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AMAZON IN MONTROSE : "WE ARE GROWING"



(L to R) Montrose Economic Development Corporation (MEDC) Executive Director Sandy Head and Amazon Senior Manager for Economic Development Sam Bailey. The keynote speaker for the MEDC Annual Meeting, Bailey spoke to more than 200 attendees during a luncheon meeting held at the Montrose Pavilion on March 19. Photo by Gail Marvel.

By Gail Marvel

MONTROSE-The Montrose Economic Development Corporation (MEDC) Annual Meeting was held at the Montrose Pavilion on March 19. There were 210 in attendance for the program and luncheon was catered by the Stone House Restaurant. The invocation was given by Kelly Thompson, HopeWest.

MEDC Chair Corri Schmidt welcomed attendees and recognized guests, which included sponsors, board members, elected officials, and upcoming election candidates.

Schmidt said, "We have survey cards on your tables. We thought we would sweeten the pot [to get your participation]. Jeff Mengershausen [Montrose Regional Health] is offering a free colonoscopy." After the laughter subsided, she continued, "We'll have a drawing for a \$300 Amazon gift card, \$150 gift card to the Stone House, and \$150 gift card to Remington's at the Bridges. MEDC is not just about bringing

Continued pg 20

BOCC CONTINUES TWO PLANNING ITEMS, HEARS HEALTH DEPT REPORT

By Caitlin Switzer

MONTROSE-With the scheduled pastor absent, Planning and Development Director Tallmadge Richmond delivered the Invocation for the Montrose Board of County Commissioners (BOCC) meeting at 6pm on Wednesday, March 18.

Richmond said, "Our loving, heavenly father, we're so grateful to be here today at a Board of County Commissioners meeting to discuss the needs and concerns of our community. We're grateful for our leaders of this county, please bless each of them for their time and sacrifice, as they do their best in leading us and making decisions for the future of this county...please bless those that are here for their involvement and their interest in these items as well.

"We ask that thy will be done at this meeting, and that the commissioners be guided with sound decision making...we ask that each of us understand and grow closer together

Continued pg 35



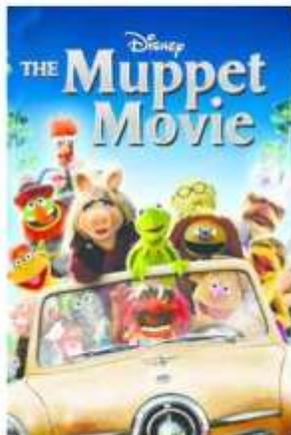
Public Health Director Mirza Ahmed, above, presented the Public Health Report during the BOCC meeting of March 18. Meeting Screenshot.



70s Movie Night

March 27,
6-8 p.m.
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Room

The time has come to wrap up Read It! 70's Edition with a classic, *The Muppet Movie!*



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REGIONAL NEWS BRIEFS

SAM ASTER WITHDRAWS FROM MONTROSE CITY COUNCIL ELECTION

Special to the Mirror

MONTROSE-Montrose City Council Candidate Sam Aster has withdrawn as a candidate for the At-Large seat, according to City of Montrose City Clerk Lisa DelPiccolo.

Because ballots for the Tuesday, April 7, municipal election have already been printed and mailed, Sam Aster will appear on the ballot. Any votes cast for this candidate will not be counted, and those votes cannot be conveyed to another candidate.



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UPDATED GUIDELINES FOR LETTERS TO THE EDITOR

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Dear Readers:

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

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

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

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

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

Thank you,
Caitlin Switzer,

the Montrose Mirror



Fresh news for busy people

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

Editor: Caitlin Switzer

Publisher: Harry Switzer

Of Counsel: B. Switzer, Esq.

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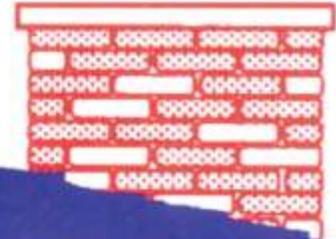
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We welcome community contributions and commentary! Please note, submitted content does not necessarily reflect the views of the *Montrose Mirror* or its editorial team. In addition to the Online News Association, we hold memberships in the Colorado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



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REGIONAL NEWS BRIEFS

CITY OF MONTROSE BREAKS GROUND ON WASTEWATER TREATMENT PLANT IMPROVEMENTS

Special to the Mirror

MONTROSE— On Monday, the City of Montrose celebrated the ground-breaking for critical improvements to its existing wastewater treatment plant, marking a major investment in infrastructure that has protected public health and supported the community for more than four decades.

Originally commissioned in 1984 and expanded in 2009 to a permitted capacity of 4.32 million gallons per day (MGD), the city’s only wastewater treatment plant is operating well within its hydraulic capacity. However, aging infrastructure and anticipated future nutrient limits under Colorado Regulation 85 prompted the city to act now, before new limits are formally imposed.

The roughly \$30 million project focuses on modernizing critical treatment systems and enhancing nutrient removal performance within the existing plant.

Design began in January 2025, with construction beginning this month and project completion anticipated in the fall of 2027.

The project, being delivered through a progressive design-build approach with Burns & McDonnell and Moltz Construction, enables early contractor engagement, cost and schedule confidence, and strong collaboration while construction advances in phases.

Key improvements include:

- Construction of a new anaerobic basin to provide dedicated biological phosphorus removal and support compliance with anticipated nutrient regulations.
- Replacement of aging influent screw pumps with submersible pumps to convey flow to the new anaerobic basin and improve operational reliability.
- Modifications to return activated sludge and waste-activated sludge pumping systems to improve process control and operational flexibility.
- Replacement of oxidation ditch rotor aerators to improve reliability and maintain optimized treatment performance.
- Replacement of the UV disinfection system with a modern, self-cleaning system to improve reliability, reduce electrical consumption, and maintain permit compliance.



Representatives from the City of Montrose are joined with project contractors and engineers to officially break ground on the new City of Montrose Wastewater Treatment Plant improvements project during a special ceremony held Monday afternoon, March 16, 2026. City of Montrose courtesy photo.

SEE SOMETHING - SAY SOMETHING



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Commercial buildings like this one don't come on the market very often, and this particular site offers a comprehensive suite of features perfect for a new start-up or an established business looking to relocate. The property boasts one of the best locations in the city and includes several special amenities...a unique architectural design with lots of natural light in the work area, a beautiful well-lit dining area, and functional features including double drive-up windows, a grease trap, ample storage, and a large well-lit parking lot with over 20 spaces. Low-maintenance landscaping features mostly xeriscaping with timed irrigation for shrubs. This is a rare find that combines a prime location with high-quality facilities!



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Information deemed reliable, but not guaranteed.

COMMUNITY NEWS BRIEFS

KANSAS ROAD NOW OPEN TO TRAFFIC

Special to the Mirror

MONTROSE-Kansas Road is now open to traffic. The culvert replacement has been completed. **Background**-On March 3, Montrose County began a culvert replacement project that temporarily closed Kansas Road approximately 350 feet east of 6040 Lane.



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Doran Tregarthen is a Nurse Practitioner at the West Elk Hotchkiss Clinic and provides a range of services for patients. Whether you're looking for someone to guide you with general care, or are looking for overall wellness, Doran is currently accepting new patients.



Doran Tregarthen, NP

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Joseph Jones, PA

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REGIONAL NEWS BRIEFS

ACCESS IMPROVEMENTS TO BE MADE ON CO 145 WEST OF SOCIETY TURN

Special to the Mirror

SAN MIGUEL COUNTY — Beginning Monday, March 23, Williams Construction will be performing road work on Colorado Highway 145 at Mile Point 71, just west of the Society Turn Roundabout.

To accommodate future traffic patterns, the road will be widened to allow for a new right-hand turn lane including acceleration and deceleration lanes.

Construction will include shoulder work, pavement widening and fresh paint striping.

Work will be completed with minimal delays to the traveling public. Motorists are urged to slow down and watch for heavy equipment.

This access improvement project is for a private development being funded by Genesee Properties, Inc.

The design and construction is permitted and overseen by CDOT traffic and safety staff. The work is expected to be completed by early September.

Travel Impacts

March through early September

2026, motorists will encounter road work on CO 145 approximately 3 miles west of Telluride proper. Traffic impacts will include:

-Daytime work hours range from 9 a.m. to 4 p.m. Monday through Friday

-Motorists will encounter lane shifts and traffic pattern changes throughout the duration of the project

-These lane closures, guided by flaggers, will have minimal delays up to 5 minutes

-The speed limit will be reduced throughout the work zone

ACTIVE INVESTIGATION: STRUCTURE FIRE MONTROSE; 1900 BLOCK WHITE HOUSE DRIVE *MPD Officer Rescues Women Trapped in Residential Fire*

Montrose Police Department

MONTROSE— On March 18, 2026, at 7:47 p.m. Montrose Police Officers were dispatched to the 1900 Block of White House Drive in reference to a structure fire.

Montrose Police Officer Tyler Cunningham arrived on location to find one of the residential structures fully engulfed in flames on the backside and roof of the residence.

Officer Cunningham was told by other residents of the community that an elderly female was trapped inside of the residence. Officer Cunningham assessed the fire conditions and made entry into the residence by kicking in the front door.

Officer Cunningham heard the woman screaming and was able to locate her in the bathroom of the residence. Officer Cunningham carried the woman out of the residence to EMS personnel waiting in the driveway.

