public engagement, and updates will be shared as plans progress,” the announcement states.

Although the outdoor pool at the former Field House location has been a community magnet, there are presently no plans to construct an outdoor pool at the new Field House location. The Rec District states, “...MRD does not currently have a plan to directly replace the outdoor pool. Estimated costs to construct a new community outdoor pool that meets community needs range from \$15 million to \$25 million — funding that is simply not available at this time. Importantly, MRD continues to provide robust aquatics ameni-

ties at the Community Recreation Center. The facility offers an open-air, summer-like experience and currently meets — and in many ways exceeds — the community’s aquatics needs.”

The announcement also states that “pricing and membership options are still being discussed.”

Still, the location comes as a surprise for some. As a tax-exempt entity, the Secret Creek location is within the boundaries of the Montrose Urban Renewal Authority (MURA) and will bring a decrease in funding for the MURA itself.

According to Montrose County Assessor Brad Hughes, while Secret Creek is a taxable business, the Montrose Recreation Center is a Title 32 Special District and exempt from taxation. In 2025, Secret Creek paid \$86,104 in real estate taxes and \$7,195 in Business Personal Property

taxes, he said.

“It’s a fairly impactful building,” Hughes said. “And when there are only a handful of them there, it’s a big hit.”

Along with the financial impacts, the loss of the old Fieldhouse will be felt by some of the community’s younger constituents. One young Montrose adult shared their thoughts with the *Mirror* about losing the historic Montrose Rec Center with its indoor-outdoor pool.

“It was nice to be able to lay in the sun on the concrete like a piece of bacon, and also jump in the pool,” the 22-year-old said. “You could go inside and out—the big kids were mostly indoors, and the little kids were in the outdoor pool.

“It was a kid pool,” he said. “We don’t need a new outdoor pool for everyone in the community, but one for the kids would be nice.”

REGIONAL NEWS BRIEFS

WILDFIRE RESILIENCY CODE MEETING

March 10, 2026 at 6:00 pm
 Historic County Courthouse
 320 South 1st Street
 3rd Floor Board Room
 Montrose, CO

SHAVANO CONSERVATION DISTRICT ANNOUNCES 2026 AWARD RECIPIENTS

Special to the Mirror

MONTROSE-Shavano Conservation District is excited to announce our 2026 award recipients:

- Producer of the Year - Robert Goodhue & North Mesa Farms
- Rancher of the Year - Hugh Hardman
- Educator of the Year - Mendy Stewart

These honorees represent the very best of conservation, stewardship, and agricultural leadership in our community. Join us on March 10 to recognize their dedication and impact!

249 8500 ANONYMOUS
 Download The APP. **P3TIPS**

MONTROSE REGIONAL CRIME STOPPERS
 see something, say something

REGIONAL NEWS BRIEFS

MONTROSE CITY COUNCIL CANDIDATE FORUM

Special to the Mirror

MONTROSE-The League of Women Voters of the Uncompahgre Valley will conduct a Candidate Forum for the Montrose City Council Candidates on Thursday, March 12, from 6 pm until 8:30 pm at the Montrose City Council Chambers, 107 S. Cascade, in Montrose. The doors to the Chambers will open at 5:30. The public is invited to attend this non-partisan Forum.

All eleven City Council candidates have been invited to participate. They will respond to questions from the League and to written questions submitted by attendees as they arrive at the event. This event will be livestreamed and recorded, and complete information for the Candidate Forum will be available on the League's website at www.lwv-uv.org and on the City of Montrose public meeting [portal](#).



BOCC WORK SESSION KINIKIN INFORMATION

March 3, 2026 at 6:00 pm
Historic County Courthouse
320 South 1st Street
3rd Floor Board Room
Montrose, CO



You are Invited!

Celebrating 69 Years!

MEDC's 2026 Annual Meeting Luncheon!

March 19, 2026 (Thursday) at the Montrose Pavilion
located at 1800 E. Pavilion Place, Montrose, CO 81401



Keynote Speaker: Sam Bailey
Amazon Senior Manager,
Economic Development Policy

Sam Bailey serves as Senior Manager of Economic Development Policy at Amazon leading the company's national expansion of Prime Air. Prime Air offers drone delivery of customer orders in 60 minutes or less using a fleet of battery-powered drones designed, built, and operated by Amazon. In addition, Sam directs Amazon's economic development policy efforts across the state of Colorado supporting new and existing investments.

\$45 for Investors * \$55 for Non-Investors (Catered by Stone House)
RSVP by 3-13-26: patriciac@MontroseEDC.org or (970) 249-9438
Check-in begins at 11:30 a.m. Plated Lunch & Program - 12:00 - 1:30 p.m.

Thank you to our Sponsors!



Become a sponsor: Contact: Patricia at 970.249.9438

OPINION/EDITORIAL: LETTERS

MONTROSE MADNESS

Editor:

After receiving our utility bill, we see all of the new price increases for services. A 3% increase for water, a 22% increase for sewer, 20% more for trash and recycling, and a 22% increase for e-one pumps. On top of all of that there is now a \$1.00 fee for paper statements.

These increases far outpace inflation, and are a major hit for most of us, especially those on fixed incomes. The \$1.00 charge for paper statements will mostly impact seniors who don't have access to computers or are "computer challenged". When my wife called the city to see how to change to paperless billing, the city employee that she spoke with couldn't help her because she hadn't been trained on how to do that. The employee also said she had numerous calls on how to do make that change, but couldn't help anyone due to her lack of training on the

xpressbillpay system. Good grief!

It is interesting that our elected officials and city manager believe that it is acceptable to increase costs for residents while at the same time skimping on proper employee training, as well as doling out large sums of taxpayer money to certain entities that really don't need or deserve subsidies. A few examples of this are large grants to Colorado Outdoors, Les Schwab, and paying for asbestos remediation for a business who then turned around and put their property on the market, obviously increasing the sale price. Now the city is giving \$100,000 to Bear Creek Subdivision to bail out their HOA for improperly designed settling ponds. Bear Creek should seek recourse from their developer, but that won't happen since that developer apparently has a close relationship with our council and city manager. We, the taxpayers, have to foot the bill.

Why are these businesses and individuals subsidized with our tax dollars while we, the citizens of Montrose, are asked to pay vastly more for our basic services? Who does our council and city manager really represent?

I found it disturbing a few years back when J. David Reed, mayor at the time, declared "this is the year of the citizen". Really? Shouldn't every year, and for that matter every day, be for the citizens of Montrose?

It is time for a major shake-up of our council, and time for a new city manager as well. He's the guy that rides around in a \$90,000 SUV paid for by our tax dollars, when a \$22,000 sedan would have just as easily gotten him where he needs to go. We need to elect people who will look out for our interests, not just the interests of the wealthy and of themselves.

Ron Sobieck, Montrose

I HAVE A QUESTION

Editor:

I have a question. What happens to the people in these "detention centers"? They are fed and cared for with our tax dollars while they are "detained." If they're criminals shouldn't they be in a prison? If they're not criminals shouldn't they be given a pathway to citizenship where they can work, pay taxes and contribute to our country?

Jo Clugg, Montrose

MONTROSE HAS CONTRACTOR PROBLEMS

Editor:

For more years than I can count, Montrose has had contractor problems. Several years ago, the roof on the New Elementary School Roof started leaking before it was finished. They had to hire another contractor, at the county's expense, to fix it.

It is only good business practice to require a bond on all work performed by outside contractors instead of a hand in the shake, which used to work in Hadley's bar in the 1960's. Been there, done that. I realize it can be more expensive, but in all cases, you will ultimately have a better product, since you will have a better contractor.

I have been in construction for most of my life and have even worked outside of the states. In England they would only award the contract to the 2nd lowest contract bidder. Seemed to make good sense to me.

Richard Gillette, Montrose

OPINION/EDITORIAL: LETTERS

MANY AMERICANS OF COLOR SEE POLITICAL POSTURES THROUGH A DIFFERENT LENS

Editor:

These are such entertaining times. The Governor of Kalifornia, in typical pandering fashion, makes a statement that he is dumb and can't read- just like black people. Furthermore, the prized hair-gel of a governor can't seem to understand what the definition of "govern" is and he, more than likely, could not care less. Finally, Gov Newsom is faced with a scorecard of his impact on Kalifornia's educational system and it is a doozy- a black student, in Mississippi, is 2.5X more likely to read proficiently by 4th grade than if he or she lived in California (NAEP 2024).

It seems one political brand just can't seem to get out of their own way and I'm fine with that.

The Democrats have pandered, lied, weaseled, enslaved and have been racist for as long as I can remember. Oh, for our friends on the Left, let's remind them that racism is not the same as bigotry. Us critical-thinkers understand the distinction. However, for the Karens, the AWFLs and most Democrats, they probably cannot read Webster's Dictionary, much less comprehend the distinction between the two terms. But I digress. Many individual Americans of color, your humble servant included, appreciate the blessings of this wonderful country and we see political postures through a different lens. But, from time to time, it is worthy to refresh one's memory of notable events regarding Americans of color:

-Gettysburg Address in 1863. Republican President Abraham Lincoln delivered the 272 word speech to usher in a renewed sense of equality

-Jim Crow laws. From 1877 to the 1960s, predominantly Democrat-governed states enforced laws to limit opportunities for folks of color

-Sen Robert Byrd (D-WV), longest serving member of the US Senate and organizer and leader of the local Klu Klux Klan

-In 1957, then President Dwight Eisenhower (R) federalized the Arkansas Nat'l Guard and deployed the 101st Airborne Division to Little Rock to enforce the integration of nine black students. Gov Faubus was a Democrat and had resisted the federal court order to integrate

-Civil Rights Act. Passed by Congress in 1964 after a long filibuster by Democrats and the solid wall of Republican votes forced then Pres Johnson (D) to not veto the bill which democrats resisted, the civil rights act. Key Senators resisting the passage of the CRA included Al Gore Sr, the father of one of climate change's biggest fools- Al Gore Jr

The aforementioned is merely a small sample of the continued legacy of the Democrats' political ideology. The Dems wish to politically enslave through compromised values, corrupt voting practices, financial handcuffs such as welfare and denigration of everything not Democrat.

Folks of color don't be fooled. Certainly the GOP is not perfect but it is a far sight better, for all of us, than the turds at the Democrat party. Always, always, view a Democrat with a jaundiced look and suspicion. There is no such thing as a good rabid skunk. Keep that in mind when listening to a Democrat.

Robert Franco, Montrose

EXERCISE YOUR MOST IMPORTANT FREEDOM! VOTE!

Editor:

Do you wonder why politics never change, never improve our community,

or improve your lives? Do you realize "you" one person can make a difference?? "You" as one person are the first ripple in a pond that grows to fill the whole pond. How? Just by talking to one other person and off it goes. The same goes for voting. If you don't vote and add to the count by utilizing the most important tool we have for change; NOTHING CHANGES, NOTHING GETS BETTER. HOWEVER EXCITEMENT IS IN THE AIR NOW! JOIN THE MOVEMENT! EXERCISE YOUR MOST IMPORTANT FREEDOM: VOTE!

There's one vote that should be at the top of your priority list right now. That's the Caucus Vote and the most important time for your Voice and Vote to really count LOCALLY. It's how you decide control in your community; the place you should really care about. The candidates are ready and willing to take on the fight for us. We need to join them. They need us to show up. They need our votes for delegates at Caucus to get on the ballot. Caucus is Thursday, March 5TH 5:30pm at Montrose High School. Be There! Let's have a record turnout to save our Western Slope Values.

Carol McBride, Montrose

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!

OPINION/EDITORIAL: LETTERS

CHOOSE A LAW FIRM OTHER THAN MILLER FARMER CARLSON

Dear Editor,

Our newly elected school board needs to remember something simple: they represent *all* the citizens of the Montrose and Olathe School District — not just the folks who voted for them.

Only 48% of registered voters showed up for the school board election. Four of the newly elected directors received about 54% of the vote. When you do the math, that means only about 25% of the Montrose & Olathe school district actually voted for the four candidates on the self-identified “conservative slate.” That’s not exactly a sweeping mandate. What we can all agree on, though, is that we want sound policy that serves our students’ achievement and supports our staff.

I watched the February 10, 2026, meeting online, and I ask that the board chooses a law firm other than Miller Farmer Carlson. That firm seems to make the news — and not for the right reasons. Just last week, the Woodland Park School District, represented by Bryce Carlson of Miller Farmer Carlson (the same Bryce Carlson who said he would be the lead attorney if Montrose & Olathe select his firm), was ordered to pay a parent \$148,000 for violating the Colorado Open Meetings Law.

During that same meeting, Mr. Carlson stated that his firm represents 10–12 districts and 80 charters. Yet this past week, two of the districts they represent — Montezuma/Cortez and Pueblo 70 — sent out Requests for Proposals to replace them. In plain terms, they are being fired by two of the districts they currently serve.

<https://www.ksjd.org/podcast/ksjd-local-newscasts/2026-02-20/school-board-seeks-new-general-legal-counsel>

Come on — we don’t need that kind of baggage in Montrose and Olathe schools. Our board, remembering that they represent every one of us, should choose a different firm.

Lynn Carretta, Montrose

PEAK

Wellness Center

SIGN UP TODAY!



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.

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

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.

 970-497-4921

 mypeakmd.com

REGIONAL NEWS BRIEFS

MRH SLEEP CLINIC EXPANDS ACCESS WITH NEW PROVIDER, BOARD CERTIFICATION *Additions help reduce wait times and increase appointment availability*

Special to the Mirror

MONTROSE – The Montrose Regional Health (MRH) Sleep Clinic, located at 900 S. Fourth St., continues to expand access to specialized sleep care for patients across the Western Slope.

Paula Morgan, a nurse practitioner, joined MRH on Feb. 27, 2026. Morgan earned her Bachelor of Science from Samford University in Birmingham, Alabama. She is board certified by the American Academy of Nurse Practitioners and holds Basic Life Support certification. Morgan brings 12 years of experience in sleep medicine and will work alongside Dr. Gilbert and Dr. Salem to support growing demand for sleep medicine services in the region.

“My husband and I fell in love with Montrose during a visit last year, and I’m grateful for the opportunity to serve this community,” Morgan said. “Sleep disorders affect nearly every



Amr Salem, MD.
Courtesy photo.



Paula Morgan, NP.

as-
pect
of a

person’s health and daily life. I look forward to helping patients experience the life-changing benefits of restorative sleep.”

In addition, Amr Salem, MD, recently earned board certification in sleep medicine from the American Board of Internal Medicine. Board certification reflects advanced training and expertise in diagnosing and treating sleep disorders. The addition of a second provider will help reduce wait times and expand appointment availability for patients seeking evaluation and treatment.

The MRH Sleep Clinic offers home and in-lab sleep studies, as well as iron deficiency testing. Treatment options include cognitive behavioral therapy, continuous positive airway pressure (CPAP) therapy for obstructive sleep apnea (OSA), and Inspire therapy, an implantable alternative for eligible patients. Surgical options are available for severe cases when less invasive treatments are unsuccessful. In addition to treating OSA, the clinic provides care for insomnia, narcolepsy, parasomnia, and restless legs syndrome.

The MRH Sleep Clinic provides comprehensive evaluation and treatment for a wide range of sleep disorders. For more information or to schedule an appointment, call (970) 240-7101 or visit montrosehealth.com/sleep.

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

Call today at 970-252-7444 or visit us at:
www.IntegratedDermatologyofMontrose.com

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

REGIONAL NEWS BRIEFS

MONTROSE COUNTY HISTORICAL SOCIETY MEETING

Special to the Mirror

MONTROSE-Please join us for our next monthly General Meeting on Wednesday March 4, at 7pm. The Montrose County Historical Society will present Mr. Les Williams, and the Montrose Veteran’s Memorial Coalition. The program will share the Coalition’s progress and preparation for signing a Memorandum of Agreement and building a memorial for those that have served from Montrose County. Patriot bricks, benches and the service seals will be available for purchase at this meeting.

This presentation will be held in our new venue at the Pioneer Room at Friendship Hall on the Montrose County Fair Grounds. Please use the smaller door to the left of the main doors, it will be open at 6:30 pm. This program is open to the public and free to attend. Light refreshments are provided.

AG
HERITAGE DAY

FREE EVENT!

MARCH 21, 2026

10:30 A.M. STOCK DOG DEMONSTRATION
 12:00 P.M. FREE HAMBURGER LUNCH FROM UCA (WHILE SUPPLIES LAST)
 1:00 P.M. GAMES START (TUG-O-WAR, KIDS FOOT RACE, KIDS EGG RACE)

MONTROSE COUNTY FAIRGROUNDS

Logos at the bottom include: CISO, AMERICA 250, History Colorado, EVENT CENTER MONTROSE COUNTY, and a circular seal.

REGIONAL NEWS BRIEFS

BRIDGE DECK REPLACEMENT AND TEMPORARY ROAD CLOSURE SCHEDULED ON KINIKIN ROAD AT SOUTH CANAL BEGINNING MARCH 3

Special to the Mirror

MONTROSE— Beginning March 3, Montrose County Public Works will begin a bridge deck replacement on Kinikin Road at South Canal. This project will require a temporary road closure, which will extend through March 5. For more information, please contact Rich Rivera at 970-252-7009 or Mike Hindson at 970-964-2448.



Celebrate Our Western Roots!

Join us for a Community Dinner honoring local agriculture, history, and the Western way of life.

Enjoy a Chuckwagon-inspired Chili Dinner served by the Montrose Cattlewomen, and settle in for cowboy poetry from the renowned Terry Nash.

SATURDAY, MARCH 21

COCKTAIL HOUR 5-6PM DINNER & COWBOY POETRY 6-9 PM

MONTROSE COUNTY EVENT CENTER

\$15 per Adult, \$8 per Kid (12 and Under)

Purchase tickets online at:

www.montrosecountyeventcenter.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

FOLLOW US



DEDICATED TO THE JOY OF HOME

CENTURY 21



REGIONAL NEWS BRIEFS

MONTROSE COUNTY ECOLOGICAL SERVICES: WEED MANAGEMENT DOWNY BROME, A.K.A. CHEATGRASS

Special to the Mirror

MOINTROSE-Since cheatgrass emerges earlier than other species, it is able to “cheat” other vegetation out of needed resources, particularly moisture.

Characteristics

- Bunch-like grass
- Smooth, softly hairy leaves
- Green at germination, turns purple-red once seeds are produced and then a tan-buff as it matures
- Flowers are in drooping 1-sided panicles
- Reproduces by seed

Negative Impacts

- Emerges before many native vegetation species and uses up critical resources
- Effects the fire regime by increasing fire frequency, temperature that fires burn, and leads to higher erosion potential after fire events
- Diminishes the availability of nutritious forage for livestock

For more information regarding cheatgrass and its management, visit the [Colorado Department of Agriculture Species ID Webpage](#).

Please contact Montrose County Ecological Services at (970)249-5216 or visit us at the [Eco Services Webpage](#) for questions and concerns about noxious weeds and their control.



Downy Brome (A.K.A. Cheatgrass) - Bromus tectorum. Courtesy photo.



Supporting our Veterans!

I am proud to support the **Montrose Veterans Memorial**, a vital project led by the Montrose Veterans Memorial Coalition.

This memorial will serve as **a dignified and lasting tribute** to the courageous men and women from Montrose and Western Colorado who have answered the call to serve our nation.

Positioned near the Montrose Pavilion Event Center, it will showcase powerful laser-engraved granite panels and a magnificent bronze eagle, **creating a sacred space for remembrance, healing, and education.**

We must honor our veterans' sacrifices by ensuring this legacy endures. I urge our community to get involved: purchase a commemorative brick, donate generously, or volunteer your time.

Together, let's build a monument that says 'thank you' to those who defended our freedoms.

In Our Republic, We Elect Our Representatives,

If We don't Vote, We lose our voice!

Join me in helping build a better, stronger Montrose based on **Common Sense.**

Vote: Michael J. Badagliacco, "MJB"

Watch for the City Council ballot in your mailbox the week of March 16 - 23

<https://MJB4Montrose.com>

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



MJB4Montrose.com

Paid for by the committee to elect Michael J. Badagliacco, "MJB"



NEW PRICE IMPROVEMENT!

