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Democrat Caucus photo by B. Switzer.



Republican Caucus photo by Gail Marvel.

At left, the Montrose Democrats held their precinct Caucus on Saturday, March 7, at Centennial Middle School. Above right, the Montrose Republicans' Precinct Caucus was on March 5. Read Gail Marvel's report on the GOP Caucus in this [issue of the Mirror](#)

BOCC ADOPTS WEST END VISION PLAN

By Caitlin Switzer
MONTROSE-All Commissioners were present as Montrose Board of County Commissioners (BOCC) Chair Sue Hansen welcomed all to the regular meeting of Wednesday, March 4.

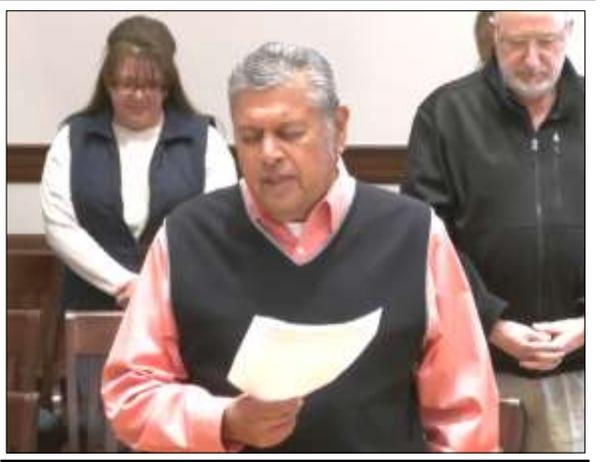
Following the Pledge of Allegiance, Pastor Ben Garate of Calvary Chapel delivered the Invocation. He asked the Lord to give them wisdom as he thanked the commissioners for their work on behalf of the County.

"...Lord thank you for transparency, Lord thank you for what they do for this county, thank you for what they bring to this county, bless them Lord, bless them in each and every way, and help all our technology to work, amen."

PUBLIC COMMENT PERIOD

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

CONSENT AGENDA



Pastor Ben Garate of Calvary Chapel delivered the Invocation during the BOCC meeting on Wednesday, March 4, during which he prayed, "...help all our technology to work, amen."

Continued pg 14

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March 12, 6:30-7:30 PM
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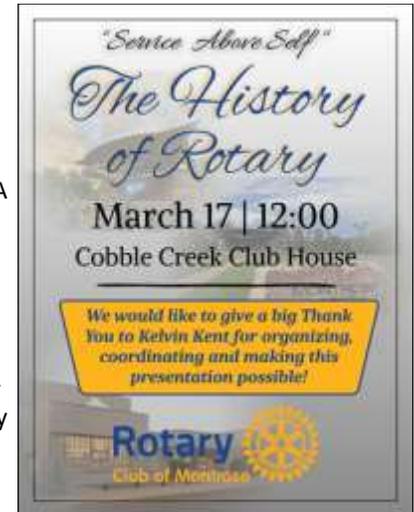
REGIONAL NEWS BRIEFS

MONTROSE ROTARY CLUB PRESENTS HISTORY OF LONGTIME LOCAL CLUB

Special to the
Mirror

MONTROSE-The Montrose Rotary Club has released the First Edition of A Short History of the Montrose Rotary Club, which shares photos and information of Montrose's historic Rotary Club, compiled by Kelvin Kent, with underwriting by Turner Automotive for printing costs. To obtain a copy please contact the club; Delphine Jadot currently serves as President. The cost for copies is \$10.

Jadot will present on the history on March 17 at the Cobble Creek Club House, from 11:45am to 1:30pm, at 699 Cobble Drive.



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Dear Readers:

We appreciate your letters! We like reading and hearing opinions from all perspectives. We are sharing herewith our updated guidelines:

In the past we have had one rule, to be implemented at the editor's discretion. We are now including two more suggested "Rules" for letter writers.

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

RULE 2. While there are always exceptions, a letter can often say what needs to be said in one page or less. Our pages are 8.5 X 11, we use a 10 pt Calibri font; letters that are roughly 800 words fit well within this suggested guideline.

RULE 3. Please limit repetitive mud-slinging to avoid bumping up against Rule 1. Also, in the case of those writing to intentionally discredit a public official or candidate for public office, please provide a link to the source of your allegation if possible. Unsourced, unproven allegations are not credible, and could in fact be untruths. Finally, opinions expressed in letters and commentary are those of the authors themselves, and do not reflect the views of the *Montrose Mirror* or editorial staff.

Thank you,
Caitlin Switzer,

the Montrose Mirror



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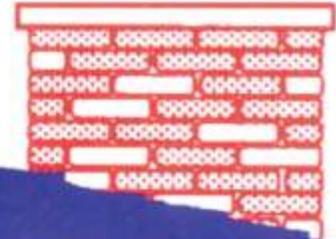
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We welcome community contributions and commentary! Please note, submitted content does not necessarily reflect the views of the *Montrose Mirror* or its editorial team. In addition to the Online News Association, we hold memberships in the Colorado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



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OPINION/EDITORIAL: LETTERS

LETTER TO THE EDITOR: A VOICE FOR THE SILENCED

To the Editor and the People of the Western Slope,

As likely the only Iranian-American residing in Delta County, I feel a profound responsibility to share a perspective that is often missing from our local discourse. The recent strikes on the Iranian regime and the subsequent death of the Ayatollah have sparked intense debate across the country, but for those of us with roots in that soil, this is not a matter of "partisan politics." It is the closing of a 47-year chapter of horror.

My story began with the terror of the 1979 Revolution. I vividly remember my aunts, uncles, and cousins fleeing for their lives, lucky that my father had already established citizenship here and could pull them to safety. But the safety of America came with its own scars. During the hostage crisis, I was a little boy at the center of bullying and ridicule. I grew up ashamed of my heritage because of what my ancestral homeland had become. I watched my older cousin pretend to be Italian just to avoid the stigma. For dec-

ades, I made sure to call myself "Persian," never "Iranian," to distance myself from the regime that had turned my culture into a global pariah.

In our home, I grew up on stories of a different Iran—a democratic and free nation that respected men and women equally. I listened to my father and extended family lament the loss of their prosperity and the beauty of our family's farm, their voices filled with a righteous anger toward the clerics and mullahs who had stolen it all.

For nearly half a century, we Persians have kept these stories quiet. But we cannot remain silent anymore.

The debate surrounding the elimination of top officials within the Iranian regime has become mired in a distraction: who "pulled the trigger." This focus on tactical authorship ignores a far more significant moral reality. For 47 years, this regime has been a global architect of misery, responsible for the murder of tens of thousands of its own citizens and the systemic oppression of women. We must stop

treating the dismantling of a terrorist leadership as a partisan issue. Thanking the U.S. or Israel for these strikes is not a betrayal of one's political alignment; it is a celebration of long-awaited justice.

There is a vital distinction to be made: Supporting the people of Iran is not the same as opposing strikes on their oppressors.

In fact, to truly support the Iranian people is to champion the removal of the boot from their necks. To oppose these interventions is not a stance for peace—it is, in effect, a defense of a regime that trades in blood.

We herald the bold steps taken by President Trump and Prime Minister Netanyahu.

We do not apologize for the delivery of justice, nor for the celebration of a regime's end. After 47 years, the people of Iran are finally tasting the possibility of the freedom my father once knew.

Respectfully,

Dr. Ramin Kadkhodaian,

Iranian-American Resident of Delta County

EARN THE COMMUNITY'S TRUST AND DO WHAT'S BEST FOR THE KIDS

Dear Editor,

My continued public comments sent via e-mail to MCSD Board of Public Education.

As someone who cares deeply for our public schools, I attended last Tuesday, curious to see the criteria and what type tool and process the Board would develop to objectively choose legal counsel. I understand that they are "not obligated to come up with an objective tool" (rubric) but, BEST PRACTICES dictate that teachers use one to evaluate students, and I couldn't wait to see you as a Board, use one to make your first important decision. Oops looks like you need help developing the framework and process. No worries. You could ask principals for their teachers who are really competent in that area to help you develop one. You would decide the characteristics and scales to rate each, the teachers would just help with the struc-

ture and process.

It was apparent that all of you directors were thinking "on your feet" as only a summary of information already gathered from the firms was distributed at the meeting by President Balleck. An excellent starting point and it was good to see brainstorming with some additional questions developed for the firms.

I appreciated Directors Vincent and Hovde who BOTH had to remind Mr. Scarborough that the trait "Conservative" (meaning... politically? religiously? educationally? personality type?) CANNOT be considered by the MCSD NON-PARTISAN BOARD of Public Education (by their own bylaws) when making any decisions including choosing legal representation. Especially CONSERVATIVE being the only trait considered by at least one director. "We ought to

vote tonight cuz the people in the parking lot (ie. Concerned parents, teachers, constituents, voters who attend School Board meetings) aren't going to be happy no matter if we choose Miller tonight or in a month". S. Scarborough

*This is from my memory and notes, I do hope there is a tape/video of Mr. Scarborough's Zoom comments that can be made public (KVNF?) to give us an actual quote.

I am confident that the majority of the Board will not be swayed by the outside partisan entities and the least informed, most vocal member of the Board. I trust the majority of the directors by their choice for legal counsel will show their desire to earn the community's trust and do what's best for the kids by unifying rather than dividing.

Zoe Werden, Montrose

OPINION/EDITORIAL: LETTERS

MONTROSE SCHOOL BOARD PUTTING IDEOLOGY AHEAD OF PROCESS

To the Editor,

At the February 24 school board meeting, a revealing moment occurred. The issue before the board was not ideology. It was process.

Director Jody Hovde asked a straightforward governance question: before hiring new legal counsel, should the Board establish clear evaluation criteria for comparing firms?

That suggestion was declined.

Instead, Director Scott Scarborough stated, "We are a conservative board. We'll vote for the firm that aligns with us." Director Tiffany Vincent responded that the Board is nonpartisan and must remain so. Vice President Ted Valerio added, "We are the board, we make the decision," questioning how much public comment should influence the outcome.

That exchange deserves attention.

Nonpartisan status is not ceremonial. It signals that decisions involving public funds and institutional stability should be made through structured evaluation ra-

ther than philosophical alignment.

Two days before that meeting, on February 22, a formal complaint involving Miller Farmer Carlson was filed with the Colorado Attorney General. Allegations are not conclusions. But under ordinary governance standards, that timing alone would justify slowing down, defining criteria, and documenting risk before proceeding.

The broader context matters as well.

Reporting from *The Denver Post*, *Chalkbeat Colorado*, and *Colorado Times Recorder* shows that Miller Farmer Carlson has partnered with national legal organizations such as First Liberty Institute and First & Fourteenth in litigation surrounding Colorado's first religious public charter school and the education service agency that helped launch it. Those lawsuits challenge long standing provisions in Colorado's constitution that restrict the use of public funds for religious schools and are designed to push those questions through higher courts. That is not routine district counsel work. It is strategic constitutional

litigation intended to move the boundaries of state education policy.

Supporters describe school choice as expanding opportunity.

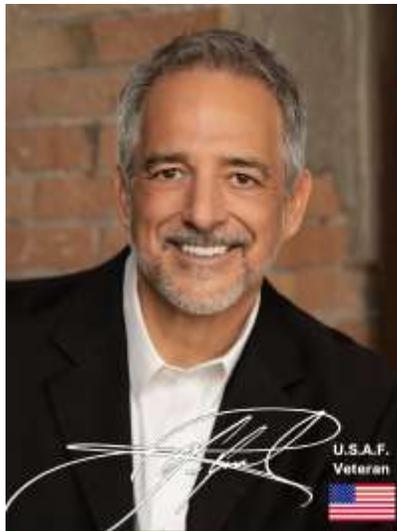
In practice, the funding structure often pulls public dollars away from neighborhood schools while their core costs remain, concentrating fewer resources among the students with the greatest need.

Hiring legal counsel is not symbolic. Attorneys shape strategy, contract negotiations, and long term exposure. When a firm is active in policy driven litigation elsewhere, a district must determine whether it is purchasing routine legal services or stepping into a broader legal trajectory.

Public office is not improvisation. It requires standards, documented reasoning, and restraint when risk increases. Montrose deserves leadership that understands the weight of that responsibility.

Ryan Hyle

Montrose, Colorado



Supporting the Unhoused in Montrose!

If elected to Montrose City Council, I will push to bring humane and practical solutions for the unhoused.

Last year City Council passed a heartless no-camping ordinance right before winter without offering any alternatives. This poorly timed decision left vulnerable residents with nowhere safe to go.

I will call to immediately lift that ban and create compassionate options including low-barrier daytime warming centers, expanded transitional housing beds, strengthened street outreach, and rapid re-housing programs.

To fund these efforts without any new local taxes, I will propose a resolution directing the city grant writing team to secure every available federal, state, and foundation grant along with public-private partnerships.

Together we will build a cleaner, safer, and more compassionate Montrose for everyone.

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

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REGIONAL NEWS BRIEFS

DELTA COUNTY WELCOMES ARJAY RINI AS VETERANS SERVICE OFFICER

Special to the Mirror

DELTA-Delta County is proud to welcome **Arjay Rini** as our new Veterans Service Officer!

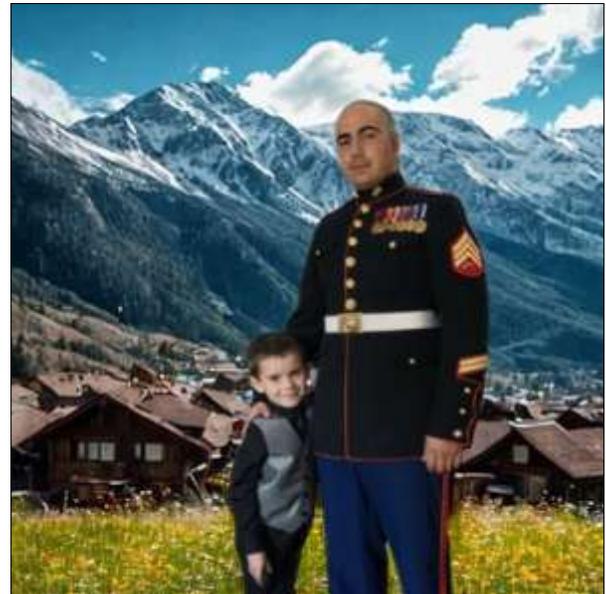
Arjay served in the United States Marine Corps from 2008 to 2017 and continues his legacy of service right here in our community.

As Veterans Service Officer, Arjay helps veterans and their families access the federal, state, and local benefits they have earned — including disability compensation, pension benefits, healthcare enrollment, education benefits, and survivor assistance.

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*Delta County Veterans Service Officer Arjay Rini .
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BOCC ADOPTS WEST END VISION PLAN *From pg 1*

The BOCC voted to approve Consent Agenda items.

CHANGES TO THE AGENDA

Clerk to the Board of County Commissioners Melissa Howie asked to move General Business Item E-2, *Announcement of the County Manager finalist(s) in accordance with Colorado Open Meetings Law, C.R.S. 24-6-402(3.5)*, to Executive Session Item G -1.

MONTROSE COUNTY BOARD OF HEALTH

Commissioners left regular session to reconvene as the Montrose County Board of Public Health, to review and possibly approve a contract with Vital Check for online / remote application for vital records services, as reviewed by Counsel. Public Health Director Mirza Ahmed discussed the benefits of Vital Check, a service that expedites the remote application, processing, and delivery of requests for vital records.

GENERAL BUSINESS AND ADMINISTRATIVE ITEMS

Commissioners left the Board of Public Health to reconvene as the BOCC.

The Board voted unanimously to reappoint Katy Brink to the Airport Advisory Board for a term of three years expiring March 4, 2029.

WEST END VISION PROJECT

Commissioners were joined by the Director of West End Economic Development Makayla Gordon, who spoke via video link. She spoke about the Vision Project and the process that formed the project along with Community Builders. Gordon shared background information and slides. Others who spoke on behalf of the Vision Project included Chuck Porth, head of the Uncompahgre Medical Center in Norwood, as well as Chris Daniels and Christina Pierce of Nucla (and the Basin Clinic),

“It’s been a Godsend to see how all the communities are working together,” Daniels said.

Said Pierce, “We’re hoping this will be a big turning point for the West End.”

The BOCC voted unanimously to approve Resolution 7-2026, adopting the West End Vision plan.

BOCC Chair Sue Hansen thanked all who worked on the plan and said that it had been an honor to be involved.

PLANNING AND DEVELOPMENT GENERAL BUSINESS

Commissioners also voted unanimously to approve the River Stone Subdivision Filing 3 Final Plat [MA25-014] proposal to divide 12 lots from 10.7 acres at Parcel 399305226014, based on the findings of fact and subject to the conditions of approval listed in paragraph 4 of the staff report.

EXECUTIVE SESSION

Commissioners entered Executive Session to consider two matters:

-Human Resources, Leslie Quon, Human Resources Director-Announcement of the County Manager finalist(s) in accordance with Colorado Open Meetings Law, C.R.S. 24-6-402(3.5); and

-County Attorney, Julie Andress, County Attorney-Executive Session pursuant to C.R.S. 24-6-402(4)(a), (b) and (e)(I) for legal advice and direction regarding the County's agreement with Montrose Regional Health. Upon return to Regular Session, the meeting was adjourned.

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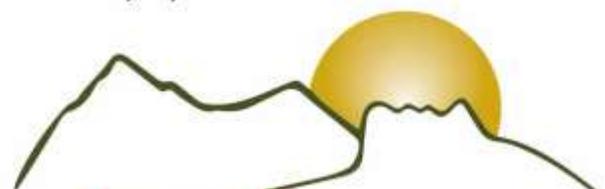


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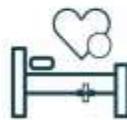
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MHS MOCK TRIAL TEAM SHINES AT REGIONALS

By Graysen Vidmar

Founded just two years ago, the Montrose High School Mock Trial Team has already achieved remarkable success, emerging as one of the top programs on Colorado’s Western Slope. In the words of Charlie Willman, President of the Colorado Bar Association (CBA), “I have never seen a team come so far so fast.” Mock Trial is a competitive academic program that simulates courtroom litigation for high school students. Over the course of four months, with guidance from Attorney Coach and District Attorney Julie Andress, students prepare a case based on realistic fact patterns developed by attorneys and legal professionals at the CBA. In competition, students assume the roles of both attorneys and witnesses, presenting their case under procedures modeled on real courtroom rules. The program provides aspiring legal professionals with valuable early experience while helping all participants develop confidence, rhetorical skill, and public speaking ability.

On February 28 and March 1, the Montrose team competed in its second regional tournament in Grand Junction. After securing an impressive fourth-place finish last year in the program’s first season, Co-Captains Graysen Vidmar and Lucille Waschbusch aimed to push the team even further. The competition was formidable, particularly from Glenwood Springs High School, a program with a long history of state and national success. Undeterred, Montrose delivered an exceptionally professional performance and finished third overall. Co-Captain and attorney Lucy Waschbusch earned a Best Attorney award, competing directly alongside Glenwood’s top advocates. Although the team narrowly missed advancing to the State Championships by a single judge’s vote, members remain optimistic that with continued support from Montrose’s legal community and their own dedication to improvement, the program’s rapid rise will carry it to state competition in the near future.



MHS finished third overall. Co-Captain and Attorney Lucy Waschbusch earned a Best Attorney award, competing directly alongside Glenwood’s top advocates. Courtesy photo.



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- ★ Rocky Mountain Elk Foundation Montrose Chair

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REGIONAL NEWS BRIEFS

THE GALAPAGOS ISLANDS - BOOBIES AND VAMPIRES

Special to the Mirror

MONTROSE-Thursday, April 9, 7 p.m. Black Canyon Audubon Society will host Nic Korte, who will present "The Galapagos Islands - Boobies and Vampires." He will discuss the evolutionary history of many of the unique species on these amazing volcanic islands off the coast of Ecuador from Darwin's first discoveries to present day habitat and species restoration efforts. The Montrose Field House Summit Room, 25 Colorado Avenue, Montrose. For more information about the speaker and topic go to programs at blackcanyonaudubonsociety.org.



The poster features a large, stylized logo for 'AGF' (Agricultural Heritage Festival) with a windmill-like fan shape behind the letters. Below the logo, the text 'HERITAGE DAY' is written in large, bold, black letters. The background is a scenic landscape of a green field with numerous round hay bales scattered across it. In the distance, there are rolling hills and a blue sky with white clouds and several birds flying. An orange banner with the text 'FREE EVENT!' is positioned on the left side of the field. At the bottom of the poster, the date 'MARCH 21, 2026' is prominently displayed in a white box with black text. Below the date, the event schedule is listed: '10:30 A.M. STOCK DOG DEMONSTRATION', '12:00 P.M. FREE HAMBURGER LUNCH FROM UCA (WHILE SUPPLIES LAST)', and '1:00 P.M. GAMES START (TUG-O-WAR, KIDS FOOT RACE, KIDS EGG RACE)'. The location 'MONTROSE COUNTY FAIRGROUNDS' is also mentioned. At the very bottom, there is a row of logos for sponsors, including 'USA 150', 'AMERICA 250', 'History Colorado', 'EVENT CENTER MONTROSE COUNTY', and 'MONTROSE COUNTY COLORADO'.