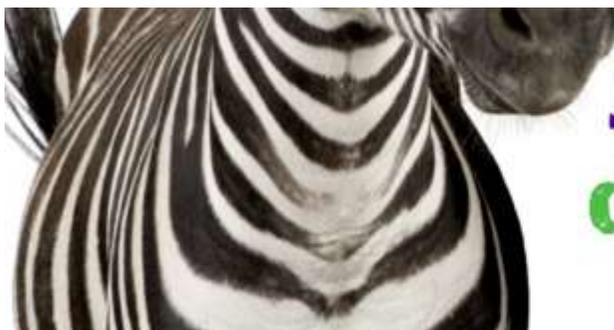
Chief Hall commended Officer Cunningham for his actions. "Officer Cunningham quickly recognized the situation, took quick and decisive action to rescue the woman, ultimately saving her life!

"Thank you Officer Cunningham for your heroic efforts!"

The cause of the fire remains under investigation by the Montrose Police Department and Montrose Fire Protection District investigators.

The Montrose Police Department encourages anyone with information related to this fire, or who may have witnessed criminal activity, to contact the Montrose Police Department at 970-252-5200 or WestCo Dispatch at 970-249-9110.

[VIDEO: FIND BODY CAMERA VIDEO HERE:](#)



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OPINION/EDITORIAL: LETTERS

MARKETING OPORTUNITY?

Editor:

Colorado shoe/sandal company CROCS is missing a wonderful marketing advertising opportunity. CROCS should donate a pair of their ventilated sandals to our two senators, John Hickenlooper and Michael Bennet, and film their walking from Denver to Washington, D.C. After all, these two modern day slave holders, requiring federal TSA and other employees to work without pay, should be on the No Fly List. Videos of the two trudging across Illinois snows to Washington, D.C., in their sandals would go viral.

Richard Wojciechowski, Ouray County

POTENTIALLY HARMFUL SIDE EFFECT OF LAB GROWN BEEF

Dear Editor:

We usually have a posting from a guy on the East Coast promoting cultured meat. I just read an article in Medscape discussing a potentially harmful side effect of cultured meat. I recommend that any of your readers who are contemplating using or encouraging this product, read this report in the publication Medscape.

Lab-Grown Beef May Pose Risk for Alpha-Gal Syndrome

Elena Riboldi

March 10, 2026

This syndrome results from a tick bite, and they are becoming much more prevalent. Toward your better health.

Rick Bleier, Montrose

THERE WAS A TIME WHEN I WAS PROUD TO BE AN AMERICAN

Editor:

There was a time when I was proud to be an American.

I stood up every morning in grammar school with my hand over my heart, and said the Pledge of Allegiance to the flag of the United States of America, "one nation, under God with liberty and justice for all."

Later I sang the national anthem with my hand over my heart, "o'er the land of the free and the home of the brave."

So what happened to one nation with liberty and justice for all and the land of the free and the home of the brave?

We quit paying attention and we quit reminding ourselves of our life of freedom and justice for all. We quit being brave. We quit paying attention and we quit educating our kids about the responsibility of being a member of the United States of America. Instead we elected a corrupt, immoral businessman who talked trash and made himself rich. I wonder if he knows the words to the Pledge of Allegiance to the Flag or The Star-Spangled Banner.

Jo Clugg, Montrose

**The Mirror:
many views,
one newspaper.**





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OPINION/EDITORIAL: LETTERS

FACTS OVER FEAR: THE TRUTH ABOUT MONTROSE'S BALANCE SHEET

Editor:

In any election season, "debt" becomes a four-letter word used to stir up anxiety. Lately, we have heard some candidates throw around scary figures—citing "\$100 million in debt" as if it were a sign of impending ruin. These claims speak to a specific political base and serve personal ambitions but they foment unnecessary fear and they lack a crucial ingredient: context.

If we want to function effectively as a community, we have to communicate honestly. We need to look at the numbers like business owners, not like alarmists.

The reality is that the City of Montrose currently holds an A+ credit rating from S&P Global. This isn't a participation trophy; it is a professional certification of our city's financial health. This "A+" exists because the City Councils and dedicated City Staff who came before us were incredibly diligent about paying down old debt and maintaining robust reserves. They did the hard work of balancing the books so that today, we have the borrowing power to fix what's broken and build for the future.

When critics point to a \$100 million figure, they are often conflating different types of funding. For example, the \$40 million for our Wastewater Treatment Plant and the \$55 million for the new Public Works facility are not like credit card debt spent on luxuries. They are investments in critical infrastructure. They are funded by a variety of sources, including advantageous interest rates. Just as a family takes out a mortgage to buy a house rather than waiting decades to save the cash, a city uses a variety of means to build the facilities we need *now* to support our growth. We cannot simultaneously prepare for the future while depleting the general fund to maintain and repair aging infrastructure. Assuming responsible debt with a plan to repay every penny leaves the general fund available for the day-to-day expenses that keep the city functioning smoothly.

I am running for the District 1 seat because I believe a city must be vital and functional to attract a talented workforce and year-round visitors who spend outside money here. We must, as a function of survival, invest in our roads, our water, and our public safety. We must also do so with a structured, ironclad plan to pay it back.

I am committed to learning as much as possible as quickly as possible to ensure I am the most effective advocate for your tax dollars on day one. We don't need leaders who use big numbers to scare us; we need leaders who use big numbers to build us a better home.

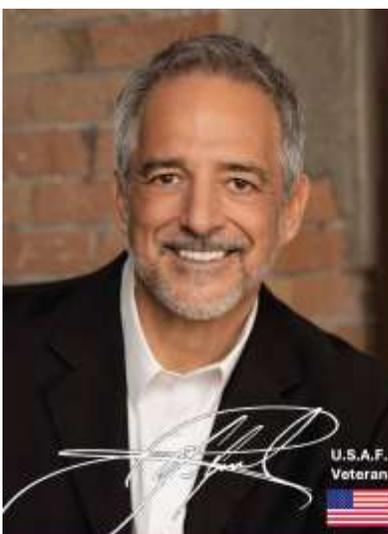
Let's stick to the facts: Our credit is strong, our plan is logical, and our future depends on the infrastructure we have the courage to build today.

Kevin Clay Candidate for Montrose City Council, District 1



Courtesy photo.

My Plan for Montrose!



U.S.A.F.
Veteran

I will advocate for a City Charter Amendment to accomplish the following:

- **Moving City Elections to November**
Saving taxpayers up to \$15,000 and fighting voter fatigue
- **Establish Term Limits for City Council**
Lifetime limit of 8 years to bring fresh ideas and prevent entrenched leadership
- **Grant voting rights in City elections to business owners who live in Montrose County but operate within City limits.**
- **Grant voting rights in City elections to residents outside City limits who pay the Special Rec District Tax.**

Additionally:

- I will advocate for **Long Term Financial Planning** for major infrastructure projects to avoid more debt.
- I will advocate for **humane, common-sense solutions for the unhoused** that do not raise taxes.
- I will push for more **support for our Veterans and the Veterans Memorial.**
- I will demand an **Independent Forensic Audit** of city finances to establish where our money went.
- I will push to **eliminate the "good old boy" system** and replace it with a fair, equitable process for business incentives that stimulate our local economy.

In Our Republic, We Elect Our Representatives,
If We don't Show Up and **VOTE**, We lose our voice!

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

Vote: Michael J. Badagliacco, "MJB"

You should have received your ballot in the mail the week of March 16 - 23

<https://MJB4Montrose.com>

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

OPINION/EDITORIAL: LETTERS

TIME FOR EUROPE TO GROW UP

Editor:

The problem is Europe has never had to be strong. The European countries who are part of NATO have never had the need to be strong because the United States has always backed them. Now that the United States is calling on them to be strong, they are having a problem. They act as though the United States is being a bully. This is simply not the case.

There comes a time in every child's life when they have to step up and become adults. That is all that President Trump is calling for. He is asking the nations of Europe and NATO to become adults and start taking care of their own affairs instead of relying on the United States to come in and be the big brother.

So Europe winds up acting like entitled children because they have always had everything taken care of. And just like your entitled children, they are acting out.

This demand rests on firm Constitutional principles and legal precedent. The Preamble to the United States Constitution declares one core purpose of our government is "to provide for the common defence." Article I, Section 8 grants Congress the power to tax and spend specifically for the common Defence and general Welfare of the United States, not to indefinitely subsidize foreign capitals. The framers designed our system to protect American sovereignty and fiscal responsibility first.

The North Atlantic Treaty (NATO) itself reinforces this. Article 3 requires every member, through "continuous and effective self-help and mutual aid," to "maintain and develop their individual and collective capacity to resist armed attack." That is not optional language. It is a binding commitment all allies accepted upon ratification. The treaty further states in Article 11 that obligations must be carried out "in accordance with their respective constitutional processes," preserving Congress's war powers and the purse.

Our Founders understood the risks of one-sided alliances. In his Farewell Address, George Washington warned against "permanent alliances" and "entangling" ourselves in Europe's ordinary politics. He urged temporary partnerships only when vital American interests demanded it, never perpetual dependence.

For decades America upheld its end of the bargain while many European partners let their defenses atrophy. The 2014 NATO commitment to two percent of GDP on defense was a political pledge every ally made precisely to correct this imbalance. True alliances require reciprocity, not reliance.