LAND FOR SALE

NO Covenants! This property is located at the north end of the Log Hill Village. It is approx. 4.73 acres with views of the Cimarron Mountains and overlooks a small valley to the west that yields some spectacular sunsets. This lot is abundant with mature ponderosa pines, which offers excellent privacy and a woodsy feel. It also backs up to Log Hill Village open space making it feel much larger and provides ease of access to the Log Hill Village trail system. MLS # 820133



HOLLY HENSLEY

BROKER ASSOCIATE
970-208-4689

ABOUT THE PROPERTY

- ▶ 199 Meadow Lane, Ridgway, CO
- ▶ 4.730 Acres
- ▶ Paid water tap
- ▶ \$224,900

RED HAWKS BLITZ LONGMONT 71 – 18

By Cliff Dodge

MONTROSE-It didn't take long for the Montrose Red Hawks Girls Basketball Team to establish dominance in the first game of the CHSAA state tournament as the Red Hawks won the opening tip and never looked back. The Red Hawks, led by three seniors, London Schafer, Maggie Legg, and Mayce Oberg, combined for 30 points in the first quarter of action to totally dismantle the Longmont Trojans' game plan and cruise to an easy victory. The offense was unstoppable and the Red Hawks defense forced turnover after turnover while giving up 6 points.

The second quarter proved no better as the Red Hawks continued to control both ends of the floor as

they poured in 17 points to stretch their lead at half time to 47 to 9. In the third quarter the Red Hawks outscored the Trojans 20 to 6 and basically shut down any efforts by the visitors to attempt an offensive showing.

Nine Red Hawks wrote their names into the scorebook. Senior Mayce Oberg led all scorers with a 22-point outburst that included 16 points in the first quarter. Senior London Schafer was perfect from behind the three-point line as she sank five baskets in five attempts from behind the arc. Maggie Legg, not to be outdone, cashed in 7 points to fuel the slugfest. Senior Sadie Wareham scored 8 points and Freshman Landree Johnson also added 9 points to the Red Hawks' total.

The Red Hawk's next opponent will be the Patriots of George Washington High School out of the Denver Prep league. The Patriots outscored the Palisade Bulldogs to earn their way into the round of sixteen and a date with the Red Hawks. The game will be played on Wednesday evening, March 4 with the first tip scheduled for 6pm at the Field House. The Patriots sport an 18-6 overall record and were 9-4 in league action.



The Red Hawks score a layup over the outmanned Longmont Trojans. Photo by Cliff Dodge.

RED HAWKS FALL IN TOURNAMENT OPENER 65 – 45

By Cliff Dodge

PARKER-The Montrose Red Hawks Boys' Basketball Team clawed their way into the Colorado High School Activities Association (CHSAA) State Tournament last Friday evening as they traveled to Parker to take on the Lutheran Lions on their home court.

The Red Hawks played the Lions basically to a draw in the initial quarter as they trailed by only 4 points heading into the second period. The Lions outscored the Red Hawks 13 to 6 to expand the lead to 33-22 at half time. The second half seemed closer and every time the Red Hawks attempted to close the gap the Lions would add to the deficit. The result was a 65 to 45 loss and elimination from the tournament.

The Red Hawks ended the season with a record of 13 and 11 overall and 4 and 6 in league action. The team loses only two seniors, C. J. Rocco and Lane Pressler. The bulk of players will return and in addition the Jayvee team will advance several players to the varsity level next season. Coach Ryan Voehringer has a good nucleus to build around and hopes are high.



SATURDAY
March 7, 2026
10:30 AM

CENTENNIAL MIDDLE SCHOOL
1100 S. 5th Street
Montrose

County assembly will be held after caucus for those wishing to participate as county delegates.

JOIN YOUR FRIENDS AND NEIGHBORS FOR THE
2026 DEMOCRATIC CAUCUS

CHECK IN: 10:00 AM ★ CAUCUS: 10:30 AM
FREE LUNCH AND COUNTY ASSEMBLY TO FOLLOW



PLEASE BRING YOUR CHARGED CELL PHONE WITH YOU — YOU WILL USE IT FOR “PREFERENCE POLLING”

WHAT IS CAUCUS? AND WHY SHOULD YOU ATTEND?

Caucuses and assemblies are how Democrats nominate their favorite candidates to the primary ballot.

This is where we elect precinct organizers, identify election judges, move candidates forward, and decide how our party shows up on the ballot. This process gives everyday Democrats a direct voice in the future of the party.



This is a public event, however, only those registered as Democrats (not unaffiliated) may participate in caucus. Visit montroседemocrats.org for more details.

Paid for by the Montrose County Democratic Party ★ montroседemocrats.org
Helping our community to do better so we all thrive.

★ ★ ★ ★ ★ ★ ★



Republicans, did you know you could help choose who goes on our June Primary Ballot?

Attend Caucus!

March 5th
Montrose High School Cafeteria
Check in @ 5:30pm



PreRegister @
caucus.cologop.org



You're Invited

MontroseRepublicans.Org

OPINION/EDITORIAL: COMMENTARY

CANDID QUESTIONS FOR CITY COUNCIL CANDIDATES: JUDY ANN FILES

By Leah Vandersluis

I thought it would be a great idea to reach out to all of the City Council candidates with the same questions to give the people of Montrose information and insight before the election on April 7.

1. Why are you running for City Council again?

My goal is to help make the Montrose community the best it can be for our residents – not necessarily to make it the best tourist attraction or relocation for outsiders. I have been involved with the need for a new Public Works facility and the Rio Grande extension for about twelve years. I would like to see both of those through completion in the next two years.

2. Are you happy with how the City Council is currently running and how they spend our tax dollars?

I will admit to some angst that has occurred with the need to borrow funds in order to build the Public Works facility, however, I have also had that feeling when I have had to borrow money in my personal life for housing. If it is well thought out and prepared for it will work out for the betterment. I believe this build is extremely well planned for and very much needed. It's cost effectiveness will increase and make services even better.

3. What do you bring to the table for this position?

Being involved and doing research helps me gain the information needed to make decisions. I listen to constituents and reach out to specific groups as the need arises. The City staff is extremely knowledgeable and reliable and I rely on their professionalism.

4. Do you consider yourself a conservative, liberal, progressive? How? Why?

Conservative – especially with money. I believe in using resources wisely while preparing for inevitable growth. We need to be realistic and futuristic.

5. What do you believe the job of government is?

To do what is best for the community. To make sound, knowledgeable policy decisions. Therefore, it is necessary to be accessible to individuals who wish to have concerns and wants known and then judge whether it good for the majority of the community.

6. What do you consider government overreach?

Non-funded mandates from state and federal sources.

7. What would you do differently if re-elected to the City Council?

I firmly believe in collaboration – developing a “table of trust” then talking and working together to achieve consensus. I absolutely prefer face to face discussions where I can see body language and not just hear words as in video conferencing or communicating only through written statements. I look forward to working with all councilors to achieve that trust – we may not always agree 100% but we can respect each other's point of view.

8. How will you act as a Council member when harmful agendas are pushed by individuals or groups?

First step is to hear them, then collaborate, gather needed information, and work toward an understanding and/or agreement.

9. Would you continue to raise our taxes or figure out a more efficient way to spend our taxpayer dollars?

City council does not raise, nor lower, taxes. That is done only by city registered voters. Efficiency is always the best solution.

10. How would you address the over \$75 million we have in long-term debt?

The debt has come from necessary expenses: Public Safety Complex, Public Works facility, and unfunded mandated Waste Water Treatment plant changes. The City will balance the other expenses and sales tax revenue in order to accommodate that debt. The new infrastructure will be more cost effective and will continue to be so far into the future. To have “saved up” for those expenses would have required canceling all street improvements for several years and curtailed all city services.

11. Do you support non-sanctuary or sanctuary cities?

Non-sanctuary.

12. What action would you take on this issue?

I would prefer all law enforcement to agree with federal law. That is not something that city council has any say on as it is a State of Colorado issue. Montrose County is responsible for all human services and it is non-sanctuary.

CELEBRATING LOCAL BEAUTY.

#montrosemirror

OPINION/EDITORIAL: COMMENTARY

CANDID QUESTIONS FOR COUNCIL CANDIDATES: ADAM WOODDEN

By Leah Vandersluis

I thought it would be a great idea to reach out to all of the City Council candidates with the same questions to give the people of Montrose information and insight before the election on April 7.

1. Why are you running for City Council?

*Better dialog and interaction between the council and the public.

*Reduce any excess spending while we have so much debt.

*Present a fresh and younger perspective - one current Councilor is in his mid 60s, while all others range from late 70s to late 80s.

2. Are you happy with how the City Council is currently running and how they spend our tax dollars?

From my perspective there are no younger viewpoints coming from the city council. We need the wisdom from the older generation, but we need representation from my generation who are still actively working and raising families. Spending priorities are different when you are retired versus having a family full of hungry and active teenagers.

3. What do you bring to the table?

I don't have any personal connections or projects that I'd like to promote or drive business towards. I want to offer up real, honest, clean directives regarding the budget and management. I like clean labor and like being transparent.

4. Do you consider yourself a conservative, liberal, progressive? How? Why?

Conservative. I think people should be generous, not governments. Keep taxes low and let people give to causes that are near and dear to their hearts. Welfare programs are okay, but people helping people is always better than government helping people.

Much like talking to a real customer service agent versus a chat bot.

5. What do you believe the job of government is?

I have a baseline view of government; it should manage the foundation for every person and business for success: water, roads, public safety, trash, zoning, and such. It should have the shortest list of enforcements necessary for its citizens.

6. What do you consider government overreach?

We have a great country based on letting individual people thrive while not hurting the majority. I think if we stick to that, the government would not be able overreach.

7. What would you do differently if elected to the City Council?

Open up two-way communication between our citizens and the City Council. It seems that all viewpoints are only allowed to come from the Mayor or the Montrose City's PR office. I want to stop that, and let department heads share their likes and dislikes. This doesn't change official Montrose policy, but people should be able to share their thoughts without needing to be anonymous. Second, while the official word is our financial outlook is in "good-shape," I would like to see ways we can trim our budget. Lastly, I would like to make it less an 'us versus them' feeling when the public is sharing. City Council enjoys and adores the student council's opinions and participation, but stays pokerfaced and dead quiet when the public shares.

8. How will you act as a Council member when aggressive, harmful agendas are pushed by individuals and groups?

I don't mind being a lone "Nay" on the council. It's so important to find out what someone's real viewpoints are before voting for them. In this way when the loud voices (mass groups, or sudden contempt arises) you already know where the council member stands. You do not vote for a person that is not allowed to change their mind, but you should vote on the motivation ("the how" and "the why") of their thoughts.

9. Would you raise our taxes or figure out a more efficient way to spend our taxpayer dollars? If not, how would you address the over \$75 million in long-term debt we have currently?

The city's income is mostly from sales tax revenues; from fees and such. Any tax increase can only happen with a public vote. I enjoy finding ways to save money, whether repurposing, cutting out unnecessary items, or furthering gaps between mechanical upgrades, if possible. The city used to have a staff member whose job was procurement, instead of each department head doing their own procurement. I would be open to returning to that. One person being an expert on finding the best options makes more sense than department heads who have much to manage already.

10. Do you support non-sanctuary or sanctuary cities? What action would you take on this issue?

By default, any city is a non-sanctuary city, so I am not as concerned with the label as much as wanting to make sure our local law enforcement officers feel they have my support to reach out to county, state and federal law enforcement for any and all the help they need.

OPINION/EDITORIAL: COMMENTARY

CANDID QUESTIONS FOR COUNCIL CANDIDATES: MICHAEL BADAGLIACCO

By Leah Vandersluis

I thought it would be a great idea to reach out to all of the City Council candidates with the same questions to give the people of Montrose information and insight before the election on April 7.

1. Why are you running for City Council?

Growing up in Montrose I have seen us go from fiscally responsible to out of control spending. We also do not plan for anything. We need to start planning for the obsolescence of aging infrastructure rather than looking for full financing, adding to our already burdensome debt.

2. Are you happy with how the City Council is currently running and how they spend our tax dollars?

Definitely not!

3. What do you bring to the table?

Experience as a leader at every level in business and my time in the USAF helps me see things from a common-sense perspective. I am a student of the Constitution and I believe that our Republic is a nation of laws as the Founders believed it should be.

4. Do you consider yourself a conservative, liberal, progressive? How? Why?

I am a compassionate fiscal conservative.

5. What do you believe the job of government is?

To protect the Citizens God given Rights. To get out of the way! To use the people’s money with care and common sense.

6. What do you consider government overreach?

Infringing on our fundamental rights and freedoms. Taxing excessively.

7. What would you do differently if elected to the City Council?

I will fight to :

- a. Move our elections to November, to save the taxpayers’ money and fight voter fatigue.
- b. Propose a charter amendment to implement true term limits.
- c. Authorize Independent third-party forensic audits of the cities finances for the past ten years.
- d. Proper planning for capital projects, setting aside for known obsolescence.
- e. Listen to the community, we need open dialogue with the citizens, not blank stares and lack of discussion.
- f. We must support our veterans with not just words but action. Stop the games with the Veterans Memorial and find grant funding to complete the project.
- g. The unhoused are being neglected, we need a true public private partnership to scour the grant world for funding to create a full service unhoused support center.
- h. Citizens who live in the county and own a business in the city should have the right to vote in municipal elections!

8. How will you act as a Council member when aggressive, harmful agendas are pushed by individuals or groups?

We need to listen to understand all citizens of Montrose, regardless of affiliation. However, when agendas conflict with the constitutional principles, we will need to agree to disagree.

9. Would you raise our taxes or figure out a more efficient way to spend our taxpayer dollars?

I have stated previously that the citizens of Montrose do not have a stomach for more taxes. We are tapped! We need to find alternatives to fund projects that are not core infrastructure.

If not, how would you address the over \$75 million in long-term debt we have currently? We have the debt we have because of a lack of foresight and discipline. We can do better and we need to conduct an independent forensic audit to determine where the money is going and redirect funds to pay down the debt we currently have, as well as set aside for future projects so we do not have the need to draw more new debt whenever and wherever possible.

10. Do you support non-sanctuary or sanctuary cities?

I support non-sanctuary cities. People need to follow our laws when they want to immigrate here. It is a violation of 8 USC section 1325 to cross the border without permission. It is a crime and punishable with up to 6 months in jail plus civil penalties.

11. What action would you take on this issue?

I would want us to work with local law enforcement to detain and hold individuals for ICE to take custody of the individuals who violate our immigration laws.



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
 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.



OPINION/EDITORIAL: LETTERS

FOR THE LOVE OF DREAMS

Editor:

There have been a few times that I have been asked about my reasoning to run for office. I imagine that people expect some kind of script: probably a talking piece about taxes on groceries, or maybe a discussion about the state of the housing market, or perhaps a rant about how bad traffic has gotten on the way to work. To be clear, I have an opinion about all of these matters and more, but that isn't why I am running for office. Those are just goals that any elected official can work on - hopefully with the input of their neighbors and voters who put them into office.

So... why am I running for the At-Large seat of the city council? Believe it or not, it's not because I want the position. I mean, have you heard the complaints that people have concerning elected officials? Even with the nonpartisan council that we have in Montrose, there are several hot topics besides the matters that I had already mentioned. Homelessness, juvenile gun violence, and more have surfaced in discussions across town and online, and some of these conversations aren't going to end just because an election cycle or a term of office comes to a close. The banter of matters laid to rest are not exempt either, as they could very well resurface due to another decision of the present or future council, or simply because new circumstances crop up that need to be addressed.

The other half of the reason for why I would rather not be in office stems from the fact that I've served as an advocate and mentor for quite some time. There has been considerable work that I have accomplished in that field - more than half

of the guests that I attended to during last winter had found housing with room-mates, moved in with family, or found support in a recovery living facility or home. Because of what I do for a living, I often consider my impact, and whether I have made the greatest decision possible in any given situation. This is particular relevant when it comes to being in office, where I may be the only dissenting voice when an agenda item needs more attention or if I might be the vote that breaks a stalemate with four other members.

To put it bluntly, there is no circumstance that would encourage me to run for office. That being said, I have found plenty of motivation that I could hardly ignore either. You see, I didn't seek out this opportunity; the reality is that this opportunity sought me out.

I still remember the day that I first heard, "Sam is running for city council." It caught me off guard, to be honest, primarily because I hadn't made that claim myself - in fact, it would still be several months before I'd finally make the decision - and it was said in front of others who had only just walked up to us.

After that moment, it spread quickly to others. I didn't help matters: I attempted to find a naysayer for many weeks - anyone who would tell me how ridiculous it would be to run for office. As it would turn out, nobody gave me reason to sit out on the election. Still, I hadn't made a decision even on January 6th, when I walked into City Hall, thinking that a paper in hand would either drive me to move forward with the decision to be a public servant to the city of Montrose, or maintain my relatively peaceful existence as a

private resident of the Western Slope.

Strangely enough, that petition to be nominated still didn't move me any closer to a decision. I probably had as much reason to run for office as anyone else, but I was still undecided.

Then I spoke with a friend who has valued their time in Montrose. Like many others, their livelihood depends on the city functioning in the best interests of its citizens, and they told me about how much they believed in my perspective. Mind you, I've heard this before, but they had a serious interest in seeing Montrose succeed in ways that few people had previously expressed, and it sold me.

I'm not running on my own agenda, or because I want whatever luxuries I may be offered in office. I'm running for their dream and yours. I couldn't put myself out there for myself, but I'd put myself on the line for a neighbor. Not to get too much into personal faith, but that just feels like the "Good Samaritan" thing to do.

So tell me your dreams. Even more than that, tell me about your nightmares of Montrose: what is it that leaves you worried at night, and that concerns you when you first wake up? Tell me what you fear in the future of Montrose, and what you think will keep Montrose from losing itself in the name of progress?

Please feel free to reach out at any time, using the contact information I included below. Busy as I may be, I always find time for your words.

With all the love,
Sam Aster, At-Large Candidate for the Council

1.719.695.0179

Sam.Aster@simply-sam.com



REGIONAL NEWS BRIEFS

NORWOOD MAN SENTENCED FOR MAKING VIOLENT THREATS AGAINST LAW ENFORCEMENT

US Attorney's Office

DURANGO – The United States Attorney's Office for the District of Colorado announces Bryan Cornwell, 42, formerly of Norwood, Colorado, was sentenced to 57 months in federal prison after being convicted by a jury of two counts of transmitting threats in interstate commerce. Cornwell was also sentenced to serve a three-year term of supervised release.

According to the facts established at trial and at sentencing, from late August through later October 2023, Cornwell knowingly sent over 80 emails containing graphic and threatening messages to a law enforcement official.

The messages included threats to kill and

seriously injure the official, such as "You will beg me... beg and plead and scream in pain by my hand tick tok m***** f***er," and repeated statements that "I AM GOING TO KILL YOU."

At the time that Cornwell sent the threatening messages, he was pending sentencing on a prior case where he admitted to threatening to blow up the San Miguel County Sheriff's Office.

"Do not make threats against law enforcement officials," said United States Attorney for the District of Colorado Peter McNeilly. "Doing so will land you in federal prison."

"This FBI will not tolerate threats against any law enforcement professionals. The

defendant sent more than 80 emails threatening violent death in a calculated scheme to terrorize his target -- all while on bond in a similar case," said Amanda Koldjeski, Special Agent In Charge of FBI Denver.

"It is not permissible to tell an agent, deputy, or officer 'I am going to kill you.' The FBI will identify you, arrest you, and ensure justice is served."

United States District Judge Gordon Gallagher handled the sentencing.

This case was investigated by the FBI Denver Field Office. Assistant United States Attorney Jeffrey K. Graves handled the prosecution.

Case Number: 24-cr-047-GPG-JMC

ECKERT CRANE DAYS 2026

Thurs, March 19 @ 6pm

Presentation: The Spark Bird Project at the Delta Public Library

Sat/Sun, March 21/22 9am to noon

Guided bird watching and drawing for free Audubon family memberships

Sat, Mar 21 @ noon

Free public BBQ Western State Ranches in Harts Basin



Sponsored by Black Canyon Audubon Society and Western States Ranches



ELEVATING YOUR CARE **SURGICAL ROBOT** DA VINCI 5



KYLE NICKEL, M.D.
DELTA HEALTH
GENERAL SURGEON



WILLIAM COLE, M.D.
DELTA HEALTH
GENERAL SURGEON



IMPROVING THE PATIENT EXPERIENCE

- CUTTING-EDGE TECHNOLOGY
- MINIMALLY INVASIVE
- UNMATCHED PRECISION
- SMALLER INCISIONS
- FASTER RECOVERY



📞 970.874.7681
 🏠 1501 E 3rd St • Delta, CO
 ✉ info@deltahospital.org
 🌐 deltahealthco.org

LEARN MORE



COLORADO NEWS BRIEFS

MRH ENCOURAGES SCREENING DURING COLORECTAL CANCER AWARENESS MONTH *Hospital highlights 2026 colorectal cancer projections and ways to reduce risk*



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



MontroseHealth.com/DHC | 970.497.5979

Special to the Mirror

MONTROSE – Montrose Regional Health (MRH) is highlighting the importance of screening and prevention during Colorectal Cancer Awareness Month in March. The annual observance aims to educate the public that colorectal cancer is preventable, treatable, and often beatable through regular screening.