AGF
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)

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CENTURY 21



STATE TRYING TO ERODE HOME RULE, REED CLAIMS



Constituents showed up for the regular Montrose City Council Meeting of Tuesday, March 3. Meeting Screenshot.

By Caitlin Switzer

MONTROSE-All City councilors were present for the regular City Council meeting of Tuesday, March 3.

Mayor Dave Frank called the meeting to order; Councilor Judy Ann Files said that there were no changes to the agenda.

City Clerk Lisa DelPiccolo administered the Oath of Office to new Assistant City Attorney Greg Stunder.

CALL FOR PUBLIC COMMENT ON NON-AGENDA ITEMS

As he has many times before, Constituent John Brown called out City leadership for their lack of a vote or signed statement with regard to Montrose being declared a non-sanctuary city.

“...Is there a time that City leadership followed the law of the land...for any specific legality, binding action, a formal vote is almost always required to ensure validity and enforceability,” Brown said.

“...Since March of '24, I have not seen any action by this board, the council, to vote on the non-sanctuary status...I'm tired of being a court jester...if you have something, produce it...I think it's time that you stood up and said this is what it is, let's vote on it...sure you have a letter that you produced, you made a statement...that was just a coverup, a CYA thing. That wasn't an affirmative action, a proclamation, or anything like it.”

CONSENT AGENDA

Council voted unanimously to approve

Consent Agenda items, including:

-City Council consideration of the minutes of the Feb. 17, 2026, special City Council meeting and the Feb. 17, 2026, regular City Council meeting;

-City Council consideration of the appointment of Beth McCorkle as an alternate member of the City of Montrose Planning Commission for a term that expires on December 31, 2026; and

-City Council consideration of the approval of the disposal of City-owned vehicles and equipment to be replaced in 2026.

ORDINANCE 2706 - FIRST READING

As discussed in work session, Council voted unanimously to adopt Ordinance 2706 on First reading, updating Title XI Chapter 4, Development Review Procedures; Title XI Chapter 7, Zoning Regulations; Title XI Chapter 11, Supplementary Uses; and Title XI Chapter 15, Definitions: amending Title XI Chapter 4 Section 2 (11-4-2), regarding review process; amending Title XI Chapter 7 Section 6 (11-7-6), regarding district uses; adding Title XI Chapter 11 Section 7 (11-11-7), regarding the supplementary use of an unhoued shelter; and amending Title XI Chapter 15 Section 2 (11-15-2), regarding the definition of an unhoued shelter.

ORDINANCE 2707 - FIRST READING

Council considered amending Title VII Fire Prevention and Safety and adopting by reference the 2025 Colorado Wildfire Resiliency Code.

Community development Director Jace Hochwalt addressed Ordinance 2707, and noted that the City will work with the Montrose Fire Protection District on implementation.

Several constituents addressed the Ordinance.

City Council Candidate Adam Woodden asked about the costs involved, and whether the city has the power to make the ordinance more restrictive (the answer was yes).

John Moir also spoke. As the Developer of Brown Ranch, Moir said that he just found out about Ordinance 2707 and discussed some of the impacts to the development process.

Constituent Aaron Ranstrom said that he recognized the importance of wildfire mitigation, and asked questions about building requirements and whether the Ordinance would be retroactive (The answer was that standards are effective on the enforcement date).

Ordinance 2707 was passed unanimously.

FOURTH OF JULY FIREWORKS DISPLAY PURCHASE

Council voted to approve the sole source purchase of fireworks from Zambelli Fireworks for the total purchase price of \$63,000, as presented by Pavilion and Community Events Manager Kathryn Riley.

2026 COMMERCIAL TRASH RECEPTACLE PURCHASE

Council voted unanimously to approve the 2026 Commercial Trash Receptacle Purchase of 150 300-gallon trash containers with extra lids and hardware in the amount of \$72,460.

2026 STREETS CRACK SEAL MATERIAL PURCHASE

Council voted unanimously to approve the purchase of crack seal material from DISSCO (Denver Industrial Sales) for use by the City's Streets crew for the total purchase amount of \$80,000.

MOVING MONTROSE FORWARD 2026 SURFACE TREATMENT CONTRACT AWARD

Council voted to award a construction contract to A-1 Chipseal Co. in the amount of \$2,134,909.44, for completion of the Moving Montrose Forward 2026 Surface Treatment Project.

STATE TRYING TO ERODE HOME RULE from previous pg

ORDINANCE 2703 - SECOND READING

Also approved unanimously was Ordinance 2703 on second reading, amending Title 1 Chapter 14 Section 2 (1-14-2), regarding rules of procedure to have the Montrose Municipal Court become a court of record.

Mayor Dave Frank said, "It does not mean we have not been keeping records. That is one of the silliest things I have ever seen printed." It was not clear to whom Frank's comment was addressed.

ORDINANCE 2705 - FIRST READING

Council voted to approve Ordinance 2705 on first reading, updating Title 1 Chapter 2, General Provisions; Title 1 Chapter 14, Municipal Court; Title 6, Chapter 1, Miscellaneous Offenses; and Title 10, Chapter 1, Traffic Code of the Official Code of the City of Montrose, Colorado: amending Title 1 Chapter 2 Section 3 (1-2-3) regarding general penalty; amending Title 1 Chapter 14 Section 4 (1-14-4), regarding sentencing provisions for violations of the Official Code of the City of Montrose; repealing and replacing Title 6 Chapter 1 Section 7 (6-1-7) Petty Theft; repealing and replacing Title 6 Chapter 1 Section 8 (6-1-8) Shoplifting; repealing and replacing Title 6 Chapter 1 Section 9 (6-1-9) Destruction of Property; amending Title 10, Chapter 1, Section 1 (10-1-1) Adoption of Traffic Code; amending Title 10, Chapter 1, Section 4 (10-1-4) Additions or Modifications; and amending Title 10, Chapter 1 Section 16 (10-1-16), regarding penalties in adopted Model Traffic Code.

A redlined version of the changes is included in the meeting packet.

ORDINANCE 2704 - SECOND READING

Councilor Ed Ulibarri recused himself and exited Council Chambers during the discussion and vote on Ordinance 2704 on second reading, designating the Montrose Post Office, with the historic address of 25-27 North Cascade Avenue, as a City of Montrose Historic Property pursuant to § 11-3of the Official Code of the City of Montrose. Ordinance 2704 on Second reading was approved with four votes and one abstention.

RESOLUTION 2026-04

Resolution 2026-04 was approved unanimously, setting April 6, 2026, as the hearing date for the Matteo's Addition annexation.

BROWN RANCH SUBDIVISION AMENDED PRELIMINARY PLAT

With Mayor Frank joking about how much more quickly she could exit the room than Ulibarri, Council Judy Ann Files recused herself from consideration of the Brown Ranch Subdivision Amended Preliminary plat, which was approved with four votes and one abstention. The meeting packet includes a comment from homeowners.

STAFF REPORTS/COUNCIL COMMENTS

Police Chief Blaine Hall spoke about the upcoming Citizens Police Academy.

Councilor J. David Reed said that there is a push at the State level "to erode home rule."

Said Reed, "...We are Montrose. We are significantly different than other communities in the state."

With no further business the meeting was adjourned.



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MONTROSE COUNTY REPUBLICAN PARTY (GOP) HOLDS CAUCUS

By Gail Marvel

MONTROSE-On March 5, the Montrose County Republican Party (GOP) held their precinct caucus. Precinct 1, the largest of the precincts with 14 delegates, met in Naturita; Precincts 2 through 21 met at Montrose High School (MHS).

Purpose of the caucus:

- Elect Precinct Committee Persons (PCP).
- Elect delegates/alternates (the number of delegates is determined by voter turn-out from the previous election).
- Submit names for Election Judges.
- Propose Resolutions for the Republican Party.

Since classrooms were unavailable, attendees clustered in groups in the school cafeteria and auxiliary gym, as well as hallways and enclaves. Because people were dispersed throughout the school, it was not possible to estimate the number of attendees; however, by mid-morning on March 5, approximately 200 people had pre-registered.

Jodi Wooden, Central Committee 2nd Vice Chair said, "People may not understand the importance of attending the caucus. It will be these 200 people who determine the names that are on the ballot."

Note: On March 21, 2026, the delegates will attend the County Assembly where they will hear presentations from candidates or their representatives. The delegates will deliberate and select the Republican candidates who will appear on the June primary ballot.

The *Mirror* observed Precinct 3, the second largest precinct with 13 delegates. Montrose County Sheriff Gene Lillard opened the meeting. He said, "Tonight I'm serving as Chair of the Precinct 3 Committee."

George Jackson, Precinct Committee Person (PCP), led the group in the Pledge of Allegiance. Business included electing tellers (vote counters), PCP's, and election judge nominees; no resolutions were suggested.

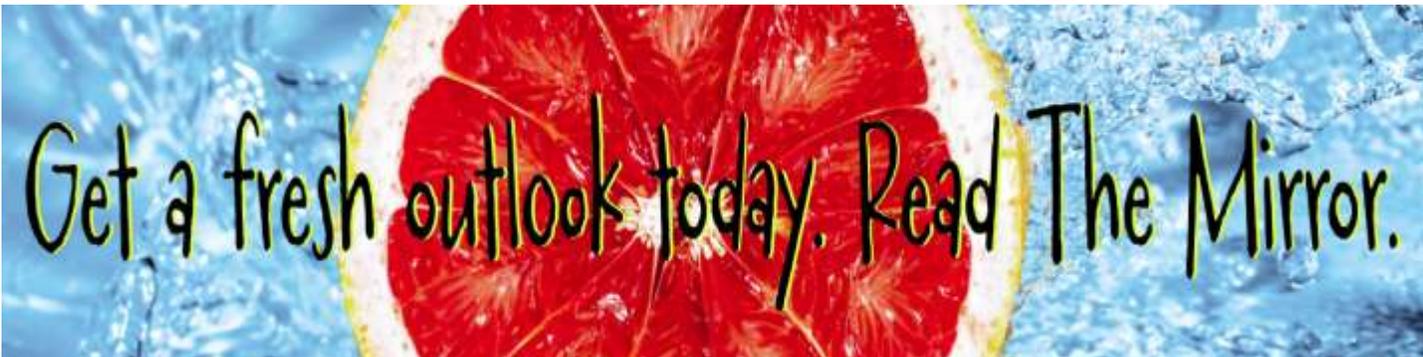
Although candidates did not make presentations at the caucus, 17 candidates (coroner, commissioners, senate, governor, etc.) submitted their bios and candidate materials. Lillard read the information aloud, and after reading page after page of single-space material he paused and quipped, "There are 30 candidates for governor. Thank the Lord all their bios aren't here!"

County Assembly:

March 21, 2026
Centennial Middle School
1100 South 5th Street
Meeting begins at 9 a.m.

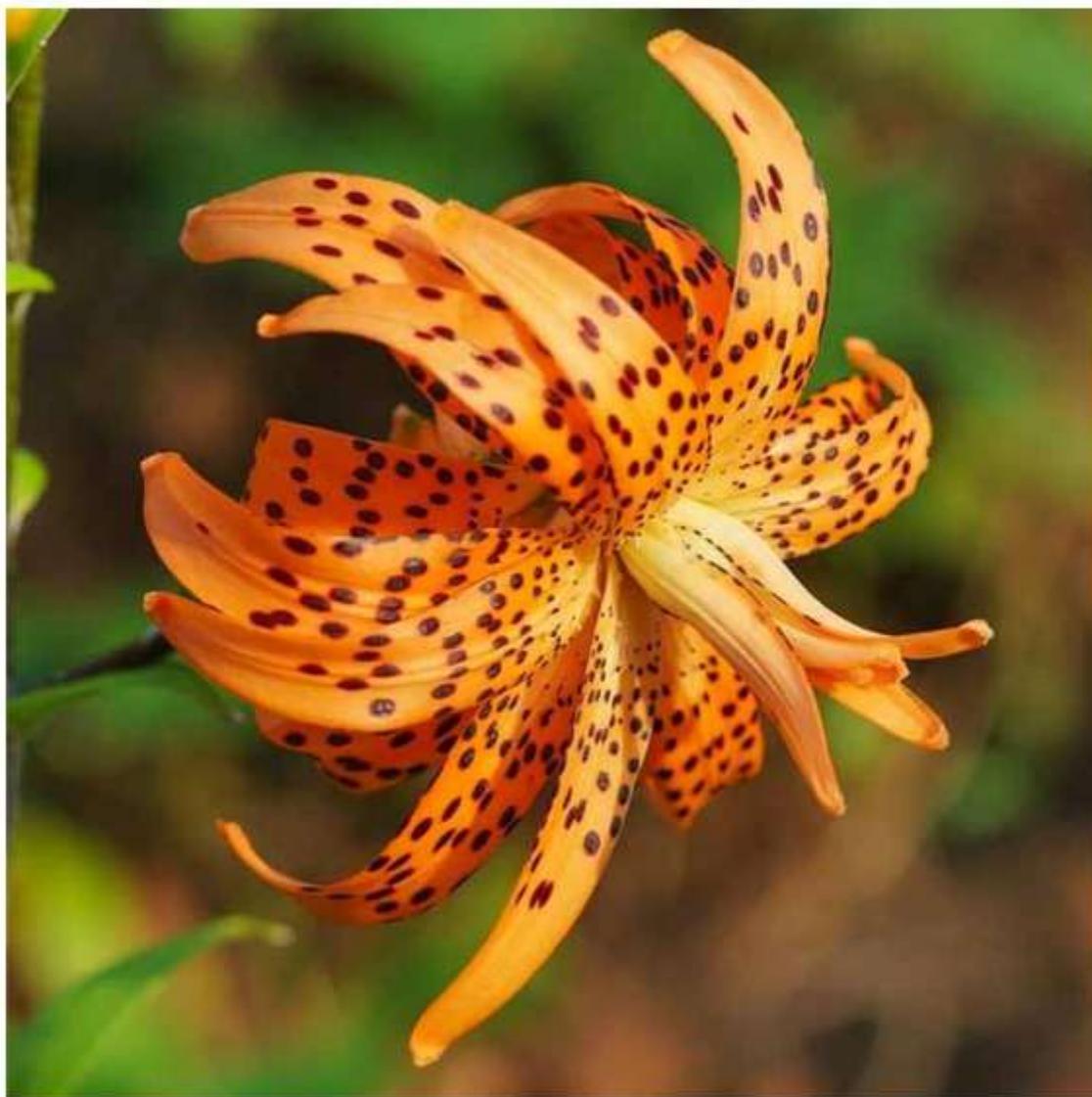


During the March 5, 2026 Montrose County Republican Party precinct caucus Jodi Wooden, Central Committee 2nd Vice Chair (seated left), assisted participants who were not pre-registered. She said, "People may not understand the importance of attending the caucus. It will be these [approximately] 200 people who determine the names that are on the ballot."
Photo by Gail Marvel.



Paint a Tiger Lily

5:30-7:30 pm, March 12th at MOSAIC



Acrylic on 12 x 12 canvas. No experience necessary. Instruction and all materials provided. Class includes snack and adult beverage, mocktail, or soft drink. With Kate Burke. \$40-\$45.



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OPINION/EDITORIAL: LETTERS

HUMANE SOLUTIONS FOR MONTROSE'S UNHOUSED: *Compassionate Solutions Without Further Taxpayer Burden*

Editor:

Last year City Council approved a no-camping ordinance just before winter hit. No shelters opened. No services expanded. No alternatives offered. The decision proved heartless and poorly timed, leaving vulnerable residents with nowhere safe to go and forcing police into the role of displacers rather than helpers. At the March 2, 2026, City Council Work Session there was a presentation addressing some of the needs of the unhoused, which I applaud the council for. But as I discussed at my meeting with the "Solutions for the Unhoused" back on February 18, 2026, here is a portion of how I believe we can attack the issue of the unhoused in Montrose.

A Practical and Compassionate Plan: If elected, I will immediately propose to lift that ban. At the same time I will advocate to roll out practical, humane alternatives so no one faces arrest simply for lacking a roof. We should create low-barrier daytime warming centers, expand transitional housing beds, strengthen street outreach teams, and connect people quickly to rapid re-housing, credit counseling and repair, job counseling, skills assessment, and job placement services. Many of these issues are covered in the city proposal, but not all, and all aspects are critical to long term success. **The goal remains simple: treat every person with dignity, keep our streets clean and safe, and build a Montrose that cares for its own.**

Proactive Leadership Through Resolution: My outlook is to use city resources efficiently by proposing a resolution that directs the city grant writing team to identify and pursue every available external resource. This focused effort will secure funding and partnerships in addition to

the local non-profits efforts to accomplish these goals without placing undue financial burden on local taxpayers.

Funding Without New Local Taxes: None of this requires new local tax dollars. We will fund these efforts entirely through existing federal, state, foundation, and public-private partnerships already available to Montrose and the Western Slope.

Federal Grant Opportunities: The U.S. Department of Housing and Urban Development Continuum of Care program delivers millions annually for permanent supportive housing, rapid re-housing, and coordinated entry systems through Colorado's Balance of State Continuum of Care, which serves Montrose. The Homelessness Resolution Program provides competitive funding for emergency shelter, street outreach, prevention, and rapid re-housing.

State Funding Sources: The Colorado Department of Local Affairs Division of Housing offers direct support. The Transformational Homelessness Response Grant Program has already delivered hundreds of thousands to Montrose and Delta counties. Hilltop Health Services received over \$678,000 for rapid re-housing and eviction prevention plus \$163,500 for street outreach. These funds run through September 2026. The Homeless Prevention Activities Program, funded solely by voluntary state income-tax check-off contributions, awards grants for rental assistance and crisis intervention. Additional resources flow through the Affordable Housing Support Fund under Proposition 123, which dedicates significant dollars specifically to serving persons experiencing homelessness.

Local Foundations and Partners: The Western Colorado Community Foundation awards roughly \$100,000 each year

in Community Grants, with past cycles targeting housing and homelessness across its seven-county region that includes Montrose. The Bray Cares Foundation supports housing and shelter needs on the Western Slope. The Montrose Community Foundation operates targeted Basic Needs and Helping Hand funds. United Way of Mesa County administers the FEMA Emergency Food and Shelter Program grant that serves both Mesa and Montrose counties. Partnerships with the Colorado Coalition for the Homeless Rural Initiatives and USDA Rural Community Development Initiative grants provide further access to rural-focused housing support.

Nonprofits such as Haven House in Olathe, Hilltop Health Services, and Catholic Charities already receive and manage these dollars successfully. By forming public-private partnerships we can leverage their expertise, match grant requirements, and stretch every dollar further.

A Compassionate Future for Montrose: This approach works. It has worked in Montrose before. It keeps full responsibility off local taxpayers while delivering results that are both compassionate and practical. Montrose deserves leadership that rejects displacement and instead builds real pathways home. Together we can create a city that is clean, safe, and truly humane for everyone who calls it home.

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.

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RED HAWKS STORM INTO SEMI FINAL RED HAWKS 61, AIR ACADEMY 54

By Cliff Dodge

MONTROSE-The big day finally arrived. The Montrose Red Hawks Girls Basketball Team took their 25-game win streak to the venerable Denver Coliseum and played their way into the 5A semi-finals with a hard fought victory over the Air Academy Kadets by the score of 61 to 54.

The Red Hawks, per usual, jumped out to an eight-point lead after one period of play. The Red Hawks sank four three-point baskets in the quarter but the tone of the game changed in the second period. The Kadets used their speed to close the gap and found the score tied at the halfway point 26 to 26.

The third frame saw the Red Hawks fall behind by a single point as the Kadets took their only lead of the game by the score of 27 to 26. The Red Hawks then hit the gas pedal and led 40 to 36 heading into the critical fourth period.

The Kadets' stellar shooting guard, Kinley Asp, who is committed to playing her college ball at Boston College, ended up with 36 points in a losing effort. This came down to a single player vs a well-balanced team effort. The Red Hawks ended up making a dozen free throws in the fourth quarter as the Kadets had to foul in order to have a shot at winning the contest. Head Coach Steve Skiff rotated his entire roster and saw a total team effort pre-



The Red Hawks celebrate their victory over the Air Academy Kadets. Courtesy photo.

serve the victory for the Red Hawks. Senior Mayce Oberg led all Red Hawk scorers with 20 points while Freshman Landree Johnson added 14 points and Senior Maggie Legg totaled 13 points. The Red Hawks sank 9 of 18 shots from long range and had 17 points in the paint vs 7 for the Kadets.