The United States will always stand for freedom and security. But our Constitution demands we put American taxpayers and interests first. It is time for Europe to grow up, honor its treaty obligations, and become the responsible adults our alliance needs. Common sense, rooted in our founding principles, requires nothing less.

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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OPINION/EDITORIAL: LETTERS

COLORADO REPUBLICANS NEED DIFFERENT REPRESENTATIVES

Editor:

While president Trump's name suffers the damage, who is behind the flip flop in "endorsing" GOP candidates for congressional district 3? The president obviously has to rely upon input from advisors, specifically the national Republican committee, with regard to the hundreds of congressional districts across the country; in our case, logically, the Colorado delegation. So the endorsement last October, the withdrawal and switch to endorse a different candidate February 21, and 26 days later a total reversal, can be attributed to the advice of Colorado's purported GOP leadership and its representatives at the national committee level, the national committee man and woman. The vast disparity in campaign war chests to which the flip flop was attributed has been known and commented upon for at least six months if not over a year;. That didn't change over the past 30 days. Someone involved is, at least, incompetent. Colorado Republicans need different representatives to the national Republican committee as well as in the state GOP offices.

Richard Wojciechowski, Ouray County

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COLORADO NEWS BRIEFS

AT-FAULT CRASHES BY TEEN DRIVERS MOST FREQUENTLY INVOLVE SPEED

Special to the Mirror

COLORADO –The top citation and the top crash causal factor all point to the same thing for Colorado’s youngest and most inexperienced drivers: speeding.

The most common traffic violation cited for 16-21-year-olds by Colorado State Troopers over the last five years is speeding. In 2025, troopers issued 7,247 speeding citations to this age group. So how fast were these young drivers going?

-3,692: Speeding 10-19 MPH Over Prima Facie Limit

-2,863: Speeding 20 -39 MPH Over Prima Facie Limit

-417: Speeding 5-9 MPH Over Prima Facie Limit

-263: Speeding 40 MPH Over Prima Facie Limit

In Colorado, the number of points accumulated on a driver’s license before suspension varies based on age.

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-Drivers 17 and Under: 6 points or more in 12 months or 7 points total while under 18.

While no one, especially a teen, wants to lose their driving privileges, pay fines or see their insurance increase, a citation is still the best outcome for an excessive speeder. Unfortunately, aggressive driving also accounts for a large number of crashes among this age group. In 2025, troopers saw speeding and following too closely, two forms of aggressive driving in the top three causal factors for at-fault drivers aged 16 to 21.

1.Speeding (3,792 crashes)

2.Inattentive to Driving (3,486 crashes)

3.Following too Closely (3,033 crashes)

“Speeding can be habit-forming, so it is important that parents remain involved and address aggressive driving early,” explains Col. Packard. “When you don’t drive cautiously and lawfully, the consequences can have a significant impact on a person’s mobility, finances, and even create a criminal record.”

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AMAZON IN MONTROSE: "WE ARE GROWING." *From pg 1*

in business. The majority of our work is around business retention and supporting businesses. Our focus is on primary jobs. Jobs that bring in new money. These revenues feed the economy. Those are the employers that we are focused on. We'll input the survey into our strategic planning sessions."

2025 Recap – Executive Director Sandy Head.

Head, who has served MEDC for almost 23 years, noted the difficulties announcing new projects. She said, "The Amazon project [delivery center] started in April 2024 when we were contacted by a site selector, but [because of confidentiality] it wasn't until three months after last year's annual meeting that we could do a press release. When Amazon came to us, they said, "We don't want any incentives. We want to benefit the community." Amazon is a good addition to Montrose."

Italian Food Emporium: Artisan Manufacturing:

Head said, "Jenny Pezzica came to us with a solid business plan. She sells her product [pasta] out of the country, regionally, and locally at the Straw Hat Farm Market."

Rocky Mountain Steel Inc. Expansion:

Head said, "Rocky Mountain Steel is in Olathe, along the highway. They produce steel structures for schools, airports, and arenas. Under new ownership, they have made extensive changes with a 20,000 square foot addition; they've added over \$2M in equipment; and have gone from 24 employees to 42."

Colorado Division of Fire Prevention and Control (CO DFPC):

CO DFPC needed a new hanger facility on the Western Slope to house their Helicopter Base. In a collaborative effort, Scott Stryker (Stryker & Company), Developer Matt Miles, and MEDC leveraged existing assets and a proactive construction plan (retrofit) that included tenant improvements to accommodate the needs for the aircraft.

Head said, "In a short time frame, Montrose County addressed parking concerns. We came together with our partners and put a package together. Eighteen employees are here; we're housing the aircraft here."

Keynote Speaker Sam Bailey, Amazon Senior Manager, Economic Development



Clarnetworx was presented with the 2026 Economic Development Award. (L to R) MEDC Chair Corri Schmidt and Clarnetworx President Doug Seacat. Photo by Gail Marvel.

Policy.

Bailey, who likes to start his presentations with an attitude of gratitude, said, "Why Montrose? What do Amazon operations look like here? We are growing. This year \$4B capital investments. We start with customers and work backwards. Here [Montrose facility] we have 13,000 zip codes. How do we do what we do? When you get your package, it has gone through three or four buildings and on an airplane. We support 8,500 small businesses in Colorado. There are 19,000 employees here in Colorado. It's a win, win for the community. We ship all over the world, same day, next day, or second day service. Last year we shipped over 65 million packages."

He continued, "There are 50 fulltime jobs here in Montrose. We are near the airport. Our employees [after 90 days] have benefits like 401K and health insurance. We partner with higher education. It allows us to be good stewards to the people who work for us. The Career Choice Program in Colorado has 3,000 people. It's relationships that build job creation; the community investing in themselves."

Following Bailey's presentation Head said, "What about the drone delivery business?"

Baily said, "We're working to bring it to Colorado. It [the drone] shows up and drops the package 12 feet into your backyard. In Texas an order was placed and then delivered in 15 minutes." He laughed and said, "Do people really need it that fast? Apparently, they do!"

2026 Economic Development Award:

Clarnetworx President Doug Seacat, a fourth generation resident, was born and raised in the Shavano Valley. In 2003 he ran a small IT repair shop, Deeply Digital, out of a garage. The business evolved and today Clarnetworx provides high-speed, fiber optic infrastructure to 50,000 customers in the area. An economic driver in the Montrose community, the company has 326 employees, with an average salary of \$71,000.

Seacat said, "My mission was to make Montrose a good place for people to work."

Recognition of board members:

Leaving the board: Jack Johnston and Buck Miller. Miller has served MEDC for more than 19 years.

Retaining their seats on the board: Tonya Maddox and Jeff Mengenhauen.

Newly elected to the board: Sarah Abbott and Charles Bunny.

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OPINION/EDITORIAL: LETTERS

MONTROSE VETERANS MEMORIAL—MARCH UPDATE POSSIBLE APRIL CONSTRUCTION START!



Lance Bach, MVMC BOD member second from right, discusses design and fundraising progress with City of Montrose city council members Mar. 16, 2026. Courtesy photo.

Dear Editor:

In past briefs I have written about the progress of the Montrose Veterans Memorial, and at times it seemed pretty slow. Today we are happy to announce we are very close to construction!

At a Montrose City Council work session on Monday, Mar. 16, we agreed to go forward with a new memorandum of agreement. After making a few minor edits, the MOA officially will be presented to the city, MVMC board of directors and Montrose County Commissioners for signing.

Bach presents current status, success in fundraising to City Council

Speaking on behalf of the MVMC at the work session, board member Lance Bach presented a video displaying all the features and the final design of the memorial.

Bach introduced Scott Stryker of Stryker & Co. Inc., who complimented the MVMC for their diligent work raising in-kind donations centered on building materials and cash donations.

All donations go into lowering the cost of

the memorial, and a large portion of the in-kind donations will come from the Colorado National Guard, an engineering unit now stationed in Grand Junction.

Stryker emphasizes need to start construction in April to capture National Guard labor

In a letter to the city council, Stryker wrote, “The success of this cost reduction effort is largely attributable to the collaboration and generosity of many members of the Montrose community who have contributed time, expertise, and resources to support the project. In addition, the Colorado Army National Guard has expressed their willingness to assist with several portions of the construction effort, which will further support the project by helping reduce overall construction costs and contributing valuable labor and logistical support.

“With help from local business owners including but not limited to CED Electric, Rexel Electric, San Juan Gardens, Builder’s First Source, United Companies, Recla Metals, Western Gravel, Kaylor Fencing,

Alliance Concrete, Cold Canyon Electric, M&H Towing, Home Depot, Velocity Car Wash, Montrose County Road & Bridge, and many other commitments in the works, this project has been developing as a community effort to bring to fruition.”

The latest in-kind donations add to donations gathered over the past four years from other local businesses like Spectrum, Camelot Gardens, Turner Toyota, etc., not to mention Montrose community and area individual donors, and others throughout the U.S. Donors have purchased nearly 600 veteran and patriot bricks.

Stryker and his staff, including Michael Hearn and Mark Clutts, have fine-tuned the design and specifications and reached out to Guard personnel. He said the Guard is available on certain days each month this spring and summer, and working with their schedule will help move this process forward.

In fact, through the efforts of the MVMC and Stryker and the recent in-kind effort, construction costs have been lowered more than 40 percent from the \$900,000 estimate

City Public Works director explains small changes to memorandum of agreement

Next up at the work session was Jim Scheid, director of the City of Montrose’s public works, who discussed the MOA and its changes. The MOA is a necessary agreement between the city, county and the MVMC.