Colorectal cancer is now the leading cause of cancer-related death in men younger than 50 and the second-leading cause in women younger than 50. In 2026, an estimated 158,850 new cases of colon and rectal cancer are expected to be diagnosed in the United States, including approximately 108,860 cases of colon cancer and 49,990 cases of rectal cancer.

Cases among adults younger than 55 have increased significantly and now account for 1 in 5 new diagnoses. Since 2005, mortality rates in this age group have risen by 1.1% annually. Despite this trend, progress has been made. The five-year survival rate for metastatic rectal cancer has improved from 8% in the mid-1990s to 18% today.

Experts believe the rise in early-onset colorectal cancer may be linked to lifestyle factors such as sedentary behavior, obesity, and diets high in processed foods. The American Cancer Society recommends regular screening beginning at age 45 for individuals at average risk, and earlier for those with certain risk factors. Screening options include colonoscopy and stool-based testing.

“During Colorectal Cancer Awareness Month, I always remind my patients that colorectal cancer is one of the most preventable cancers we face today,” said Vanessa Lee, MD, gastroenterologist at the MRH Digestive Health Center. “I have seen firsthand how early detection through colonoscopy can save lives. Raising awareness is not just about sharing statistics; it is about encouraging conversations, reducing fear, and empowering people to take charge of their health.”

To learn more about screening options or to schedule a colonoscopy, contact the MRH Digestive Health Center at 970-497-5979 or visit montrosehealth.com/dhc.

SEE SOMETHING - SAY SOMETHING

970-249-8500
ANONYMOUS CALL

MONTROSE REGIONAL
CRIME STOPPERS

REALTOR

Experience Matters. Results Count.



87 HOURS

The Average Time a
Realtor Spends Per Transaction



**95% OF
TRANSACTIONS**

Utilize a Realtor's Professional Expertise



**SAFE & PERSONAL
SERVICE**

Putting The Client First

Michelle Keltz

CENTURY 21 - ELEVATED REAL ESTATE

970-901-9159

YOUR MONTROSE REAL ESTATE EXPERT

**Michelle Keltz Century 21 – Elevated Real
Estate 970-901-9159**



ERIN GO BRAGH

From pg 1

Donohue. The short article in the *Montrose Daily Press* epitomizes the importance of the holiday:

A LOYAL CELT IS PATRICK DONOHUE WINDOW OF THE CANDY STORE DRESSED IN TYPICAL ST. PATRICK'S COLOR.

A loyal young Celt is Patrick Donohue, the young proprietor of O'Donnell's candy store. St. Patrick's Day. Mr. Donohue is ready for the suspicious day with a window display that looks like a bit of the emerald aisle itself, transported across the seas and mountains to Montrose. Saint Patrick drove the snakes out of Ireland, and the majority of them took refuge in this window, or at least it would seem. The Press would advise all gentlemen who are inclined to be boisterous to keep on the other side of the street.

Just two days later, in the March 17 edition, an ad appeared. It read: *STORE FOR SALE. Good candy store, best paying business in town. Owner must retire. P. Donohue 344 Main Street.*

The 344 Main Street address is where, until recently, the Daily Bread was located.

The ladies of Montrose stayed busy with many clubs and organizations, not the least of which was the Cuisine Club. The Montrose group called by this name was recognized several times in various articles and society columns. They often chose special holidays to gather and, as one article stated, "experience magic while enjoying culinary delights." On St. Patrick's Day of 1911, the group gathered at the home of Mr. and Mrs. W. P. Crose. Part of the article that appeared in the *Montrose Daily Press* described in detail the festive occasion:

The idea of the day was carried out in every detail, from the roast pig, which was a feature of the dinner, to the dainty desserts and the beautiful decorations. A large basket of lilies of the valley and ferns occupied the center of the table, and the dining room and parlor were elaborately decorated with shamrocks and Irish flags. The place cards were very dainty affairs with appropriate Irish scenes. That year the Friday Music Club held its

own mini-Gala at the home of a Mrs. Jacob Fink. According to the March 20, 1911 edition of the *Montrose Enterprise*: "After the program the Club was favored with two vocal numbers — 'Barney O'Hay' and 'Coleen Avara,' rendered by Mrs. Isabella Helen in the characteristic manner as only she alone could render her native songs."

The paper likely misspelled "Barney O'Hay." It probably was referring to "Barney O'Hea, an Irish ditty, written late in the 19th century about a young man. Barney O'Hea, who was somewhat mischievous and bothersome to a young Irish lass. A few of the words taken from the song epitomize the intent: **"Let me alone, I know you won't, I know you won't, I know you won't, impudent Barney O'Hea."** The song ends with the girl becoming infatuated with the impudent boy and deciding to become, **"...The Mistress Barney O'Hea."**

As the Blarney Stone rolled into the next decade, it found the St. Mary's Guild of the Catholic Church recognizing St. Patrick in a very traditional way. The *Montrose Daily Press*, on March 18, 1912, described the gathering as a "successful event." According to the Press, *"The guild managed to fill the armory building almost to capacity. Every song and musical number was followed by rounds of applause and several encores. Selections included "The Old Plaid Shawl" and "The Dear Little Shamrock." Father O'Ferrel gave the official address and, once again, Mrs. Isabella Hellen displayed her talent with the song "A Soldier's Song," which in 1926, was declared to be the National Anthem of Ireland. The song was often sung by the Irish volunteers and the revolutionaries."*

In 1915, the most highlighted coverage of the day was a special party held by Mrs. H. J. Baird at her home on South 4th Street. One article pointed out that the gathering also recognized the birthday of the hostess, and added, ""We have not learned which one."

The articles and references to St. Patrick's Day often stressed that the day is also a reminder that spring was coming soon. Nowhere was that more eloquently

stressed than in an article in the March 10, 1916 edition of *The Delta Independent*. It read:

St. Patrick's Day in the Morning! No more of Somber Winter's Apparel, for 'tis on this day that the beauty of Sunny Erin's Isle is remembered by every true Celt.

Through the years it was often pointed out that St. Patrick was known for much more than the legend of ridding the isle of snakes. St. Patrick was actually born in North Britain. His father was a clergyman and his mother is shown in historical documents to have been a sister to St. Martin. The story goes that he left his parents at an early age and many of the miracles and wonders attributed to him happened while he was living with some foster parents.

At that time, the Picts and the Scots made frequent incursions on the British coasts. It was during one of those incursions that the young Patrick was kidnapped and taken to Ireland, where he became a slave and suffered as such for about six years. He acquired a knowledge of the Irish language and developed a love for the country people.

According to the stories, an angel came to him in a dream and told him how to escape. He managed to do so and began travelling on foot to various areas, including Britain. After seeking counsel from his uncle, St. Martin, bishop of Tours, Patrick embarked on a mission to save the unborn souls of Ireland. While the story of his ridding Ireland of snakes is seen by many as more of a metaphor than fact, his use of the shamrock plant to represent the Holy Trinity seems to be mentioned in many of the writings.

To this day the three-leafed shamrock is almost always used in the St. Patrick Day festivities. Reputed to be the largest St. Patrick's Day parade west of the Mississippi, the parade in Denver this year is themed, "Stars, Stripes, and Shamrocks."

Photo caption: A healthy shamrock plant, lovingly named "Maggie" serves as a reminder of the dedication of a man whose life is honored by so many every year on March 17.



58177 Garner Ln. Olathe, CO.

MLS # 831829

Priced at: \$ 959,900

- Rural cul-de-sac setting with privacy, views, and peaceful surroundings
- Built in 2020 with 2,772 sq ft and desirable split floor plan
- Main level: 4 bedrooms + 2½ baths with distinctive finishes
- Private 5th bedroom suite above garage with ¾ bath, skylight, and southern views
- Open living area with tray ceilings and gas fireplace
- Spacious kitchen with pantry, island, and dining bar
- Bright breakfast area opening to covered outdoor living
- Covered patio with outdoor kitchen & BBQ area
- Additional storage and outbuildings
- Convenient location between Olathe and Montrose



Country living without compromise.



Century 21 Elevated Real Estate, Montrose, CO.

500 E Main, Montrose, CO 970-249-5673

The-RES.com

Peg Evanoika, Broker Associate,

Certified Residential Specialist.

970-209-3934

Just REDUCED



PRICE REDUCED
\$388,500
 MLS 828972

726 SPRING CREEK 3LD
 MONTROSE, CO 81401

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



LESLIE GORE



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

REGIONAL NEWS BRIEFS

FOREST SERVICE TO HOST ANNUAL STAKEHOLDER MEETING

Special to the Mirror

MONTROSE-The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests will be hosting its annual Spruce Beetle Epidemic and Aspen Decline Management Response (SBEADMR) and Taylor Park Vegetation Management (Taylor Park EA) combined stakeholder meeting Wednesday, March 4, from 9 a.m. to 3:30 p.m. The event will be hosted at the University Center at Western Colorado University in Gunnison, Colorado, with an option for virtual attendance.

Both projects allow for commercial and non-commercial vegetation treatments to address forest health concerns and enhance the forest's ability to respond to multiple environmental stressors, including drought, insect attacks and disease. The project also re-

moves hazard trees and creates strategic locations where firefighters can safely and effectively initiate fire management actions. All interested members of the public are invited to attend this year's annual stakeholder meeting to engage with GMUG staff and science teams. The meeting will feature updates on insects and disease, findings from science team monitoring, and an overview of upcoming SBEADMR and Taylor Park EA projects.

Western Colorado University will host the virtual stakeholder meeting via Zoom at: <https://western.zoom.us/j/83444610236>. Full event details and the agenda will be posted on the Center for Public Lands website.

In March, the annual 30-day informal public comment period for both projects will begin.

Other resources and information on these projects:

-For more information on SBEADMR please visit: <https://cfri.colostate.edu/projects/sbeadmr/>

-For more information on the Taylor Park EA please visit: <https://www.centerforpubliclands.org/cpl/taylor-park>

About the Forest Service: The USDA Forest Service has for more than 100 years brought people and communities together to answer the call of conservation. Grounded in world-class science and technology— and rooted in communities—the Forest Service connects people to nature and to each other. The Forest Service cares for shared natural resources in ways that promote lasting economic, ecological, and social vitality. The agency manages 193 million acres of public land, provides assistance to state and private landowners, maintains the largest wildland fire and forestry research organizations in the world. The Forest Service also has either a direct or indirect role in stewardship of about 900 million forested acres within the U.S., of which over 130 million acres are urban forests where most Americans live



PRIMEHEALTH
WHERE CARE COMES TOGETHER

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



CENTURY 21 ELEVATED REAL ESTATE

500 E MAIN ST. MONTROSE, CO 970-249-7652

Historic Montrose property

228-230 S 2nd
MLS # 829853
Offered at \$ 509,900

One of the original homes in Montrose, has been lovingly cared for, carefully maintained and updated. The main floor business was a styling salon for many years that evolved into a cottage retail store with room for classes and workshops with a private residence on second floor. The original use of the home is noticeable in the front parlor, living, dining, bedroom bath and kitchen. Located in the heart of downtown. 10 parking spaces, ADA compliant, privacy fenced, Zoned B-2



Peg Evanoika, Broker Associate,
970-209-3934
Realtor@PegEvanoika.com


 Peg Evanoika
 BROKER ASSOCIATE



BUYING OR SELLING *a property?*

Contact me:
970-209-3934

REALTOR@PegEvanoika.com

LET'S WORK TOGETHER!

As a Certified Residential Specialist
 Seniors Real Estate Specialist
 Military Relocation Professional &
 Short Sale and Foreclosure Specialist
 I continue to try to have knowledge
 needed for my clients..

26 years
 experience!

My husband and I have been part of
 the community since 1972. This is
 where we raised our family and have
 been involved in our own businesses
 including rentals, farming, and ranching.
 My focus is on assisting buyers and
 sellers in achieving their real estate
 goals, whether it's residential,
 farm/ranch, or working with first-time
 homebuyers and seniors.

I'm proud to serve such a wonderful
 area and community.

*Behind Every
 Transaction is a real
 estate agent who
 handled the problems
 you never new
 existed.*

I WOULD LIKE TO WORK FOR AND WITH YOU

OPINION/EDITORIAL: COMMENTARY

CITY COUNCIL CANDIDATES – AN UPDATE

Clay, Betancourt-Ege & Aster – More to Learn?

By David White

In last week's Montrose Mirror, an overview of Montrose City Council candidates Clay, Betancourt-Ege & Aster (aka Robert Kelley) was presented.

After publication, additional information has been brought to light about each of them that's worth noting as a follow up to that article. Updates:

Candidate Kevin Clay, Council District 1 – Adding to Mr. Clay and his wife's ties to the City of Montrose leadership and management, it was discovered that you and I, the ratepayers (in this case) who fund the City's Water Department through our water bills (the Water Department is an enterprise operation of the City – basically a quasi-free standing business operation funded by ratepayer charges), paid the Clay's \$3,645.00 as "business closure compensation" (basically business interruption) for two days of supposed "lost profits" to Mrs. Clay's photography business at their business address of 431 East Main Street due to a leak in a City water line that was breached by a contractor replacing water lines that were as old as 100 years and which caused some minor "flooding" at up to four (4) East Main Street businesses including the Clay's on two occasions.

Research into City records show that for at least the last 5 years, no one had ever received such a payment for what, as sources have reported to me, are UNDOCUMENTED losses of business revenue. In checking with adjacent business owners, the contractor's insurance company hired Valley Restoration to sop up the water that entered these buildings and dry things out. None of them closed down due to this water line break, yet the Clay's obvious connections to City leaders netted them a nice payout for unverified "losses" of "profit" they would have netted from "clients" who were booked to be photographed. I think I'm in the wrong business if the claimed loss translates into a weekly profit of \$9,112.50 (5 business days X \$1,822,50 per day) or \$36,450 per month

using their math. This is all way too fishy for this writer to believe was a legitimate use of public funds. Fundamentally, Mr. Clay appears to be a comprised candidate with ties to the City as previously observed that call into question his ability to lead in an objective fashion. He and other candidates need to certainly be more transparent about these types of arrangements in order to garner the public's trust.

Rachel Betancourt-Ege, Council District 2 – Apparently, Ms. Betancourt-Ege has had some issues substantiating the residency qualifications for the Council seat she is seeking. As a renter, her lease and prior residence address indicate that she may not be qualified to run in District 2. I call upon the City Clerk to confirm or deny Ms. Betancourt-Ege's legitimacy as a candidate. Per City election requirements, to qualify as a candidate, individuals must be registered electors, eighteen years of age or older, and have resided within the city and district they wish to represent for at least 12 consecutive months immediately preceding Election Day. Furthermore, it was previously reported that this candidate was a registered Green Party elector. As of December 2025, she changed her party affiliation to the Democratic Party.

Sam Aster, City Council At-Large Candidate – Mr. Aster (Robert Kelly), took to social media to defend his need use an alias. He stated on the social media site "Next Door" "that I'd like to point out that there is nothing prohibiting an individual to pursue an office under a name other than what is legally documented, and it is not unprecedented. Indeed, there is currently a Republican United States senator who goes by a name other than what is listed on their official documents. Besides, as Shakespeare had once said, "What is in a name? A rose by any other name would still smell as sweet." He went on to say that "My legal name is official for you to use, but be aware that it carries its own pain. I'm strong enough to handle it, of course, but my life is full of experiences

that people are unaware of, and those experiences are not made for all people to live through."

Regardless of Mr. Kelley's opinion (which, inadvertently, supports the need for his legal name to be used in the election process), research indicates that candidates for public office in Montrose, CO must use their legal name when filing to be on the ballot. Using an alias is not permitted in the official candidate registration process. Yet there he is on the ballot with the name Sam Aster vs. his legally registered name of Robert Kelley.

Of further confusion to the public is a statement that Mr. Kelley made in a Facebook post on the Facebook group "Reconciling Hearts of Montrose Colorado" on September 26, 2024, wherein he stated that "My entire life, I lived as Robert Kelly, a man. Today, I take the blessing that God provided through the knowledge bestowed upon scientists and doctors. Yesterday, I started hormone therapy. Today, I started being the transgender woman that God always wanted me to be." While this may or may not have occurred, from the public's point of view, it is imperative that we know who we're going to potentially vote into office. Transparency is a necessity. Man or woman? Sam or Robert? The voters want to know.

We've learned that many politicians use aliases to protect their identities on line and to prevent hacking or spam. Some use pseudonyms to communicate with the media without directly attaching their names to statements. Aliases can help manage public perception or create a specific narrative. Using aliases is a common practice among high-profile officials, often for reasons related to privacy, security, or media strategy. However, Mr. Kelley's use of an alias doesn't fit any of these reasons nor does his argument hold water. Again, I call upon the City of Montrose and the City Clerk to set the record straight as it doesn't appear that Mr. Kelley will.

Without being repetitive, at the end of the proverbial day, the voting public

City Council Candidates – An Update Clay, Betancourt-Ege & Aster – More to Learn?

wants to know, more than anything else, can its elected officials perform the duties of a City Councilor with the education, knowledge and understanding of City government with private sector experience thrown in for good measure and without any hint of a conflict of interest or City manipulation of an election.

The more that's uncovered about the candidates and the City's complacency in influencing a process wherein several candidates are tied to the City financially and otherwise, it appears that representative government in Montrose becomes more of a cliché than a reality.

Mr. White is an active citizen & community leader as well as a business owner, entrepreneur, former Colorado Springs City Councilor and Montrose City Councilor as well as Montrose Mayor. He was a two-term Montrose County Commissioner and has served on many boards and commissions during his career. He was most recently the Interim Montrose County Manager. He & his wife are the parents of six children and have 10 grandchildren & a great grandchild.

MONTROSE CITY COUNCIL – PART 2

Circa 2026-2028

Progressives and Friends of the City Manager Coming Your Way? Part 2 of a look at 2026 City Council Candidates. Another interesting assortment of candidates awaits your vote!

By David White

As stated in last week's opinion piece, the following observations continue to apply to this year's crop of City Council candidates...

Compromised? On the payroll? Pay to play? Go along to get along? All of this and more appear to fit the City of Montrose playbook for its so-called leadership team, AKA, the City Council.

There are three (3) seats on the Montrose City Council that will be filled come April 7, 2026, when you'll get to VOTE to elect 3 out of 11 individuals currently running for seats representing Districts 1 and 2 (4-year terms each) and the At-Large seat (2-year term only).

District 1 candidates are Michael Badagliacco, Kevin Clay and April Heard.

District 2 candidates are Ed Ulibarri (incumbent), Rachel Betancourt-Ege and Ryan Sedgely.

At-Large candidates are Judy Ann Files (incumbent), Adam Woodden, Kendall Cramer, Greg Cairns and Sam Aster.

For purposes of this week's editorial/opinion piece, I'm going to focus on more of the newcomers (Montrose residents for roughly 10 years or less) to the local political scene and their interesting connections to the City's current governing elite and organization as well as their

"progressive" leanings.

As stated in the past, I commend anyone wanting to step up and run for public office, however, it is wise to do so only if you're not potentially compromised in my opinion. Unfortunately, some of these candidates have ties that might bind making their respective candidacies questionable.

This week, the candidates I'm referring to are Ryan Sedgely and Greg Cairns. I'll look into April Heard too, however, nothing indicates that she fits into the same class as the others.

For purposes of brevity (given the amount of information to be shared), I'm breaking this story into three parts (this being the 2nd of the three) with the rest to be discussed in future editions of The Mirror. So, let's start this week's reviews with April Heard (District 1), Ryan Sedgely (District 2) and Greg Cairns (At-Large):
April Heard – District 1:

Born in 1972, Ms. Heard is the Executive Director of the Welcome Home Alliance for Veterans (WHAFV) where, by all accounts, she has been the backbone of that organization since 2017. A former Army veteran herself, she has found a calling in working with our veteran community.

According to her published biography,

she "firmly believes that our local government should prioritize transparency and truly represent the community. Rather than pursuing individual agendas, we need leaders who are ready to engage and collaborate with residents, businesses—especially our small businesses—and our faith community. I am passionate about finding practical solutions for our community's lack of mental health support and the need for effective mental health facilities. Additionally, I am committed to researching and identifying viable solutions for our homeless population."

"She sums up her candidacy by saying: My goal is to make a meaningful difference by encouraging our community to prioritize integrity and mutual respect. While it may seem like a lofty dream, I believe we can all strive to make an impact. If we don't come together, our community risks falling apart."