The Red Hawks return to the Denver Coli-

seum on Thursday, March 12 as they prepare for the Green Mountain High School Rams. The Rams defeated Mead by the score of 50 to 40 to claim a semifinal spot. The other side of the bracket has Stanley Lake playing Lutheran. Only two schools in Colorado remain undefeated, Simla and Montrose. The 5A state championship game is scheduled for Saturday, March 14.

Join us at the **USA Liberty Report**



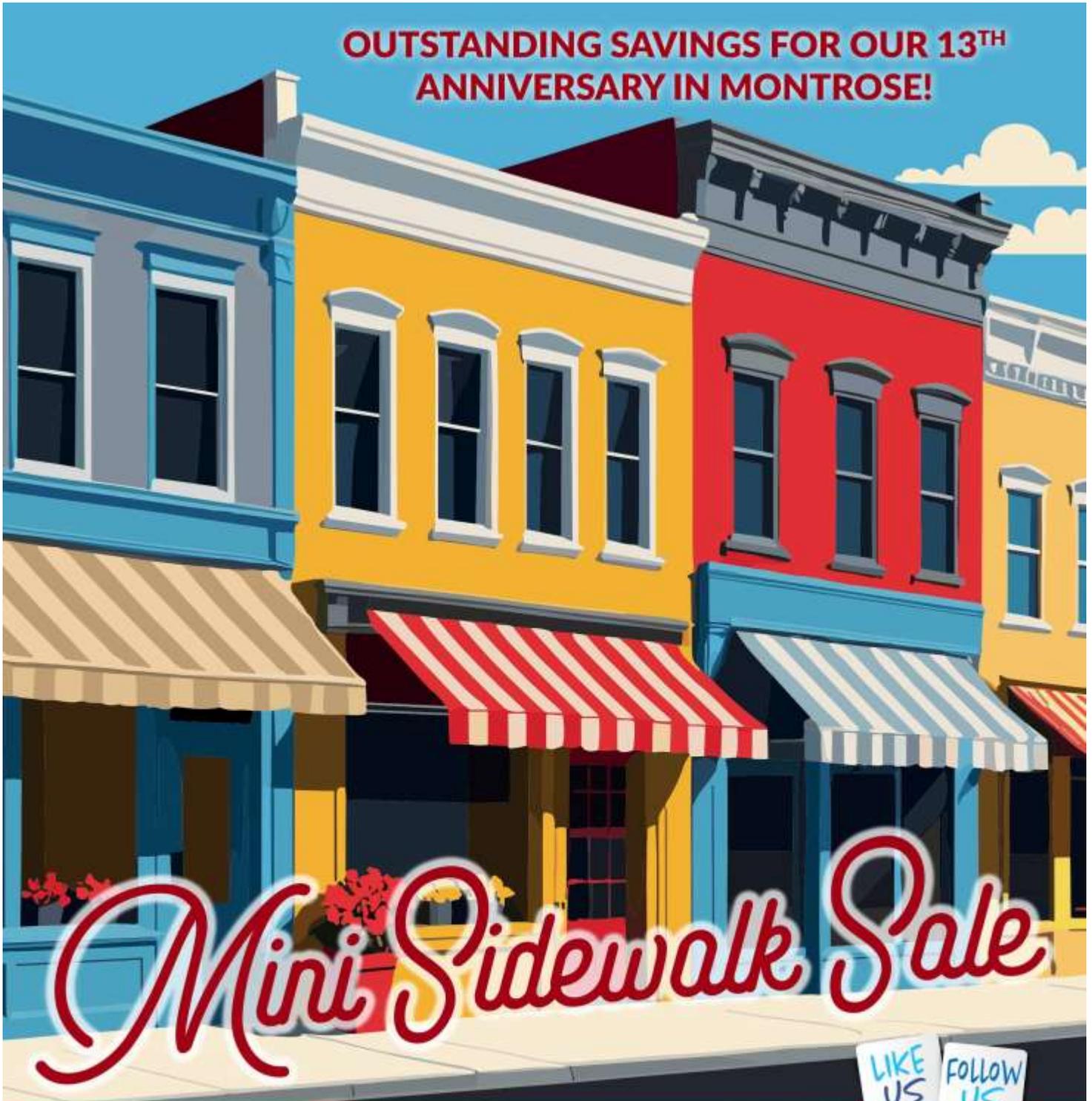

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OPINION/EDITORIAL: LETTERS

OUR COUNTRY USED TO COME FIRST

Editor:

The idea of “loyal opposition” in politics is central to our democracy. In today’s Democrat party, loyal opposition has disappeared before our eyes starting with the Obama administration. In healthier eras, opposition meant holding those in power accountable. It did not mean opposing everything reflexively regardless of whether or not those actions were beneficial to this country. The party out of power would support measures that were clearly in the national interest. That was part of our democratic system: the country came first, political advantage a distant second. The Democrat party’s opposition has shifted from opposing ideas to outright political sabotage. There is a difference between legitimate opposition and showing contempt for the nation itself. Because they can no longer win at the ballot box without cheating, they are willing to burn down the house to regain their political power.

It never fails. President Trump takes decisive action clearly in the best interests of this country, and Democrats do everything possible to demonize and reverse those actions. Trump snatches narco-terrorist Maduro from Venezuela and Democrats clutch their pearls and attempt to defend Venezuelan sovereignty – while conveniently ignoring that over 3% of that country’s population, most of them violent criminals, illegally entered the US during Biden’s puppet-presidency. Maduro’s dictatorial regime was fire-selling Venezuelan oil to China to prop itself up while his people starved. Venezuela has now doubled oil exports, is now making 30% more on every single barrel, and that money is going toward humanitarian needs of its people rather than Maduro’s Swiss bank accounts. Political prisoners have been freed and political prisons closed. Diplomatic relations are now restored. Ten to twelve percent GDP growth is now projected. Most astounding of all, rebuilding Venezuela is costing America nothing; we are actually making money on it. Compare that to Democrats under Biden spending \$175+ billion on the Ukraine debacle under the guise of “defending democracy.” When Biden’s handlers financed an endless proxy war against

a nuclear superpower – a conflict that involved zero US interests -- they swooned over Biden’s “statesmanship.” Of course, Democrats will never talk about the Ukraine war casualties, which conservative estimates are now over half a million dead. The situation in Iran has totally confirmed that there is no regime brutal enough and no threat big enough that the Left won’t sacrifice both this nation as well as the people in the countries involved rather than support Donald Trump. No one can verbalize the terror of the Iranian Islamic regime better than the Iranian people themselves, who are celebrating Trump’s actions in cities around the world as well as in their own country. Read the letter of Dr. Ramin Kadkhodaian, an Iranian resident of Delta County, in the March 5th Delta County Independent. A few of his words: “this is not a matter of ‘partisan politics.’ It is the closing of a 47-year chapter of horror.” “For 47 years, this regime has been a global architect of misery, responsible for the murder of tens of thousands of its own citizens and the systematic oppression of women.” “We herald the bold steps taken by President Trump and Prime Minister Netanyahu.” “After 47 years, the people of Iran are finally tasting the possibility of the freedom my father once knew.”

Since January of this year, the regime has murdered over 30,000 Iranians. In addition to brutally quelling internal dissent repeatedly since its inception, the regime is the world’s leading state sponsor of terrorism. Its policy is to foment instability and chaos, no matter the cost in the blood of innocents – Christians, Jews, and Muslims alike. Iran’s vast oil reserves – the third highest in the world – finance the terrorism. Wealth in Iran is concentrated among the clerics and the Revolutionary Guard commanders. After those political and military leaders siphon off huge amounts to their own bank accounts, they direct the bulk of the oil wealth to funding Iran’s military, their secret police, their vast world-wide terror network, and their aggressive nuclear program – all while ignoring their own beleaguered citizens.

To understand the enormity of Iran’s threat to the whole world and not just Isra-

el, one must understand Iran’s specific brand of “Mahdi” Shia Islam. In many respects, Sunni and Shia Islam are the same; that is, the same prophet, the same Koran, the same ways of praying, etc. The Mahdists, however, believe that Allah protected the “12th Imam” Mohamed al-Mahdi, and that this imam is still alive and will return at the end of days to create a perfect world. The Mahdists who control Iran have a different approach to the End Times than biblical Christians, which is why they are so dangerous. They believe that it is their religious duty to hasten the End Times. Put simply, unlike Sunni and non-Mahdi Shia Muslims, the mullahs don’t just want a global caliphate. They want a global caliphate that results from the apocalypse they created. Iran’s theocracy operates outside of the constraints of Western logic – they welcome martyrdom and the carnage that foreshadows the coming of Shia Islam’s hidden imam. Ayatollah Khomeini put it this way: “Either we all become free, or we go to the greater freedom which is martyrdom. Either we shake each other’s hands in the joy at the victory of Islam in the world, or all of us will turn to eternal life and martyrdom. In both cases, victory and success are ours.” Mahdi Shias fully intend to drop nuclear bombs on Tel Aviv and Washington. To them, mutually assured nuclear destruction is not a constraint; it is an inducement – hell for the infidels and paradise for the martyrs.

I learned a new oxymoron this week: “Feminists for Islam.” That’s as staggeringly irrational as “Gays for Palestine.” Do feminists really want to be forced to be clad head-to-toe in black apparel and be unable to leave the house without a man’s permission and presence? Feminists might want to read the Ayatollah’s manual of Islamic law which explicitly permits the sexual abuse of toddler girls. They also might want to consider that Iran advocates raping virgin women who are being executed to insure they do not go to heaven. That’s as bad as their practice of executing women for being raped. “Rational” is a term that can no longer be applied to anything Democrats do or support.

Ed Henrie, Montrose

REGIONAL NEWS BRIEFS

KRYSTAL GRAY ANNOUNCES CANDIDACY FOR MONTROSE COUNTY CORONER

Special to the Mirror

MONTROSE— Krystal Gray has officially entered the race for **Montrose County Coroner**, bringing more than 14 years of medicolegal death investigation experience, over 10 years as a licensed nurse, and more than 20 years of combined service in emergency medicine



Krystal Gray. Courtesy photo.



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and fire-fighting.

As one of only five professionals in Colorado to achieve advanced distinction in

medicolegal death investigation, Krystal has demonstrated her commitment to the highest standards of professionalism and expertise in the field.

For the past decade, Krystal has proudly served the residents of Montrose County. During that time, she witnessed the community transformed from a travel destination into a permanent home for families relocating from larger metropolitan areas. This growth has significantly increased the demands placed on the Coroner's Office.

"With our county being a destination location, our Coroner's Office should serve as a hub of medicolegal investigation for surrounding counties," Krystal said. "We have the opportunity to set the standard for professionalism and collaboration in our region."

Krystal believes both the community and the Coroner's Office will benefit from forward-thinking leadership. Her goal is to establish a modern medicolegal death investigation office rooted in accountability, transparency, and nationally recognized best practices — while remaining fiscally responsible to local taxpayers.

If elected, Krystal will pursue formal national accreditation and advanced training opportunities. Accreditation will strengthen the office's professional standing and help secure grant funding to expand services and resources — reducing the need to place additional financial burden on taxpayers.

Additionally, Krystal is committed to strengthening relationships between the Coroner's Office and local law enforcement agencies. By bridging gaps and fostering cohesive partnerships, she aims to ensure thorough investigations, clear communication, and unified service to families during difficult times.

"Our growing community deserves a Coroner's Office that reflects the highest standards of integrity, professionalism, and collaboration," Krystal said. "I am ready to lead with experience, vision, and dedication."

Krystal looks forward to earning the trust and support of Montrose County voters in the upcoming election.

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REGIONAL NEWS BRIEFS

3RD ANNUAL CORNHOLE FOR A CAUSE TOURNAMENT

Special to the Mirror

MONTROSE-Join Mrs. Claus and her crew for the 3rd Annual Cornhole for a Cause Tournament where all proceeds support Mrs. Claus for a Cause. This event will be on Sunday May 3rd from 11 a.m. to 3 p.m. at the Montrose Elks Lodge (801 South Hillcrest). Spaces are limited to 30 teams with an entry fee of \$100 for each team of two, which includes lunch.

A fan favorite, the wiener dog races, will be at 1 p.m., with a \$10 entry fee. There will be tunes, food, vendors, and prizes – join us for a great event to support a fantastic cause.

For team entry, sponsorships, and vendor information contact info@mrsclausforacause.org or scan the QR code to register.

about Mrs. Claus for a Cause: Mrs. Claus for a Cause is a non-profit that annually provides a free Christmas event for the children of Montrose and its surrounding communities.

The 2026 event will be at Friendship Hall in Montrose on December 18 & 19 for all children with December 20th as an event day reserved for children with special needs. For more information on the event or to donate or volunteer, please visit mrsclausforacause.org.



ECKERT CRANE DAYS 2026

Thurs, March 19 @ 6pm

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

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REGIONAL NEWS BRIEFS

DRIVING TIRED AFTER THE TIME CHANGE

Colorado State Patrol examines theory that fatal crashes rise after daylight savings

Special to the Mirror

COLORADO – This coming Sunday, Colorado will “spring forward” one hour for daylight savings time, and we will all lose an hour of sleep. While the time change can throw off schedules for appointments or events, researchers have suggested that the switch can also increase fatal crashes each year.

“A few years ago The University of Colorado Boulder published a study that linked an increase in deadly crashes to daylight savings,” explained Col. Matthew C. Packard, chief of the Colorado State Patrol. “Troopers see hundreds of crashes each year caused by falling asleep or being drowsy behind the wheel. Drivers shouldn’t underestimate the value of a good night’s sleep.”

In 2025, the Colorado State Patrol investigated 755 crashes involving fatigue, with 202 people injured and 13 people killed. These crashes increased 6.7% over 2024.

Focusing on the impacts of Daylight Saving Time, the Colorado State Patrol decided to take a closer look at crashes investigated by troopers. The Patrol pulled 10 years of crash data for the workweek (M-F) before and after Daylight Saving Time. The data table below shows that the ten-year tally of fatal crashes before DST and after DST increases by 25.9%. Only two years, 2020 and 2022, had higher fatal crash counts the week before DST than the week after. The year 2020 is easy to understand because COVID-19 drove travel down at exactly that time. In 2019 and 2021, the weeks before and after DST had equal fatal crash counts. The other six years all showed an increase in fatal crashes the week after DST.



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RED HAWKS EARN TRIP TO DENVER

RED HAWKS 52 GEORGE WASHINGTON PATRIOTS 38



The Red Hawks battle on the boards, Photo by Cliff Dodge.

By Cliff Dodge

MONTROSE-Any basketball fan who believed that basketball was not a contact sport obviously did not witness the bruising battle between the George Washington Patriots and the Montrose Red Hawks. The “sweet sixteen” contest, played at the Montrose Fieldhouse, was a physical affair from the opening tip to the final whistle with players on both sides being knocked around, hitting the deck with regularity.

The Red Hawks and the Patriots swapped the lead in the first quarter as the two

teams felt each other out. The Red Hawks moved out to a 5-point advantage as the initial eight-minute period came to a close with the home team leading 12 to 7. The second period saw the offenses slow down and neither team was able to sustain any offensive momentum. The teams combined to put 10 points between them on the board. The Red Hawks preserved a 3-point lead at the half-way point, 16 to 13.

Both teams were able to get their offenses in gear in the third quarter as both the

Patriots and the Red Hawks scored 14 points. Five Red Hawks dented the scoring column in the quarter, with Freshman Landree Johnson leading the way with 5 points and Senior Maggie Legg contributing 4 points.

The Red Hawks then found their offensive rhythm in the final canto as they poured in 22 points while holding the Patriots to just 11 points. As the game moved down the stretch both teams battled hard. The officials saw fit to call two technical fouls on the Patriots that sent Mayce Oberg and Maggie Legg to shoot free throws. The Red Hawks then received possession of the basketball at half court and ran out the clock as time expired.

The Red Hawks had five players in the scoring column. Mayce Oberg and Maggie Legg each scored 12 points while Lilly Nelson scored 10 points and basically controlled the backboards with multiple rebounds. The other two Red Hawks, London Schafer and Landree Johnson, each contributed 9 points to the victory.

The City of Montrose gave the girls team a massive sendoff on Friday as hundreds turned out to escort the team out of town and on the way to the venerable Denver Coliseum for the “great eight” quarter final games in the CHSAA state tournament. The Red Hawks take on the Kadets of Air Academy High School at 4 PM on Saturday.

SEE SOMETHING - SAY SOMETHING



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ANONYMOUS CALL

MONTROSE REGIONAL CRIME STOPPERS

REGIONAL NEWS BRIEFS

WINTER ISN'T OVER FOR COLORADO: COLORADO STATE PATROL'S 'WINTER READY' CAMPAIGN

Special to the Mirror

COLORADO – While the meteorological season marks March 20 as the first day of spring this year, seasoned Colorado drivers know that winter isn't done with us yet. Fluctuating temperatures and bright sunshine during warmer hours often result in snowmelt freezing overnight, leading to icy roadways and sidewalks.

Looking at the Colorado State Patrol's fatal crash data from last winter season (November 2024 – March 2025), troopers responded to the most fatal crashes in March. While speed consistently topped the list for the cause of most crashes during these same winter months, when troopers isolated just the fatal crashes data, impaired driving moved into the top causal factor position.

"Driving in low visibility, snow, and ice all require your heightened attention and full faculties," stated Col. Matthew C. Packard, chief of the Colorado State Patrol. "Intoxication can impact your mental and physical capabilities. Even minor miscalculations can have catastrophic outcomes on roads impacted by weather."

Driving impaired compromises your reaction times and judgment, making it harder to handle hazardous conditions, such as reduced traction or poor visibility. Whether it is snow, ice or slush, more time is needed to come to a controlled stop. Last-minute turns or braking can cause a driver to skid or lose control.

Safe winter driving requires slow speeds and gentle maneuvers. Whether texting, driving under the influence, or engaging in other distractions, these behaviors are even more dangerous in snowy weather.



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

Our aim is true

the montrose mirror

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OPINION/EDITORIAL: LETTERS

MONTROSE CITIZENS DOGE OPEN CANDIDATE FORUM

Editor:

Hello, my name is John Brown, I helped to start the Montrose Citizens DOGE. You have probably heard of me as one of the voices that has addressed the City Council on a regular basis in support of a non-sanctuary declaration from the council for the last two years. The Montrose Citizens DOGE is holding an open forum for the candidates running for city council. It will be a question and answer format with a small amount of time before for a meet and greet. The questions will be derived from the audience inputs and will be moderated for time and input. This is currently scheduled to be on March 20th and held at the community meeting room at the Montrose Police Department. The meet and greet starts at 5:30 pm and questions begin at 6 pm. Seating may be limited so plan accordingly.

Mark your calendar and plan to attend while voting is important but voting with knowledge is power.

John Brown

WE THE PEOPLE.

OPINION/EDITORIAL: COMMENTARY

MONTROSE CITY COUNCIL – PART 3 Circa 2026-2028

Progressives and Friends of the City Manager Coming Your Way? Part 3 of a look at 2026 City Council Candidates. Another interesting assortment of candidates awaits your vote!

By David White

As stated in the last two (2) opinion pieces, 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 Bentancourt-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 wrap this series up with a look at the last five (5) candidates running for City Council this year. These folks have lived in Montrose for greater than 10 years of their lives. This group includes two (2) City Council incumbents – Judy Ann Files and Ed Ulibarri.

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.

Let's take a look at and conclude the reviews of the following Council Candidates: **Michael Badagliacco (District 1), Ed Ulibarri (District 2), Judy Ann Files (At-Large), Kendall Cramer (At-Large) and Adam Woodden (At-Large):**

Michael Badagliacco (MJB for short) – District 1:

Born in 1965, Mr. Badagliacco was raised in Montrose. His parents owned and operated the Culligan Water Treatment business for many years. He

grew up in Montrose and attended Northside Elementary, Centennial Junior High, and graduated from Montrose High School in 1983. He joined the U.S. Air Force in 1984 and served until 1991. According to his biography, with a background in music, he served as the lead vocalist for the international recording artist band "Arrival," earning a Top40 hit, numerous awards and accolades for his vocal talent, including recognition during his military years as lead vocalist of the USAFA Band's Top 40/Rock group "Blue Steel."

His career migrated to the wireless industry when it was in its infancy. Starting in wireless sales in 1994, he moved into operations and then to CEO-level roles at global giants like Huawei, LG, and Samsung. In 2004, he founded Wireless Advocates, establishing what would become a billion-dollar

MONTROSE CITY COUNCIL – PART 3 From previous pg

enterprise. More recently, he worked alongside his son to successfully transition a newly acquired log home company in Bailey, Colorado, fully handing over operations to him in December 2024 and is currently employed by one of the largest alarm system companies in the Western United States. Michael is the father of 5 children. He is also a caretaker for his 84-year-old mother.