Scheid pointed out that the MOA has been accepted by the Coalition but needs a few quick changes before possibly being presented at the April 6 City Council meeting, and before it goes to the Montrose County Commissioners.

A question then was raised if the council would be inclined to vote for the MOA passage so the construction could begin in early April. The council, led by Mayor Dave Frank, gave a positive head nod.

This positive energy of the council to start this project was reinforced by council member Ed Ulibarri, who offered his

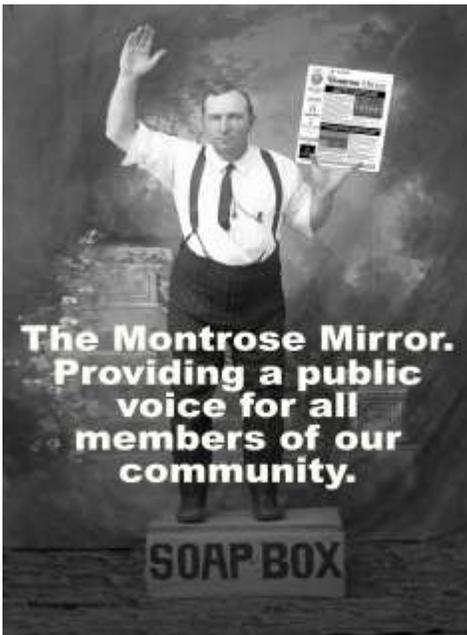
Continued next pg

MONTROSE VETERANS MEMORIAL—UPDATE From previous pg

concrete skills and equipment to help with the project. Frank also said he will help. What great support we witnessed for your Montrose Veterans Memorial! See the City of Montrose work session video at [March 16, 2026 City Council Work Session](#)
*On behalf of the MVMC BOD,
Les Williams, MVMC BOD President
J. Bob Brueske, MVMC BOD Chairman*



From left, Stryker estimator Michael Hearn and owner Scott Stryker join MVMC BOD members J. Bob Brueske, Lance Bach and Les Williams following the Mar. 16, 2026 work session. Courtesy photo.



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OPINION/EDITORIAL: LETTERS

THINGS ARE ACTUALLY GETTING BETTER UNDER TRUMP

Editor:

We see evidence every day that, for Democrats, facts don't matter. Reality to Democrats is what they say it is – until they change their minds and say something different. They demand to free Palestine while simultaneously demonizing Israel, but they never demand that Iranians, Venezuelans, and Cubans get freedom from real tyrants. They didn't protest when the Iranian tyrants mowed down 30,000 of its own citizens peacefully protesting a couple of weeks ago. They didn't protest this week when Iran hung a 19-year-old wrestler and two others. For almost 50 years US presidents and politicians railed against the Iranian tyrants and their proxies. Being the useless politicians they were, they felt content with a lot of "strongly worded" letters and speeches, yet Iran spread terrorism around the world and pledged death to Israel and America. Obama and Biden used a strategy of bribing Iranian Islamists with billions of cash, and of course that only emboldened the terrorists. Iran funded Hezbollah, Hamas, and the Houthis. They turned the Middle East into their personal playground of chaos and death – and continued their nuclear weapons development. All because Obama and Biden funded Iran. Biden kept telling them: be nice; don't do that, and somehow that didn't work? Democrats, never ones to shy away from blatant hypocrisy, even criticized Trump for being Iran's patsy for doing nothing about Iran. So, now Trump is doing the job and destroying the tyrants – and Democrats are suddenly protesting. Facts don't matter.

Montrose area Democrats are confirming that facts don't matter to them either with another planned "No Kings Event." They want to "unite to reject authoritarian power grabs and defend dignity and freedom." And of course, they are accusing Trump of "declaring war on Iran without the consent of the people ..." They want to ignore the fact that both Clinton and Obama used military force extensively without specific Congressional approval; Clinton in Somalia in 1999, Bosnia in 1995, and Kosovo in 1999; Obama in Libya in 2011, against ISIS from 2014 to 2017, and in Yemen. They also want to ignore the fact that under Obama, the military/CIA would launch a

missile at a wedding or funeral where a terrorist was suspected of attending. They would then wait twenty minutes and send a second missile to kill the 1st responders who rushed in ("double taps"). Obama kept it up for all eight years of his presidency. That's how Obama defended "dignity and freedom." Our local Dem protesters also want to ignore the fact that Congress passed the "Authorization For Use of Military Force" in 2001, which Obama relied on for legal authorization for his military actions around the world. Democrats would rather falsely accuse Trump of acting without Congressional approval than admit they could have ended the AUMF multiple times over the last 25 years.

The local "No Kings" protesters are adamantly sticking to the same old debunked story-lines. They want us to think we all have "to push back against President Trump's violent, authoritarian actions." "They have stomped on the ... Constitution" and "defied the courts." Anyone not in a coma the last 17 years knows full well the Democrat party, starting with Obama and under his continued direction, weaponized the entire deep state -- including the FBI, CIA, and the court system – to destroy Trump. There was nothing legal, ethical, or constitutional about any of those actions. They were in fact treasonous. I suppose Democrats don't consider two presidential assassination attempts, the murder of Charlie Kirk, and a spree of Islamist terror attacks in American cities as violent. Of course not. The Trump administration exposed blatant and systemic fraud in the federal government, and revealed that the federal bureaucracy is little more than a giant Democrat party slush fund. However, the "No Kings" people amazingly want us to believe Trump "slashed services to American citizens with our tax money." They also want us to believe the lie that Trump's tax cuts were just a "massive tax giveaway to his billionaire allies." Another treasonous act committed by Biden was to completely open our borders to unvetted illegals. Local "No Kings" protesters respond with the worn-out story lines of: "Deported American Citizens" and "disappeared human beings off the streets." Do they protest the fact that included in the unvetted invaders

were 18,000 known and suspected terrorists? Nope. Democrat politicians also just had an opportunity to draw a red line and declare that people who came to America to defraud taxpayers are not welcome here. They loudly proclaimed "No!" They even want people who stole money from us who live outside the US to be eligible to move here. Democrats totally support people who defraud the government because they have relied on them to fund their political campaigns. The only true thing listed in the local "No Kings" event announcement was their admission of who organizes and finances the protests – George Soro's MoveOn organization, the American Federation of Teachers, the ACLU, and a long list of other radical left-wing organizations.

Democrat AOC is quoted as saying: "It's more important to be morally right than factually correct." That pretty much explains why facts don't matter to Democrats. As Thomas Sowell said: "It is futile to talk facts and analysis to people who are enjoying a sense of moral superiority in their ignorance." Democrats (and RHINOS) can't afford for Trump to succeed. If an outsider like Trump can fix messes that they've promised but failed to take care of in the past 30 years, establishment members of both parties will never be elected again. How frustrating it must be for local "No Kings" people to have to try to spin every Trump success into failure. How difficult it must be to be on the wrong side of every 80/20 issue. It must be wearing to have to explain your party wanting to defund the police and abolish ICE while simultaneously defending soft on crime prosecutors who let violent career criminals roam the streets. Tell me again why your party has repeatedly refused to fund DHS, including TSA agents, in the midst of numerous Islamic terrorist attacks in our cities – so you can protect illegals. You might want to add why Trump is more popular than Obama was at this point in his presidency, or why your party is polling at a record-low 30%? Could it be that Americans are getting the dangerous idea that things are actually getting better under Trump, in sharp contrast to the same old story lines of perpetual crisis?

Ed Henrie, Montrose

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COLORADO NEWS BRIEFS

ALAMOSA HOMICIDE SUSPECT ARRESTED IN WYOMING ON SECOND DEGREE MURDER CHARGE

Special to the Mirror

ALAMOSA—The Colorado Bureau of Investigation (CBI) and the Alamosa County Sheriff's Office (ACSO) announce the arrest of Fernando Rodriguez, 44, of Alamosa, in connection with a homicide that occurred in Alamosa County on March 1, 2026.

The victim has since been identified as Ryan Barnes, 49, of Alamosa.

Rodriguez was apprehended in Albany County, Wyoming, on the afternoon of March 18, 2026, following a standoff. He has been charged with:

- Second Degree Murder
- Felony Menacing
- Motor Vehicle Theft
- Possession of a Weapon by a Previous Offender

The arrest was made after deputies with the Albany County Sheriff's Office responded to a report of a suspicious circumstance in the Sybille Canyon area, where homeowners returning to their seasonal property found a vehicle that did not belong to them. The vehicle was identified as a stolen green 1995 Subaru Station Wagon, which was associated with Rodriguez and an active warrant for second-degree homicide.

Deputies established a perimeter and activated the Albany County Joint Special Response Team (SRT). After a standoff, Rodriguez was taken into custody without further incident or injury to the public or responding personnel.

Rodriguez is currently being held in the Albany County Jail in Wyoming awaiting the extradition process to be returned to Colorado.

The initial homicide investigation began on Sunday, March 1, 2026, when Alamosa County Sheriff's Deputies responded to a residence in the 3000 block of Lincoln Ave. at approximately 6:20 p.m.. Upon arrival, deputies located a deceased adult male.