From public information, we find that she partnered with Habitat for Humanity in 2023 to build a home for herself and her family (https://www.montrosepress.com/news/habitat-for-humanity-helps-army-veteran-fulfill-home-ownership-dream/article_2681aa02-437d-11ee-b85d-3b3d136bd07b.html)

An article in the February 3, 2026 issue of

PROGRESSIVES AND FRIENDS OF THE CITY MANAGER COMING YOUR WAY? PART 2 OF A LOOK AT 2026 CITY COUNCIL CANDIDATES *From previous pg*

the *Beacon Senior News*, Ms. Heard is featured as a member of the “The Darling Dames of Colorado” which, according to their Facebook page, is a classy pinup club, based out of Montrose, CO. We are a fun group of women who love to help support our community, by hosting fundraisers and events to raise money for those in need.” The Dames donated about \$10,000 a year to local causes. As membership has fluctuated, they have continued giving, contributing about \$5,000 a year in recent years to causes including cancer awareness, suicide prevention and Welcome Home Alliance for Veterans.

(<https://westerncolorado.beaconseniornews.com/2026/02/03/562473/the-darling-dames-bring-vintage-pinup-glamour-back-to-montrose>)

It seems that Ms. Heard has the community’s heart in hers. She is a registered Republican by affiliation. As a candidate, it remains to be seen if she has the mettle for the political environment that the current City Council has created. Much change is needed. Ms. Heard needs to get ready for it beyond the obvious needs we have through structured planning and sound fiscal policies and not the feel good, emotionally based leadership that we’re currently under.

Ryan Sedgely – District 2:

Born in 1984, Mr. Sedgely is a relatively recent newcomer to Montrose who was born in Denver. He moved to Montrose in 2023 with his wife Nicole from Wyoming where he worked for the Wyoming Outdoor Council. He was also a candidate for the Wyoming House of Representatives District 23 seat in 2022 which is one of Wyoming’s most “progressive” House districts and includes both the southern half of Yellowstone National Park and the Grand Tetons National Park. Furthermore, Mr. Sedgely, an attorney with a J.D. and M.A. in Environment & Natural Resources from the University of Wyoming, is listed as a staff member for the Endangered Species Coalition ([Staff - Endangered Species Coalition](#)) His bio there states that “Ryan has also worked on federal judicial nominations, union organizing within Yel-

lowstone for government employees, a responsible mining campaign, the Equal Rights Amendment, and has experience working on election campaigns.”

Mr. Sedgely quickly found his way into the local political scene in late 2023 into early 2024 by becoming involved in the City’s DART program (Development & Revitalization Team) as the Co-Chair of the “Design Committee” which focuses on supporting the community’s transformation by enhancing the physical and visual assets that set the district apart.” His leadership has seen the mural program in downtown Montrose come to life along with plans to transform Centennial Plaza via a redesign.

As a part of the DART team, Mr. Sedgely, has attended and participated in out-of-town conferences (paid for by you, the taxpayer) promoted and hosted by Downtown Colorado, Inc. (an organization that drives much of the “revitalization” of downtown Montrose through their various connections and marketing efforts) and which the City Manager and other senior members of City government and City Council also attend (an average of 15 individuals go on these junkets. Always in attendance was real estate developer David Dragoo with Colorado Outdoors. Such a cozy relationship is a cause for concern given his connection with Mr. Sedgely and the potential for him to be an elected Council member.

Mr. Sedgely went on to run for the Delta-Montrose Electric Association (DMEA) Board of Directors for the District 1 seat (which he won on June 7, 2024). To offer some insight into his stance on energy development, following are some interesting public comments made by Mr. Sedgely in years past which may have some relevance in how the City of Montrose might look at energy development in the future from a policy perspective:

“Sedgely, a Teton County Democratic Party committeeman, wants all coal production in Wyoming and plans to develop the nuclear plant in Kemmerer immediately stopped.” “We need to think big,” he said. “In Wyoming, we are in an unmatched position where we would be

climate change heroes, heroes for ending carbon emissions.”

(<https://cowboystatedaily.com/2022/07/27/candidate-profile-teton-county-house-district-23-one-of-wyomings-few-blue-districts/>)

From the strategic plan of Mr. Sedgely’s previous employer (Wyoming Outdoor Council) we find the following statement: “Advocate for transition from fossil fuel-based energy. Advance strong statewide energy efficiency and Wyoming-specific renewable energy policies as part of broader climate change and greenhouse gas reduction work. Support initiatives that offer socioeconomic support to Wyoming communities affected by the transition from fossil fuel-based energy.” ([2022-StrategicPlan-FINAL.pdf](#) (wyomingoutdoorcouncil.org))

Mr. Sedgely, an apparent proponent of most environmental causes to include the reintroduction of the gray wolf into Wyoming and Colorado (which has not made the ranching community very happy), was behind the passage of Colorado Senate Bill 24-171 which will bring us the reintroduction of the carnivorous wolverine, an animal that will take down and eat an animal as large as a deer (or for our ranching friends, sheep, goats, calves and other similarly sized animals). The bill was signed into law by Governor Polis on May 10, 2024. ([SB24-171: Restoration of Wolverines | CCW](#) (coloradocapitolwatch.com))

As quoted in the Denver Gazette on May 3, 2024:

Ryan Sedgely, the Colorado Representative for the Endangered Species Coalition, praised the move, issuing the following message:

“With the passage of SB24-171, we celebrate another historic victory for wildlife conservation in Colorado and another step towards healing our relationship with the lands that we inhabit. This step complements Canada lynx reintroduction in the 1990s and the more recent gray wolf reintroduction in December 2023, and it puts Colorado at the cutting edge of wildlife restoration.” ([Effort to reintroduce](#)

PROGRESSIVES AND FRIENDS OF THE CITY MANAGER COMING YOUR WAY? PART 2 OF A LOOK AT 2026 CITY COUNCIL CANDIDATES *From previous pg*

[wolverine to Colorado passes key milestone | outtherecolorado.com \(denvergazette.com\)](https://www.outtherecolorado.com/denvergazette.com)

As a registered Democrat, it is apparent that Mr. Sedgeley leans more to the left than most Democrats that I know. His biases are well known in leadership circles and are seemingly embraced by them. His biography, as posted on the City's website, offers us little to no insight into what Mr. Sedgeley's goals and objectives are for someone who wants to be in a leadership role in our city. While I admire his tenacity in the political realm as well as his skills in carving inroads into the Montrose community, it's pretty evident that his views have gained him a following amongst the environmental community and other progressive societal elements such as the group Indivisible of which is purported to be a member.

As an FYI, Indivisible has received significant financial support from George Soros' Open Society Foundations. The foundation issued a two-year grant of \$3 million to Indivisible to support its social welfare activities. Since its inception in 2017, Indivisible has received a total of \$7.61 million in grants from Soros' foundations. The funding is aimed at enhancing civic engagement and democratic participation. Indivisible is responsible for managing data and communications for various protests, including the "No Kings" protests.

I'm just not sure that Montrose is ready for such a radical change in leadership at the City Council level. I know I'm not!

Greg Cairns – At Large:

Born in 1989, Mr. Cairns is also a recent newcomer to Montrose, having arrived here in 2023 from Montana with his wife

Charlotte. According to Mr. Cairns biography, he is a commercial director, cinematographer, editor, and documentary filmmaker. He directs and edits everything from environmental advocacy shorts to technical product spots. He takes pride in his professionalism, efficiency, and creativity.

His clients include Patagonia, National Geographic, Democracy Now!, National Science Foundation, Montana State University, Northwest River Supply (NRS), National Wildlife Federation, The Build Show Network, Vanguard Inflatables, WiseTail, Backcountry Hunters and Anglers, Backcountry.com, Eddie Bauer, Idaho River Adventures, and Montana Office of Tourism.

Greg is a river guide, environmentalist, and space nerd. He lives in Montrose where he purchased a home in November of 2023. He is a businessman owning and operating Cairns Films as well as a non-profit organization by the name of Free Voice Media, a 501(c)(3) public charity.

Mr. Cairns is currently registered as an Unaffiliated voter but had been a registered Democrat in 2024. He too, like Mr. Sedgeley, is purported to be a member of the group Indivisible. His progressive leanings are showcased on his website and through his videography.

Further insight into who this candidate is can be found in a podcast he was featured in recently (<https://www.youtube.com/watch?v=0HoQe6rN7fA>) If you watch at the 35:55 – 36:10 mark, you will hear Mr. Cairns discuss his work for the City owned Black Canyon Golf Course for which he filmed some promotional videos using one of his sophisticated drones. Ties to the

City, no matter how loose, seem to be a part of this year's campaign season.

In closing out this review of Mr. Cairns, his website stated that "Greg splits his time between Bozeman, MT and Western CO. It sounds like our City Clerk better get this one nailed down too. That's a concerning revelation that needs to be dealt with and soon.

And, of course, no mention of goals or objectives are coming from him in either written or verbal forms should he be elected to City Council. He's just a collaborative kind of guy. Unfortunately, that hasn't gotten us very far and plays straight into our City Manager's hands. Ugh!

As is often the case, election season is always interesting.

This year is proving to be no different for Montrose voters. This recap of these City Council candidates is, as it was last week, off to an interesting start.

As we saw in last week's commentary as well as this week's, don't count on one single mention of fiscal responsibility or prioritizing needs over wants! It's just not in the playbook for some of these candidates!

Mr. White is an active citizen & community leader as well as a business owner, entrepreneur, former Colorado Springs City Councilor and Montrose City Councilor as well as Montrose Mayor. He was a two-term Montrose County Commissioner and has served on many boards and commissions during his career. He was most recently the Interim Montrose County Manager. He & his wife are the parents of six children and have 10 grandchildren & a great grandchild.

The Mirror: many views, one newspaper.





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
Lesliegorealtor@gmail.com



OPINION/EDITORIAL: LETTERS

Holding Public officials of Montrose, CO Accountable to "We the People"



See Something?

Say Something!

The Real State of Montrose: What the February 23 Pomp and Circus Left Out

On February 23, 2026, City Manager Bill Bell delivered the third annual State of the City address at the Montrose Pavilion. Officials highlighted accomplishments and future plans in a polished event they called a celebration of progress. Yet key realities facing taxpayers went unmentioned in this carefully staged presentation. *If you want more details on what you missed: <https://www.codogereport.com/what-you-did-not-hear>*

Fifteen Years of the Bill Bell Bloat: For years Montrose City Council has enabled unchecked growth in spending and control under City Manager Bill Bell. The current council collectively represents more than 50 years of city governance. Its average age stands at 76. This group relies on tag team policies that bend Colorado Sunshine Laws. Walking quorums occur regularly. No more than two members discuss matters at once so official meetings are avoided. Each Thursday before regular council sessions, Manager Bell meets privately with the Mayor and Mayor Pro Tem to preview agenda items and direction. These closed door practices lead to pre decided outcomes and erode public trust. The result is wasteful spending on pet projects and favoritism toward insiders.

Citizens Shut Out of the Process: Taxpaying residents receive little genuine input. Public comment at meetings lasts three minutes and usually meets silence or blank stares. In the past three years council has held only two interactive sessions. Regular town hall open forums simply do not exist. Your voice is tightly controlled and your opinion rarely shapes policy. ***The only real opportunity for change comes at the ballot box on April 7.***

Debt Explosion Puts Future Generations at Risk: Long term debt has skyrocketed under this leadership. In 2016 the city carried \$3.4 million in obligations. By 2025 that total reached \$75.7 million with repayment burdens approaching \$150 million. In 2026 they have already added another \$40 million in new borrowing. Combined obligations now EXCEED \$100 million and require roughly \$7.7 million in annual payments. This borrowing locks in decades of higher costs for roads, facilities, and operations while everyday services strain.

Cronyism and Perks Paid by You: Nepotism and cronyism thrive. Elite friends and family benefit privately from taxpayer funds through golf tournaments and other arrangements. The city uses workarounds to direct money via contractors rather than direct owners. In 2013, just two years after Bill Bell took office, council granted him broad spending power. He can issue checks up to \$50,000 and approve contracts up to \$20,000 without further approval. His compensation exceeds that of a U.S. Senator. He drives an \$84,721 fully equipped GMC Denali funded entirely by taxpayers. Private golf club memberships and recreation district access add to the list of insider benefits.

Dedicated Employees Deserve Strong Leadership: Montrose employs many outstanding and dedicated city workers who serve our community daily. They earn praise and better direction from accountable leaders.

Time to Vote for Real Accountability: The pattern of rubber stamping and head nodding must end. We need fiscal discipline, transparency, and true citizen engagement. New leadership will pursue every available grant and public private partnership to address issues such as homelessness without raising local taxes. Practical humane solutions including warming centers, transitional housing, street outreach, rapid re housing, credit counseling, job placement, and skills training can move forward responsibly.

Your ballot arrives the week of March 16. Ask friends and neighbors to vote on April 7!

Support fresh voices who will serve *We The People.*

All registered voters in the city limits vote for all Districts and At Large

VOTE: Michael J. Badagliacco, "MJB"-District 1 • Adam Wooden-At Large • Ed Ulibarri-District 2

It is time to replace the old cycle and restore responsible government to Montrose.

Montrose Citizens D.O.G.E.



500 E MAIN ST. MONTROSE, CO 81401
 970-249-5673 | 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 | 970-209-3934

OPINION/EDITORIAL: LETTERS

WE NEED YOUR VOICE AND WE NEED YOUR VOTE

Editor:

GUESS WHAT TIME IT IS!!! IT'S CAUCUS TIME! PLAN TO ATTEND ON THURSDAY, MARCH 5TH AT MONTROSE HIGH SCHOOL. CHECK IN TIME IS 5:30 AND YOU CAN PRE- REGISTER ON THE REPUBLICAN PARTY WEBSITE. WE NEED YOU, THE GRASSROOTS PATRIOTS. WE NEED YOUR VOICE AND WE NEED YOUR VOTE.

Carol McBride, Montrose

A CALL FOR VIGILANCE

Editor:

Oh my gosh - it's Friday! What are your weekend plans?

For me, I'm working. Go figure, right? Honestly, there's just a lot of work to do. I'd leave it for someone else to do, but I could hardly expect anyone to be as diligent as me. That's not to say that I am most diligent, but I'm still waiting to see who else is actually going to show up and start doing some real work around here.

Now, don't get me wrong - you, my reader, are fantastic at what you do. You give your best effort, and it's not always recognized by the people that you put this effort in for. I'll tell you this: you are not only seen, but appreciated for what you do.

No, the people that I'm talking about are the ones who make promises that they can't keep. I'm talking about those who have become comfortable seeing others carry the extra weight, who have become complacent in their positions. I'm talking about career politicians.

Now, don't get me wrong - people with policies aren't bad. It's when those policies become ideologies that we start to see the world, as we've always known it, begin to fall apart. When sitting in power has become the job itself instead of sitting in the presence of the people, it leads one generation after another into social bankruptcy - where neighbors doubt neighbors, and families are torn apart from within. Don't we deserve better than that?

I think so. I think that you - the person on the other side of the screen - deserve a better place to live with friends and work with colleagues. A place free from the interference of politics that doesn't concern us here.

We need representatives of the people, not people who sign up for political affiliations behind closed doors.

I'm not a Democrat, and I'm not a Republican. I'm your friendly neighborhood acquaintance, and I want to save our little world from the same ideologies that are plaguing our national and state governments.

If you care about the future of Montrose, you'll notice that our nonpartisan elections are far from being safe from political agendas, despite their money saying otherwise in our media. Indeed, the threat is already here, and they claim to be your local representative.

Watch closely, Montrose. You deserve better than what's being fed to you.

With all the love,

Sam Aster, At-Large Candidate for the Council



OPINION/EDITORIAL: LETTERS

MY STRONG SUPPORT FOR THE MONTROSE VETERANS MEMORIAL

Editor:

As a United States Air Force veteran and candidate for Montrose City Council, I am proud to support the Montrose Veterans Memorial, a vital project led by the Montrose Veterans Memorial Coalition. This memorial will serve as a dignified and lasting tribute to the courageous men and women from Montrose and Western Colorado who answered the call to serve our nation.

Project Features and Location

Positioned near the Montrose Pavilion Event Center and adjacent to the Montrose Botanic Gardens, the memorial will showcase powerful laser-engraved granite panels depicting scenes from World War I through the Global War on Terror. A magnificent bronze eagle will anchor the plaza, creating a sacred space for remembrance, healing, and education. This site offers stunning views of the San Juan Mountains and easy public access with ample parking.

City Partnership History

Public records confirm the strong initial partnership. On July 15, 2024, the City of Montrose signed an agreement with Montrose County and the coalition to provide the land and oversee design and construction. Montrose County pledged

financial contributions while the coalition leads fundraising and community support. That agreement is still posted on the official city website at cityofmontrose.org.

Recent Developments and City Priorities

However, the latest stance from the City of Montrose shows shifting priorities. During the February 17, 2026 City Council work session and ongoing 2026 budget discussions, leaders focused heavily on nearly \$40 million in critical infrastructure needs, including wastewater treatment plant upgrades, East Montrose interceptor improvements, and a new public works facility. With these essential projects dominating resources, the city appears to be considering adjustments to its level of direct support for the veterans memorial. This information comes directly from publicly available civic alerts and proposed budget documents on cityofmontrose.org.

My Plan if Elected

If elected to City Council in April, I will push for more broad and sustained support from city government. I will ask the council to vote on a resolution to direct our City grant writers to actively search for and pursue available federal, state, and private foundation funds to help complete and maintain this important tribute

without adding burden to local taxpayers.

Ways to Get Involved

The coalition has made steady progress but still needs to raise approximately \$300,000, updated as of January 23, 2026. Commemorative bricks are available for \$125 each and will line the walkways as a permanent honor to our veterans.

Building a Lasting Legacy

We must honor our veterans' sacrifices by ensuring this legacy endures. I urge every resident to get involved: purchase a commemorative brick, donate generously at montrosevmc.org, or volunteer your time at upcoming events.

Together, let us build a monument that says thank you to those who defended our freedoms. With renewed city partnership through grant funding and strong community effort, the Montrose Veterans Memorial will stand proud for generations.

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.

Join us at the **USA Liberty Report** and the **Colorado DOGE Report**

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

<https://USALibertyreport.com>

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

Join our email and text list.



Scan me



Scan me

PRICE DROP

BRAND NEW SKYLINE HOME Now \$168,000



901 6530 ROAD
LOT #1608
MONTROSE, CO



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

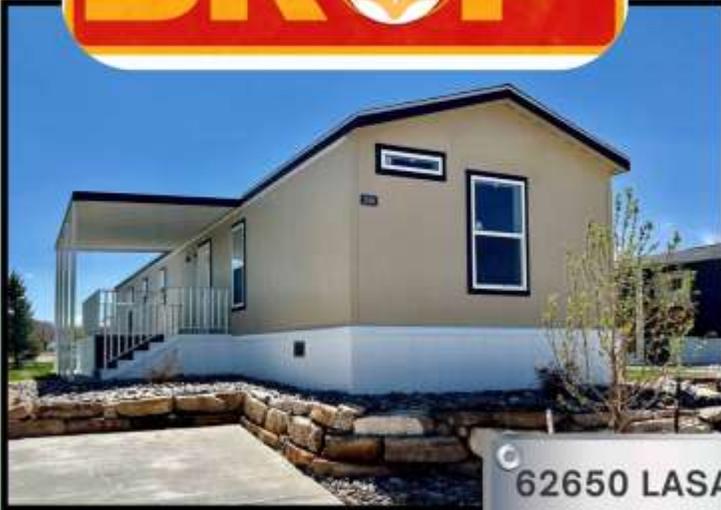
 970-249-0493
 manager@cimarroncreekcommunity.com
 www.cimarroncreekcommunity.com

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.



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)

CONTACT DETAILS

970-615-9412

manager@thehiddenlakecommunity.com

www.thehiddenlakecommunity.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.



Hidden Lake

OPINION/EDITORIAL: LETTERS

REBUTTAL TO RAY LANGSTON COMMENTS FROM LAST WEEK

Editor:

Ray Langston's letter is nothing more than sour grapes from a man removed by the Montrose Republican Central Committee for his own serious misdeeds. Rather than accept accountability, he attacks the very party that held him responsible.

In 2022, Langston was ousted as Candidate Support Chair for violating party by-laws by failing to remain neutral during the primary season. His appeal to the State Party was rejected. This followed other issues including unauthorized use of party funds in 2020, reports of mishandling campaign donations without receipts, and stealing congressional candidate Lauren Boebert's campaign literature, which required police involvement to recover.

Langston has a documented history of verbal assaults on party members, especially women, and making false accusations against fellow Republicans. These actions led to a five-year ban from party functions in 2024 by the Central Committee.

Contrary to Langston's claims of disunity, the Montrose County Republican Party as a whole is very united under its current leadership. Ray Langston is literally in the minority. Only his small group of disgruntled allies remains opposed and continues to cause problems.

His complaints about by-law changes and primary neutrality ring hollow coming from someone who ignored those rules when it suited him. The by-laws have not changed the requirement for neutrality

through the primary process. Langston is no more correct today than he has ever been. The Montrose County Republican Party is working to restore integrity after years of disruption caused by figures like Langston.