In researching his background, I found that he was frequently in Montrose over the course of the last 30 plus years taking care of family business as well as staying in touch with what was happening here. Over the course of the last 2 years, he passion for the City he grew up in increased as he witnessed the actions of the local City government and leadership which led him to become a vocal critic of them and what he believes is a government that ignores the will of the people; is tone deaf to their needs and criticisms as well as focused on the aesthetics of the community and not the underlying needs. Unlike other candidates, he is one of two who have no connections (financially or otherwise) to City staff or leadership. As a matter of fact, many of you reading this know him for his writings in the Montrose Mirror as well as his vocal advocacy for efficient and transparent government.

MJB is a registered Republican and is not shy about expressing his opinions about the role of government. As Editor-in-Chief of CoDOGEReport.com and USALibertyReport.com, and a contributor to the Rocky Mountain Voice and the Montrose Mirror, he consistently calls for transparency in local government. An advocate for an in-depth, independent fiscal audit of City expenditures for projects like Colorado Outdoors, the new Public Works Facility, giveaway programs to wealthy developers and others for commercial kitchens, building remodels, parking lots, landscaping, etc., he seems to be one of the few that might get something done to curb the reckless spending that has taken place these last 15 years.

As a side note, MJB's position on City matters, like mine, have drawn the ire of

the Montrose Press whose former role as the "king maker" or major influencer over City policies has become so irrelevant that the publisher feels the need to tear down MJB and me on a frequent basis. All of his antics have done nothing but to make Mr. Badagliacco's position that much stronger and the MDP more irrelevant to the community. How the mighty have fallen Mr. Anderson!

Ed Ulibarri – District 2:

Born in 1948, Mr. Ulibarri is a Montrose native. Like Mr. Badagliacco, he attended Northside Elementary. From there he attended Columbine Junior High School and graduated from Montrose High School in 1966. He served in the US Army and attended Ventura College in Ventura, CA where he received a vocational certificate in construction technology. After his time away, he brought his newly learned skills and trade back to Montrose.

Since then, Mr. Ulibarri has served on a number of community boards, including the Delta-Montrose Electric Association Consumer Advisory Board, Habitat for Humanity Board of Directors, Colorado State Homebuilders Association and the Montrose Housing Authority Board, is a past Commander of American Legion Post 73 among others. He has also been a member of the Elks Lodge for more than 20 years and was previously a member of the Rotary Club. He currently owns Sunny-side Homebuilders. He also served on the Montrose City Council from 1998-2002 and from 2004-2008 in addition to his current term of office.

He and his wife Susan were parents to a daughter and grandparents to three children. He holds a fifth-degree black belt in Hapitkito and a fifth-degree black belt in Taekwondo. He enjoys cooking, landscaping, and teaching martial arts through the Rec Center.

As a current City Councilor, he has the experience needed to lead us – both as a private sector entrepreneur as well as an elected official, however, as many have observed, Mr. Ulibarri has been deliberately isolated from much of the information and decision making needed to

govern this City in a straightforward and fiscally responsible manner. Calling out fiscal irresponsibility isn't easy when you're in the "hive" as the saying goes. He does what he can, but the tide is against him when you look at the progressive decisions coming from the Mayor, Mayor Pro Tem and their allies as well as the City Manager.

A registered Republican, he does his best to try and slow down his progressive colleagues from their tax and spend ways. He needs fellow Councilmembers to work with him to get the City under fiscal control. He too supports an independent forensic audit of the City's finances and spending proclivities.

Judy Ann Files – At Large:

Born 1945, Ms. Files is a Montrose native like Mr. Ulibarri. Her family has been in the Uncompahgre Valley since 1872.

As to her background and education, there's not a lot of public information outside of her 35 years as a schoolteacher and coach along with her husband Ralph. She's the mother of two children. She has dedicated her post-retirement life to volunteer work as well as political office, having now served almost 10 years on the Montrose City Council. She served as Mayor for two years of the 10 years.

Some of her volunteer work has included volunteering for the Montrose Chamber of Commerce and Friends of the Library. Current positions include time spent with Colorado Parks and Wildlife on the state grant subcommittee, the advisory board for Colorado Mesa University Montrose, and as one of the four facilitators for The Forum, a weekly public information gathering meeting held at the Montrose campus of Colorado Mesa University. As a city representative, she serves on the Montrose Urban Renewal Authority (MURA – Colorado Outdoors), Montrose Airport Board and Colorado Flights Alliance.

A love of the outdoors has led her to champion walking paths and trails, venues such as the Rotary Amphitheater in Cerise Park, the Water Sports Park and other City sponsored parks and facilities to include the City's partnership with the Montrose

MONTROSE CITY COUNCIL – PART 3 From previous pg

Community Recreation Center.

Mrs. Files is a registered Republican. She leans toward the progressive end of the political spectrum. She was heavily involved in the recall campaign against Commissioner Scott Mijares last year. While having no apparent private sector experience, she tends to vote with the more "liberal" elements of the City Council and is close to the City Manager. Another two years on Council would make her one of the longest serving and oldest Councilors in City history.

Kendall Cramer – At Large:

Born 1987, Mr. Cramer is a native of Wheaton, IL and a Montrose resident since 2017. He holds a B.S. in Mass Communication from Olivet Nazarene University and an M.P.A. from the University of Illinois at Springfield.

According to one of his biographies, Mr. Cramer led the City of Montrose's Development and Revitalization Team (DART) program, connecting Montrose businesses to incentives and grants. He also fostered partnerships with various community and government entities to improve Montrose residents' quality of life. He provided technical expertise to grant partners, wrote grant applications that secured over \$6 million for City and community projects, and managed the procurement, contracting, and compliance of state and federal grants.

After departing the City of Montrose (word has it that the City Manager may have been an issue with his employment at the City), he went on to work for the Colorado Broadband Office where he oversaw grant compliance efforts. He also developed a program to prepare local governments for federal broadband funding. Due to a layoff with that agency, he started his own business last year, Kendall Summit Co., LLC. He also works for the Telluride Ski Resort on a part-time basis. He is currently registered as an unaffiliated voter but according to public records, has voted in past elections as both a Republican and a Democrat apparently due to the person running or the question then at hand. His work experience is largely in the realm of government with some pri-

ivate sector experience.

At a candidate forum last week, Mr. Cramer expressed interest in having a forensic audit of the City's books performed along with candidates Badagliacco and Ulibarri. Even he believes something is wrong at City Hall.

Adam Woodden – At Large:

Born in 1982, Adam grew up in Montrose and attended Pomona Elementary School and graduated from Montrose High School in 2000. He met his wife Jodi while working for a faith-based organization after he finished high school. She is a true multi-generational Montrose resident with roots that run deep in this community. They are the parents of four boys.

Adam is dedicated to his family, community and church. He states in his public biography that "after having been in both residential and commercial construction for the past 20 years as a business owner and a person who has a talent for detailed -type jobs, I want to once again use my abilities for the betterment of my community. I love to use my precision focus to make things better as I move through a project and would like to have your support to do the same with our City government."

As a business owner in Montrose, he understands the challenges that the community faces as well as the burdens currently placed upon small businesses. He too is concerned with the way tax dollars are being spent. Like some of the others, he fully supports a forensic audit of the City's books. Way too much money has been spent without an adequate understanding of the need for the spending as Mr. Woodden pointed out at the candidate's debate last Friday evening at MADA (Mexican American Development Association).

He is a registered Republican that has a vision for Montrose and business experience we need on City Council along with a generational perspective not currently represented on the City Council.

This concludes my overview of the 11 City Council candidates running in this year's election.

As an FYI, The Forum will be hosting a candidate event this week as follows:

Wednesday, March 11th, 9-10 am, The Forum will feature all ELEVEN 2026 Montrose City Council candidates.

Candidates will each have **4 minutes** to provide any (or all) of the following:

- an introduction/bio of themselves;
- why they are running;
- what they believe to be the strength(s) of the City;
- what they perceive to be the areas for improvement; and
- final comments.

The speaking order will be numerical by district and then alphabetically by last name within the district.

The order will be:

District I

Michael Badagliacco
Kevin Clay
April Heard

District II

Rachel Betancourt-Ege
Ryan Sedgeley
Ed Ulibarri
At-Large
Sam Aster
Greg Cairns
Kendall Cramer
Judy Ann Files
Adam Woodden

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. Unlike what we've seen with the previous six candidates, the group reviewed today is largely focused on fiscal responsibility and prioritizing needs over wants! Closing thoughts on the candidates will be mentioned next week. Thanks for reading this article!

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.

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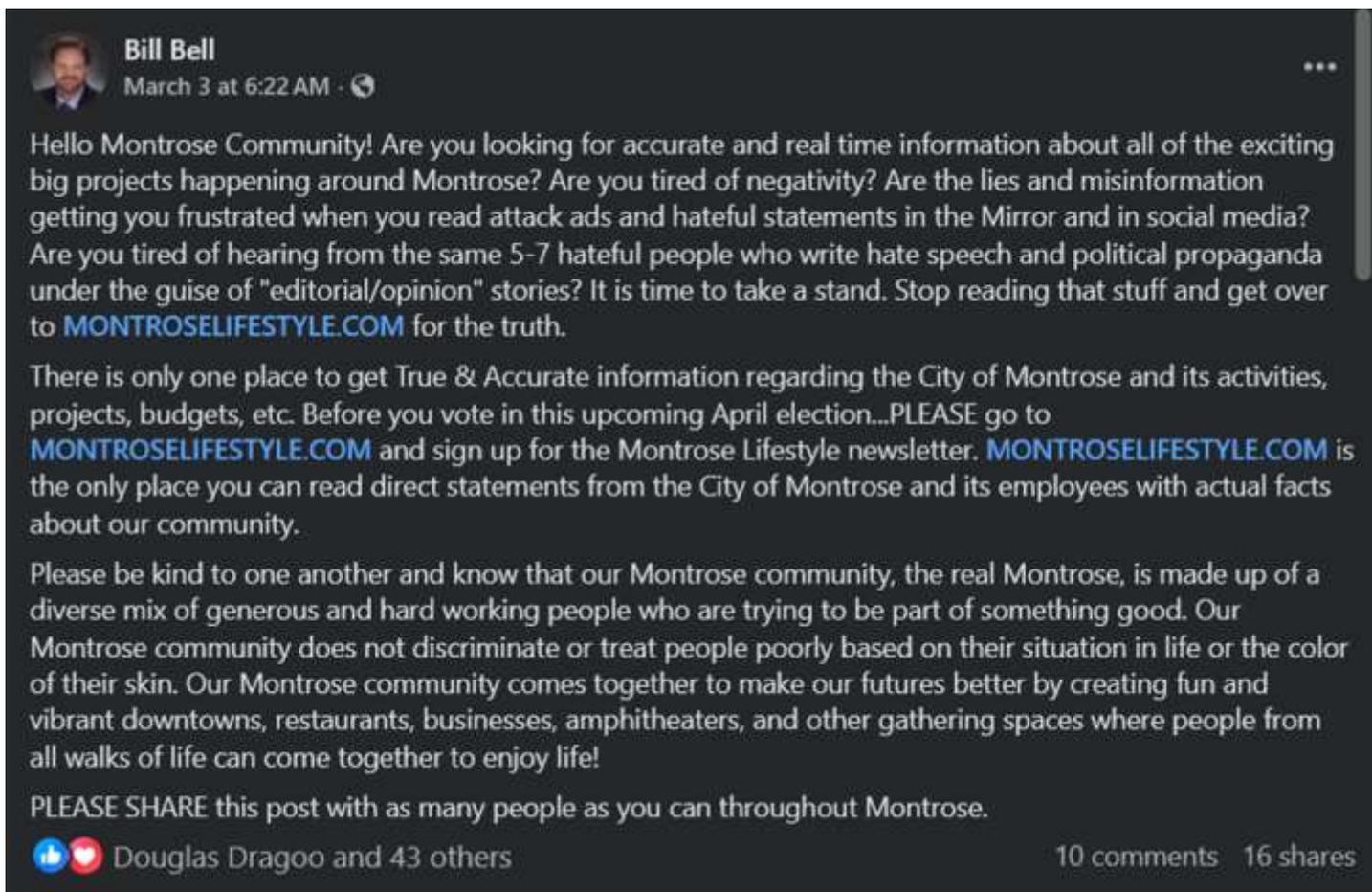
OPINION/EDITORIAL: COMMENTARY

THE CITY OF MONTROSE'S MINISTER OF PROPAGANDA *Yes, We live in that Kind of World!*

By David White

In a Facebook post on Tuesday, March 3, 2026, the City of Montrose's long of tooth City Manager, Bill Bell, crowned himself as the City government's "**Arbiter of Truth.**" This position, for the sake of simplicity, is more commonly known as the "**Propaganda Minister**" in most totalitarian regimes and in this case, for the City of Montrose. That's gotta be worth another \$100 grand in salary on top of his quarter million-dollar annual paycheck and with all of the freebies he gets at taxpayer expense thrown in for good measure!

Taking a direct shot at anyone who criticizes his and the City's use of tax dollars as well as any number of other things that affect our personal lives and checkbooks as taxpaying citizens, here's what Mr. Bell had to say about such criticism regarding the affairs of the City of Montrose as has been pointed out by others and myself:



Really Bill? Let's touch on the key points he made in this Facebook post:

"...Are you tired of negativity? Are the lies and misinformation getting you frustrated when you read attack ads and hateful statements in the Mirror and in social media? Are you tired of hearing from the same 5-7 hateful people who write hate speech and political propaganda under the guise of "editorial/opinion" stories? It is time to take a stand. Stop reading that stuff and get over to [MONTROSELIFESTYLE.COM](https://www.MONTROSELIFESTYLE.COM) for the truth.

There is only one place to get True & Accurate information regarding the City of Montrose and its activities, projects, budgets, etc. Before you vote in this upcoming April election...PLEASE go to [MONTROSELIFESTYLE.COM](https://www.MONTROSELIFESTYLE.COM) and sign up for the Montrose Lifestyle

Continued next pg

CITY OF MONTROSE'S MINISTER OF PROPAGANDA From previous pg

newsletter. MONTROSELIFESTYLE.COM is the only place you can read direct statements from the City of Montrose and its employees with actual facts about our community.

Our Montrose community comes together to make our futures better by creating fun and vibrant downtowns, restaurants, businesses, amphitheaters, and other gathering spaces where people from all walks of life can come together to enjoy life!"

The truth of the matter is that the City, under Mr. Bell's direction and with the input of key current and former employees, created, roughly two years ago, what we'll call the "Manager's Office of Propaganda and Disinformation" (Lord only knows that he and they want you to know only what they want you to know!) to CONTROL the narrative coming from the bowels of City Hall.

To facilitate his need for control of all information related to his perceived "good works" for the citizens, he saw that there had to be a better way to drive the narrative outside of the City's Public Infor-

mation Officer, the monthly *City Beat* Newsletter and the *Montrose Press*. Hence a broader look at how to communicate the City's "true and accurate information" was needed.

Mr. Bell took to strategizing a way to make that happen, that, if by osmosis, (picking up knowledge accidentally, without actually seeking that particular knowledge) this would be the way to get the "truth" to the citizenry by spoon feeding them his "truth."

What came about as a result of this exercise was the creation of MontroseLifestyle.com.

So, what or who is MontroseLifestyle.com and where did it come from? And who did our City Manager turn to for help with this project to disseminate his truth? None other than his former Assistant City Manager, Rob Joseph who left his job with the City in June of 2018 to supposedly "focus on family." Follow this link to the press release that announced Mr. Joseph's departure from the City at that time: (<https://www.cityofmontrose.org/>

CivicSend/ViewMessage/message/61679)

In addition, on the Montrose Lifestyle website, one finds the following information as presented by Mr. Joseph: "Your Publisher: Hello, I'm Rob Joseph, the former assistant city manager and founding director of the Office of Business and Tourism for the City of Montrose. Now, the City and I have partnered to bring you the Montrose Lifestyle!"

What does this "partnership" look like? Is it an arm's length partnership? Is it subscriber driven? Are news stories organically created? The answer to all of these questions and more is simple...

MontroseLifestyle.com is paid for by you and your tax dollars (along with some paid advertising) through the "partnership" created by Mr. Bell and Mr. Joseph and lists the registered address for the business (Montrose Lifestyle, LLC) as 107 South Cascade Avenue, Montrose, CO. Guess whose address that is?

I'll save you the trouble...it's the City of Montrose's Visitor Center and City Council Chambers building!



Colorado Secretary of State
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Articles of Organization for a Limited Liability Company

filed pursuant to § 7-90-301 and § 7-80-204 of the Colorado Revised Statutes (C.R.S.)

The domestic entity name of the limited liability company is Montrose Lifestyle, LLC

The principal office street address is

107 S Cascade Ave
Montrose CO 81401
US

The principal office mailing address is

3332 Mahogany Dr
Montrose CO 81401
US

The name of the registered agent is ROBERT NICHOLAS JOSEPH

Continued next pg

CITY OF MONTROSE'S MINISTER OF PROPAGANDA From previous pg

In 2024, over \$50,000 in City of Montrose checks were written to Mr. Joseph in payment of his monthly retainer for his services and work at the then rate of \$4,000 per month. In 2025, that number increased to \$71,000 (or more) with his monthly retainer increasing to \$5,000 per month. In both years, Mr. Joseph received "commission" checks for selling advertising on the website. Included in the 2025 total was a payment to him for \$11,385.20 to consult with the City and to sell advertising in the annual Visitor's Guide – another component in Mr. Bell's propaganda quiver. Mr. Bell and Mr. Joseph met and are continuing to meet for coffee, lunch, etc. to strategize on the website – all at taxpayer expense on the City credit card.

Unfortunately, it doesn't stop there. There are two (2) more players in Mr. Bell's propaganda campaign that are worth mentioning and of course, they are funded with your tax dollars in support of and in addition to MontroseLifestyle.com. An entity known as The Creative Department, LLC has a "design contract" with the City of Montrose for multiple numbers of marketing efforts on the part of the City for City operations & events such as The Pavilion, Black Canyon Golf Course, 4th of July celebrations, FUNC Fest, Mudder events, Earth Day & Week, etc.). Included in this contract for services is design and layout work for the Montrose Lifestyle website. While I don't see an issue with the marketing component of what they're doing for the golf course and others, I do have an issue with the thousands of dollars that are spent with them annually on Messrs. Bell & Joseph's website and newsletter for the very reasons stated above.

On top of this, the City's Administrative budget has a line item for an annual contract for \$1,200.00 to sponsor local media company *Meridian 105 Media's* podcast "The Bell Curve" which is marketed under the moniker WKRP Montrose (a knock off of the old '70's sitcom WKRP in Cincinnati) and features City Manager Bell feeding the few viewers of this podcast the "truth" of what is going on within City Hall.

Clearly, Mr. Bell has a need to literally beg you to subscribe to the MontroseLifestyle.com online newsletter in order to get the information HE wants you to read and believe ahead of any other information you might garner from reading The Montrose Mirror. Not even his surrogate news outlet, the Montrose Daily Press, was serving his propaganda needs well enough prompting the need to up the ante with the start of the MontroseLifestyle.com publication and information source.