The Alamosa County Sheriff's Office and the Colorado Bureau of Investigation would like to thank the Albany County Sheriff's Office, Laramie Police Department, Laramie Fire/EMS, Albany County Central Volunteer Fire Department, Life-Line, Albany County Joint SRT, the Division of Criminal Investigation, and Laramie/Albany County Records and Communications for their critical assistance in the safe apprehension of the suspect.

The investigation remains active. All suspects are presumed innocent unless and until proven otherwise in a court of law.



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REGIONAL NEWS BRIEFS

DELTA COUNTY CLERK LAUNCHES ONLINE TOOLS FOR PUBLIC ACCESS TO ELECTION RECORDS

Special to the Mirror

DELTA COUNTY— The Delta County Clerk and Recorder’s Office has launched two new online tools—Ballot Verifier and Election-Stats—to give residents easier access to local election information.

These platforms allow residents to explore election data through searchable online databases. Users can view ballot images and Cast Vote Records, as well as review historical election results, voter turnout data, and precinct-level reporting. The tools provide a

simple way for voters, journalists, researchers, and community members to access election information without submitting formal public records requests.

Two Tools, Different Purposes

Ballot Verifier allows residents to review ballot images and Cast Vote Records from past elections, while Election-Stats provides a searchable database of election results, turnout statistics, and precinct-level data across multiple election years.

Supporting Public Access to Election Information

“Providing clear and accessible information about the election process is an important part of maintaining public confidence,” said Delta County Clerk and Recorder Teri Stephenson. “These tools give residents another way to review election data and better understand how results are reported and verified.”

The platforms were developed in partnership with civic technology company Civera, which works with election offices across the country to make public election information easier to access. The tools operate separately from the county’s election management system and provide read-only access to election data.

Colorado elections also include multiple layers of verification, including bipartisan ballot processing teams, signature verification, and post-election risk-limiting audits required under state law.

Residents can access the platforms here: Ballot Verifier & ElectionStats: <https://electionstats.deltacountyco.gov/>

These tools reflect the Delta County Clerk and Recorder’s Office’s ongoing commitment to administering elections that are secure, transparent, and accessible to the public. For more information about elections in Delta County, visit: www.deltacountyco.gov/Elections



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BOCC CONTINUES TWO PLANNING ITEMS, HEARS HEALTH DEPT REPORT From pg 1

as a community, and move forward. We are so grateful for our many blessings and the beauty of this area..."

Commissioner Sue Hansen welcomed all to the meeting; all commissioners were present.

PUBLIC COMMENT PERIOD

Constituent Janet Chapman addressed the BOCC to discuss her work with the Citizens Climate Lobby (CCL) of Montrose. Chapman said that she had testified before the Colorado legislature on behalf of proposed SB 26-102; she discussed the safeguards that the bill would put in place. Chapman also said that the City and County of Denver has enacted a temporary moratorium on new data centers.

CHANGES TO THE AGENDA

Clerk to the Board of County Commissioners Melissa Howie had no changes to the meeting agenda. BOCC Chair Sue Hansen asked that the Public Health Report be moved to follow Planning and Development items.

CONSENT AGENDA

Consent Agenda items were approved unanimously.

GENERAL BUSINESS AND ADMINISTRATIVE ITEMS

County Attorney Julie Andress presented for consideration and possible approval Resolution 8- 2026, Appointing Zander Parker as a County Representative to the

Board of Montrose Memorial Hospital, INC, D/B/A Montrose Regional Health, to begin immediately and continue until the 2026 annual meeting of the Board of Directors.

The Board voted unanimously to adopt Resolution 8-2026.

PLANNING AND DEVELOPMENT CONSENT AGENDA

Planning and Development Consent Agenda items were approved unanimously.

PLANNING AND DEVELOPMENT GENERAL BUSINESS

After a detailed discussion with Planning and Development staff, Commissioners voted unanimously to continue until March 31 (6pm, at the Nucla Community Center) the Zoning Regulation Amendment - Temporary Workforce Housing [AA26-001] Proposal to amend the Zoning Regulations to add use standards, use allowance, and application requirements for Temporary Workforce Housing.

A proposal to adopt the State of Colorado's model Wildfire Resiliency Code was also continued, after a discussion with Planning and Development staff as well as the Building Inspector. The proposal was continued until the meeting of April 1.

The final Planning and Development item, a proposal to divide one lot from 1267.27 acres at Parcel 77107100004, was unanimously approved.

MONTROSE COUNTY BOARD OF PUBLIC HEALTH

The BOCC heard a detailed report from Public Health Director Mirza Ahmed, who discussed the department's new rolling work plan, funding and funding plans, logistics and procurement, Capacity Building and Training, and the status of the WIC, Vital Records, Environmental Health, and Emergency Preparedness and Response programs.

Current Public Health priorities include:

- Recruit two positions as soon as possible;
- Partnership agreement with Delta County Public Health on WIC support;
- Roll out of online application for vital records with Vital Check;
- Plan and enroll to complete the training of new hire;
- Preparatory work for vaccine introduction;
- Plan and execute new funding activities;
- Submit quarterly donor technical and financial reports by the end of March.

"I appreciate the overview," BOCC Vice Chair Kirstin Copeland said when Ahmed was finished.

Said BOCC Chair Sue Hansen, "Thank you for that report, we appreciate that, thank you for doing it in less than 40 minutes this time, we do appreciate that too."

With no further business, the meeting was adjourned.

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COMMUNITY NEWS BRIEFS

MONTROSE VETERANS MEMORIAL PROJECT MOVING FORWARD

Special to the Mirror

MONTROSE — Plans for a new Veterans Memorial Plaza in Montrose continue to advance as local leaders, veterans, and community supporters work together to bring the long-anticipated project to life.

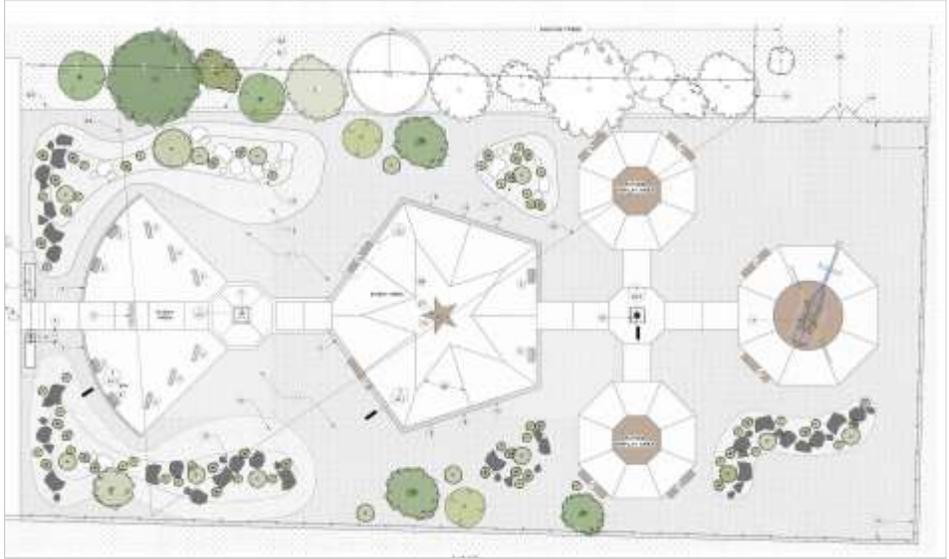
During its March 16 work session, the Montrose City Council received an update on the project along with a revised Memorandum of Agreement (MOA) between the city, Montrose County, and the Montrose Veterans Coalition outlining the next phase of construction for the memorial.

Public Works Director Jim Scheid told councilors the City of Montrose first began working with Montrose County and the Montrose Veterans Coalition in 2022 to develop plans for the memorial plaza. An earlier MOA, executed in 2024, established roles and responsibilities among the partners, including identifying the project site and developing design documents.

Those tasks were completed in 2025, with a comprehensive progress report presented to the City Council in August of that year.

The planned memorial will be constructed just west of the Montrose Botanic Gardens, creating a new civic space dedicated to honoring veterans from Montrose and the surrounding region.

During Monday's meeting, a consensus was reached to arrange for a groundbreaking ceremony later this spring, timed to coincide with a community workday involving the Montrose-based unit of the Colorado National Guard.



City of Montrose courtesy image.

In the months following the completion of the initial planning phase, members of the Montrose Veterans Coalition and representatives from Stryker and Company have worked throughout the community to secure additional financial commitments and in-kind support from vendors, suppliers, and subcontractors. Those efforts aim to reduce overall project costs and ensure construction can proceed within the funding available through city and county budgets.

At the March 16 work session, Scott Stryker of Stryker and Company and Navy veteran Lance Bach, representing the Montrose Veterans Coalition, presented an overview of recent fundraising successes and community partnerships. The pair

also outlined a plan they believe will allow the memorial plaza to be completed under budget.

Stryker and Bach said local suppliers from the construction industry have guaranteed the Montrose Veterans Coalition about \$125,000 in donations of services, supplies, and materials. These donations are on top of hundreds of thousands of dollars the coalition raised to buy a retired UH-1 Huey helicopter that will be part of the physical memorial. These donations have been acquired from families, businesses, and organizations, both locally and outside the region, that support the effort to create a permanent tribute honoring military service members. The total budget for the project was estimated at



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January

- ✓ Declutter each room (start small)
- ✓ Tackle minor repairs early
- ✓ Improve indoor lighting
- ✓ Schedule furnace / HVAC service
- ✓ Create a timeline and budget

February

- ✓ Refresh interior paint
- ✓ Repair or replace worn flooring
- ✓ Service chimney + water heater
- ✓ Plan curb appeal for early spring

March

- ✓ Deep-clean kitchen + bathrooms
- ✓ Spruce up landscaping
- ✓ Perform final touch-ups
- ✓ Organize for staging

April

- ✓ Finish staging
- ✓ Professional photography
- ✓ Prepare marketing launch!