Langston's leadership of the recall effort against Commissioner Scott Mijares, in alliance with far-left groups tied to Indivisible, reveals his true motives are personal vendetta rather than party principles. The Central Committee removed him to protect the party's values from internal sabotage. Voters should recognize this letter as the rant of a discredited activist seeking relevance after being justly sidelined.

Monty George for the Montrose County GOP executive board.



Our aim is true

the montrose mirror

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.



COLORADO NEWS BRIEFS

CPW PUBLISHES FINAL BEAVER CONSERVATION AND MANAGEMENT STRATEGY

Special to the Mirror

DENVER — Colorado Parks and Wildlife (CPW) has published its final Beaver Conservation and Management Strategy, establishing a comprehensive



CPW courtesy photo.

framework to guide conservation, restoration and management of beaver

and beaver-influenced wetlands across Colorado.

Across the historical range of the beaver in North America, including Colorado, a growing wildlife conservation movement is focused on restoring the species and the ecosystem benefits it provides to formerly occupied habitats. As Colorado’s state wildlife agency, CPW has managed beaver populations for decades. In recent years, however, agency staff, stakeholders and members of the public have expressed interest in a more proactive and coordinated approach to beaver conservation and management.

The strategy’s purpose is to increase and sustain the presence of beaver and beaver-influenced wetlands in suitable habitats, supporting the health of Colorado’s streams and wetlands and the wide range of wildlife species that depend on them.

The Beaver Strategy provides a framework for greater leadership, coordination and resources to support conservation and management efforts statewide. Key topics addressed in the strategy include:

- Population and habitat status and monitoring
- Beaver harvest management
- Beaver restoration opportunities
- Living with beaver: nonlethal conflict resolution
- Translocation policy and protocol

Development of the strategy included focus groups, written public comments and technical advising from partners and stakeholders. CPW thanks everyone who contributed input throughout the process.

CPW looks forward to continued engagement and partnerships as implementation of the Beaver Strategy moves forward.

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.

MONTROSE REGIONAL HEALTH
Spine & Pain Center

MRH Spine & Pain Center
3330 S. Rio Grande Ave.
Montrose, CO 81401
970-252-2584
MontroseHealth.com/Spine



FOR MONTROSE CITY COUNCIL



ADAM WOODDEN

PROUD TO REPRESENT YOU



Election Date

April 7th 2026

No Special Interests

PAID BY THE COMMITTEE TO ELECT ADAM WOODDEN



AT LARGE

- **HONEST**
- **ACCESSIBLE**
- **ACCOUNTABLE**

Vote Michael J Badagliacco, "MJB"



U.S.A.F. Veteran



- **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 7TH

For more information, visit <https://mjb4montrose.com>
Follow us on Facebook @mjb4montrose

Scan for More Information:

Scan to Donate:



Montrose City Council

Paid for by the Committee to Elect Michael J Badagliacco, "MJB"

OPINION/EDITORIAL: LETTERS

OPEN LETTER TO CITY OFFICIALS AND CANDIDATES

*Montrose City Mayor
Montrose City Council
Montrose City Manager
Montrose City Attorney
Montrose City Council Candidates*

I am writing with serious questions regarding the notice you recently published in the Montrose Mirror and Montrose Press concerning Montrose's status as a non-sanctuary city.

Is this notice valid and legally binding? Or is it merely a statement intended to ensure Montrose does not lose federal funding? What concrete proof supports the claims made in the notice?

When did the City Council vote to approve and publish this statement? On what specific date was this document presented to the City Council in a public forum and formally voted upon by the Council?

If the current Mayor was willing to issue a public statement nearly a year ago declaring Montrose a non-sanctuary city, why has there been no willingness to champion a formal public proclamation supported by a public vote of the City Council?

The previous mayor claimed Montrose was a non-sanctuary city based on existing documents, yet when asked to pro-

duce those documents, none were ever provided. You also stated to the press in interviews that Montrose is a non-sanctuary city without offering any supporting evidence.

The only public vote on this matter that citizens were able to view occurred in March 2024. That vote did not align with the Mayor's desires. Afterward, the vote was not recognized as valid, and the topic of non-sanctuary status was effectively prohibited from further discussion by the Council.

For Montrose to become a non-sanctuary city, the action must be properly voted on and published publicly in front of the citizens of Montrose—just as the Montrose County Commissioners and other Western Slope counties and cities have done.

Isn't it time for city leadership to follow the law of the land—the Colorado Constitution and the United States Constitution?

Emergency declarations may allow mayors to act unilaterally on a temporary basis. However, binding municipal laws, ordinances, and formal long-term policy changes generally require a formal vote by the City Council. Local charters determine the specific voting requirements for different types of actions.

Key aspects of Council voting include:

- **Emergency vs. General Actions:** While emergency declarations can be issued by the executive (such as the mayor) without an immediate vote, they are temporary in nature.
- **Legislative Authority:** The City Council holds primary authority to adopt ordinances and binding, permanent policies.
- **Voting Duties:** Council members generally have a statutory duty to vote; failure to vote (when present) may be recorded as an affirmative vote in some jurisdictions.
- **Legal Framework:** All actions must conform to state and federal constitutional requirements. For any specific, legally binding action, a formal vote is almost always required to ensure validity and enforceability.

COLORADO MUNICIPAL GOVERNMENT - Montrose, CO, the states and their political subdivisions—including municipalities—must always operate within the constraints of the federal Constitution.

Montrose residents deserve transparency, accountability, and strict adherence to proper legal procedures on this important issue. I urge you to take formal action through a public vote of the City Council.

John Brown

WE THE PEOPLE



COLORADO NEWS BRIEFS

THE REAL RISKS OF SPEED

Troopers investigated over 500 crashes involving a speeding driver in 2025

Special to the Mirror

COLORADO-Speeding remains a leading cause of traffic crashes in Colorado, and the greater the force, the greater the severity of injuries when a crash occurs. Last year, Colorado State Troopers investigated over 500 fatal and injury crashes that involved a speeding driver.

“There are people out there convinced that speeding is not a public risk and simply a way for law enforcement agencies to generate revenue,” stated Col. Matthew C. Packard, chief of the Colorado State Patrol. “While these same people want to think of their crime as a ‘technical one’, their actions increase the chance of a crash and elevate the overall damage caused. The higher the speed, the greater the momentum.”

Crash investigators determine whether speed was a factor in a crash by analyzing physical evidence such as skid marks, the extent of vehicle damage, and debris patterns, as well as taking witness accounts. As speed increases, the severity of injuries also rises, sometimes resulting in death.

What are the Real Risks of Speed

Increased Likelihood of Crashes

-Reduced Reaction Time: At higher speeds, drivers have less time to react to sudden changes in traffic, pedestrians, or merging vehicles. This significantly increases the chances of collisions. For example, traveling at 60 mph instead of 50 mph cuts your reaction time by 20%.

-Challenging Maneuvers: Speeding makes it harder to handle turns, curves, and emergencies. The vehicle's stability is compromised, raising the risk of losing control.

Extended Stopping Distances

-Longer Braking Distance: As speed increases, so does the distance required to stop. At 60 mph, your car needs about 240 feet to come to a complete stop, compared to 180 feet at 50 mph. This makes it difficult to avoid obstacles or sudden stops.

Severity of Injuries

-Greater Impact Force: Due to the increased force of impact, high-speed collisions result in more severe injuries. According to the Insurance Institute for Highway Safety (IIHS), the risk of severe injury or death increases significantly with each 10 mph increment over the speed limit.

-Compromised Safety Features: At higher speeds, safety features like seatbelts and airbags are less effective, increasing the risk of severe injuries.

“Speeding not only endangers the driver, but also every other pedestrian and driver in the area,” explained Col. Packard. “Rolling the dice by speeding isn’t consensual with motorists around you. It’s a violation of the law.”

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.

MONTROSE REGIONAL HEALTH
 Spine & Pain Center

MRH Spine & Pain Center
 3330 S. Rio Grande Ave.
 Montrose, CO 81401
 970-252-2584
 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



FINANCING AVAILABLE!

**5 1/2%
INTEREST**

ON THESE BRAND NEW MOVE-IN READY HOMES

**LOT #811
\$1,761 PER MONTH**



**LOT #330
\$1,765 PER MONTH**



**LOT #341
\$1,667 PER MONTH**



**Call Today
For
More**

Information:

(970) 615-9412

**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.



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

OPINION/EDITORIAL: LETTERS

DEMOCRATS REPRESENT EVERYBODY BUT AMERICANS

Editor:

I have to chuckle when I write these letters and within a few days Democrats do something stupid totally proving my point. Last week I wrote about the Democrats' so called "stars" revealing their ignorance on the world stage and exposing to the world a massive competence gap between the two US political parties. Right on cue, California governor Newsome confirmed my point when he was in Georgia speaking to a crowd of black voters. He blatantly pandered to the crowd when he told the crowd he's just like them: unable to read and with a low SAT score. It's reminiscent of Biden saying "Poor kids are just as bright and just as talented as white kids." It's also not that different from when Hillary Clinton would suddenly acquire a southern black accent whenever she spoke to black audiences. Even leftist Cornel West ripped Newsome for his racist comments, saying "That mindset sits at the core of white supremacy." Not surprisingly, in newly resurfaced footage, Newsome is seen bragging to white authors about his "fast-paced" intellectualism and how quickly he read through their 263-page book. Remember this is the same Newsome that wants us all to think he is just one of us poor folk, even though his father managed the Getty family fortune. This is the same state of California that just granted early release to pedophile and child rapist David Funston thanks to Newsome's law to release elderly (and hardened) criminals from jail. Funston kidnapped multiple kids under the age of seven and raped them. One girl was just 3. Also on cue, this week it was revealed the NYC's "warmth of collectivism" mayor Mamdani just spoke and participated in Friday prayers at Al Khoei Islamic Center, while the imam prayed for the destruction of all infidels – the same mosque identified as an Iranian front.

If there was ever any lingering doubt that there are now two Americas, events leading up to this year's State of the Union address made that all too obvious. The left-wing Huffington Post ridiculed both of the US gold metal hockey teams, stating "If waving the American flag or chanting 'USA!' turns you off right now, you're not alone. There's a reason you feel yucky watching the Olympics right now." When a bunch of red-blooded guys from the states play a bruising and exciting game of hockey in Italy and win in overtime, the loony American left explodes in disgust.

The players skated around the rink, wearing big smiles and American flags. Heck, they even sang along when the Star-Spangled Banner was being played – clearly proud to be Americans. No wonder liberals of all stripes hate them. Dem superstar AOC claiming Republicans are "radicalizing young men by pushing them towards masculinity" fits right in with that same Democrat insanity. This week we also saw Trump, on the second anniversary of Laken Riley's murder, welcoming Angel Families to the White House for an emotional ceremony honoring American lives tragically taken by criminal illegal aliens. Disgracefully, the "media," including CNN and MSNBC, wouldn't air the ceremony honoring the families. The Huffington Post was of course quiet. They run wall-to-wall coverage favoring criminals, but grieving American parents? Total Silence.

Democrats' actions during Trump's SOTU address removed all doubt that there is something terribly, horribly wrong with today's Democrat party. None of their actions, however, were surprising to anyone paying attention. They have made their anti-Americanism abundantly clear for the last decade or more. Trump asked a simple question: "If you agree with this statement, then stand up and show your support. The first duty of the American government is to protect American citizens, not illegal immigrants." The Democrats sat there, stone-faced – their masks totally slipping for the whole world to see. Trump's speech was a celebration of not just the Olympic hockey champions, but of Americans of every color and background doing extraordinary things. He didn't just recite a list of accomplishments; he drew the brightest line imaginable between those who love this country and those who seek to dismantle it. The contrast has never been sharper. On one side, you have a movement dedicated to restoring "American Greatness" and securing our borders. On the other, you have a group of insincere panderers who can't even affirm their highest duty to the people they supposedly represent. They also did not stand for many of the most obvious moments in the speech that were a test of basic morality. Just a couple of examples: Trump honored the mother of Ukrainian immigrant Iryna Zartuska, murdered by a deranged career criminal who should not have been released on the streets of North Carolina. Republicans stood and applauded the brave mother. Democrats

sat on their behinds and glared or looked bored. Democrats also refused to stand for DJ Daniel, a 1st grader fighting a brain injury after being hit by an illegal immigrant. Bottom line? No matter what the issue – keeping violent criminals locked up, voter ID laws, lowering the murder rate, protecting parental rights, stopping fraud, taking on drug cartels, and much more – they sat on their hands, demonstrating for all that they cannot tolerate American success because it diminishes their political power. Trump said it long ago – it isn't him they hate. It's you. He's just standing in the way. That was more than evident during the SOTU address.

The Democrats' insanity was further confirmed by having newly elected Virginia Gov. Spanberger give their official response to the SOTU address. This is the same Spanberger who ran as a moderate, but immediately took her mask off once she got elected to reveal gigantic tax hikes on Virginia's gullible voters. Amazingly, in addition to spouting the usual tropes about Trump, Spanberger had the audacity to talk about affordability. She of course didn't say how she was going to make anything affordable, just that she was "working hard" on the problem. Democrats talking about affordability is like an arsonist complaining about the house fire he started. The lack of affordability is caused by inflation, which is a byproduct of excessive government spending. Biden caused the inflation crisis. Trump was elected to fix it, and that's exactly what he has done. Oddly, in the same speech, Spanberger condemned the very popular DOGE project which identifies wasteful government spending. Equally absurd was the fact Dems boycotting Trump's SOTU attended their own event across town, which they dubbed the "State of the Swamp." In addition to sitting members of Congress, the event featured people dressed in inflatable frog costumes, a man in a giraffe suit twerking onstage, and, according to the liberal Atlantic, a crowd that spent the evening throwing rubber marital aids at a television screen showing the President's SOTU speech. While Republicans were giving standing ovations to a 100 year-old veteran of the Korean war, the donkey party's official counterprogramming featured a guy in a frog costume who calls himself "a proud Antifa terrorist." There is no longer any doubt that the Democrat party now represents everybody but Americans.

Ed Henrie, Montrose

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 • Member FDIC

OPINION/EDITORIAL: LETTERS

DEMOCRACY OR REPUBLIC, WHICH ARE WE?

Editor:

Due to the fact that we have elections in the US, on the surface, that makes it seem like we might in fact be a democracy, but the reality is, **what the founders gave us was something far better and much different.** The similarities between Democracy and a Constitutional Republic end with the election of our Representatives. In fact, the founders had almost no use whatsoever for democracy, even so much that they voiced their outright disdain for any form of Democracy when considering what form of government we would have in the United States of America.

Though we hear the term democracy used constantly in reference to our form of government, the word does not appear in either the Declaration of Independence or the Constitution of the United States, our two fundamental founding documents. So, let's explore the differences.

What is a Democracy?

Democracy, from the Greek *demos* (people) and *kratos* (rule), is majority rule. In such systems, laws are based on the whims of political decision-makers and the majority, often neglecting minority rights and individual freedoms. This creates a system prone to factionalism, instability, and rights that are conditional and revocable.

What is a Republic?

A republic, from the Latin *res publica* (public matter), is governed by rule of law. Laws are consistent, protecting inherent rights rather than catering to majority demands. Government power is decentralized, with checks and balances to prevent tyranny. Individual freedoms are prioritized, and leaders are held accountable by the people.

Article IV, Section 4, of the Constitution: **"guarantees to every State in this union a Republican Form of Government."**

In fact, the founders saw great danger in

democracy. Tom Paine, considered democracy: **"the vilest form of government"**.

When describing the purpose of the Constitutional Convention of 1787, Virginia delegate Edmund Randolph said:

"The general object was to provide a cure for the evils under which the United States labored; that in tracing these evils to their origin, every man had found it in the turbulence and follies of democracy."

Just thirty-eight years after the Declaration of Independence, John Adams warned:

"Remember, democracy never lasts long. It soon wastes, exhausts, and murders itself. There never was a democracy that did not commit suicide."

John Marshall, Chief Justice of the Supreme Court from 1801 to 1835 observed;

"Between a balanced republic and a democracy, the difference is like that between order and chaos."

As late as 1928, the "Citizenship" chapter of U.S. War Department training manual TM 2000-25 expressed the opinion:

"Democracy has been repeatedly tried without success. Our Constitutional fathers made a very marked distinction between a republic and a democracy and said repeatedly and emphatically that they had founded a republic."

One of America's notable historians, Charles Austin Beard, put it this way:

"At no time, at no place in solemn convention assembled, through no chosen agents, had the American people officially proclaimed the United States to be a democracy. The Constitution did not contain the word or any word lending countenance to it."

Why then, do some call the United States of America a democracy, and does it even matter? I believe you will see, there are stark differences and those differences dictate the contrast between a free country or one steeped in tyranny!

Why Not a Democracy?

Democracies frequently lead to fiscal irresponsibility and eventual collapse.

Alexander Fraser Tytler observed that they fail once voters realize they can vote themselves public funds. **Plato warned that tyranny often follows democracy,** and James Madison explained that pure democracies enable majorities to oppress minorities and are inherently short-lived.

Why the Confusion?

The term "democracy" gained widespread use during the Woodrow Wilson administration, despite its inaccuracy for the American system. This shift aligned with amendments and policies that centralized federal power. By the 1930s, the critical distinction between a democracy and a republic was actively suppressed, creating persistent misconceptions about the U.S. government's design.

Why It Matters

Understanding the difference is essential. **The Founders deliberately chose a Constitutional Republic** to ensure **stability, protect individual rights, and limit government intrusion.** These features have allowed it to endure where democracies fail.

It is not mere semantics. Democracy is mob rule: majority will with no regard for minorities, often leading to chaos. **A constitutional republic rests on the rule of law, safeguarding everyone.** Though imperfect, the United States remains the world's best form of government, delivering the greatest freedoms with the least disorder.

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.

REGIONAL NEWS BRIEFS

DELTA HEALTH EXPANDS SURGICAL CAPABILITIES WITH ADVANCED ROBOTICS

Special to the Mirror

DELTA-Delta Health is ecstatic to announce the addition of the state-of-the-art Da Vinci Surgical System, marking a major milestone in expanding advanced surgical care for the community. This cutting-edge robotic-assisted technology will enhance precision, safety, and recovery for patients while broadening access to specialized services, including Urology procedures.

The addition of robotic-assisted technology allows Delta Health patients to receive highly specialized surgical care close to home.

There have been great successes with the rollout of Da Vinci surgeries. Kyle Nickel, M.D. and William Cole, M.D. of Delta Health Surgical Clinic are currently scheduling patient procedures with this robotic assisted surgical system, and are excited to offer this new technology.

"Our commitment is always to provide the safest, highest-quality care possible," said Julie Huffman, Interim Chief Executive Officer, and Chief Legal Officer of Delta Health. "Bringing the Da Vinci Surgical System to our hospital represents a transformational step forward. This technology allows our skilled surgeons to perform more complicated procedures, with greater precision, while improving recovery times and overall patient experience. Most importantly, it keeps advanced care close to home for the Delta County communities we serve."

The Da Vinci Surgical System enables surgeons to perform minimally invasive procedures through small incisions using high-definition 3D visualization and instruments that provide greater range of motion than the human hand. The system translates the surgeon's hand movements into smaller, more precise movements of tiny instruments inside the patient's body.



Da Vinci Ribbon cutting, Courtesy photo.

Robotic-assisted surgery is associated with significant patient benefits compared to traditional open surgery, including:

- Smaller incisions and reduced scarring
- Less blood loss and lower risk of complications
- Reduced postoperative pain
- Shorter hospital stays
- Faster return to normal activities

"Clinical studies have shown that minimally invasive robotic procedures can reduce hospital length of stay, compared to open surgery, while lowering rates of surgical site infections and complications," said Delta Health Surgeon William Cole, M.D. "The system's enhanced precision also supports improved techniques, which can lead to better functional outcomes after complex surgery."

This technological milestone would not have been possible without the extraordi-

nary generosity of the Delta Health Foundation. Through an incredible lead donation, and the launch of its new capital campaign, the Foundation continues to help secure funding for the Da Vinci Surgical System. "The Delta Health Foundation is proud to partner with Delta Health in bringing the most advanced, up-to-date technology to our hospital," said Jessica Ayotte, Delta Health Foundation Executive Director. "For 25 years, the Foundation has been deeply committed to enhancing healthcare in Delta County, and we remain steadfast in our mission to support Delta Health in delivering the highest quality of care to our community."

For more information on how to support Delta Health Foundation's capital campaign, please contact Jessica Ayotte at jayotte@deltahospital.org or call 970-399-2610.

Get the Mirror

OUR
NUMBER HAS
CHANGED!

delivered fresh to
your phone each
week! We are working
with **iVisionMobile**
to enable our text
blast service!