And to think that he is literally pleading with the public to subscribe to the Montrose Lifestyle Newsletter **BEFORE THE APRIL 7th Municipal Election!** Why? What does he plan to feed the public? It really doesn't matter. **This is clearly a case of election interference!** He's obviously trying to influence the outcome of an election. Don't worry, he'll be talking to folks that might not cater to him doing so. And since when is it, according to Mr. Bell's Facebook post, the City's job to bring our community together to ... **"make our futures better by creating fun and vibrant downtowns, restaurants, businesses, amphitheaters, and other gathering spaces where people from all walks of life can come together to enjoy life!"** Government driving the private sector? Government dictating what restaurants we need and what a "vibrant downtown" looks like? This pattern has been going on for years with millions of your tax dollars going toward such ends. "Lipstick on a pig" as I've called it, has made some folks a lot of money with very mixed results. When you take a step back and look at what's going on, it really sounds like Fascism, Mr. Bell. As defined, "Fascism is a governmental system led by a **dictator having complete power, forcibly suppressing opposition and criticism, regimenting all industry, commerce, etc., and emphasizing an aggressive nationalism and often racism.**" (<https://www.dictionary.com/browse/fascism>) Outside of the racism, component, it seems that there's a scary similarity to what is happening in Montrose given Mr. Bell's public post on the matter. To wrap this opinion piece up, I was re-

mindful of the following story from a few years ago: "When a reporter asked actor Denzel Washington about what he thought about "fake news" (i.e. mainstream or legacy media) in a December 2016 interview, Washington replied, **"If you don't read the newspaper, you're uninformed. If you do read it, you're misinformed."** "So, what do you do?" the reporter asked. "That's a great question. **What is the long-term effect of too much information? One of the effects is the need to be first, not even to be true anymore.**" "So, what responsibility do you all have?" Denzel asked before answering his own question. **"To tell the truth. Not just to be first. But to tell the truth."** (<https://www.yahoo.com/news/denzel-washington-blasts-mainstream-media-182505896.html>)

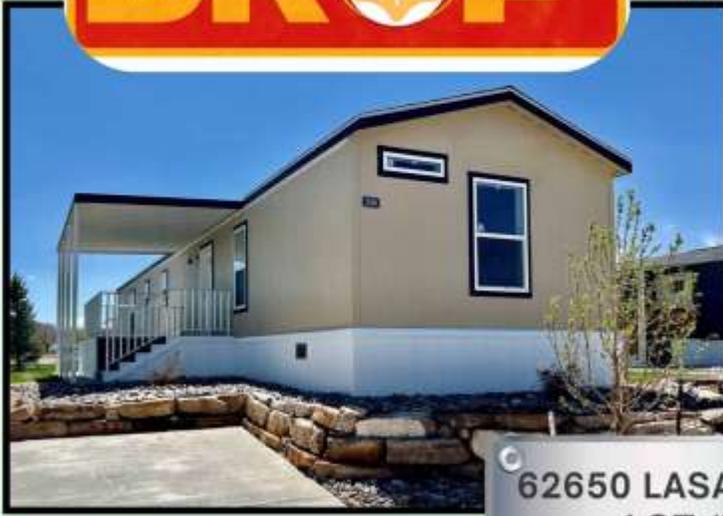
So, Mr. Bell, tell the truth. The real truth. Not your version of the truth which you've paid for with our tax dollars. Stop trying to influence elections. Stop spinning your City Councilmembers up into believing your so-called truth. Stop labeling unpaid citizens doing the research to bring your propaganda campaign into the light of day as malevolent human beings. Just stop!

The real truth of the matter is that after 15 years, Mr. Bell has built for himself a small-town empire with a City Council of go along to get along oldsters more concerned with their image as opposed to working for us, the citizens. It really is time for a change at the top. A recent \$10,000 pay raise and a \$10,000 bonus for Mr. Bell (thanks to Mayor Frank and Company) will be a thing of the past. Mr. Bell might get what he doesn't want on April 7th. Time will tell.

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.

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Hidden Lake

OPINION/EDITORIAL: LETTERS

FOR ALL OF MONTROSE, TOGETHER

Editor:

In the last number of years, I've been finding myself more engrossed than I previously had been with the media.

News broadcasts, articles, and podcasts from across the country came into my feeds and into my daily life.

The printed paper would catch my attention at the customer service desk at the grocery store, and I'd catch myself watching the headlines on the TV if it happened to be turned on at the restaurant. My ears would pick up the latest issues coming through the radio, and my friends and associates would take to the Internet, sharing the latest posts from across the social landscape. In the middle of all of the information coming from all parts of the world, there are the local publications, reporting on what's happening on the ground in our own neighborhoods.

It takes a certain amount of focus to tune out the tidbits that often make it from outside of our community, but with enough diligence, anybody can find the most newsworthy of stories and opinions right here in Montrose.

If I was honest, I'd probably say that the housing market is something that concerns me greatly - not just because I once had no place of my own, but also because I often wonder where the children of Montrose will live when they grow older. Thankfully, we have seen reports of organizations stepping up to the plate and making efforts to build homes for a range of individuals, from those who are only just beginning to start their lives as adults to those who are just closing the door to their careers. Hopefully, housing will continue to develop.

Speaking of children, it often strikes me how important it is for employers to find workers who can work, all while childcare is a barrier in many households who need multiple incomes to pay for groceries as well as the utilities. Once again, news comes out on occasion, speaking to the plans for another facility to care for our youngest citizens. It gives me hope that more and more employees will be available for the workforce when these locations open up.

That being said, more providers are probably going to be needed in the years to come, and it's worth keeping that fact in mind.

It's also worth mentioning that there is an increase in the number of traffic accidents that I've been hearing about and witnessing, and I could hardly go a day without seeing names show up in the blotters offered by our local law enforcement agencies.

Taking it all in, it's pretty obvious to me that there are some really clear issues to work on, but now I'm left with a question: why is there hardly any person talking about any of the topics I've mentioned?

Don't get me wrong - I understand why it matters how a person leans politically. I'm aware why it matters that we have transparency within our government, and I appreciate the idea of having a direct line of communication with city officials and staff. I also understand how important it is to take the safety of our citizens seriously, and why we need to start taking consideration of how much money we borrow for the sake of progress.

So, with all of the above, and with everything that I have yet to mention, why are

there individuals who have given focus to my identity? Are we playing identity politics, or are we trying to represent our neighbors? I'm sorry if these questions seem ridiculous, but with a world of real local issues to work on, why is anyone bringing the politics of the national level and from outside of city limits into our local chambers?

I'll tell you why - it's because people are scared that I won't represent them. I mean, it doesn't help when I have people on the other side telling me "ignore them - they're ignorant." From what I'm told, they're nothing more than relics of years gone by, and this is the modern age - it's time to let their opinions go.

I'm sorry, but I can't do that. I can't tell someone that they must give up their lifestyle - their way of living for generations and generations.

Who am I to tell anyone that they are invalid for having their opinions? Is it my job to justify their perspective, or is it theirs?

I'm not here to judge anyone. Live according to tradition, or live with a focus on the future - it makes no difference to me, because I want to represent both viewpoints. We shouldn't be at war within ourselves, and I'm not here to pick sides. Hate me or love me, it makes no difference to me - not when I want each of you to all be winners here in the city we call home.

Succeed, Montrose, like only you can.

With all the love,

Sam Aster, At-Large Candidate for the Council

1.719.695.0179

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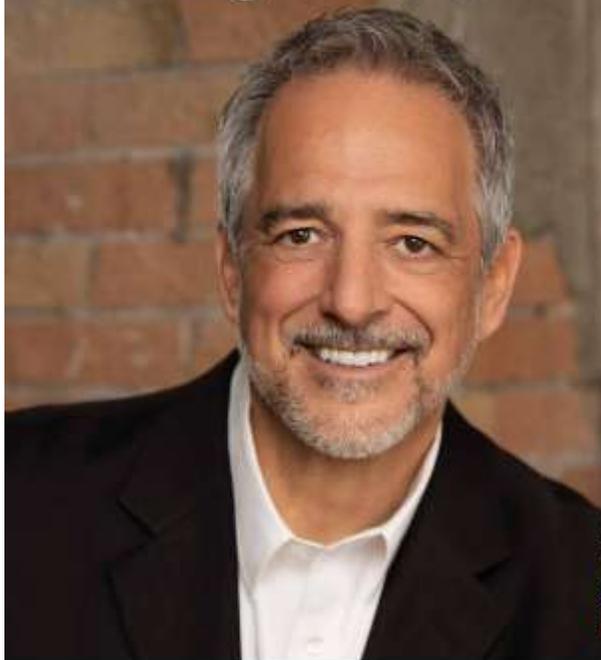
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For more information, visit <https://mjb4montrose.com>
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Montrose City Council

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OPINION/EDITORIAL: LETTERS

TRUTH AND NOTHING BUT THE TRUTH

Editor:

I remember the first time that anyone identified me as feminine. It was my dad, who wondered why I “ran like a girl”. At six years old, I didn't know what he meant, and honestly, even today, I still don't.

I also remember the first time that I was emasculated. I was just trying to defend a friend in school, and I was called a “bitch.” At the time, probably around 13 or 14 years of age, I didn't understand why I was being referred to as a female dog, and while the insult wasn't about whether I was another species - it was about how I behaved.

In the time since, I've heard many other such insults and questions. “Pussy” and “cunt” are words I've heard often, and I couldn't tell you how many times I have been told that I'm too soft, too nice, too... whatever, but it didn't come off well as someone who tried to put on a masculine presentation.

I couldn't be the tough guy. I couldn't be as strong as my parents wanted me to be when I became a man at 18. I couldn't find myself making locker room jokes, or keeping up with contact sports, or getting into the mosh pit at a concert with all of my “dudes”, despite them telling me all the time about how much of a blast it is.

So, a few years ago, I stopped trying to be who anyone else would expect me to be, because I couldn't help but disappoint them anyway. I just started doing my own thing.

It's funny, if I'm honest. At this point, I figured that I'd hear it all, especially in Montrose. I figured that a city that valued

tradition and preserving the customs and heritage of the past would be enraged that I stopped trying to do the standard thing.

What's funny about it is that... it didn't happen that way. Instead, for the first time in my life, it was like everyone saw me. Even more than that, I was accepted just as I am.

One day, eating breakfast while home-less, a lady sat across from me and asked me - with all the timidity in the world - if I was transgender, and wondered if I wanted a church home to be with Jesus. A couple of weeks later, or maybe a month or so (it was a few years ago, so forgive the lack of details), another lady asked me a similar question, but wanted to know if I had a doctor who cared about me being happy with myself.

A few other interactions with random people, and suddenly I was receiving clothes, offers for rides to stay safe at night, hygiene products that smelled wonderful, and more.

All I did was give up an attempt to be the man that anyone else wanted me to be - the man that I just couldn't be, despite three decades of trying. I didn't want to claim a new lifestyle, but it was there, given freely by the grace extended by believers and atheists alike, and I felt God move in that moment.

At one point in time, I did think that the best way to describe my experience was by claiming to be a trans woman. That is hardly the truth anymore. One reason why is that I can hardly find it appropriate to claim the title of being a woman. I'm not female - not by any means - so it was

wrong for me to ever make that kind of statement.

That being said, I am a man - an effeminate male, as dictated by biological and social standards. However, this creates a problem for many people.

I'm still called “ma'am” before people realize I'm male. I'm still referred to as “she” and “her”, despite the fact that I no longer expect people to use those terms with me. I've even told people that I know that I am a man, even if I'm not the most masculine person around, and they still ask if they can call me “girl”.

It's because of these occurrences that I now say that I'm transfeminine - completely male, but hardly masculine. It lets people use whatever pronouns they want to use, or whatever label they want to use, or even whatever name they want to use.

Mr. David White seems to want to spend a decent amount of his attention on matters like this, but the reality is that he's welcome to use whatever words he wants to use to describe me, and I'm not stopping him. So what's really stopping him from asking the real questions, like why he cares more about my identity than the identity of this city, which is falling apart under the old ways of handling matters?

Let's do better, Mr. White. Your neighbors don't want this pettiness - they want results, and it's about time we give them exactly what they want.

Sam Aster, At-Large Candidate for the Council

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COLORADO NEWS BRIEFS

CENTENNIAL MIDDLE SCHOOL RECOGNIZED FOR 4TH TIME AS COLORADO TRAILBLAZER SCHOOL TO WATCH

Special to the Mirror

MONTROSE— Centennial Middle School has once again been named a Colorado Trailblazer School to Watch, earning the prestigious designation for the fourth time and reaffirming its place among the top middle schools in Colorado and the nation.



Courtesy photo Centennial Middle School.

The Colorado Trailblazer Schools to Watch program, facilitated by the Colorado Association of Middle Level Education (CAMLE), identifies middle schools that demonstrate Academic Excellence, Developmental Responsiveness, Social Equity, and strong Organizational Structures.

Schools earning this designation complete a rigorous application process and host an on-site evaluation team that reviews student achievement data, instructional practices, school culture, and stakeholder feedback.

Centennial will be recognized nationally at the National Schools to Watch Conference in Washington, D.C., this summer, joining schools from across the country.

“This recognition reflects the consistent effort of our entire Centennial community,” said Principal Joe Simo. “Our staff and students are committed to high expectations, strong relationships, and continuous improvement. Earning this designation for the fourth time speaks to the sustained excellence of our school.”

Under Principal Simo’s leadership, Centennial has maintained its Schools to Watch designation for 12 consecutive years, a reflection of the school’s long-standing dedication to providing a high-quality middle school experience.

In addition to this national honor, Centennial Middle School is also designated as a Colorado Performance School under the state’s accountability system, recognizing strong academic achievement and continued student growth.

For Centennial, the recognition is both a celebration and a responsibility.

“We’re proud of this honor,” Simo added, “but what matters most is what happens in our classrooms every day. We remain focused on helping every student grow, discover their strengths, and leave Centennial ready for the opportunities ahead.”

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OPINION/EDITORIAL: LETTERS

OUR FOUNDING FATHERS KNEW THE DIFFERENCE BETWEEN A CONSTITUTIONAL REPUBLIC AND A DEMOCRACY

Editor:

Thank You MJB for “splaining” the difference between a Democracy and a Constitutional Republic for all the uneducated and indoctrinated people.

You would expect politicians at least to know the difference but their Anti America beliefs have them promoting the lie. Their ignorance and incompetence is on full display. How fortunate we are as a country to have our Founding Fathers who knew the difference between the two and gave us the foundation for our extraordinary country! America; Love it or Leave it.

Carol McBride, Montrose

STOP SPEAKING FOR ME

Editor:

Stop speaking for me.

I am a registered member of a Native American tribe, and I’m exhausted by outsiders speaking for me.

Speaking with me? That’s a whole different story, and one I’d encourage if it’s genuine. But you don’t hear the tribes or actual tribal members parroting hollow slogans like “nothing is stolen on stolen land.” Stop assuming you can represent us without our input!

The injustices inflicted on our people, the outright theft of land, the shattered treaties, the genocidal acts they will never, ever be okay. It was barbaric, heartbreaking, and should never have occurred. But here’s where critical thinking comes in: Do the actual research. Pre-colonial Native settlements, villages, and built-up areas covered only a minuscule portion of the continent, way less than the most realize because they don’t research for themselves. We’re talking a tiny fraction, with vast territories used for roaming, hunting, and gathering. Sure, some land was stolen outright, and that scar runs deep. It won’t heal, and it shouldn’t be minimized. But the endless woodlands, open fields, and unclaimed expanses weren’t “owned” in the dense, fenced-off way that revisionist stories paint it.

I’m fiercely proud to be Native American and American, full stop. My heritage spans both sides of this complex history

with ancestors who endured unimaginable loss and those who built something new from the ashes. We fought tooth and nail for this land, not just in resistance to colonizers, but in forging a nation through shared battles. Native blood has soaked this soil in every major conflict, from the early wars to World War II and beyond. We’ve sacrificed lives to defend it, and that makes this country ours. We’ve earned it through grit, loss, and unbreakable spirit. And look at us now: the greatest nation on Earth, a beacon of opportunity born from that collective fight.

It hits close to home, literally. In my small town I’ve seen kids standing on street corners, yelling these half-baked assumptions at passersby, ranting about “stolen land” without a shred of understanding or context. They’re screaming at people who might have their own layered histories, including Native roots like mine. It’s not activism; it’s ignorance amplified. These young children haven’t lived our realities, haven’t traced their family trees through tribal rolls or reservation struggles. They’re just echoing trendy phrases that oversimplify centuries of pain and progress.

And let’s talk hypocrisy on a global scale. Travel to almost any other country, and you’ll face scrutiny: Why are you here? How long will you stay? Prove you have enough money to leave and not overstay. If you’re pregnant and past a certain

point, many nations will flat-out deny you entry because they don’t want your child born on their soil, claiming citizenship. Borders matter everywhere else, but suddenly, when it comes to America, the rules don’t apply? Give me a break. Stop with the selective outrage.

If you truly believe your homeland or ideology deserves this land more, then try to take it. But know this: We fought for it, we died to secure it, we’ve died to keep it, and we’ll do so again if push comes to shove. And guess what? Many Native Americans, the very people you’re trying to “speak for,” will be right there fighting alongside, defending the nation we’ve helped build.

Oh, and as a last thought: Maybe stop speaking for Iranians if you’re not one or haven’t lived through what they’ve endured. The same principle applies, don’t presume to voice the struggles of others without walking in their shoes.

If you’re not Native and don’t have a Native voice standing with you, just stop the chants, the signs, and the virtue-signaling. You have no right to co-opt our stories, and frankly, no real grasp of what you’re even saying. Want to make a difference? Let’s have a real conversation. Amplify our voices, support tribal sovereignty, and work together on issues that matter to us today. But drop the presumptions and let us speak for ourselves.

Kena Iversen, Montrose

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OPINION/EDITORIAL: LETTERS

VOTE NO FOR MJB

Editor:

If you haven't heard by now, there is a municipal election on the horizon. It's to decide who will represent us on City Council for the next two to four years. There are three candidates for Districts 1 and 2, and five candidates for the At-Large seat.

Michael J. Badagliacco (MJB) is a candidate for the District 1 seat. I will not be voting for him. Why not, you might ask. His many opinion pieces to The Montrose Mirror are his undoing. I find them to be inflammatory. He has a habit of misrepresenting issues by not telling the whole story.

He is raising a concern about the "explosion" in the budget over the last ten years. What he doesn't mention is the tremendous population growth over the last decade which led to an increase in

revenue. That revenue increase allows the City to create a larger budget to address long-awaited infrastructure needs. He demands transparency and financial audits. He fails to mention the City holds public information meetings annually to discuss the budget and address concerns of the citizens; he also fails to mention an independent auditing process is already in place.

He falsely accused a sitting Counselor of openly supporting the recall of Scott Mijares and recently he has resorted to name calling. He refers to Sue Hansen as a Saint or Queen Bee. He says Hansen is a political opportunist. His tactics and messaging are those of a bully. We have one of those in Washington, D.C. We don't need one in Montrose.

I will give MJB credit on one point, that is having "true" term limits. Many of us

would like to see someone other than the same names recycled on City Council. That does not permit us to be willy-nilly with our decision making. The League of Women Voters is hosting a meet the candidate forum on March 12th, 6PM at Council Chambers. The host will ask an audience submitted question. Each candidate has 2 minutes to respond to it. It is a great opportunity to learn something about each person.

Badagliacco is well known within the local MAGA/DOGE groups and probably has their support. My intent is to convince the moderate voter that Badagliacco is wrong for Montrose.

We have enough unruly politics in Washington; we don't need them in Montrose. Join me in voting for someone other than MJB for the District 1 seat.

Dave Stockton, Montrose

THANK YOU MONTY GEORGE

Editor:

Thank You Monty George for your Ray Langston Rebuttal. The Montrose Republican Party has new Leadership and has undertaken the difficult task of rebuilding its integrity, visibility, and candidate support in the community. The Central Committee meetings have larger attendance and more volunteer involvement. All of these changes are bringing more Republicans and the Independents back to the Party. There's only ONE PARTY that stands for true American Values and is for America First and that is The Republican Party.

Carol McBride, Montrose

THE PRESIDENT HAD NO LEGAL RIGHT TO GO TO WAR AGAINST IRAN

Editor:

Whenever I attend an event where the American flag is presented, I remove my ball cap and hold my hand over my heart. If I was in uniform, then I would salute.

I absolutely cannot believe that, at the Dignified Transfer of US soldiers killed, a solemn tribute to our fallen soldiers, the man who is currently running our country was saluting while wearing a white baseball cap. Neither could FOX News. They later used a photo of a ceremony in 2025 of Trump saluting without a baseball cap trying to portray it as the ceremony for those who just lost their lives. Even they were embarrassed by the

president.

Another embarrassment? Our Congress. Yes, the Iranian Regime was/is horrible. What it has done to their own people is genocide. But the president had no right, no LEGAL right, to go to war against Iran without the approval of Congress. The US Senate had a chance to remind Trump about checks and balances and the Constitution. Instead, they failed to pass a War Powers Act Resolution. Why did we go to war? Did Iran attack the United States? Every day Trump, Rubio, and Hegseth come up with a different reason for the war. Operation "Epic Fury" is really "Operation Epstein Coverup".

So what's next? Cuba? Countries in Latin

and South America? Greenland? Canada?

In addition, there is evidence that Russia is assisting Iran with their intelligence. Our president just shrugs it off.

We have a nephew currently deployed in the Middle East in the Army Reserve. Most of us have friends, co-workers, or family members in the military. Their lives are at stake and their lives mean something to us.

They don't mean anything to the president, as he has indicated by his actions and his comments. As he said regarding the death of the soldiers, "that's the way it is."

Jon Sering

(former Montrose resident)

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CARTOON BY TIM JONES

WEEKLY CARTOON

SOUR GRAPES

by Tim Jones



OPINION/EDITORIAL: LETTERS

THEY WILL NEVER FIGHT FOR YOU

Editor:

Folks, you heard it if you watched President Trump's State of the Union Address. It is now permanently recorded what has been suspected for decades now. Tactically, surprisingly, and publicly, President Trump finally forced the Democrat party and house of congress to shamefully admit whose side they are on, the American people or the illegal invaders that they and their former miscreant and corrupt illegal occupier of the White House, without shame, welcomed in to America! The American people now know who and where the real enemy of America is. They are within our borders in government halls telling us we are racist if we don't agree with them.