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REGIONAL NEWS BRIEFS

NORTH FORK INDIVISIBLE TO HOST NO KINGS DAY MARCH 28

Special to the Mirror

PAONIA-North Fork Indivisible is holding a *No Kings Day* on Saturday, March 28, at the Town Park in Paonia (located at the corner of North Fork Avenue and Fifth Street).

Event timeline:

- 12:30 p.m. Attendees will begin gathering.
- 1 p.m. Music and stage show begin.
- 2 p.m. Protest march through town.

Why should you cover this event? Because North Fork Indivisible’s last No Kings Day attracted 450 people. A larger crowd is expected on March 8. Considering the population of Paonia is just 1,500 people, this is a significant, newsworthy event.

North Fork Indivisible is holding the *No Kings Day* to protest the Trump administration’s:

- Failure to tackle the affordability crisis;
- Creating a rural health care crisis;
- Starting an unprovoked and unnecessary war in Iran;
- Kidnapping immigrants by ICE and sending them to detention camps without due process;
- Killing American citizens in Minneapolis who were exercising their first Amendment rights;
- Failure to release the Epstein files; and
- Many other illegal and unconstitutional actions.

For additional information or questions, contact:

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VETERANS MEMORIAL MOVING FORWARD, REED SAYS

By Caitlin Switzer

MONTROSE-Montrose Mayor Dave Frank wished all present a Happy Saint Patrick's Day as he opened the regular City Council meeting of Tuesday, March 17. All Councilors were present, as was Youth City Council Representative Keira Oldroyd.

CALL FOR PUBLIC COMMENT ON NON-AGENDA ITEMS

Following the Pledge of Allegiance, Mayor Frank opened the floor to public comment, but there was none.

APPROVAL OF MINUTES

Council voted unanimously to approve the minutes of the March 2, 2026, special City Council meeting and the March 3, 2026, regular City Council meeting. Actions taken during the March 3 meeting included an increase of the City Manager salary by \$10,000 with a bonus of \$10,000 and an increase of the City Attorney salary by \$15,000 with a bonus of \$5,000.

ORDINANCE 2705 - SECOND READING

Council voted unanimously to approve Ordinance 2705 on Second 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."

ORDINANCE 2706 - SECOND READING

Council unanimously approved Ordinance 2706 on second reading, "updating Title XI Chapter 4, Development Review Proce-

dures; 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 unhoused shelter; and amending Title XI Chapter 15 Section 2 (11-15-2), regarding the definition of an unhoused shelter."

ORDINANCE 2707 - SECOND READING

Also approved on Second Reading was Ordinance 2707, "amending Title VII Fire Prevention and Safety, and adopting by reference the 2025 Colorado Wildfire Resiliency Code."

ORDINANCE 2708 - FIRST READING

Council voted unanimously to approve Ordinance 2708 on first reading, "amending the zoning district designation of the open space of the Elder Homestead at Montrose and open space of the Final Plat of the East Pavilion Complex from P, Public District, to R-3A, Medium High-Density District."

ORDINANCE 2709 - FIRST READING

Ordinance 2709 was unanimously approved on First Reading, "amending the zoning district designation of a portion of Lot 3R of the McCall Boundary Line Adjustment from R-3A, Medium Density District, to R-2, Low Density District."

THE BRIDGES AT BLACK CANYON FILING NO. 11 AMENDED PRELIMINARY PLAT

Council unanimously approved The Bridges at Black Canyon Filing No. 11 Amended Preliminary Plat.

CITY HALL ROOF CONTRACT AWARD

The final item to be unanimously approved was the award for the roof contract at the new City Hall, including authorization of \$347,267.19 for the roof recondition at City Hall. This total includes the contract amount of \$310,059.99 with Garland DBS Incorporated.

STAFF REPORTS

Sales Tax Manager Leeanne Whittaker presented the Sales, Use and Excise Tax Report for January, by Collections and by Area.

YOUTH COUNCIL REPORT

Youth Councilor Keira Oldroyd reported that the City Youth Council Non-Profit Showcase would take place on March 23 at the Montrose Pavilion, and would be free to the public. "We would love to see you there."

Mayor Frank said that he went to last year's Non-Profit Showcase and that there was a lot of synergy between non-profits. Frank said that it was a great opportunity for them to connect with one another.

Mayor Pro Tem Judy Ann Files asked about the number of non-profits attending, which is around 30, Oldroyd said, noting that it was around 30 last year as well.

"I'm looking forward to it," Files said.

COUNCIL COMMENTS

Councilor J. Dave Reed commented on the presentation during the City Work Session regarding the planned Veterans Memorial. "...It is definitely moving along...I think it was really great to hear the momentum that this project has gained now, and also recognizing the cooperation between the City and the County with respect to the funding and the County's \$300,000 commitment, the City's \$300,000 commitment, plus the donation of the land for the facility, plus in-kind services...this project is moving along and it's moving along at a pretty rapid pace..."

Reed encouraged citizens to continue to donate to the project.

Mayor Frank said that the Veterans Memorial Coalition is selling memorial bricks for veterans.

Mayor Frank also said that he had attended the HopeWest Gala the previous weekend. "...That was such a great event, and draws such an altruistic and philanthropic spirit in our city..."

Councilor Doug Glaspell said that Council had the opportunity to go to "sort of a groundbreaking" at the Sanitation Plant.

"I think that was an excellent presentation that we got out here...Thank you Jim."

With no further comments the meeting was adjourned.

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RED HAWKS SPORTS WITH CLIFF DODGE

RED HAWKS BASEBALL ROUNDUP

RED HAWKS 12, GLENWOOD SPRINGS DEMONS 8

By Cliff Dodge

The Montrose Red Hawks broke into the win column after two losses in their opening three-day tournament at the local diamond. The Red Hawks outscored the Glenwood Springs Demons by the score of 12 to 8. The two teams combined for 20 runs. A more telling statistic might be the fact that the Demons left 10 men on base while the Red Hawks stranded 17.

The Demons scored a run in the second inning while the Red Hawks plated four runners in the bottom of the second inning and were never headed after that. The Red Hawks scored in every inning from the second on and wound up winning the game 12 to 8. Four Red Hawks each collected a pair of hits. Ryan Pankey, Trevor Hatch, Chase Gleason and Conner Jennings led the hit parade while Gleason and Cohan Sauter each had two runs batted in. All in all, the Red Hawks pounded out 12 hits and 12 runs to seal the victory.

RED HAWKS 14, BAYFIELD WOLVERINES 1

The second win in the young baseball season came early in the season. The Red Hawks hosted the Bayfield Wolves in an inning-shortened game due to the mercy rule. The Red Hawks scored in all four innings played and defeated the Wolves 14-1. The Red Hawks plated three runs in the first inning and were never headed. One run in the second inning, nine runs in the third, and another singleton in the fourth for a 14-1 victory.

COAL RIDGE TITANS 12, MONTROSE RED HAWKS 10

Talk about a crazy game, this one takes the cake. The Coal Ridge Titans scored 4 times in the first inning while the Red Hawks' bats were silent. The Titans repeated scoring 4 runs again in the third inning, and then did it again in the 4th inning. The Red Hawks bats stayed silent. Ah but wait, the Red Hawks bats came alive in the bottom of the 4th inning as they batted around and scored 10 runs in the bottom of the frame. It was almost enough but not quite. They needed 3 more runs but it was just not to be. The final score ended up Titans 12, the Red Hawks 10.

RED HAWKS SOCCER OFF TO A FAST START

By Cliff Dodge

MONTROSE-Don't look now, but the Montrose Red Hawks Soccer Team is following in the footsteps of the volleyball and the basketball teams and are undefeated in the early portion of their schedule. The Varsity is 4 wins 0 losses and 1 tie, while the Junior Varsity is perfect at 5 wins and 0 losses.

The Red Hawks were slightly handicapped as they opened the season, because several members of the team were still tied up with the basketball team and their incredible run deep into the state tournament. Head Coach Matt Imus used the early season to get many of his younger players into game action, which will benefit the team going down the stretch.

Coach Imus has seven seniors to build around as they face a very difficult league schedule. The Red Hawks will travel to Grand Junction on Tuesday, March 24 and take on what Coach Imus believes is one of the toughest teams in the league this season. And then, of course, Durango invades the Montrose soccer pitch on Friday, March 27 for another very difficult contest. When looking at the schedule there are no cream puffs to pad one's record.

The Red Hawks opened the season with two home games. They defeated the Bulldogs 3-2 and then welcomed Fruita-Monument, who they defeated by the same 3-2 score. Next came two road trips, the first to Coal Ridge and a 5-0 shutout, and a trip to Delta that ended up as a scoreless 0-0 tie. The Red Hawks then got back on the win track with a 5-0 shutout of Eagle Valley.

The schedule does the Red Hawks no favors. After Durango

comes to town the Red Hawks will play their next four games on the road before finishing up with 3 of the final 4 games at home.