Text **MIRROR** to **1-877-957-0831**
to opt-in to our **NEWS TEXT** alerts!

By texting MIRROR to 1-(877)-957-0831 you consent to receive recurring news and alert messages from The Montrose Mirror. Message frequency may vary. Reply STOP to unsubscribe, reply HELP for help. Message & Data rates may apply. Consent is not a condition of purchase.

Ts & Cs / Privacy Policy @ www.therevenuegenerator.com/terms_of_use.asp
TEXT mirror TO 1-877-957-0831.

THE
MONTROSEMIRROR

Your Source for Local Business News and Information

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!**



CARTOON BY TIM JONES

WEEKLY CARTOON

SOUR GRAPES

by Tim Jones



Save a tree —
Read the Mirror!

THE MONTROSEMIRROR
Your Source for Local Business News and Information

Call For Ad Rates: 970-275-0646

COLORADO NEWS BRIEFS

MONTROSE REGIONAL HEALTH COMPLETES CONSTRUCTION OF ALL-ACCESS PLAYGROUND AT RIVER LANDING

Special to the Mirror

MONTROSE – Montrose Regional Health (MRH) has completed construction on the playground at River Landing, an inclusive, all-access space designed to provide safe, engaging play opportunities for children of all ages and ability levels.

The playground was developed in response to a lack of truly accessible play equipment in the Montrose area and is located adjacent to Montrose Regional Health’s Ambulatory Care Center at 3330 S. Rio Grande Ave. The thoughtfully designed space allows toddlers through older children to play together in a safe, welcoming environment.

“Inclusive play supports physical, emotional, and social development for people of all abilities,” said Justin Wilson, director of Mountain View Therapy at Montrose Regional Health. “For many children, access to a space like this can strengthen confidence, mobility, and social connection, benefits that extend well beyond playtime.”

Situated along the River Trail near South Rio Grande Avenue, the playground features a zero-entry design that allows seamless access from the sidewalk into the play area. The space serves the broader community and offers a welcoming outdoor environment for patients and families visiting the Ambulatory Care Center. It also provides an engaging setting for MRH’s Pediatric Therapy program, part of Mountain View Therapy.

Montrose Regional Health extends its sincere gratitude to the following sponsors, whose combined \$144,000 in donations made construction of the playground possible:

- Anonymous donor
- Culver’s Restaurant
- Delta-Montrose Electric Association (DMEA)
- El Pomar Foundation
- Gates Family Foundation
- Montrose Association of Realtors
- T-Mobile Hometown Grant
- Walmart

The playground at River Landing demonstrates Montrose Regional Health’s commitment to improving community wellness and providing spaces that support inclusion, connection, and healthy development. Community members are welcome to use the playground next to the Ambulatory Care Center at 3330 S. Rio Grande Ave.

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:

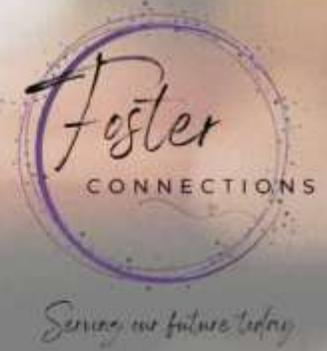
- Breast Reconstruction
- Aesthetic Surgery of Breast and Body
- Cancer Reconstruction
- Head and Neck Reconstruction
- Trauma and Limb Salvage Surgery
- Scar Revision and Wound Care
- Injectables and Non-Surgical Aesthetic Procedures



It's Your Business!

Let's Grow Together
Advertise with The Mirror
970-275-0646 editor@montrosemirror.com

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

PRICE DROP



ON THESE BRAND NEW MOVE-IN READY HOMES

LOT #1600
NOW \$162,000



LOT #2836
NOW \$174,000



LOT #1608
NOW \$168,000



**Call Today For
More Information:
(970) 249-0493**



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

REGIONAL NEWS BRIEFS

MONTROSE COUNTY SCHOOL DISTRICT PURCHASES FIELD HOUSE PROPERTY FROM MONTROSE RECREATION DISTRICT

Special to the Mirror

MONTROSE — The Montrose County School District (MCSD) has finalized the purchase of the Field House property at 25 Colorado Avenue, from the Montrose Recreation District (MRD), securing the long-standing community facility for continued public use and future educational opportunities.

Located next to Montrose High School and near the School District’s central office, the site has served Montrose families for decades. District officials said the acquisition supports MCSD’s long-term facilities plan and provides flexibility to meet evolving student and community needs.

The School District’s primary vision for the property is to pursue grant funding through the State of Colorado’s Building Excellent Schools Today (BEST) program to establish an Early Childhood Center. If awarded, the grant would support the creation of a modern space designed to better serve preschool students and their families.

“Providing strong early childhood opportunities is a top priority for our district,

and if BEST funding is awarded, this site would allow us to bring those services together in one location,” said Dr. Carrie Stephenson, Superintendent of the Montrose County School District. “Its proximity to our existing facilities also allows us to use our space and resources strategically in support of students and families well into the future.”

While the development of an Early Childhood Center will depend on the outcome of the BEST grant process, the property’s location and adaptability make it a valuable long-term asset within the MCSD’s broader facilities planning. The Field House site has long been a fixture in the Montrose community. Originally owned by the School District, the land was later developed by the Recreation District into the Montrose Aquatic Center. The facility served residents for many years prior to the opening of the Community Recreation Center. This next chapter continues the site’s history as a community resource.

Under the purchase agreement, the Recreation District will continue operating in the Field House during a transition period

to ensure recreation programs continue uninterrupted.

MRD has secured a new long-term home for Field House operations at 1227 and 1233 Mayfly Drive.

The 3.4-acre property includes a 33,000-square-foot building, approximately 50 percent larger than the current Field House, along with expanded parking and additional program space.

“This agreement reflects the strong partnership between our two districts and our shared commitment to serving Montrose,” said Mari Steinbach, Executive Director of the Montrose Recreation District. “Recreation programs will continue without disruption, and this transition positions both organizations to meet community needs for years to come.”

Leaders from both organizations said the transition represents a strategic step forward for Montrose.

As recreation programs expand and educational services adapt to meet changing needs, the partnership reflects the enduring role both districts play in stewarding community resources and supporting Montrose families for the long term.



The MOoving Company
WE'RE UDDERLY THE BEST!
CALL US TODAY! 970-240-3106

WE OFFER:

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



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

COMMUNITY OBITUARIES

JAMES STANLEY "JIM" KOLANSKI

January 21, 1942 – February 23, 2026

Jim was born in Meadville, Pennsylvania on January 21, 1942 to Stanley and Margaret Kolanoski. After he graduated high school, he lived in Buffalo, New York where he attended college and continued his studies at Georgia Southern. In his twenties, he worked for Northwest Airlines where he met Arlene Mildred Kolanoski, his wife of 50 years and who precedes him in death. They lived in Atlanta, Georgia where they started a family. They gave birth and raised their two daughters, Kristin and Kari in Riverdale, Georgia and Whitesburg, Georgia. Jim went on to work for Proctor and Gamble for several years after which he decided to start his own business. He was a co-owner with his wife of an air freight business for 25 years. He took great pride in owning and running his own business. On the weekends, Jim worked tirelessly in his yard cutting grass, planting new shrubs and flowers, and maintaining the landscaping all while he had a cigar in his mouth, lit or not. He absolutely loved working in his yard wherever he lived; that was his joy and relaxation from a hard work week. Also, he loved going to plant nurseries where he learned about all different plants, shrubs, and trees that could grow and thrive in the area in which he lived. As another hobby to relieve stress, Jim owned and managed a pet store in Fayetteville, Georgia for two years. He had a heart for all animals and working in this store allowed him to interact, take care, and be around animals everyday which was an extreme joy for him.

In 2006, Jim and Arlene happily retired to Maricopa, Arizona. He decided he did not want to retire all together and continued to work as a hobby. Jim delighted in driving around Phoenix, learning new routes to get to different destinations in the Phoenix area. He had done it for so many years in the Atlanta area and in the state of Georgia in his everyday job as an air freight business owner and active driver for the company and carried that skill with him throughout his life. That love of giving directions on the "best" way of getting somewhere remained with him until he

passed away. He was good at it for sure. He also enjoyed offering advice and sharing his knowledge and experience with anyone whether it be in giving directions to a destination, talking about sports, or discussing politics. Jim prided himself on hard work and found joy in connecting with people in his community. He loved sharing his humor in whatever way he could. He was a jokester for sure. He loved fiercely but did not mind telling anyone if he disagreed. He also enjoyed playing cards with his wife Arlene and his family and friends that he made in their new Arizona community. Many a time during a family visit, he would team up with his son-in-law Corey while his daughter Kristin would team up with his wife Arlene to play hand and foot. Most games went in favor of Jim and Corey. He knew how to play that game well! Kari and her family will cherish many memories made with Dad including the notable trips to not only his home in Maricopa, Arizona but especially trips to Florida, Mexico; Las Vegas, Nevada and Hawaii. Of course, his visits to their Basalt, Colorado home held many great memories too including fishing together at various rivers and lakes, watching his grandson play baseball and sitting out on their deck enjoying the view of nearby mountains, sounds and smells of freshly mown grass where Patches loved to run and roll around which Dad especially found much delight. A lot of great conversation and laughs were had on that sundeck. Many Basalt friends also had the opportunity to meet Dad and share in his humor and camaraderie.

Jim continued to live in Maricopa after his wife's death in 2017. In December 2024, he moved to Montrose, Colorado where he lived with his daughter Kristin and her family until his death. He continued his love of playing cards, mostly playing Hearts on the Trickster app and Uno. Jim loved his loyal dog Patches fervently and delighted spending time with him. In the summer, he would sit with Patches everyday outside on the patio and remark how beautiful the views of the surrounding San Juan and Cimarron Mountains were,



seeming to bask in that beauty.

He leaves behind his two daughters, Kristin Kolanoski (husband, Corey Robinson) and Kari Stoll (husband, Scott Stoll), his two grandchildren Sienna Robinson and RJ (Rodney James) Stoll, his younger sister Patricia Waldeck (husband, Gene Waldeck and son, Jeff Waldeck), and his dog of 9 years Patches. He loved his family fiercely and always loved talking to each of his grandchildren. Every time he talked with Sienna, he would ask her about her horse Pistol and would want to know how he was doing and to find out the next riding adventure Sienna and Pistol would be having. Additionally, he loved spending time fishing and enjoyed the time he spent with RJ fishing in the Roaring Fork Valley two summers ago. Kari, Scott and RJ's most treasured memory will be Dad's last visit in the summer of 2024 to attend RJ's high school graduation from Aspen High School. Celebrating that milestone created a deeper connection between Jim and his grandson. RJ will always embrace that memorable celebration with his Pop Pop. You could see in Jim's eyes what joy he got from visiting, spending time, and talking with both Sienna and RJ. He truly loved them with all his heart. His passing has created a huge missing hole in all our hearts; he will be greatly missed. We love you forever, Dad.

COMMUNITY OBITUARIES

CHRISTINE WAHLE JOHNSON

April 13, 1960-February 14, 2026



CHRISTINE WAHLE JOHNSON, 65, passed away peacefully at her home in Norwood, Colorado, on February 14, 2026, surrounded by her family.

Born on April 13, 1960, in Junction City, Kansas, Christine was the daughter of Charles Wahle and Patty Bray. She was raised on her family's wheat farm, where she developed a lifelong appreciation for the land and the slow rhythms of rural life. She often shared memories of learning from-scratch cooking from her grandmother, tending cows and gathering eggs before school, and learning from her father to respect the heritage and hard

work tied to the land.

Christine earned a bachelor's degree in Home Economics from Kansas State University. She later moved to Telluride, Colorado, intending to stay briefly, but remained in town for nearly 40 years after falling in love with the mountains and the community.

On May 31, 1992, she married Stephen Johnson. Together they built their life in the San Juan Mountains, sharing nearly 34 years of marriage and two children. Christine devoted herself primarily to her family as a mother and homemaker. She also worked for many years as a part-time secretary for her husband's law practice. A passionate family historian, she dedicated significant time to researching and preserving both her own and her husband's family histories.

She embraced mountain life, hiking with the family dogs, cross-country and downhill skiing, and walking the river trail. She was an avid gardener who maintained a large collection of houseplants and a summer garden. She even successfully grew vegetables in Telluride's high-altitude climate. After moving to Norwood, she enjoyed abundant harvests of potatoes, tomatoes, zucchini, and greens - something she had long missed since her farm childhood.

Christine was deeply engaged in her community. She was a patron of Alpine Chapel

in Telluride for many decades, often volunteering at the annual free Thanksgiving meal and supporting church clothing drives.

She regularly attended town council and school board meetings in Telluride and continued her civic involvement after moving to Norwood. She advocated strongly for her children and community and notably played a key role in the establishment of Telluride's 15 mph speed limit.

Above all, she will be remembered for her warmth and kindness. She greeted others with enthusiasm and rarely completed an errand without stopping for heartfelt conversation. She made time for those who needed her and cared deeply about the needs of others.

Christine was preceded in death by her father, Charles Wahle, and her sister, Margaret Wahle. She is survived by her husband, Stephen Johnson; her son, Bridger Johnson; her daughter, Madeline Haddow, and son-in-law, Alistair Haddow; her mother, Patty Bray; her half-brother, James Bray; and her dear extended family and friends.

A funeral service and celebration of life will take place this summer in Telluride. Details will be announced at a later time.

In lieu of flowers, donations may be made to [Kindred Spirits of Colorado](#) or [Bosom Buddies of Southwest Colorado](#).

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

COMMUNITY OBITUARIES

SHARRON L. BALDWIN

September 28, 1941 - February 16, 2026

SHARRON L. BALDWIN, 84, of Montrose, Colorado passed away peacefully at home, after a long illness, surrounded by her family on February 16, 2026. The family would like to thank Hope West for their gentle care and guidance.

Born September 28, 1941 in Denver, Colorado, Sharron was the daughter of the late Charles and Millicent (Savage) Knight of Denver Colorado. She graduated from Denver South High School in 1959 and earned her degree in Social Sciences from Colorado State University in 1963 and later a Masters in Special Education in 1994 from West Georgia College. She dedicated her early adult life to the family and later to teaching special education in Georgia and Colorado. Sharron married her college sweetheart, David Baldwin in 1963. Together they raised two daughters and enjoyed a life full of adventure and love. Sharron was an excellent seamstress, making uniforms and flags her daughter's band and color guard teams. Sharron was an active member of the educational community, a longtime volunteer and judge with the Winterguard International Championships. After moving to Montrose, she served for 12 years on the Center for Mental Health Board and volunteered at her church.

She is survived by her husband David; her daughter Diana Chambers and son-in-law Jeff of Minnesota; four grandchildren RJ (Lindsay), Miranda, Oliver and Abby; her brother James Knight and sister-in-law Pam, and her sister Sandra Knight and sister-in-law Linda French.

Sharron was preceded in death by her daughter, Lynn Coia.



LAURIE MILLER AUSTIN

August 26, 1945 – February 25, 2026



With heavy hearts, we announce the passing of Laurie Miller Austin, who passed away peacefully in her home on February 25, 2026, surrounded by love, family, and

friends in her last weeks, at the age of 80, after a long, hard-fought battle with cancer. Her son held her hand as she entered the gates of heaven, just as she would have wanted.

She was born on August 26, 1945, in Paris, France, to Yoska Nemeth and Jaqueline Leferbvre. Her parents separated when she was young, and her mom remarried US Serviceman Bill Miller, who would later adopt Laurie and her two younger brothers, Phillip and Pat. They came to America through Ellis Island in 1958, when Laurie was just 13 years old, and they settled in

Baltimore, Maryland, but soon relocated to Denver, Colorado. She attended Lakewood High School, and soon after graduating, she joined the US Navy.

In 1968, Laurie became a mother to her son, Steve Miller, a role she cherished deeply. When Steve turned 12, she realized city life wasn't for them, and she moved her and her son to Montrose, Colorado, where she finally felt like she found her home.

She dedicated her life to raising Steve and worked hard to provide for him as a single mom. She worked for the Bureau of Reclamation, where she met the love of her life, Don Austin, of Montrose. After retirement, Laurie found her next greatest joy in life, volunteering for the Montrose Animal Shelter. Here she met her people, the people who would grow to love and treat her like family. She belonged there, and she knew it. Laurie loved animals and had the most gentle, caring hands with them. She knew no strangers, people, or animals.

She is survived by her loving son, Steve Miller (Kristie), her grandchildren Matt Miller and Katy Daniels (Ryan), and her six great-grandchildren, whom she lovingly called her "greats": Kayden, Brody, Kenedaigh, Haddley, Kori, and Mollie Jo. Laurie is also survived by her brother Pat Miller, a nephew, and many nieces, along with many extended family members and friends who became family, who will all carry her memory forward. She is preceded in death by her loving husband, many family members, and all of her beloved pets.

Her life was full of laughter and joy. She showed kindness to everyone she met; it was her favorite thing to do. Laurie was human sunshine, bringing a smile to everyone she met. Let us all live like Laurie, happy, full of joy, and spread love and sunshine to all.

A Funeral Service is scheduled on March 20, 2026 at 11AM at Crippin Funeral Home Chapel. Burial will follow at Grand View Cemetery.

COMMUNITY OBITUARIES

MARY ELLEN "MADY" BECK

December 4, 1940 — February 20, 2026



Called by her heavenly father, Mary Ellen "Mady" Beck, age 85, passed away peacefully in the company of her two daughters on February 20, 2026.

Born on December 4th, 1940, to Alice Brock and Frank Uselman in Spring Green, Wisconsin. Mary was the first of six children. She grew up on a dairy farm in Wadena, Minnesota. The family moved to Spring Green, Wisconsin in 1951 and a short time later Mary moved back to Minnesota where she graduated high school and enlisted in the United States Navy in 1960. While in the Navy she married Billy

Joe Bearden and together they were stationed in Providence, Rhode Island and Rota, Spain. Before being honorably discharged from the Navy, she earned a Good Conduct Medal and a National Defense Service Medal. In 1963, she gave birth to her daughter Rhonda and in 1965 she gave birth to her daughter Laurell. Following her divorce in 1972, Mary and her daughters moved to Aurora Colorado where she worked as an executive secretary at Husky Oil. In 1973, Mary met Clayton Richard Beck, and they were married on August 24, 1974. They were married 51 years until her passing.

She had beautiful eyes, the best smile, and a laugh that went from 0 - 60 in two seconds. Fearless and straight forward, Mary didn't mince words and we loved her for her honesty and big heart. Most were hesitant to discuss politics or world events with her, but you loved her moral fiber and her tenacity.

If you asked Mary about either her knee-high red leather boots from the 60's, Elvis Presley - "Oh that man!", or played the song "Palisades Park" she would regale you with funny stories. Blessed with a beautiful singing voice and great culinary skills, she loved hosting parties and was always the "hostess with the mostest." And when she went out, she was always "dressed to the nines."

Mary was loving, firm but fair, and together with Clay, raised her daughters to be independent, respectful, and productive people. Those values are reflected in her grandchildren as well. Second only to her daughters, Mary was grateful for her marriage to Clay. A great team together, they traveled, enjoyed their friends, and renovated their home.

She was generous with both her time and her resources. Mary helped family members, friends, and strangers. She belonged to the Queen of Peace Catholic Church for 40 years, always giving to various charities and foundations that supported the less fortunate. Mary loved, and we loved her.

Mary is survived by her husband Clay, her sister Fran (Dale), her daughters Rhonda (Doug) and Laurell (Pete), her grandchildren Andrew, Emily, and Catherine. She is predeceased by her parents Alice Brock, Frank Uselman, and brothers Dennis, Richard, David, and Donald.

In lieu of flowers, please honor Mary by making a donation to the Mount Saint Vincent of Denver, a human services agency that supports traumatized children and their families: <https://intermountainhealthcare.org/locations/intermountain-health-mount-saint-vincent/ways-to-give>. Or donate to a local battered woman's shelter of your choice in her name.

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

COMMUNITY OBITUARIES

ORLIE JACK PRICE

April 14, 1932- February 10, 2026

ORLIE JACK PRICE was born on April 14, 1932 at home near Pea Green, Colorado to Lee and Helen Price and passed away on February 10, 2026. He was the youngest of four children. He attended Pea Green School through 8th grade and graduated from Olathe High School in 1950. He enjoyed playing baseball and football. During this time he met Betty Anders and they were married on November 4, 1951. Last November they celebrated 74 years of marriage.