When Trump asked every representative in Congress to stand up if they agreed that the first duty of the American government is to protect American citizens, not illegal aliens, the entire Democrat side of congress stayed seated with their smug faces, ugly stares, and cat calls, some even shaking their heads negatively. But every congressional Republican stood up to rousing cheers! It doesn't matter how many Americans are brutally attacked or murdered by criminal illegals, Democrats blindly and lovingly shower them with American tax dollars. Democrat traitors only want your money and your votes, but they will never fight for you, the American patriot.

Jerry Bartholome, Delta County



COLORADO NEWS BRIEFS

MONTROSE REGIONAL HEALTH CELEBRATES NATIONAL NUTRITION MONTH® IN MARCH *Community invited to enjoy Lobby Grille specials and nutrition-focused activities*

Special to the Mirror

MONTROSE— Montrose Regional Health will celebrate National Nutrition Month® in March with special menu offerings and educational initiatives highlighting the importance of healthy eating and physical activity.

National Nutrition Month, established by the Academy of Nutrition and Dietetics, is an annual campaign focused on promoting informed food choices and active lifestyles. To support the 2026 theme, “Discover the Power of Nutrition,” Montrose Regional Health’s Nutrition & Diabetes Services and the Lobby Grille will offer special meals and educational events throughout March. Community members are invited to dine at the Lobby Grille and take part in the celebration.

Activities begin the second week of March. On March 11, recognized as National Nutrition Day, the Lobby Grille will feature a healthy hot line Power Plate. Guests may choose lemon herb chicken or salmon, served with sautéed spinach and quinoa. The Lobby Grille will also offer nutritious grab-and-go items, including cheese cubes, fresh vegetables, berries, and almonds.

“At our hospital, we know that healing takes strength, and strength starts with what’s on your fork,” said Casey Pickett, director of food services at MRH. “By partnering with our Nutrition & Diabetes Services, we are helping everyone ‘Power Up with Nutrition’ through meals that are balanced, energizing, and yes, even crave-worthy. Turns out, superfoods don’t need capes.”

During the third week of March, the Lobby Grille and Nutrition & Diabetes Services will select from vegan recipes submitted by MRH caregivers to offer alongside the regular offerings.

Throughout the month, the salad bar will highlight an “eat the rainbow” theme, encouraging guests to enjoy a variety of colorful fruits and vegetables. An infused water station will also be available, featuring water flavored with fresh fruits, vegetables, and herbs as a refreshing alternative to sugary beverages.

The Lobby Grille, located inside Montrose Regional Health at 800 S. Third St., offers fresh, locally sourced ingredients and operates as a nonprofit organization within the hospital.

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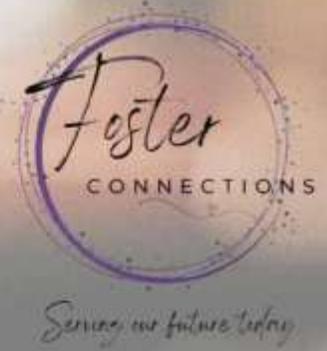
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CITY COUNCIL: CANDIDATE BIOS

CANDID QUESTIONS FOR CITY COUNCIL CANDIDATES: GREG CAIRNS

Compiled by Leah Vandersluis

1. Why are you running for City Council?

I'm running for Montrose City Council because I love living here and believe our city can continue to grow in a way that's healthy, livable, and economically resilient. My wife and I chose to make our home on the northside of downtown because we value strong neighborhoods and the sense that people still look out for one another. I'm an independent focused on outcomes. I'll prioritize making housing more affordable, supporting working-class jobs and local businesses, improving streets and public safety, and planning realistically for climate and water — all with clear budgets and transparent decision-making.

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

The City Council is currently doing a decent job running the city. I'm neither fully satisfied nor dissatisfied. We can always do better. In general, the city spends our tax dollars responsibly.

3. What do you bring to the table?

My background building homes, working in the outdoor economy, growing up in a union household, serving on the board of Friends of the River Uncompahgre, and working as a documentary filmmaker has taught me to listen carefully and translate complex challenges into practical solutions. I'm pro-worker, pro-small-business, and I believe in steady, fact-based leadership focused on results. I'm running as a genuinely independent, outcome-focused candidate.

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

I don't identify with any of these labels. While convenient, they're not particularly helpful in understanding what city council candidates believe, value, or how quali-

fied they are for the role.

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

I believe the job of government is to provide essential public services and infrastructure that individuals and markets cannot efficiently or fairly provide on their own. It should protect people's rights and safety while setting clear, predictable rules that apply equally to everyone. Beyond that, its role is to create the conditions for communities and businesses to thrive without managing people's lives.

6. What do you consider government overreach?

I consider government overreach to be restricting citizens' freedoms or privacy without clear, broad public benefit. I also consider it overreach when the government chooses winners and losers.

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

I live in Montrose because it's a good place to live, and the City Council is part of the reason for that. That said, here are a few ideas I would support more strongly than I perceive the current council does: increased support for low-income housing; expansion of the Montrose responder program to reduce high utilization of EMS services and lower costs; expansion of the urban tree canopy program to include new, low-maintenance street trees in city-owned rights-of-way; and additional focus on pedestrian and bicycle connectivity between neighborhoods and access to the river corridor.

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

I believe most people have good intentions, even when those intentions may lead to harmful outcomes. I would approach ideas or agendas presented to the council with respect and an open mind.

There are often good ideas or important truths within perspectives I don't fully agree with.

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

I have no plans to raise taxes if elected. I would look for ways to spend taxpayer dollars more efficiently. That's part of the duty and responsibility of the City Council, and I would take it very seriously.

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

My role on council would be to protect core services and critical infrastructure while being very cautious about taking on new obligations. The city chose COP financing for the new Public Works facility because it allowed the council to move forward with a \$55 million project addressing a clear and pressing need. However, Montrose has taken on an unusually large amount of long-term lease-purchase debt to fund the project. Our three COP issuances total approximately \$75 million in principal — about \$3,400 per resident. This doesn't mean Montrose is in crisis, but it does mean we've reduced our future financial flexibility. As a councilor, I would require overwhelming evidence of necessity before supporting additional COPs or new debt obligations.

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

I don't support either designation. I don't believe this issue is a significant priority for the City of Montrose at this time.

12. What action would you take on this issue?

My action would be to state clearly that this issue does not significantly affect our city at this time. We should not let it distract us from more pressing community needs. I would not vote to adopt either symbolic designation.

CITY COUNCIL: CANDIDATE BIOS

CANDID QUESTIONS FOR CITY COUNCIL CANDIDATES: SAM ASTER

1. Why are you running for City Council?

Candid Friends, coworkers, and others in the community encouraged me to run for office. I initially sought others to present as candidates other than myself, but having found nobody that I would trust, I decided to ask those who encouraged me to officially nominate me if that is what they truly desire for me to do. That being said, I'm willing to listen to other candidates, and if they are found to be in the best interest of the community at large, then I would happily concede and withdraw from the election, returning to my private life.

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

I think that whether I am happy with the city council and how it manages affairs is rather besides the point of being here on behalf of those who asked me to be in this position as a candidate today.

While I do have an opinion about everything that the council does - both in part and in whole - I would defer to the opinions of the people of Montrose, who have expressed their own opinions about the current direction of the city and their use of taxpayer funds.

3. What do you bring to the table?

From what my supporters have told me, they are looking forward to someone who sets aside personal and political agenda for the sake of treating the natives and residents of Montrose as the valued voices that they are.

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

I believe that those labels are creating unnecessary division in our community today. Twice, I've been addressed for having a landlord who is defined as liberal, but I've also been told that I relate well with conservatives. I think that the best way to describe my perspective is that it lies somewhere in the collective between both traditional and progressive perspectives, and depends on the subject that

we're talking about.

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

I think that the responsibility of the government lies in supporting our rights and freedoms as described by our Constitution.

6. What do you consider government overreach?

I would consider that the inverse of my previous answer is appropriate here: a government shouldn't interfere or obstruct our ability to live freely and independently as citizens. Furthermore, the attempt to extend privileges to any group - regardless of their demographic - poses a risk to those who fall outside of that exclusive group. Government overreach, under this definition, would be an attempt to say that all Americans are not made equal, and a contradiction to our country's founding principle.

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

I feel like it's necessary to say that doing things differently is not always appropriate or appreciated. Traditions have purposes, and so does progress, but both ought to be considered in relation to the citizens of Montrose and their accustomed lifestyle. I'm not here to uproot their way of life - I'm here to ensure they can keep that day-to-day routine as we consider how to keep up with the years ahead. That being said, I would encourage council members to be more proactive in their communications to ensure that our neighbors have transparent access to their representatives.

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

What are we defining as harmful agendas? To some people, what they do is rational, and whether we as council members would agree with them or not is not the real question - the real question is whether the council member will listen to their constituents and give heed to the

warnings, concerns, and issues voiced by the voters themselves, rather than listening only to the benefits being suggested to them.

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

I don't think our economy can afford to take any more money out of our neighbors' pockets. There must be a way to reallocate existing spending that frees up community funds and keep taxes from continuing to rise.

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

As I previously stated, there is likely some way to restructure the budget so that our expenses are brought back to within reasonable spending habits. This should free up excess funds, which should be used to repay debts as expediently as possible.

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

I take issue with crimes committed by individuals within our community. Even a misdemeanor requires being addressed by the appropriate authority for such matters. In that way, if an individual is determined to have evaded immigration proceedings, then they have violated federal law, and I would not condone that or be willing to risk further harm to our community. Therefore I support non-sanctuary status for Montrose.

12. What action would you take on this issue?

It is to my understanding that a declarative statement, signed and stamped by our council members, is being requested by citizens. While it's not a matter of concern for many neighbors, I have yet to hear any reason why this simple measure cannot be taken to satisfy those who have made the request for so long. Because of this, I would move to sign my own name on a declaration to say that legal residents are the only residents that I am legally able to represent, and encourage my fellow council members to do the same.

CITY COUNCIL: CANDIDATE BIOS

CANDID QUESTIONS FOR THE CITY COUNCIL CANDIDATES: KENDALL CRAMER

1. Why are you running for City Council?

Our city will continue to grow and we must be ready for the challenges and opportunities ahead. I want to ensure the city is meeting its obligations to our residents and that we are building a resilient community. As a councilman, I will focus on strengthening our economic development initiatives to diversify and grow our economy, planning and investing in our community's infrastructure, and facilitating efforts to address workforce housing and childcare shortages so everyone in our community can succeed. I will support initiatives that make Montrose a safe and vibrant community, and one that respects our historical and natural resources. Additionally, I am committed to building civic trust and encouraging public engagement with our local government.

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

I believe there is room for improvement, especially in regards to providing financial incentives to both businesses and nonprofits. At a time when Montrose households are being asked to pay significantly more for services, should we be providing utility and building permit fee waivers to wealthy developers? Should we incentivize the construction of corporate coffee and tire shops under the guise of public infrastructure improvements? I would like to visit the city's website and easily find who is receiving our tax dollars and how they are being used. Some businesses and nonprofits receive city funds, sometimes more than once, while others are told the city well is dry. We need clear guidelines on eligibility requirements for city incentives to ensure every tax dollar spent benefits the entire community.

On that note, I am concerned about the future of the MURA development. While expanding the Montrose Recreation District footprint might benefit the community, the MURA development's intent and purpose were not to incentivize non-tax-generating or tax-exempt entities. The loss of Secret Creek from the MURA devel-

opment, previously Colorado Yurt Company, cannot be understated. According to the city's April 9, 2021 press release, the city provided over \$1 million in incentives to the MURA for the project. How will that money be paid back? What are the city and economic partners doing to attract new outdoor industries to the development?

Additionally, I question how personnel resources are allocated and why some infrastructure improvements are ignored. For example, at the intersection of Townsend and Main Street there is a traffic median that has been eroding for at least nine years. When I first started work at the city in 2017, a resident called and asked for it to be fixed and for the city to brush the rocks off the medians in the spring as a way to take pride in our community. I passed the information along. Today, it's still not repaired. Why? Every week, I see pedestrians walk along blighted North Townsend, an area of town that has been ignored for far too long. Why doesn't the city invest in building a proper sidewalk and revitalizing the gateway to our community? And if it snows, the city expects us to shovel our sidewalks within 24 hours, but they won't come through with a snowplow. Do we lack staff or equipment? We need to examine our priorities and obligations.

3. What do you bring to the table?

I learned the ins and outs of our local government while working for the City of Montrose from 2017-2022 as the grant coordinator and community program manager - leading DART. Through my work at the City of Montrose, I secured millions of dollars in grants for a variety of city and community projects. I worked closely with city leadership, our community nonprofit organizations, community leaders, and state and federal agencies to obtain funding for projects that benefit Montrose and our greater region. These efforts contributed to a senior housing development (Woodgate Trails), a new playground at Columbine Middle School, habitat improvements on the Uncom-

pahgre River, restoration of the historic Montrose Potato Growers Association building, funding for the police department, and countless other projects. Not only do I have a vision for Montrose, but I have the experience and have actively worked to improve the quality of life for Montrose residents.

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

I consider myself an independent. I am registered as unaffiliated. Throughout my life, I have voted for both Republicans and Democrats. My fiscal and social leanings are moderate. It is easy to pigeonhole people based on labels, assumptions, and desperate, weekly editorials, but that ignores our commonalities and shared values. Everyone in this race loves Montrose and wants to make it better.

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

The two primary roles of municipal government are to provide public safety and ensure well-maintained, adequate public infrastructure. That being said, the government has a responsibility to listen to and address issues brought forth by constituents that are important to maintaining and improving quality of life.

6. What do you consider government overreach?

Non-funded state or federal mandates. Additionally, excessive taxation and increases in fees (which are also taxes).

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

I would seek to ensure my commitments (<https://www.kendallformontrose.com>) are enacted. I would strive to avoid the appearance of groupthink. In the nine years I have lived in Montrose, I can probably count on one hand the number of times there wasn't a 5-0 vote by the council.

I don't want our council to operate in gridlock, but every decision shouldn't be unanimous. It sows distrust and gives the appearance that decisions have already been made by the time the public gets three minutes to share their concerns.

CANDID QUESTIONS FOR THE CITY COUNCIL CANDIDATES: KENDALL CRAMER *From previous pg*

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

Every individual is guaranteed the right to address their government under the Constitution. That doesn't mean the government has to act or on the other hand silence its critics. I will seek to listen and understand all Montrose residents.

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

Middle class Americans are being taxed (and assessed fees) to death. Colorado state law requires voters to approve new or increased taxes.

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

Most of this debt is for required upgrades at the wastewater treatment plant and the construction of the new public works facility. One could argue that the new public works facility isn't necessary at this time, but the current facility is in rough shape, under-sized, and located at the end of a commercial runway. The debt for it will be paid back through sales tax. The debt for the wastewater treatment plant will be paid back through increased enterprise user fees, which are a significant burden to our residents. This year, we faced a 22% sewer rate increase, and next year there will be a 20% hike. These services are essential, but I believe better foresight and planning would have alleviated such drastic measures. The wastewater treatment plant is at least 30 years old. Why wasn't there a plan to replace it when it reached the end of its useful life?

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

I support non-sanctuary cities, of which the City of Montrose is one by default.

12.What action would you take on this issue?

Our police department already cooperates with federal authorities to apprehend dangerous, violent criminals. I support efforts to maintain police legitimacy and public trust through community policing.

REGIONAL NEWS BRIEFS

MONTROSE POLICE DEPARTMENT ANNOUNCES ONE-DAY CITIZENS POLICE ACADEMY APRIL 18

Special to the Mirror

MONTROSE— The Montrose Police Department is inviting residents to take part in its annual one-day Citizens Police Academy designed to provide an engaging, hands-on look at local law enforcement operations and strengthen connections between officers and the community.

The 2026 Citizens Police Academy will be held on Saturday, April 18, from 8 a.m. to 5 p.m. at the Montrose Police Department, with lunch provided. The department has structured the program into a full day of interactive sessions, making it easier for community members to participate while offering an action-packed introduction to policing within the Montrose community.

Participants will rotate through multiple one-hour breakout sessions covering a wide range of public safety topics. Planned sessions include a tour of the Montrose Police Department, patrol procedures and equipment demonstrations, crime scene and evidence processing, a use-of-force and critical incident simulator, the department's Mental Health Co-Responder program, victim advocacy services, the Drug Task Force and K9 program, and an overview of SWAT operations.

The Citizens Police Academy is open to anyone interested in learning more about public safety and law enforcement in the community. Participants must be at least 18 years old, able to pass a basic background check, and available to attend the entire program on April 18, 2026. Applications are available online, and English-to-Spanish translation will be offered to ensure broader accessibility.

LINK TO APPLICATION: <https://forms.gle/uQG8gNdqKWkPd9GN9>.

The Montrose Police Department established the Citizens Police Academy in 1997 to educate residents about police operations and foster stronger community partnerships. Since its inception, hundreds of residents have completed the program, gaining insight into law enforcement practices and the department's role in keeping Montrose safe.

Community members are encouraged to follow the Montrose Police Department's social media channels for program announcements or to contact the department directly with questions.

For more information, residents can visit the Montrose Police Department (www.montrosepd.com) or call 970-252-5215.

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

CITY COUNCIL: CANDIDATE BIOS

CANDID QUESTIONS FOR CITY COUNCIL CANDIDATES: RACHEL BETANCOURT-EGE

1. Why are you running for City Council?

I am running for City Council because I want to provide creative solutions through a new lens to benefit the people of Montrose.

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

I work on Main Street, so I've appreciated the projects executed downtown to encourage the public to spend more time walking through the heart of our city. I'm also glad the city has taken steps to address the unhoused population and the need for action. The City Council has had to tackle several large scale projects the last few years but they will overall benefit our necessary infrastructure and population growth.

3. What do you bring to the table?

I bring the concerns of the young modern day family to the table which includes affordable childcare, affordable housing and economic opportunities. I also bring a perspective of farming community roots, nonprofit professional background and a passion for downtown growth. This balance of realistic optimism has prepared me to respectfully collaborate with people from various backgrounds to achieve symbiotic goals.

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

I'm a mixed package. Financially, I'm conservative and believe debt free living brings peace of mind. Socially, I'm more

liberally progressive and believe when basic needs are met, people flourish.

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

I believe the job of the government is to create the basic safety net of needs and to transparently use voted tax dollars to directly benefit citizens. Affordable housing options, public safety, clean water and basic social services. There are over 200 non profits in Montrose which makes me believe there are gaps in our system that should not be there.

6. What do you consider government overreach?

Misuse of tax money.

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

I want to encourage more open dialogue with citizens in a relaxed setting. Not everyone is comfortable enough to speak publicly in front of a council, but their input still matters. The city utilizes social media to promote engagement with citizens which is helpful but we still need in person conversations.

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

I recognize one person's "harmful" could be another person's "normal". I would seek to understand through respectful in person conversations. We may still disagree but we have to at least try to find a way to work forward.

9. Would you support raising taxes or fig-

ure out a more efficient way to spend our taxpayer dollars?

Life is already too expensive so I do not want to propose raising taxes. Coming from the nonprofit field, I believe in making the dollar stretch. These taxes were voted in and I believe we can find creative ways to put them to their most effective use.

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

The city took on large cost projects but they were necessary for infrastructure and safety. Moving forward, we can utilize all available resources, pay off debt and set aside more funds for future projects.

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

Non-sanctuary. I do believe immigration should be conducted legally, however our immigration system is frustrating and needs improvement.

12. What action would you take on this issue?

I support our local law enforcement because they wear body cameras for professional protection and accountability. They also do not wear face masks because they are important members of our community which creates ethical responsibility. ICE does not take these steps, therefore they lack my respect as a professional and an American citizen. I would provide support to our local police department if requested because that is what is required as a non-partisan professional.



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COMMUNITY OBITUARIES

ROBERT D. (BOB) ELSING *June 21, 1934- March 02, 2026*

Robert passed away at home on March 02, 2026.

Robert was born on June 21, 1934, in Sauk City, Wisconsin to Walter and Lavina (Cross) Elsing. He was raised on the family farm along with 10 siblings.

Robert married JayAnn Bardsley on June 6, 1952. They had 3 children, 2 daughters and a son. He farmed alongside his brother until 1971 at which time he moved to Montrose, Colorado. He enjoyed hunting and fishing.

Robert owned and operated Custom Concrete for many years in Montrose.