The Red Hawks can control their own destiny by continuing their win streak and preventing anyone from gaining ground.



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OPINION/EDITORIAL: LETTERS

CHANGE THE LANDSCAPE AND RECALIBRATE

Editor:

This will be a long one! The subject is too important to our country. Our Congress is infiltrated with Islamists, Marxist, Mentally Ill Trump Haters, and America Haters (with only a few exceptions). Just watch or listen to them on the News. Look at the Senate's policies: look at their lack of getting bills and nominations passed. This all on purpose to stymie the will of the American People and our President to carry out our agenda. Then we have the House of Representatives. Look who is in our government there. Outspoken, unapologetic Radical Islamists who claim foreign country loyalty over OUR Country and then the Hate America Marxists group. These people are gaining power and already making inroads, methodically changing our country into their philosophy, ideology and their way of life. Our inaction condones their actions. We have Radical Marxists and Radical Muslims screaming hate America slogans, death to America, death to Israel; causing violent riots. How dare they get away with it? Who let these people into our country and who let those "supposedly American citizens" stay here while they commit Sedition? Why the Communist, Socialists, Islamists Party previously known as the

"Democrat" Party that's who. Well, there's a proposed Bill sponsored by Congressman Andy Ogles. That bill proposes immigration legislation laws similar to those Immigration Laws of 1965. At that time immigration was from mostly European Countries; all people had to be self reliant, required to assimilate and be a worthy addition to our country to help it prosper. This Bill in addition also eliminates "chain migration" and also bans Radical Muslims entry to our country. Common Sense? Oh I can hear the "racism screams" already. But look whose screaming; the racists themselves who hate White people, who hate Jews, who hate Christians but love Hamas, love Muslim terrorists and hate America. Islam is not a religion of peace. It is a religion of hate and death to unbelievers. It's a religious ideology that is totally anathema to our entire way of life and beliefs. They cannot and do not assimilate. Muslims are establishing more Mosques all over our country. Muslim communities are being established totally separate from our society and establishing Sharia Law. Radical Marxists are endangering our freedoms and ignoring our Laws and our Constitution. If we don't take action we will no longer have a country. Look at Eu-

rope. Yes indeed, we need to change the Landscape and Recalibrate our government; our policies and with God's help rid our country of this evil. There is no place in our country for "Radicals of any kind. For those of you who are apathetic to the danger we face it's time to wake up and get involved. To those who say it's not a problem I say; you're the problem. For those who don't cherish our Freedom, our Constitution, and our way of life, I say you can leave. You don't deserve to enjoy our exceptional country. P

atriotic Americans need to unite to remove this threat. We need to speak up; take action. We have elections coming up. Vet the candidates so you know WHO and what you are actually voting for; good or evil. Remember those who scream the loudest are the guilty ones. They vote to keep these people in office and protect their policies and are complicit. We are truly on the brink of losing our country and time is quickly running out to save our country.

Remember our inactions condone their actions. Read, Listen, Watch, THINK, take action. Voice Loudly your opposition; Vote wisely. Our country's survival depends on it.

Carol McBride, Montrose



SAVE A TREE READ THE MIRROR

RED HAWKS TRACK TEAM OFF TO GOOD START

By Cliff Dodge

MONTROSE-The spring sports season is now at hand, and the track and field athletes can hardly wait to get started. Actually they have already started with two competitions under their collective belts already. They started with Delta and then traveled the opposite direction and tangled with Ridgway. The team has come together very well and looks forward to a banner season.

DELTA TRACK & FIELD RESULTS

GIRLS' RESULTS:

200 Meter Dash	4 th	Laila Keep	30.20 seconds
400 Meter Dash	9 th	Haylie Roberts	1:11.14 seconds
800 Meter Run	3 rd	Millie Crane	2:33.28 seconds
1600 Meter Run	9 th	N. McGarry	5:54.44 seconds
3200 Meter Run	4 th	Ashley Haynes	15:44.03 seconds
4x400 Meter Relay	1 st	Montrose	1:48.51 seconds
4x800 Meter Relay	1 st	Montrose	11:06.51 seconds
High Jump	2 nd	Makenna Cline	4 feet 8 inches
Long Jump	4 th	N. C. Lokey	14 feet 6 inches
Triple Jump	3 rd	C. Clarkson	30 feet 11 inches
Discus	3 rd	Tanner Bielak	94 feet 5 inches
	4 th	Makenna Cline	93 feet 2 inches
Shot Put	2 nd	Tanner Bielak	29 feet 6 inches

BOYS RESULTS:

100 Meter Dash	12 st	Deklan Woodden	11.30 seconds
200 Meter Dash	1 st	Cutter Travers	23.23 seconds
400 Meter Dash	1 st	Josiah Graff	51.54 seconds
800 Meter Run	9 th	Conner Quaid	2:19.22 seconds
1600 Meter Run	5 th	Tyler Tobler	4:55.86 seconds
110 Meter Hurdles	6 th	A. Provencio	24.10 seconds
4x200 Meter Relay	2 nd	Montrose	1:36.29 seconds
4x400 Meter Relay	4 th	Montrose	9:36.34 seconds
High Jump	6 th	V. Lozier	5 feet 3 inches
Long Jump	2 nd	Trevor King	18 feet 0 inches
Triple Jump	5 th	Brody Broyles	34 feet 6 inches
Discus	4 th	Gavin Jessop	136 feet 11 inches
Shot Put	1 st	Easton Jessop	47 feet 6 inches

RIDGWAY TRACK & FIELD RESULTS

GIRLS' RESULTS:

200 Meter Dash	3 rd	Marley Long	28.66 seconds
	4 th	Bentley Schiller	29.47 seconds
400 Meter Dash	8 th	Bailee Broyles	1:11.93 seconds
8900 Meter Run	2 nd	Millie Crane	2:37.38 seconds
	5 th	Julie White	2:50.66 seconds
1600 Meter Run	3 ^{re}	Millie Crane	5:59.50 seconds
	4 th	Junia White	6:16.30 seconds
100 Meter Hurdles	3 rd	Gentry Godbey	19.41 seconds
300 Meter Hurdles	2 nd	Gentry Godbey	56.06 seconds
4x100 Meter relay	1 st	Montrose	52.08 seconds
4x200 Meter Relay	1 st	Montrose	1:58.60 seconds
4x400 Meter Relay	1 st	Montrose	5:10.04 seconds
4x800 Meter Relay	1 st	Montrose	12:05.97 seconds
High Jump	1 st	K Schwerdtfeger	5:00 feet
Long Jump	3 rd	Hope Stephens	14 ft 8 inches
Triple Jump	3 rd	Hope Stephens	30 feet 10 inches
Discus	1 st	Makenna Cline	87 feet 4 inches
Shot Put	1 st	Tanner Bielak	28 feet 9 inches

RED HAWKS TRACK TEAM OFF TO GOOD START *From previous pg*

BOYS RESULTS:

100 Meter Dash	2 nd	Deklan Woodden	11:43 seconds
	3 rd	Cutter Travers	11.53 seconds
200 Meter Dash	1 st	Cutter Travers	23.97 seconds
	2 nd	Colter Davis	25.63 seconds
	4 th	Joseph Clamp	25.70 seconds
400 Meter Dash	1 st	Aaron Mundell	53.73 seconds
	3 rd	T. Tankersley	57.01 Seconds
800 Meter Run	1 st	Josiah Graff	2:05.99 seconds
	2 nd	Tyler Tobler	2:10.75 seconds
1600 Meter Run	1 st	Phineas Howe	5:02.45 seconds
3200 Meter Run	4 th	Paul Davit	16:18.68 seconds
110 Meter Hurdles	4 th	A. Provencio	24:00 seconds
300 Meter Hurdles	2 nd	Lucas Hesse	48.02 seconds
4x200 Meter Relay	1 st	Montrose	1:33.65 Seconds
4x400 Meter Relay	1 st	Montrose	3:49.13 Seconds
4x800 Meter Relay	1 st	Montrose	9:39.09 seconds
High Jump	2 nd	Vanneth Lozier	5 feet 4 inches
Long Jump	4 th	Vanneth Lozier	18 feet 6.75 inches
Triple Jump	1 st	Trevor King	37.feet 7 inches
Discus	1 st	Gavin Jessop	139 feet
Shot Put	1 st	Gavin Jessop	45 feet 10.75 inches

RED HAWKS LACROSSE SCORE SHEET

GIRLS SCORE SHEET:

Roaring Fork Rams 18, Montrose Red Hawks 0
 Durango Demons 14, Montrose Red Hawks 1
 Eagle Valley Devils 11, Montrose Red Hawks 4

BOYS SCORE SHEET:

Grand Junction Tigers 19, Montrose Red Hawks 3
 Crested Butte Titans 11, Montrose Red Hawks 5
 Glenwood Springs Demons 13, Montrose Red Hawks 1
 Fruita-Monument Wildcats 9, Montrose Red Hawks 1

The Mirror:
Coverage with vision for the future.