Jack entered the Army in 1953 and was in the Military Police. He served in Japan and was a member of the pistol team that toured the USA. After discharge in 1955, Jack and Betty settled on the family farm on California Mesa until retirement in 2002 when they moved to the Montrose area. During the time on the farm, Jack served as a member on the board of education for the Montrose County School District from 1969 to 1973. Three daughters completed their family, Jill, Tamara, and Jackie. After scaling back from farming, Jack sorted onions for area growers,

along with many family members helping. He loved working with his hands whether it was machinery, building their house or restoring the family cabin.

He also enjoyed fly fishing, hunting, the mountains, and reading Louis L'Amour westerns.

In later years he and Betty spent many enjoyable days up at the cabin with family and friends. He and Betty loved entertaining at their home and cabin.

He was a member of All Saints Anglican Church for many years.

He is survived by his wife Betty, daughters Jill (Jim) Finnegan, Tamara Lewko and Jackie (John) Phillips. Eight grandsons, Zane, Aaron and Matthew Luttrell; Jacob and Levi Finnegan and Nathaniel, Ethan, and Daniel Lewko; and 11 great-grandchildren. He was preceded in death by his parents, sisters Shirley DeVries and Marjorie Harrison, brother Robert Price and son-in-law Kevin Lewko.

A memorial service to celebrate Jack's life will be held on March 7, 2026, at All Saints Anglican Church in Montrose, Colorado.



The service will begin at 10 a.m., followed by a light lunch in the "Magee" fellowship hall.

Donations may be made in Jack's honor to Hope West Montrose at 725 S. 4th Street, Montrose, CO 81401 or www.hopewest.co.org/montrose.

VERNA BELLE BRASSFIELD

October 6, 1928 – February 21, 2026



The family and friends of Verna Brassfield are sad to announce her passing on Saturday, February 21, 2026.

Verna's parents were Floyd and Viola Stoker of Grand Junction. Verna was born on October 6, 1928 in a farm house in Lincoln County, Nebraska. She had three older brothers, Roland, Dale, and Donald, and one younger sister, Lila.

Verna married Harold Rex Brassfield (deceased) on November 1, 1951 and had two children, Janet Share (Jeff) of Houston, TX, and Sherry Patillo of Montrose, CO. Verna has one grandchild, Mariah Belden (Bryant), one great grandchild, Alaina Mae Belden, and a number of nephews and nieces.

Verna is known for her craftmaking, kindness, hospitality and her charitable generosity. She will be greatly missed by many friends, especially in the Montrose area and in connection with the United Methodist Church of Montrose.

Rest in peace, Ms. Verna. We love you.

COMMUNITY OBITUARIES

SUSAN (SUE) JANE ROUSHAR *February 27, 1937-February 19, 2026*



Sue was born Susan Jane Vetesk on February 27, 1937, in Denver, Colorado, to Alfred and Constance (Metz) Vetesk. From the beginning, she possessed the warmth, curiosity, and steady determination that would define her life.

She met the love of her life, Victor T. Roushar, at East High School in Denver — and as family lore tells it, it was love at first sight. After graduating from Colorado State College with a Bachelor of Arts degree and a lifetime teaching certificate in Elementary Education, Sue and Vic were married in Denver and soon began building the family that would become the center of her world. In 1964, they made Montrose their home, where they spent more than six decades creating a life rich in service, friendship, and adventure.

While Vic established his law practice, Sue poured her energy into nurturing children and supporting mothers. She became the first kindergarten teacher at Oak Grove School, where she championed

learning through play long before it was widely embraced. After her own children were in school, she became a beloved and familiar substitute teacher throughout the RE1J district.

Her passion for supporting families led her to organize a La Leche League group, helping educate both parents and physicians about breastfeeding. She later founded a parent education preschool that combined hands-on learning centers for children with classes for mothers — a reflection of her deep belief that confident parents build confident children. Even after her children were grown, she continued fostering community by starting the Third Thursday Book Group, which still gathers today.

Sue was a woman of wide interests and generous involvement. She treasured her lifelong friendships in P.E.O., proudly serving and supporting its mission. She served on the Colorado Extension Advisory Council and on the board of the Delta/Montrose Community Concert Association. She even achieved lifetime membership status in Weight Watchers, attending meetings around the world — a testament to both her commitment and her adventurous spirit.

Sue and Vic shared a love of travel and explored many parts of the world together. Closer to home, they delighted in skiing, square dancing, Jeep rides, and spontaneous trips to Las Vegas. They were always ready for a drive to Ouray — for wildflowers at Yankee Boy Basin, a history talk at the museum, dinner at the Bon Ton, or a sweet stop at Mouse Chocolates. Sue's favorite season was fall, and she never tired of drives through western Colorado's golden mountains, sitting beside Vic and soaking in the beauty she loved so

much.

She had an eye for treasures and could happily lose herself in an antique store, searching for the perfect silver spoon, delicate china teacup, or piece of Depression glass. A talented hand-craftswoman, Sue often joked she could have happily lived in the 1800s. She quilted, knitted, cross-stitched, made rugs, spun yarn, and dabbled in lace-making, weaving, and beading — rarely sitting idle and always creating something beautiful.

Sue was also a wonderful cook, forever reading cookbooks, watching cooking shows, and experimenting in the kitchen. A lifelong learner, she often said she would have loved to earn degrees in nutrition, fashion design, or home economics — because curiosity never left her.

Above all, Sue was a loving and devoted wife, mother, grandmother, and great-grandmother. She is survived by her beloved husband of 66 years, Victor; her daughter, Penny Jansen (Eric); her sons, Rodney Roushar and Samuel Roushar; her grandchildren, Laura Jansen (Jamie), Alex Jansen (Hannah), and Ellen Katarai (Arash); and three great-grandchildren. She was preceded in death by her son, Bradley Roushar.

Sue made ordinary days brighter with her smile, her laugh, and her steady, generous love. She leaves behind a family rooted in her warmth and a community touched by her kindness.

A memorial service will be held at Crippin Funeral Home on March 6, 2026, at 1pm, with interment to follow at Grand View Cemetery.

In lieu of flowers, memorial contributions may be made to the P.E.O. International Peace Scholarship, HopeWest, or a charity of choice.

ISSUE 563 March 2, 2026

ART & SOL

YOUR BRAIN ON NATURE – LISTENING



By Dr. Lauren Hall Ruddell, PhD

Greetings Mirrorites!

Have you guys ever noticed that people seem to talk about themselves constantly these days? Is it your imagination? No, apparently it is not.

I used to be the person who turned the subject of the conversation back around to myself with embarrassing regularity. As I matured and spent more time in nature and with animals in the outdoors, I found my capacity for compassionate and active listening growing. I still fumble the ball at times, and blather on about myself to someone who thinks they might shoot themselves to get the conversation to end, but it's rare.

Let's look at whether or not people really do talk about themselves much more than

usual these days.

Over the past two decades, the way individuals engage in communication has drastically shifted, with a noticeable increase in self-centered dialogue/monologue. This change can be attributed to various factors, most notably the influence of social media and the rising prevalence of mental health challenges. These elements have collaborated to create a cultural environment that encourages individuals to share more about themselves than ever before.

The advent of social media platforms like Facebook, Twitter, Instagram, and more recently, TikTok, has revolutionized the way people communicate. These platforms provide users with personal profiles where sharing personal experiences, thoughts, and feelings is not only possible but encouraged.

People who talk about themselves unceasingly are often assumed to be narcissists. While that can be true, narcissists have always been around but the current increasing trend toward verbal self-absorption seems to have new causes.

For instance, self-referential conversational styles grounded in social media self-perceptions can vary. [One interesting study](#) has found that grandiosity and extraversion were generally associated with greater levels of downward social comparison relative to the other two dimensions.

Their conversational style in person would tend towards bragging about personal traits and accomplishments.

Vulnerability/narcissistic neuroticism was generally associated with greater upward social comparison and perceived social exclusion. These over-talkers might take a more 'woe is me' approach to hogging a conversation. In both cases, it appears that social media exposure amplifies existing personality traits and conversational styles that can make certain folks very, very difficult to hold a satisfying dialogue with.

Social media encourages personal stories, revelations, and intimate details, which tend to attract more engagement because they evoke emotional responses. As a result, users are incentivized to share more personal information to receive feedback, thereby reinforcing the cycle of self-disclosure, everyday, everywhere, with everyone, all the time. In a world generally [becoming more individualistic and less collective](#), genuine or even faux narcissism would seem an inevitable result.

Further, the cultural dynamics surrounding self-expression have evolved significantly. The past few decades have seen a rise in movements that champion individualism and personal storytelling as powerful modes of expression and change. Cultural shifts have played a substantial role

Continued next pg

YOUR BRAIN ON NATURE – LISTENING *From previous pg*



Photo courtesy of V. Gariev

in why people talk more about themselves. For instance, the rise of therapeutic culture supports the notion that talking openly about one's feelings and experiences is beneficial for emotional health. And it is. But many people have adopted therapy-influenced language and concepts into everyday communication, resulting in conversations that are more introspective and self-focused, even when not appropriate. Between oversharing and bragging, a great conversation with a meaningful other is truly becoming more challenging.

There is an easy assumption that self-centered talkers really love themselves a lot and feel great about life. They might, but seizing conversations frequently and directing them toward oneself has conversely been linked to depression.

When people are sad, worried, and hopeless, they are especially likely to ruminate or think about and rehash their problems over and over. The combination of depression and rumination can make a person's worldview very narrow, and so focused on their own troubles and depressive symptoms that they have little bandwidth left for others. See [Psychology](#)

[Today](#) for more on this. Researchers have found that self-focused conversationalists often report problems retaining friendships, often losing them altogether since they find themselves incapable of listening and caring about the experiences or emotions of the other party. This isolation is the last thing an over-sharing person needs, who wants to feel connection through being seen and validated. And of course, time in nature can help with this.

If you read this column regularly, you know that time in nature reduces rumination. It does lead to self-referential thoughts, but they are more objective and creative, leading to insights and solutions, which rumination does not do. A perspective adjustment makes us more likely to put our fears, worries, and self-interests on a leash long enough to have an enjoyable and equitable conversation that will increase our desirability as companions. Therapists are increasingly catching on to the effectiveness of this for their clients.

Natural settings offer what researchers

call a "sensory break from the overstimulation of urban life," providing calming visuals, sounds, and smells that help regulate the nervous system.

Rather than clients working to overcome the activation caused by fluorescent lighting, traffic noise, and enclosed spaces, outdoor therapy begins from a baseline of nervous system calm, allowing deeper therapeutic work to occur. This is now referred to as 'walk and talk' therapy.

Practitioners also recognize that outdoor therapy reduces what some call the "therapeutic alliance paradox." Formal office settings can reinforce power imbalances and psychological distance. The informal, side-by-side positioning of walking therapy and the shared attention to natural phenomena can equalize the therapeutic relationship, making clients feel less scrutinized and more spontaneous.

This multimodal approach of movement, sensory engagement, and therapeutic dialogue has proven to create a synergistic effect in the healing process. We mere mortals outside of the mental health profession can use that same principle to retain or regain friendships with self-focused chatterboxes, whether that be ourselves or others.

Side-by-side walking in nature may help moderate the heightened emotions of one kind of talker, and for the more narcissistic kind, may instill a stronger sense of the 'small self' that encourages empathy and connectedness. For readers wanting to strengthen their own relationships, giving this a try costs nothing and may open new pathways for interaction. For those with wonderful yet woefully self-absorbed friends, try this at least twice and see if the relationship can be salvaged in this manner. Nature makes active listening manageable and even pleasurable. Try it, you'll probably like it a lot.

*Happy listening,
The Mindful Naturalist*

REDUCED



707 N 1st Street
MONTROSE, CO 81401

PRICE REDUCED
\$324,900
MLS 831021

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



LESLIE GORE



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

PRICE DROP

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



62650 LASALLE ROAD
LOT #341
MONTROSE, CO



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

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.



Hidden Lake

The Satisfied Self

"PRESENCE" IS A NERVOUS SYSTEM STATE



By Gia Pirelli

Ever notice how some people walk into a room and the energy shifts? In some cases it's actually palpable. They aren't louder. They aren't trying harder. They aren't performing confidence. And yet they feel

grounded, steady, and quietly influential. What is that? We often attribute this to charisma, personality, or experience. But more often, it's physiology. Presence isn't a personality trait. It's a nervous system state. When someone is regulated, meaning their nervous system is steady and responsive rather than reactive, their energy becomes coherent. Their breath is slower. Their movements are deliberate. Their voice carries less urgency and the pitch is lower. Their eyes aren't scanning the room for threat or approval. The body isn't braced. And because it isn't braced, others don't brace around them. They're magnetic. Regulation is contagious. It's also sexy as Hell.

This is why calm people often come across as more powerful. They create space rather than consume it. They radiate confidence as opposed to tension. They respond rather than react. They don't push to fill silence. They don't over-explain themselves or their boundaries. Why? Because their nervous system isn't seeking safety from the room. It already feels safe internally. And that changes everything.

Most communication issues aren't about language, they're about what state someone is in. When the nervous system is activated, what happens? Tone sharpens. Pace speeds up. Pitch elevates. Posture tightens. Listening shortens. Defensiveness increases. Even if the words are reasonable, the energy feels strained.

This is why we sometimes leave conversations thinking, "That wasn't what I meant." Or, "Wow. I wonder if they can

actually hear themselves..." It's not that the message was wrong, per se. It's that the nervous system was leading—in some cases on both sides.

A few articles ago, we discussed boundaries as a practical skill. But boundaries are nearly impossible to hold when the nervous system is dysregulated. If your body feels unsafe you over explain. You soften your no. You apologize unnecessarily. You say yes to avoid discomfort. (Sound familiar? Yeah. I do this too.)

But when your nervous system is steady, a boundary doesn't require fortification or force. It's delivered calmly. Clearly. Without emotional residue. "I'm not available for that." Or, "That doesn't work for me." Period. Full stop. No escalation. No guilt spiral. Regulation makes boundaries feel neutral instead of confrontational. Yet we live in a world where everyone seems to become a victim to other people's boundaries. Why? Because we're all utterly dysregulated and experiencing constant chaos, disruption, and over stimulation. We are bombarded with information and opinion. Which is why it's SO important to take responsibility for your own energy and what you put out into the world. Because that is precisely what you get back. We create vibration.

How do we do that? How do we steer, and harness our energy to achieve that state of presence and quiet, sexy confidence? The state of nervous system regulation? It must be trained in the body, not just rehearsed in the mind. This is where posture, breath, and movement matter far more than we realize. Drop the shoulders. Breathe from the diaphragm not the chest. Slow the movement by 10 percent. Pace, don't rush, your speech. Unless you're literally dangling from a precipice, there's enough time to say what you need to say. Unless you have broken ribs, you can breathe deep. Unless you're running from a bear, you have time to adjust your pace. These are all dramatic examples, and for good

reason. This is what your body assumes when you carry on throughout the day in a state of panic and adrenal over-functioning. It really can't differentiate if there's a cliff, a bear, a broken rib. It's a physiological response to the chemical and physical signals you're giving it. You're creating a chemical and physical feedback loop that becomes a spaghetti tangle of anxiety and perpetual motion. Ick. And those are the people we tend to avoid. Because they feel draining, they feel like an energetic black hole.

Practices like yoga, Pilates, somatic movement, breath work, and sound immersion don't just reduce stress. They retain posture, pacing, and breath patterns that shape how we feel inwardly and how we are perceived and received outwardly. You don't practice them to look calm. You practice them so that calm becomes your new baseline.

In a world that constantly pushes for speed and emotional reactivity, calm can look understated or even detached. But calm women are often the most decisive. They don't react immediately. They don't overcommit. They don't confuse urgency with importance. They don't abandon themselves under pressure, or to make someone in their presence more comfortable.

Their steadiness allows better decisions. Their energy isn't fragmented. Their words carry weight because they aren't rushed. Presence isn't loud. It's grounded.

When your nervous system is regulated, something shifts internally. You stop outsourcing your emotional stability to circumstances. You stop chasing validation through productivity. You stop shrinking or overcompensating in rooms that feel changed. Instead, you lead yourself. Mad self-leadership changes how you move through work, relationships, and opportunity. It changes how you speak. How you negotiate. How you rest. How you show up.

"PRESENCE" IS A NERVOUS SYSTEM STATE From previous pg

None of this comes from mindset alone, It comes from repetition. Short, daily movement that stabilizes posture and strengthens the body. Breath practices that slow the system. Moments of guided stillness. Sensory rituals that teach the body it's safe to soften. These are small practices, but they accumulate into presence. And presence, more than intensity, is what drives impact.

In our next article, we'll explore how regulation reshapes ambition, and why calm and drive are not opposites, but allies. Because the most powerful version of you isn't the most exhausted one. It's the one that's steady, clear, and unshakable.

Byline

Gia Pirelli is a yoga and Pilates teacher and sound healing practitioner specializing in nervous system regulation and embodied well being. She offers short, accessible online practices and private sessions designed to support calm, strength, and sustainable self-leadership. For more about her in-person classes or workshops, visit: <https://www.giapirelli.com> Follow her on socials: https://www.instagram.com/gia_pirelli or <https://www.facebook.com/giapirelli>

COMMUNITY NEWS BRIEFS

GRAND VALLEY CREATIVE ALLIANCE ADVANCES ITS VISION WITH THE ARTERY IN DOWNTOWN GRAND JUNCTION

GRAND JUNCTION-The Grand Valley Creative Alliance (GVCA) is moving forward with construction on The ARtery, a 5,700-square-foot community arts studio and creative hub in downtown Grand Junction, bringing its vision for a more connected creative community into physical space.

Following a private groundbreaking in November, renovations are underway at 539 Colorado Avenue, with completion projected for Summer 2026.

Designed as shared creative infrastructure, The ARtery will provide space for artists, educators, nonprofits, and community members to gather, experiment, and create together, complementing and strengthening the work already happening across the Grand Valley's arts ecosystem.

The project is supported by a \$1.6 million capital campaign, anchored by a \$1 million lead gift from the Breaux family, reflecting strong early community investment in GVCA's long-term commitment to the region.

"This is about building lasting capacity for creativity in the Grand Valley," said Chip Walton, Executive Director of GVCA. "The ARtery will create opportunity and connection, expanding access to studio space and collaborative programming."

What The ARtery Will Offer

- Dedicated studios for ceramics, fiber arts, printmaking, and mixed media
- Flexible classroom space for workshops and lifelong learning
- Shared work areas designed to foster collaboration
- A visible downtown hub that increases access and participation
- As the Grand Valley continues to grow, GVCA aims to ensure creative opportunity grows alongside it, reinforcing cultural vitality and strengthening the region's economic and community development.
- Community members interested in learning more about The ARtery or ways to support the project can visit www.gvcreates.org.
- Interviews with the Executive Director, Chip Walton and construction site walk-throughs are available upon request.

About the Grand Valley Creative Alliance (GVCA)

The Grand Valley Creative Alliance is a 501(c)(3) nonprofit organization serving the Grand Valley region. GVCA cultivates and promotes the creative community through collaboration, education, events, and programming, serving as a bridge between artists, businesses, and cultural organizations.



MAGIC CIRCLE PLAYERS

The Magic of Live Theatre Since 1959

proof

BY DAVID AUBURN

Directed by
Scott Pollak

Assistant Director
Dru Weaver

"PROOF is presented with special arrangement with Broadway Licensing, LLC, serving the Dramatists Play Service collection. (www.dramatists.com)

FRIDAY MARCH 13 · 20 · 27 @ 7:30PM
SATURDAY MARCH 14 · 21 · 28 @ 7:30PM
SUNDAY MARCH 15 & 22 @ 2PM

COME *Play* WITH US



David & Gaynelle
MIZE
Nick & Ginny



Alpine Bank



MagicCirclePlayers.com · 420 S. 12th · Montrose, CO · 970-249-7838 · mcp@montrose.net

COMMUNITY NEWS BRIEFS

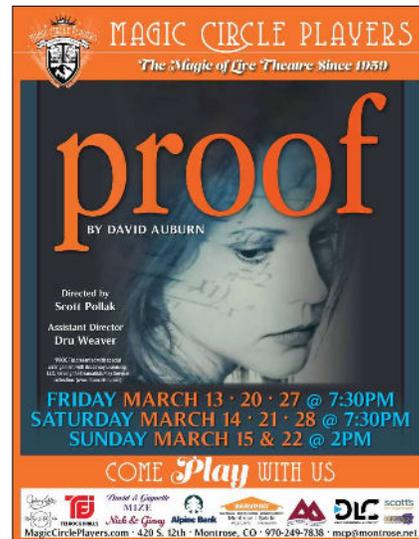
PROOF: A UNIQUE AND COMPELLING DRAMA

by Cheryl Capshaw

Proof, a play by David Auburn, is a Pulitzer Prize and Tony-Award winning production about a father-daughter relationship plagued by a variety of complications. Catherine is a young woman dealing with the death of her mentally unstable yet brilliant father, Robert, a gifted mathematician. After his passing, there is a discovery of a mathematical proof within his notebooks, which brings up questions about its authorship. Further inquiry into the proof's origin, uncovers new concerns regarding Catherine's potential genius and her own mental health.