He is survived by two daughters Patricia Grunewald (Daniel) and Jaynie Searcy (Steven). His grandchildren and great grandchildren along with 2 sisters and 3 brothers and other relatives. He was preceded in death by his wife, JayAnn and son, Robert Jr. and several brothers and sisters.

Special thanks to his niece, Contance Henthorne, for the many years of care she provided him.

A private service will be held at a later date.



CHRISTOPHER ALLEN GALLEGOS *January 31, 1968 – February 2, 2026*



CHRISTOPHER GALLEGOS passed away at Montrose Memorial Hospital. He was 58 years old. A memorial service will be held on Saturday, March 7th, 2026, at 10 am at Taylor Funeral Service 682 1725 Rd. Delta, Colorado. Followed by a graveside ceremony at Mesa View Cemetery. A reception luncheon will follow at the Delta Rec Center @ 2pm.

Christopher was born January 31, 1968, in Delta, Colorado, to Mary Alice (Valdez) Gallegos and Henry John Gallegos Jr. He grew up in Delta County and as a young child he loved riding bikes and playing baseball. In his early adulthood he was blessed with children from different chapters in his life, each chapter contributing to the story of who he was. He faced challenges and difficult seasons throughout life, yet those experiences shaped his strength and led him to give his life to God. His life reflected both struggle and hope, he held onto his belief in grace. He had a longstanding relationship with Jim Renfrow, who gave him more than a chance. Christopher loved to fish as much as he had a passion for building bicycles. God arranged for him to be at a Church Camp in Ouray in early 2000. There is where he met someone who showed him how to build bicycles. Several years after that is when he was featured in a news article on the front page of *Montrose Daily Press* with his photo, the headline read "Ex-Con receives new life with Jesus Bikes." He had rebuilt over 100-150 bikes per year for The Haven House, a shelter for

women and children. He was known in the community as "Mr. Jesus Bikes." That gave him much joy to see that he was making a difference in those who were less fortunate.

Christopher is survived by his siblings Ronald "Ron" Gallegos, Carol Gallegos, Theresa Giron (Johnny), Susan Chavez (Abel). His two sons Alberto Solomon Campos, Christopher Gallegos Sherwood, his daughter Jaclyne Gallegos, and his step-daughters Savanna and Sierra. Christopher has seven grandchildren Angel Campos, Twila Arceli Campos, Oscar Campos, Josiah Sherwood, Jeremiah Johnson, Malachi Gallegos, and Clarissa Patterson. Christopher is preceded in death by his parents Mary Alice Gallegos, Henry John Gallegos Jr., his son Isaac Gallegos, and his brother David Gallegos.

COMMUNITY OBITUARIES

TAMARA MICHELLE GARDNER *June 4, 1969- February 19, 2026*



TAMARA MICHELLE GARDNER, age 56, of Montrose, Colorado, died February 19, 2026 in her home surrounded by family. She was born June 4th, 1969, to Shirley Vas-sar and Junior Jackson. She was a daddy’s girl and has two brothers, Thomas and Spike Jackson.

She resided in California, Washington, Idaho, and Colorado; and spent most of her life in Montrose. She had three boys, CJ, Robert and Matthew Gardner with her late partner, Corwin Allen Gardner.

Her sons were the center of her world, and gave her three daughters through mar-riage, Saraya, Julianna, and Sarah. Her family grew exponentially with three beautiful grandchildren, McKinley, Gabriel, and Corey. Tamara enjoyed paddleboarding, spending time with family, spoiling her grandbabies, and was always the life of the party. She was a CNA for over 30 years and her laughter will always be remembered. She’s preceded in death by her mother, father, and brother, Bobby.

The memorial service will be held from 11am to 4pm on Sunday, March 8th, at the Montrose Elks Lodge, feel free to bring a potluck dish if you are able to attend. If you would like to donate to help with the memorial service please reach out to Matthew Gardner at (970)-209-6813.

JOSEPH "JOE" ZABRISKIE, JR *September 29, 1956 – February 14, 2026*

Joe went home to his heavenly father on February 14, 2026 after a long battle with kidney fail-ure.

Joe was born to Joseph and Ruth (Scott) Zabriskie on September 29, 1956 in Cambridge, Ma. He is proceeded in death by both of his parents. Joe married the love of his life, Cheryl (Muzzy) on July 16, 1977. They shared 49 years together. Cheryl still resides in their home in Montrose, co.

Joe also leaves behind his sister, Barbara (Kevin) Williams, as well as two nieces, Heather Wil-iams and Amy Williams, two great nieces Alicia Chicas and Joy Nicole Sullivan, a great nephew, Jack who proceeded him in death, all of Malden, MA. He also leaves behind his brother-in-law, Scott (Kelly) Muzzy, two nephews, Dean (Shelby) Muzzy, and Casey Muzzy, Two great nieces, Meara Ray and Madison Scott Muzzy, all of Townsend, MA.

As a young man, Joe worked for Rogers Foam in Somerville, MA making NERF products. He would always come home with a few nerf balls. He later worked in security, in both the corpo-rate and medical sectors. Cheryl always knew when it was a bad night in the ER because he would tell her, "Please don't touch me."

They moved to Montrose, CO in 1990 after a visit with Cheryl's dad. Joe worked for a time at Russell Stovers. He then was hired on as a baker at Daylight Donuts. They eventually bought the donut shop. They made many friends and memories during that time. One of the best memories was when they decided to hold a "99 cent Dozen Donuts Day." They enlisted the help of local ra-dio station KKXX. They ended up with more than they bargained for when the line went down the block!

The couple moved back to Malden, MA in 1996 and always said they would be back. After some health issues, they returned to Montrose in 2011 where they retired.

Joe and Cheryl loved to explore and thought nothing of going for a ride on a Sunday. They would take the road less traveled, just to see where it leads. Unfortunately, they would find some great places, then not remember the roads that took them there. But it was always an adventure.



COMMUNITY OBITUARIES

ELVA “LEA” HARPER *September 25, 1947 – March 1, 2026*

ELVA “LEA” HARPER, 78, of Montrose, Colorado, passed away on March 1, 2026.

Lea was born on September 25, 1947, in Price, Utah, she spent her early childhood growing up in Mt. Emmons, Ut, surrounded by family and the familiar comfort of small-town life. Her family later moved to Holliday, Utah, where she graduated from Skyline High School before continuing her education at beauty college. She carried her creativity, warmth, and love for helping others throughout her life.

In 1988, Lea made Montrose, Colorado her home, where she lived for the rest of her life. Her days were filled with laughter, love, and the joy of being surrounded by family and friends. She had a gift for making everyone she met feel welcomed and appreciated.

One of Lea’s greatest passions was her work with Community Options and the Special Olympics program. She poured her heart into supporting the individuals she served, forming lasting bonds and finding deep purpose in the work she loved. Outside of work, she enjoyed road trips with

her best friends, especially when the destination involved a little gambling adventure. B

owling leagues, bingo, and crafting were among her favorite hobbies, and family gatherings were the key to her most genuine and radiant smile.

Lea is survived by her three children: Lonnie (Margaret) Adair, Wendy (Jody) Knifer, and Justin Adair; her seven grandchildren: Jake Adair, Taliya Robinson, Cody (Courtney) Giles, Marcie Giles, Taylor Epperson, Blake Adair, and Savannah Adair; and her six great-grandchildren. She is also survived by her sister Georgia Dunham and many cousins, nieces, and nephews, all of whom held a special place in her heart. She leaves behind a legacy of kindness, humor, and unwavering love.

She was preceded in death by her parents, George Dwain and Elva Hope Harper, and her two brothers, Boyd Harper and William “Billy” -Dale Harper.

A Celebration of Life will be held on March 13, 2026, at the Holiday Inn in Montrose, Colorado, from 5:00 p.m. to



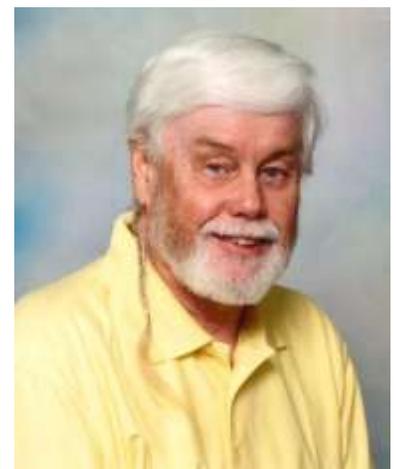
8:00 p.m.

Lea lived with a carefree spirit that lifted those around her, and her family takes comfort in knowing that her laughter, her warmth, and her joyful way of moving through the world will continue to echo in the hearts of all who loved her.

ROBERT C. BARNES *February 29, 1940- February 19, 2026*

ROBERT C BARNES of Montrose Colorado passed away peacefully in his home on February 19, 2026 surrounded by his wife, Theresa and beloved Dog Bentley. Robert was born February 29, 1940, in Pawpaw, Michigan. Robert married the love of his life, Theresa A. Pini, they have one child Roberta Williams. Bob was a civil engineer working in Michigan and coming to Colorado to work on the Ridgway Dam, he enjoyed the challenge of his engineering projects in Colorado. Robert loved building cars and car racing. Robert’s best time in his life was being with his daughter, grandchildren and great grandchildren, and especially being with his wife and dog Bentley. Robert is survived by his wife Theresa, daughter Roberta, and twin brother Tom (Shirley Barnes).

Crippin Funeral Home is assisting the family.



COMMUNITY OBITUARIES

DR. RICHARD DANIEL SHANNON *November 23, 1931 – February 28, 2026*



DR. RICHARD SHANNON, a long-time resident of Montrose, CO, passed away peacefully at his home on February 28, 2026 at the age of 84.

Richard was born November 23, 1941 in Chicago, Illinois. His father was an executive for Ford Motor Company, a job that would take the family from Chicago to Kansas City to Boston and finally back to Chicago as a child and young adult.

At the age of 13, he and his family relocated to Framingham, near Boston, MA. It was there he developed his lifelong love of ice hockey and recalled countless hours spent both on the pond and rink playing hockey with his younger brother Jim. His passion for hockey continued in college, as he and Jim played at Boston College and Northwestern University. He then played recreationally through his early 30s.

In May 1964, Richard graduated from Northwestern. Following undergrad, he attended Creighton University Medical School in Omaha, NE. It was in Omaha that he met his wife Maureen, a student at a nearby women's college. They married in the fall of 1967 in Rushville, NE. His first daughter Kathleen was born in Omaha the following year.

After graduating from medical school in May 1968, Richard completed an intern year in Omaha before being drafted into the U.S. Navy. He recalled his time spent as a Naval officer fondly. He worked in the anesthesia department in Portsmouth, VA and Bremerton, WA. His son Michael was born during their time in Washington state.

After Richard's Navy time was completed, he and his young family returned to Omaha so he could complete a residency in Urology. Initially his search for jobs post-residency focused on regions where hockey was available. However, once he visited Montrose, CO for an interview, he fell in love with the town and surrounding mountains. They moved to Montrose in 1975 and his daughter Kelli was born a few years later.

Richard loved practicing medicine and loved being a urologist. He worked in private practice and at the VA Hospital in Grand Junction until his retirement at the age of 80. Recreationally, Richard enjoyed skiing, boating and travel. He and his family created many wonderful memories on the ski slopes and water, where he was always up for teaching others how to ski and taking another spin around the lake.

He and Maureen traveled to every continent except Antarctica, though they saw those shores from a cruise ship. He also loved any reason to celebrate, participating in community theatre both as an actor and director, and watching the Broncos and any sport his grandchildren participated in, especially soccer.

Richard was an amazing friend, brother, husband, father and papa. He loved engaging with people and hearing their stories. He will be remembered by countless friends and family for his strong faith, commitment to helping others, adventurous spirit, and infectious laugh. He truly embodied a life well-lived.

Richard was preceded in death by his parents, Dorothy and James, and brother Jim. He is survived by his sisters Joan and Jeanne of San Diego, CA; wife Maureen of Montrose, CO; daughter Kathy Maness (Mike) of Broomfield, CO; son Mike Shannon (Brandy) of Cheyenne, WY; daughter Kelli Shannon (Kris Kazlauskas) of San Diego, CA; grandchildren Kailey, Jackie and Ryan Maness; Josh Zimmerman, Herbie and Abby Legg, and Bebe Shannon; Jonas, Jakob, Natalie and Lauren Kazlauskas; and nieces and nephews in the US and England. A rosary service and vigil will be held at Crippin Funeral Home in Montrose on March 19 at 7 p.m., with a funeral mass on March 20 at 1 p.m. at St. Mary's Catholic Church. Burial service will follow at Grand View Cemetery. In lieu of flowers, the family asks that donations be made to HopeWest Hospice or St. Mary's Catholic Church.

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ISSUE 564 March 9, 2026

ART & SOL

UNDERSERVED YOUTH EXPERIENCE THE GRAND MESA



A Forest Service Ranger helped one of the youth find their balance on skis. Courtesy photo.

*By Trigg Skoe,
Friends of Youth and Nature*
REGIONAL-Winter has finally arrived in Colorado, and just in time for Friends of Youth and Nature’s TRY event on the Grand Mesa! On Feb. 16, Friends of Youth and Na-

ture hosted more than 80 youth participants and 27 volunteers across two locations on the Grand Mesa for a day filled with fun, first-time experiences, and outdoor education. Participants had the opportunity to try ice fishing, cross-country skiing, sledding, and snowshoeing, many for the very first time.

The TRY (Together for Resilient Youth) Program hosts six events throughout the year, all focused on providing underserved youth and families with meaningful outdoor recreation experiences. The winter event on the Grand Mesa has always been a favorite, and it’s a wonderful way to kick off the new year with community, connection, and adventure.

The Together for Resilient Youth coalition collaborates with eight local organizations, including Families Plus, Partners, CASA of the 7th Judicial District, Haven House for the Homeless, Black Canyon Boys & Girls Club, Peer Kindness, Voyag-

ers, and Hilltop Family Services. The TRY coalition also partners with agencies that help make these events possible, including the U.S. Forest Service and Colorado Parks and Wildlife, both of which play a major role in supporting the winter event on the Grand Mesa.

These events give youth and families the opportunity to experience firsthand the benefits of spending time outdoors while building community, resilience, and confidence. Following FOYAN’s Grand Mesa event, all participants reported an increased sense of self-esteem, confidence, and belonging in outdoor spaces. Quotes from participants and volunteers at this year’s event highlight just how meaningful these experiences can be for all involved:

“This was the best day ever! Sledding was the most terrifying, but fun activity I’ve ever done!”

“I wasn’t planning on coming today, but I am so happy I did because it was such a fun day.”

Continued next pg

UNDERSERVED YOUTH EXPERIENCE THE GRAND MESA From previous pg

“Volunteering for these events fills my cup. Seeing these kids get outside and enjoy life when there’s so much else going on in their lives brings joy to all those around.”

“I caught four fish today! I have never caught a fish before!”

Together for Resilient Youth events are deeply impactful for participating youth, families, and volunteers alike.

These experiences are made possible by the generosity of Western Slope community members and grantors such as GOCO’s Generation Wild Uncompahgre, Colorado Parks and Wildlife’s Colorado Outdoor Equity Grant, the Western Colorado Community Foundation, and more.

If you’d like to support future TRY events, please consider donating to Friends of Youth and Nature, reaching out about volunteer opportunities, or following and sharing our work on social media.



A Forest Service Ranger helped one of the youth find their balance on skis. Courtesy photo.

Friends of Youth and Nature (FOYAN) is a non-profit organization that promotes opportunities for youth and families to

go outside, experience outdoor activities and explore nature. For outdoor safety tips, trail game ideas, hiking trails, and

other ways to get young people involved in the outdoors, visit the FOYAN website at www.friendsofyouthandnature.org

COMMUNITY NEWS BRIEFS

BELIEVE IN YOURSELF AS A WRITER SAYS LOCAL AUTHOR

Special to the Mirror

MONTROSE-On Saturday, March 21st there will be a book signing at Meditation Spaces in Montrose, Colorado featuring local author D.L. Blanchard who will talk about her newly released suspense novel, “Blue Moon Bench”. Blanchard will be sharing the inspiration behind this first novel and the story of how she pushed through obstacles to finally get the novel into the world. A story she hopes will inspire other hopeful authors.

Blanchard will also share how the classic mystery novel “Rebecca” by Daphne du Maurier, (also a movie by director Alfred Hitchcock) was a gift on her sixteenth birthday. That gift sparked the idea for her novel. She striped the idea to the bone, then dressed it in the colorful culture of northern Arizona. It quickly became a novel that flowed effortlessly because of her connection with the southwest. But she’ll also share how the novel

took a long, winding journey before it was published and why she stayed committed. She hopes it inspires other writers who struggle with their love of storytelling and why it’s important to believe in yourself as an author. Blanchard is looking forward to sharing how making the main character a Tibetan Buddhist became a real thing when she decided to show how Buddhism feels connected with the Hopi and Navajo spiritual beliefs — a big part of the setting in and around Flagstaff, Arizona. “We write what we know, and as a Tibetan Buddhist, I noticed that many of the characters in the novel were driven by faith and compassion, which are key aspects of Buddhism.

So, it was natural when Jessica, our main character, felt a strong connection with the Navajo and Hopi characters in the novel, it appeared to be because of this similarity. This understanding helped her unravel the mystery of how her new hus-



Local author D.L. Blanchard.

bands’ first wife actually died,” Blanchard explains.

Copies of the book will be on sale at the event, and the author is happy to autograph your copy if requested. There will be light refreshments, and the event should last approximately an hour, depending on how many questions the audience asks. You can learn more and register to attend the event at bluemoonbench.com. The novel is available now for purchase at Meditation Spaces, 12 S. Uncompahgre Ave. in old downtown Montrose. Open Weds-Saturday - 10 - 4pm.

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COMMUNITY NEWS BRIEFS

DOCUMENTARY 'PRESERVED' TO SCREEN AT THE SHERBINO ON MARCH 21

Special to Art & Sol RIDGWAY — A special screening of the documentary Preserved will take place Saturday, March 21, at The Sherbino Theater in Ridgway. Doors open at 7 p.m., with the film beginning at 7:30 p.m., followed by a discussion with the film's director, Ben Clark.

Clark, who lived in Telluride for more than a decade and remains closely connected to the community, will join the audience after the screening for a conversation about the film and the



Lance Bernal prepares to retrieve data from this mountain lion on Vermejo-Photo by Ben Clark for "PRESERVED."



A ram on the edge of a cliff on Vermejo's Ptarmigan Peak-photo by Ben Clark for "PRESERVED."

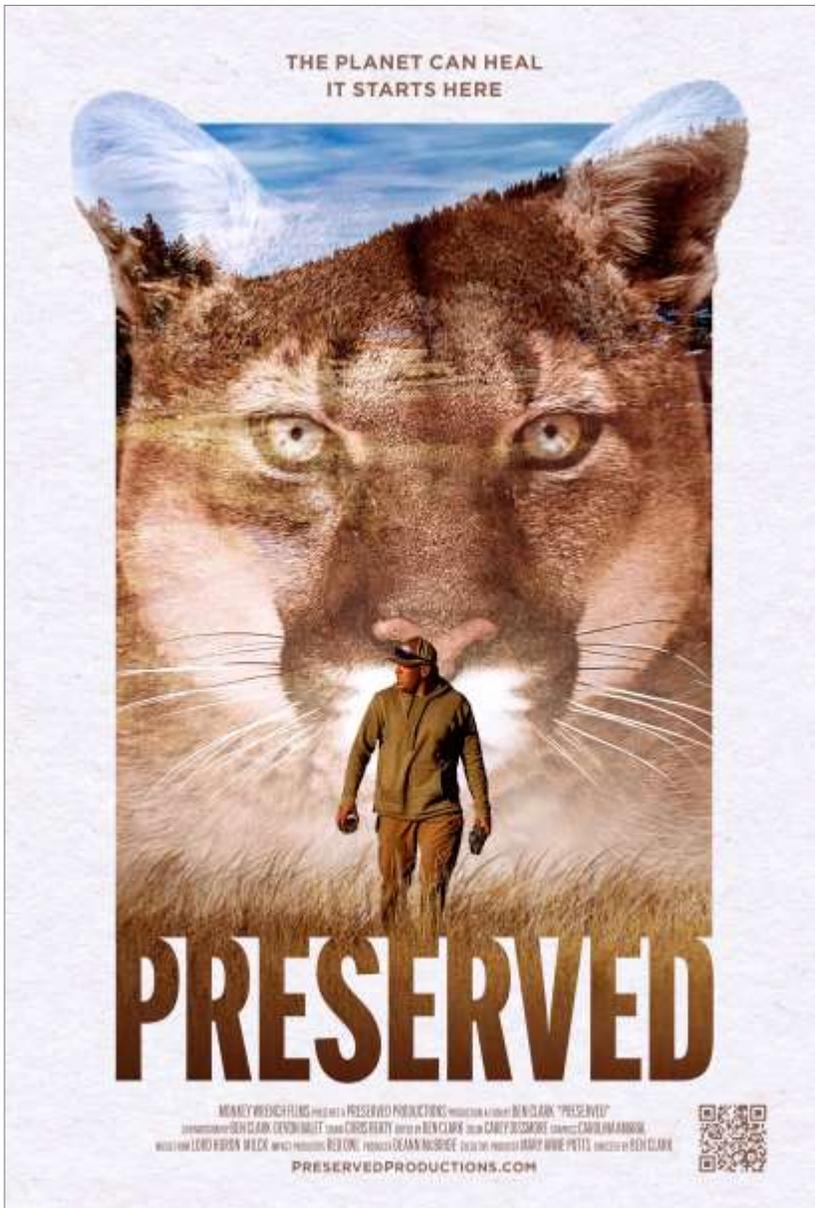
conservation work it documents.

The feature-length documentary explores large-scale ecosystem restoration at Vermejo, a 558,000-acre conservation landscape in northern New Mexico. The film highlights the return of wildlife—including bison, elk, and beaver—as well as major habitat restoration projects such as North America's largest native trout recovery effort.

Through interviews with scientists, ranchers, and conservationists, Preserved examines how long-term land stewardship can help ecosystems recover and adapt to environmental change.

The screening is part of The Sherbino's community film programming. Tickets are \$15 in advance or \$20 at the door.

More information and tickets are available at: <https://sherbino.org/event/preserved-documentary-sherbino-march-21/>



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COMMUNITY NEWS BRIEFS

UNCOMPAGRE NAVIGATORS INVITES YOU

Special to Art & Sol

MONTROSE-Citizens Climate Lobby Montrose, Time Bank of the Rockies, and Unify Montrose invite you to attend an informal gathering where conversations with local non-profits are lively, collaborative, and engaging. After all, we all need help sometimes. It will be a fun get-together with light appetizers, an open bar, and open positive engagement.

When: Thursday, March 26, 5pm - 7 pm

Where: The Association, 39 W. Main Street (The Old Potato Co-op building)

Theme: Renewable Human Energy

We are inspired by joining together, to create synergy for something greater than ourselves. We recognize that a little help from friends makes a job so much easier. Thus the group was born as the Uncompahgre Navigators (UN).

UN believes that you possess the thirst, knowledge and desire to attract people who in turn create renewable human energy!

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COMMUNITY NEWS BRIEFS

VIVIAN FICCO NAMED TO DEAN'S LIST AT COLORADO SCHOOL OF MINES

Special to Art & Sol

GOLDEN— Vivian Ficco, a 2025 graduate of Montrose High School, has been named to the Dean's List at the Colorado School of Mines in recognition of her outstanding academic achievement during the Fall 2025 semester.

Ficco, now a freshman majoring in electrical engineering, earned Dean's List honors in her first semester at Mines — a distinction awarded to students who demonstrate exceptional scholastic performance while completing a rigorous course load.

Located in Golden, Colorado, Colorado School of Mines is nationally recognized for its strong programs in engineering and applied sciences. The university's electrical engineering program challenges students with advanced coursework in mathematics, physics, and hands-on engineering design, preparing graduates for careers in power systems, electronics, communications, and emerging technologies.

A proud Montrose native, Ficco graduated from Montrose High School in May 2025 and began her studies at Mines this fall. Her early academic success reflects both her dedication to her studies and her commitment to excellence in the highly competitive field of engineering.

Dean's List recognition is awarded to students who achieve a high grade point average while maintaining full-time enrollment, highlighting not only academic talent but also discipline and perseverance.

Ficco's accomplishment marks an exciting start to her college career and serves as a point of pride for the Montrose community.

VANCE COUTURIER ELECTED TO MEMBERSHIP INTO THE HONOR SOCIETY OF PHI KAPPA PHI

Special to Art & Sol

BATON ROUGE, LA -Vance Couturier of Montrose, Colorado, was recently elected to membership into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society, at Texas A&M University.

Couturier is among approximately 20,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.

Phi Kappa Phi was founded in 1897 under the leadership of undergraduate student Marcus L. Urann who had a desire to create a different kind of honor society: one that recognized excellence in all academic disciplines. Today, the Society has chapters on more than 300 campuses in the United States and its territories. Its mission is to "cultivate a community that celebrates and advances the love of learning."

About Phi Kappa Phi

Founded in 1897, Phi Kappa Phi is the nation's oldest and most selective collegiate honor society for all academic disciplines. Phi Kappa Phi inducts approximately 20,000 students, faculty, professional staff and alumni annually. The Society has chapters on more than 300 select colleges and universities in the United States and its territories. Membership is by invitation only to the top 10 percent of seniors and graduate students and 7.5 percent of juniors. Faculty, professional staff and alumni who have achieved scholarly distinction also qualify. The Society's mission is to "cultivate a community that celebrates and advances the love of learning." For more information, visit www.PhiKappaPhi.org.



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Hidden Lake

The Satisfied Self

THE SCIENCE BEHIND SOUND: WHY IT'S MORE THAN RELAXING



By Gia Pirelli

Sound healing is often described as beautiful, calming, even ethereal. And while those qualities are true, they barely scratch the surface of what is actually happening in the body during a well-guided sound experience.

Sound is not just something we hear. It is something we *feel*. And, more importantly, it is something the nervous system responds to immediately. If we understand that the body is an electrical and vibrational system (composed largely of water, conductive tissue, and rhythmic neural firing) then sound becomes less mysterious and far more logical.

Sound healing isn't magic, or "woo woo." It's physics meeting physiology.

At its most basic level, sound is a mechanical pressure wave moving through the air. When that wave reaches the body, it doesn't stop at the ears. It travels through skin, muscle, fascia, and fluid. The human body is approximately 60-70% water. Water conducts vibration efficiently. That means sound waves physically move through us.

This is why you can feel a low gong tone in your chest, or a singing bowl resonating through your spine. It isn't imagined. It's mechanical transmission. Vibration influences tissue. And tissue houses the nervous system.

One of the most important principles behind sound healing is something called **entrainment**. Entrainment is a natural phenomenon in which two oscillating systems synchronize their rhythms. If you place two pendulum clocks next to each other, they eventually begin swinging in unison. Strike one tuning fork near another tuned to the same frequency, and the second begins vibrating without being touched.

Your brain operates on electrical impulses and rhythms, measurable as brainwaves.

Beta waves control active thinking, problem-solving. Alpha waves are present during relaxed alertness. Theta waves are associated with deep relaxation, and creativity. Delta waves occur during sleep.

When exposed to steady, coherent sound frequencies, the brain begins to shift toward those matching rhythms. This is called brainwave entrainment.

During a sound session, the layered tones of bowls or gongs often encourage a shift from high-frequency beta waves into alpha and theta states—the same states associated with meditation, creativity, and deep restoration.

In other words you aren't forcing or performing relaxation. Your brain is literally synchronizing with it.

When the brain shifts into slower wave patterns, the autonomic nervous system follows. The sympathetic branch (fight or flight) quiets. The parasympathetic branch (rest and digest) activates. This shift results in lowered heart rate, slower breathing, reduced muscle tension, improved digestion, decreased cortisol, increased vagal tone.

Many people report feeling as if they "dropped" in their body or entered a state between waking and sleep. That liminal state is not accidental. It's neurological. The body is reallocating resources away from vigilance and toward repair.

Different instruments produce different frequency ranges, and these can influence how sound is experienced physically.

Low frequencies (such as large gongs or bowls tuned in lower octaves) feel grounding. They tend to resonate in the abdomen and chest, and often produce a sense of weight and stability.

Mid-range frequencies feel balancing. They tend to resonate through the torso and head area. They support emotional release and integration.

Higher frequencies (chimes and smaller bowls) feel lighter and more ethereal. They resonate in the upper body, throat, and head, promoting clarity and spacious-

ness.

You may also hear specific references to frequencies such as 432hz - often associated with harmonic resonance in natural systems. 440 hz - which is also referred to as "concert pitch." 528 hz - aka the love frequency, also associated with DNA repair. Or sometimes planetary tunings which are tones mathematically derived from orbital cycles.

While research is still evolving in these niche areas, what is measurable and well-established is that steady harmonic sound influences heart rate variability, brainwave patterns, and stress reduction. The mechanism is not mystical. It's rhythmic.

Beyond the nervous system, vibration also influences the body's connective tissue network, also known as fascia.

Fascia surrounds muscles, organs, and nerves. It responds to pressure and vibration. Chronic stress can cause fascia to tighten and become less elastic. Gentle vibration can help reintroduce movement and hydration into the tissue system.

While "cellular alignment" is often used poetically, what is actually occurring is improved circulation, fluid movement, and neuromuscular relaxation. When tissue softens, signals to the Brain change. When signals change, perception shifts.

This is why sound sessions can feel emotional. When physical bracing releases, stored tension (and sometimes stored emotion) follows.

Sound is powerful. But like any instrument of influence, it requires intention and skill. A skilled practitioner understands pacing, layering, silence, and modulation. They know when to introduce depth, when to allow integration, and when to reduce intensity. It isn't random banging on bowls and gongs. It is guided regulation.

When done well, sound doesn't overwhelm the system. It gently escorts it toward coherence. And coherence feels like clarity without effort, stillness without boredom, and relaxation without collapse.

THE SCIENCE BEHIND SOUND: WHY IT'S MORE THAN RELAXING *From previous pg*

Yes, sound healing feels lovely. Yes, it can be deeply relaxing. But beneath the aesthetic beauty is something far more practical: nervous system training.

Every session teaches the body how to downshift. Over time, accessing that state becomes easier outside the session. Stress recovery improves. Sleep quality improves. Emotional reactivity decreases. This is not about escaping life, it's about strengthening our capacity to live it.

In our next article we will explore how this increased capacity reshapes ambition, and why reinvention becomes possible when the nervous system feels safe. Because calm isn't the opposite of drive. It is the very foundation of it.

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

BLUE LAKES VISITOR USE MANAGEMENT PLAN ADVANCES

Special to the Mirror

OURAY—The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests' Ouray Ranger District will soon begin Phase 2 of the Blue Lakes Visitor Use Management Plan, following Phase 1 infrastructure and restoration work completed in 2025.

Blue Lakes, an iconic destination in the Mount Sneffels Wilderness, draws an estimated 35,000 visits annually, resulting in crowding, vegetation loss, human-waste concerns and safety issues at trailheads. An adaptive management approach is needed to ensure this natural resource can be enjoyed for years to come.

Phase 1 (2025) delivered trailhead and parking reconstruction, infrastructure upgrades, a new restroom and restoration at lower Blue Lake.

Phase 2 (2026) anticipates a fee proposal, continued restoration work, implementation of new requirements for camping, food storage, and human waste, while advancing development of a limited-entry permit system.

Phase 3 (2027) anticipates roll out of a limited-entry permit system for peak season, from June 1- September 30.

"Anyone who has visited Blue Lakes, or even seen photos, understands why we

need to protect this area," said Dana Gardunio, Ouray District Ranger. "We completed a lot of work in 2025. We improved parking, added a new restroom and restored several damaged areas. Phase 2 and Phase 3 are about maintaining that progress and the area's natural beauty for generations to come."

The Phase 2 fee proposal and opportunities for public engagement are anticipated to be announced in the coming months. No fees are in place now, and no permits will be required before 2027.

What visitors should know

New requirements will go into effect starting May 31 for the Mount Sneffels wilderness, including:

Human waste must be packed out
Bear-resistant, Interagency Grizzly Bear Committee approved food storage will be required

Overnight group size will be limited to six people

Camping will not be allowed at the middle and upper lakes

In addition to these new requirements, visitors should also be aware of several existing rules that remain in place, including:

Camps must be located at least 100 feet from trails and water

Campfires are prohibited within the wilderness

Overnight dispersed camping at the lower lake will still be available in 2026, but site availability will be limited. Many areas will remain temporarily cordoned off to allow restoration work to continue and to protect completed improvements. Crews will also be conducting restoration and trail realignment work throughout the season. Please respect these areas to prevent further resource damage and support successful recovery.

Visitors should familiarize themselves with these requirements and plan ahead, particularly for overnight camping with space being limited. Have a backup plan in case campsites are unavailable and check the [GMUG alerts page](#) for any additional closures or restrictions before visiting.

Thank you for respecting these fragile areas and supporting the long-term health of the Blue Lakes basin. Updates will be posted on the GMUG website and official channels: <https://www.fs.usda.gov/r02/gmug>

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

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

MHS CLASS OF '76 TO HOLD 50TH REUNION

Special to Art & Sol

MONTROSE-The Montrose High School Class of 1976 will be holding a 50th class reunion the first weekend of June 2026.

Festivities will start Friday, June 5th at the Cerise Park Pavilion at 5 pm to include the free concert in the park that evening.

Saturday, June 6 will start at 5pm at the Carver Farm - \$22 includes BBQ dinner, water, lemonade & tea.

Both events allow for bringing your own beverage but NO hard liquor or glass containers!

We invite members of other MHS classes, former faculty and staff members to join us on Friday evening.

Contact us at email: montrose-high1976@gmail.com or Facebook: 76 Reunion Page for more information.

Pass the news on to your friends!



**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**

249 8500 ANONYMOUS
Download The APP. P3TIPS
**MONTROSE REGIONAL
CRIME STOPPERS**
see something, say something

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

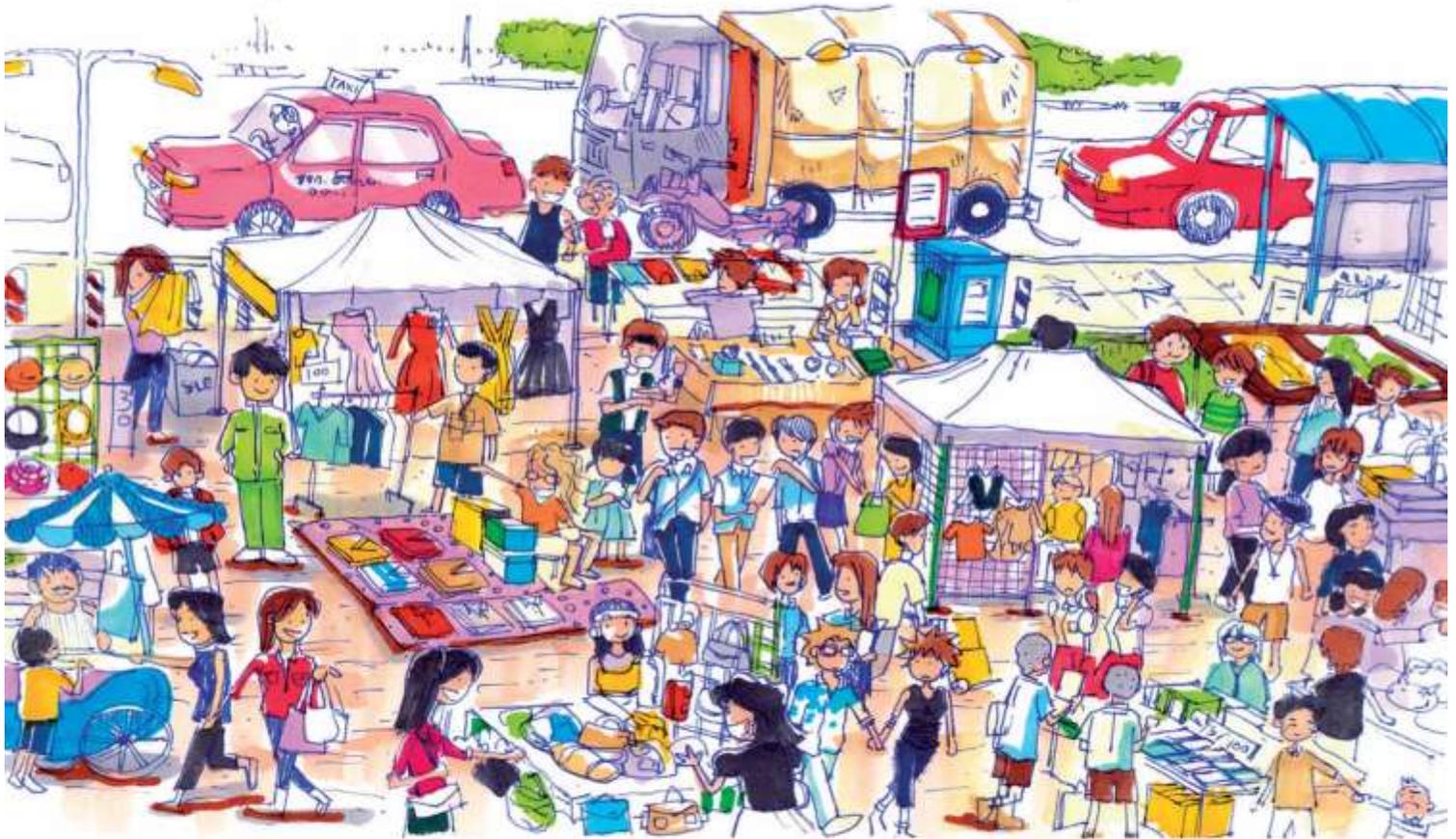


Montrose Pavilion
 1800 E Pavilion Dr Montrose, CO 81401

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

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, Wednes-
 day, Noon, Multi-denominational Commu-
 nity Prayer Hour.

All Saints Anglican Church is an Evangelical
 Anglican Church committed to the minis-
 try 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 Sun-
 day service. We would love to welcome
 you here. Following the service, join us for
 snacks and conversation. On the third Sun-
 day 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, Mont-
 rose, CO 81401

Office Hours: By appointment

Phone: (970) 497-4925

Email: celebrationmontrose@gmail.com

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

Worship Service Times: 9am and 10:45am

Senior Pastor:

Pastor Brandon Mathis

Church Description/Mission: Celebration
 Church makes disciples that make disci-
 ples. 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. Mont-
 rose, 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 Law-
 rence

Worship service times: 10:30 a.m.

Mission: Christ's Church of the Valley is a
 loving and welcoming church whose pur-
 pose 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 pre-
 dominately 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 Syn-
 od

Address: 1980 N. Townsend Ave., Mont-
 rose, 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 welcom-
 ing environment being comforted and en-
 couraged 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>
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Current Senior Pastor: Rev. Kevin Young

Worship service times:

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

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

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

ROSEMONT BAPTIST CHURCH

Affiliation: Southern Baptist

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

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

Contact information:

Phone: 970.249.4887

website: www.RosemontBaptist.org

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





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🌐 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 10-Colorado Mesa University's Montrose Campus Lecture Series presents: "Public Health Across Africa, Asia and the USA" With Montrose County Public Health Director Dr. Mirza Ahmed ON Tuesday, March 10, 6-7:30 p.m. Cascade Hall, S. 3rd St. & Cascade Ave., Montrose. Free and open to the public.

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.

March 18-Chipeta Archaeology Society. Our March meeting will be April Brown from the Archaeological Conservancy. Her talk will discuss the Conservancy's mission in preserving significant archaeological sites across the Southwest. Wednesday March 18 at 7pm at the United Methodist Church, 19 S Park Avenue, Montrose. Free.

March 19-On Thursday, March 19, 6-8 p.m., as part of the Eckert Crane Days 2026, Black Canyon Audubon Society will host Dr. Jenn Lodi-Smith who will lead a very fun, interactive session as part of [the Spark Bird Project](#). This is an opportunity for all ages to learn about feathered creatures all around us and for community members to share a story about their first experience with birds-what sparked your curiosity or got you hooked on birding. The Delta Public Library Community Room. For more information about this event, visit [Eckert Crane Days on Facebook](#).

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

APRIL 9-Thursday, April 9, 7 p.m. Black Canyon Audubon Society will host Nic Korte, who will present "The Galapagos Islands - Boobies and Vampires." He will discuss the evolutionary history of many of the unique species on these amazing volcanic islands off the coast of Ecuador from Darwin's first discoveries to present day habitat and species restoration efforts. The Montrose Field House Summit Room, 25 Colorado Avenue, Montrose. For more information about the speaker and topic go to programs at blackcanyonaudubonsociety.org.

April 18-The 2026 Citizens Police Academy will be held on Saturday, April 18, from 8 a.m. to 5 p.m. at the Montrose Police Department, with lunch provided. For more information, residents can visit the Montrose Police Department (www.montrosepd.com) or call 970-252-5215. For information about the City of Montrose visit CityofMontrose.org.

“MAKE MINE A FATTY” - MENUDO’S IS BACK!



Brian Beltran, center, has re-established the family legacy, bringing those famous burritos and tamales back to Montrose. Menudo's is now cooking at the M.A.D.A. kitchen on weekends, hours are Saturday 8am to 1pm, Sunday 8am to 12:50ish.

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