The play explores themes of family, love, trust, mental illness, and intellectual giftedness. Theater critics are drawn to the writing style and quality of the script, especially the focus on strong duet scenes between Catherine and her sister Claire, Catherine and her father (in flashbacks) and Catherine and her father's former student, Hal.

Magic Circle's current production of *Proof* opens on March 13, 2026 and runs through March 28th. It is directed by Scott Pollak with Dru Weaver. Cast members are Amanda Laube as Catherine, Peter Ambrose as Robert, Christian Pollak as Hal, and Molly Benson as Claire. Contact the Box Office for more information or order your tickets for this compelling story on the website www.magiccircleplayers.com.



MAGIC CIRCLE PLAYERS: PROOF MARCH 13 –28

Special to Art and Sol

MONTROSE-*Proof*, a play by David Auburn, centers on Catherine, a young woman who has spent years caring for her brilliant but unstable father, Robert, a mathematician, who has recently passed away. As Catherine grapples with his death and the possibility of her own instability, she worries that she might inherit her father's mental illness, along with his mathematical genius. This Pulitzer Prize-winning script explores themes of genius and mental instability, family dynamics, and the nature of love and trust. Directed by Scott Pollak, Assistant Director Dru Weaver. Tickets at magiccircleplayers.com. Magic Circle Players, 420 S 12th St, Montrose. Box office: 970-249-7838. Family discounts available through the box office!

- Friday, March 13, 2026 - 07:30 PM MST
- Saturday, March 14, 2026 - 07:30 PM MST
- Sunday, March 15, 2026 - 02:00 PM MST
- Friday, March 20, 2026 - 07:30 PM MST
- Saturday, March 21, 2026 - 07:30 PM MST
- Sunday, March 22, 2026 - 02:00 PM MST
- Friday, March 27, 2026 - 07:30 PM MST
- Saturday, March 28, 2026 - 07:30 PM MST



Just LISTED



746 S 2ND ST, MONTROSE, CO 81401

LISTED AT
\$725,000.00
 MLS 830078

- 1996 SQ FT
- 2 CAR GARAGE
- .17 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

COMMUNITY NEWS BRIEFS

MONTROSE COUNTY ANNOUNCES 'I VOTED' STICKER DESIGN CONTEST FOR LOCAL STUDENTS

Special to the Mirror

MONTROSE-Montrose County is inviting students to help celebrate civic engagement through an "I Voted" sticker design contest for the 2026 election season. The contest is open to students in two divisions: grades 3–6 and grades 7–12, including public, private, and homeschooled students living in Montrose County.

One winning design will be selected from each division. The two winning designs will be printed and distributed at Voter Service Polling Centers throughout Montrose County and may also be featured on the Montrose County Clerk & Recorder's website and in outreach for the June 30, 2026 Primary Election and the November 3, 2026 General Election.

Entries may be submitted in person, by mail, or via email from February 23 through March 23, 2026. The two winning designs will be announced in April 2026. Artwork will be accepted as long as it is original and adheres to contest rules.

"This sticker is one of the most visible symbols of participation in our elections," said Tressa Guynes, Montrose County Clerk & Recorder. "We're excited to showcase student creativity and celebrate the voters who make our democracy work."

For contest rules, submission instructions, and entry details, visit the Montrose County Clerk & Recorder's website <https://www.montrosecounty.net/1307/I-Voted-Sticker-Contest>.



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

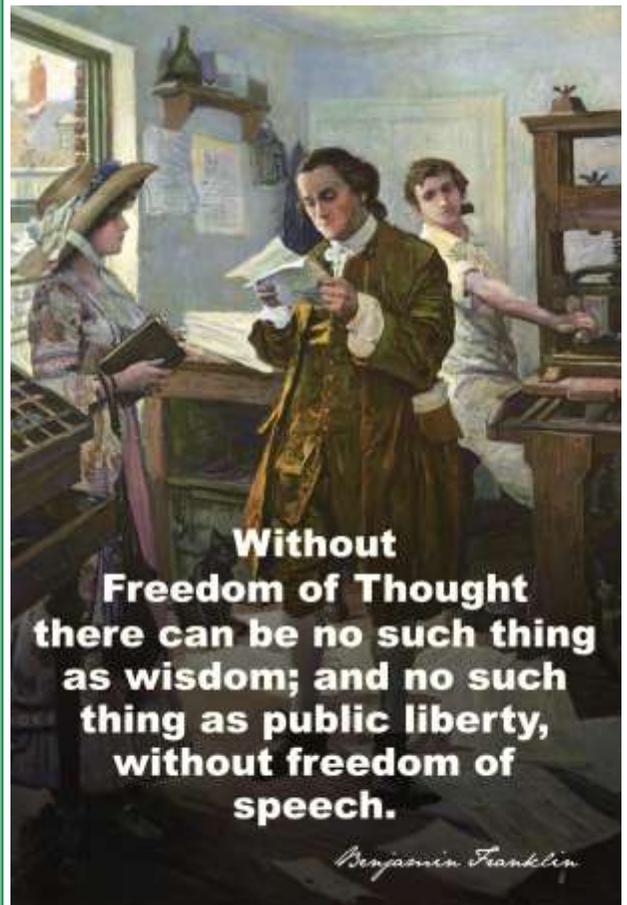
Rib City
970-249-7427



Stone House
970-240-8899



Beer Barn II
970-249-5550



Without Freedom of Thought there can be no such thing as wisdom; and no such thing as public liberty, without freedom of speech.

Benjamin Franklin

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

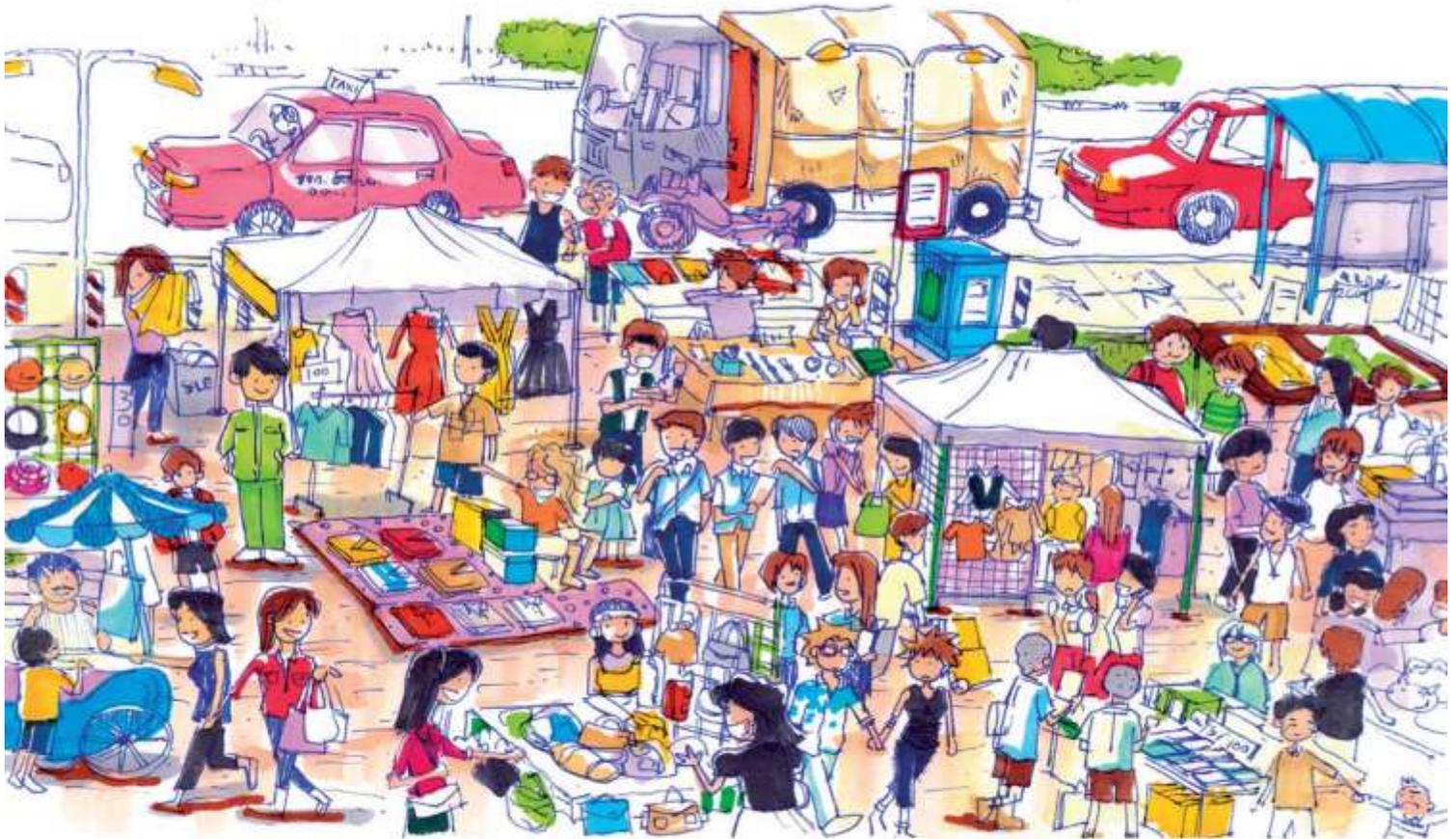


Montrose Pavilion
1800 E Pavilion Dr Montrose, CO 81401

2026 March Madness CRAFT SHOW

Friday March 27th | 9am-5pm
Saturday March 28th | 9am-4pm

Friendship Hall - 1001 N. 2nd St. - Montrose County Fair Grounds



Free admission | Hourly door prizes

Over 70 vendors for your shopping pleasure

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

Call me for all your Real Estate Questions and Information



Diane Haynes,
GRI, ABR, CRS

Century 21 Elevated Real Estate

dianehaynes@outlook.com

dianehaynerealtor@gmail.com

970-596-3521

COMMUNITY NEWS BRIEFS

NATIONAL SPEAKER LISA BEVERE TO HEADLINE FACE TO FACE MINISTRIES' FIFTH CONFERENCE

Special to the Mirror

GRAND JUNCTION-Face to Face Ministries is excited to announce that **national speaker Lisa Bevere** will be a featured keynote at its *Fifth Annual Conference*, taking place March 6 and 7, 2026 at Downtown Vineyard Church. This annual gathering draws women of local churches across denominations to pursue spiritual unity, deepen faith, and strengthen church collaboration in the community.

The theme for this year's conference is **Seasons**. With a heart for Christian unity and a passion for empowering the local church, Lisa Bevere will bring inspiring messages designed to encourage authentic connection, transformative discipleship, and collaborative ministry.

"We are honored to welcome Lisa Bevere as a national speaker for our fifth conference," said Kathy McCoy, Director of Face to Face Ministries. **"Her voice will resonate with our mission to unite the Body of Christ in worship, teaching, fellowship, and service, breaking down barriers and encouraging believers toward greater unity in Christ."**

Face to Face Ministries exists to bring people together across denominational lines to stand *face to face with one another and with God*, fostering community, healing, and shared vision. The conference provides opportunities for worship, teaching, prayer, fellowship, and connection with well-known speakers and ministry leaders who reflect this mission.

As a national speaker, Lisa Braver brings **decades of experience in Christian ministry, dynamic teaching, leadership development, and encouragement to diverse church audiences**. Her practical insights and heartfelt messages equip attendees to return to their churches with renewed vision, deeper unity, and tools for fruitful ministry.

Event Details:

What: Face to Face Ministries Fifth Annual Conference

When: March 6 & 7, 2026

Where: Downtown Vineyard Church, 402 Grand Avenue, Grand Junction, CO

Hosted by: Face to Face Ministries — uniting local churches under Christ and providing shared opportunities to worship, grow, and serve together.

For registration, speaker information, and complete conference schedule, visit

www.facetofaceministries.net.



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
Lic. # FA40014873
970.209.3934
Realtor@PegEvanoika.com
The_RES.com



**Receive The Mirror
directly in your
email!
Sign up at
MontroseMirror.com**

MIRROR CHURCH DIRECTORY

ALL SAINTS ANGLICAN CHURCH

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

Office Hours: By appointment.

Contact Information: (970) 249-2451

<https://www.allsaintsmontrose.org/> Rec-
tor: The Rev Preston Gordon, [pgor-
don@allsaintsmontrose.org](mailto:pgor-
don@allsaintsmontrose.org)

Worship Service Times: Sundays 9AM,

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

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

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

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

BIBLE BAPTIST CHURCH

Independent Baptist

112 Main St.

P.O. Box 262

Olathe, Co 81425

Tuesday-Friday Phone: 970-808-1021

www.biblebaptistchurcholathe.com

Pastor Gabe Skillo

Sunday School 9:15 a.m.

Sunday 10:30 a.m.

Sunday 6 p.m.

Wednesday Bible Study/Prayer 7 p.m.

CEDAR CREEK CHURCH

affiliation: Evangelical Free

Address: 222 South Townsend Montrose, CO 81401

Office Hours: 10am-2pm Tuesday- Friday

Contact: 970-252-1163

ccc@cccmontrose.org

Pastor: Curt Mudgett

Sunday worship:

worship Service: September-May at 10:15am

Discipleship Hour at 9am

Worship Service: June-August at 9:30am

Nursery available for 0-4 during worship service

Wednesday Prayer: 5:30-6:15pm

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

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

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

Please make plans to come check us out soon!

CELEBRATION CHURCH

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

Address: 2900 Sunnyside Road, Montrose, CO 81401

Office Hours: By appointment

Phone: (970) 497-4925

Email: celebrationmontrose@gmail.com

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

celebrationmontrose.org/

Worship Service Times: 9am and 10:45am

Senior Pastor:

Pastor Brandon Mathis

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

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

Demographics: Multi-generational

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

Student (middle & high school) at 9am.

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

CHRIST'S CHURCH OF THE VALLEY

Name of Church: Christ's Church of the Valley

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

Address: 10 Hillcrest Plaza Way. Montrose, CO 81401

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

Contact information:

Phone: 970-249-0530

Email: CCVMontroseCO10@gmail.com

Website: ccvmontrose.org

Name of current Senior Pastor: Ken Lawrence

Worship service times: 10:30 a.m.

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

in our Lord Jesus Christ to the glory of God.

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

Sunday School & Childcare: CCV has adult Sunday School at 9 a.m. and Youth Church during the 10:30 a.m. worship service.

CHRIST LUTHERAN CHURCH

Denomination: Christ Lutheran Montrose

Affiliation: Lutheran Church Missouri Synod

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

Contact: 970-633-0226

Website: www.montroselutheran.org

Email: montroselutheran@gmail.com

Pastor: Tim Onnen

Worship: Sundays at 9 AM

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

find friendly people gathered in a welcoming environment being comforted and encouraged by the forgiveness and love of Jesus, and sharing that with one another.

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

MIRROR CHURCH DIRECTORY *From previous pg*

COMMUNITY SPIRIT CHURCH

United Church of Christ (UCC)

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

Office hours: Call or text for appointment

Phone: 970-765-7070

Email: spirit@communityspiritucc.org

Website: communityspiritucc.org

Current Pastor: Rev. Wendy Kidd

Worship service: Sundays at 11am

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

where everyone can live freely and authentically.

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

COVENANT HEBRAIC FELLOWSHIP

Denomination affiliation. No affiliation

Address Office hours N/A

Contact: 720-951-9941,

office@ccfmontrose.net,

www.ccfmontrose.net

Name of current Senior Pastor. Led by elders

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

Covenant is a Hebraic roots community

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

FIRST CHURCH OF THE NAZARENE

Denomination: Church of the Nazarene

Address: 705 South 12th Street

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

Contact Information: Office Phone 970

249 -9213, mncfirst@gmail.com,

www.montrosenazarenechurch.org

Pastor: Pastor Ian Hyde

Services Sunday: Worship 10:30

AM, Discipleship Hour: 9:30

AM. Discipleship Hour has classes across

all age groups. Nursery for children UN-

DER 3 is available during Worship and Dis-

cipleship Hour. Youth Night (6-12th

grade): Tuesdays, 6:30 PM. Weeknight

Bible Study: Wednesdays, 6:30

PM. 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, [in-](mailto:in-form@fpcmontrose.com)

[form@fpcmontrose.com](mailto:in-form@fpcmontrose.com),

www.fpcmontrose.com

Pastor: Rev. Dr. Jesse G. Mabanglo

Worship Service times: 9:30AM,

We strive to encourage, challenge and

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

HILLCREST CONGREGATIONAL UNITED CHURCH OF CHRIST

Denomination affiliation: United Church of Christ

Address: 611 South Hillcrest Drive, Montrose, CO 81401

Office hours: By appointment

Contact information:

Phone number: (970) 249-9047

Email address: office@montroseucc.org

Website: montroseucc.org

Current Pastor: Rev. Wendy Kidd

Worship service times: Sunday, 10 a.m.

Hillcrest Congregational UCC is a welcoming, open and affirming church, open to all

no matter who you are or where you are

on life's journey.

Church demographics: HCUCC welcomes all ages to worship with

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

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

MONTROSE UNITED METHODIST CHURCH

Denomination Affiliation: United Methodist

Address: 19 S. Park Avenue Montrose CO. 81401

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

Contact Information: 970-249-3716,

office@montroseumc.org, [\[roseumc.org\]\(http://roseumc.org\)](http://mont-</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

youtube.com/@rosemontbaptistchurch

facebook.com/RosemontBaptist

email: office@rosemontbaptist.org

Senior Pastor: Rolland Kenneson

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

10:45 AM.

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

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

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

We are a multigenerational church from different walks of life who love Jesus, love each other, and love our community.

Everyone comes dressed in whatever is comfortable.

We love meeting new people no matter where they are at in life .

MIRROR CHURCH DIRECTORY *From previous pg*

ST. STEPHEN'S ANGLICAN CHURCH

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

rose@yahoo.com
www.ststephensmontrose.com
Rev. Dec. Garrett Agajanian
 St. Stephen's is a community of caring Christians rooted in the godly traditions of the past, focused on the challenges of the

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

VICTORY BAPTIST CHURCH OF MONTROSE

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

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

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

Church Directory

Mirror Editorial Staff

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

Mirror:

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

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

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

Do your church services include Sunday School and childcare?

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





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

Lic. # FA40014873

📞 970.209.3934

✉ Realtor@PegEvanoika.com

🌐 The_RES.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. 12th 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.altrusamontrose.org/> P: 970-765-7666 E: Altrusa.Montrose@gmail.com

BLACK CANYON AUDUBON SOCIETY provides a monthly program on the 2nd Thursday of the month at 7 pm at the Montrose Field House, 25 Colorado Avenue, Montrose. blackcanyonaudubon.org

Tuesday - 1st and 3rd Tuesdays-Black Canyon Audubon Society hosts monthly birdwatching field trips in the Montrose area on 1st Tuesdays of the month and in the Delta area on the 3rd Tuesdays of the month. Check out the website for field trip details at blackcanyonaudubon.org.

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

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

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

MONTROSE FARMERS MARKET (970) 249 0705 Centennial Plaza, 433 S. 1st St. Montrose, CO 81401 www.valleyfoodpartnership.org. Year-Round Farmers Market, Saturdays 9am-1pm (Summer), every other Saturday 10am-1pm (Winter). Accepts SNAP and Double Up Food Bucks.

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

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

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

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

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

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

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

MONTHLY

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 7- Columbine Quilters will meet at Welcome Home Alliance Warrior Resource 4 Hillcrest Plaza Way, Montrose. Social time is at 9am, Business Meeting at 9:30am, followed by Show-and-tell, refreshments and a program. Tube Piecing Demo by: Sally Nichols. For more information: Paula millsappscoui@gmail.com or Cheryl [970-462-3849](tel:970-462-3849) Visitors are always welcome.

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 Sunrise Services-6:30am. Montrose Pavilion South Lawn.

MIRROR IMAGES: SAN JUANS IN SPRING



Photo by Jack Switzer.

Click on this ad to
 Download your **FREE** copy
 of **Beyond Rock** today!

This Xeriscape Guide is made
 just for Montrose, put together
 by Ginny Price, Retired
 Colorado Master Gardener/
 Small Acreage Assistant.

Courtesy of
THE MONTROSE MIRROR
 Your Source for Local Business News and Information

Xcape
 Recommendations for Residential
 Xeriscape for Montrose, Colorado

By Ginny Price, Retired Colorado Master Gardener/Small Acreage Assistant

Beyond Rock

Courtesy of
THE MONTROSE MIRROR
 Your Source for Local Business News and Information