REGIONAL NEWS BRIEFS

DELTA POLICE DEPARTMENT PROUD TO ANNOUNCE APPOINTMENT OF CHIEF JESSE COX AS THE DEPARTMENT'S NEW CHIEF OF POLICE

Special to the Mirror

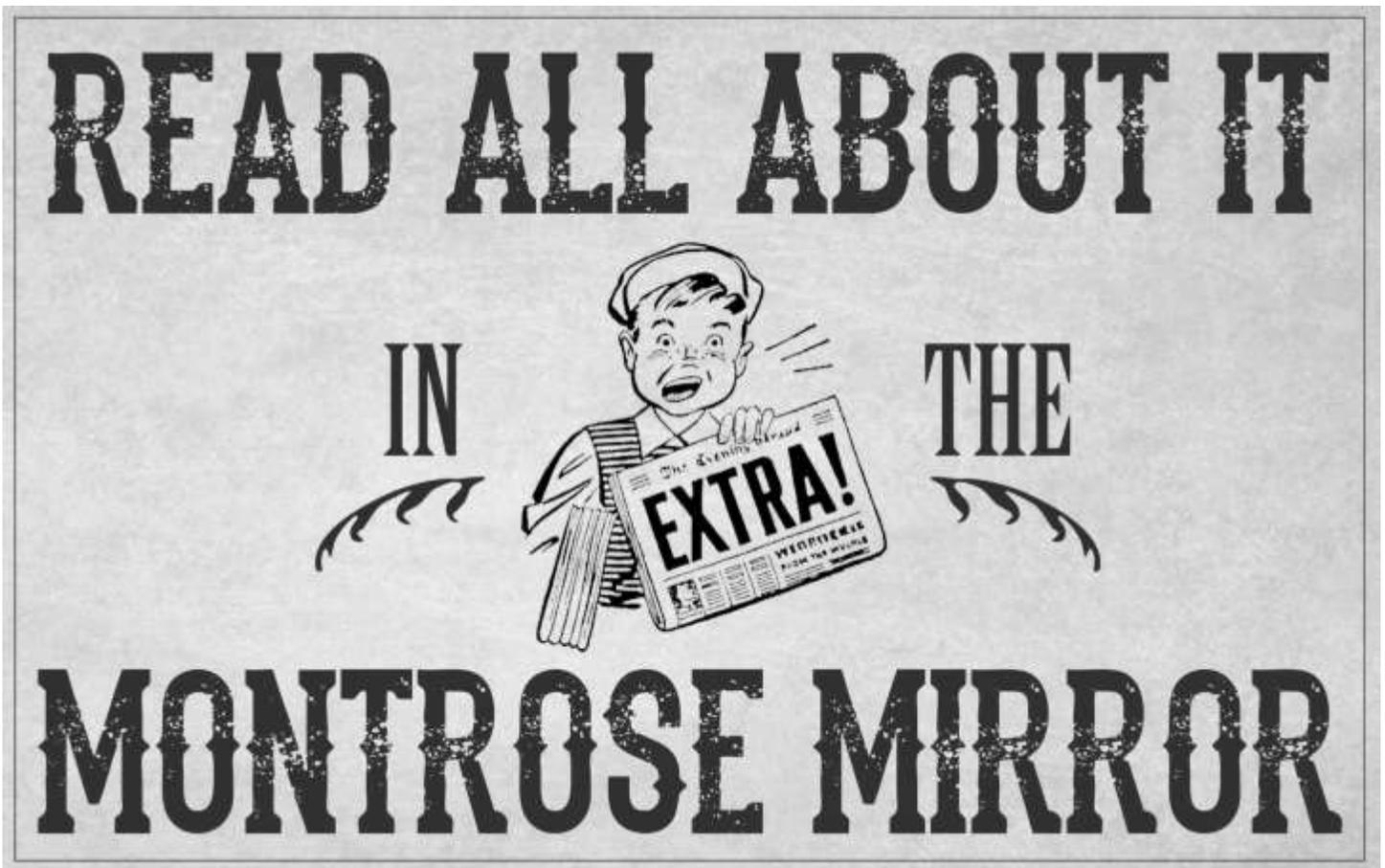
DELTA-Chief Cox, a United States Navy veteran, brings more than 30 years of law enforcement experience to the role and a career defined by public safety, leadership, transparency, and community partnership. Throughout his dedicated career of policing, he has served in a variety of assignments including Patrol Sergeant, Detective Sergeant, S.W.A.T. (Special Weapons and Tactics) Commander, Instructor, and Commander. With his extensive experience and commitment to professional policing and community partnership he will guide the department as it continues its mission to serve and protect the Delta community.

Chief Cox has lived on the Western Slope for more than 40 years and is a longtime Delta resident, bringing a deep understanding of the community and the people it serves.

As Chief, Cox will oversee the department's continued commitment to public safety, community engagement, and professional policing. He looks forward to building strong partnerships with residents, businesses and community organizations while supporting the men and women of the department who serve the City of Delta each day.

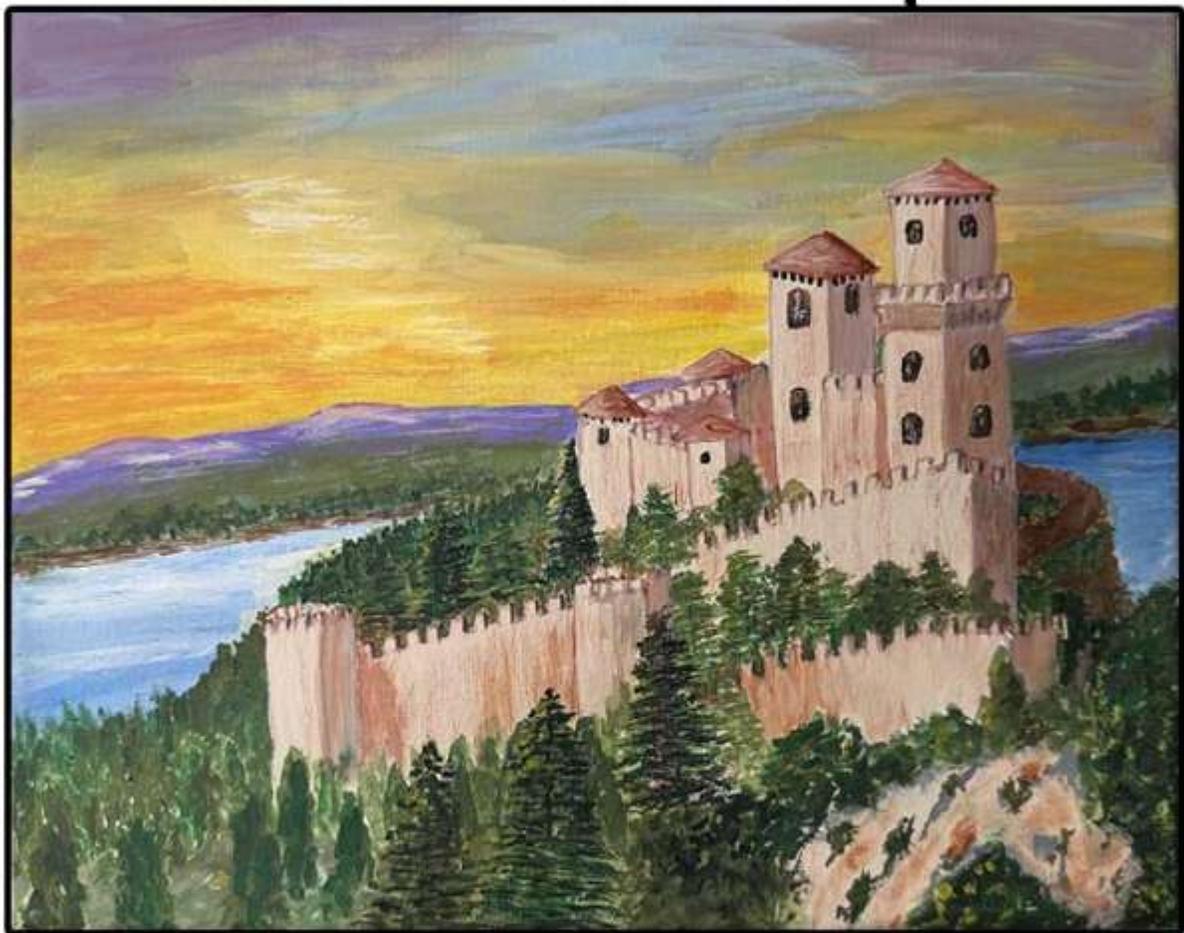
City leadership has expressed their confidence in Chief Cox's leadership and vision for the department.

The Delta Police Department looks forward to this next chapter under Chief of Police Jesse Cox.



Paint a Taste of Italy at Endless Pastabilities

Thr., March 19th, 5:30-8 pm



Everything provided. Step-by-step instructions to paint this "Castle at Port Ravenna" on 14x11 canvas with acrylic paint and pens. Class includes a beverage and



Italian snack. Instructor: Kate Burke
1544 Oxbow Dr., Montrose

\$45/pp, \$80 couple. Register online

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



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by Tim Jones



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Tacos & Beer on Main
970-964-4999

Pahgre's
970-249-6442



Lighthouse Eatery
970-964-7570

Ray's Corner Cafe
970-417-4340

Rib City
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970-240-8899

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Delta: Pour Ernie's
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Diane Haynes,
GRI, ABR, CRS

Century 21 Elevated Real Estate

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dianehaynerealtor@gmail.com

970-596-3521



COLORADO NEWS BRIEFS

GUNNISON RANGER DISTRICT TO CLOSE GOLD CREEK BRIDGE

Special to the Mirror

GUNNISON-The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests' Gunnison Ranger District to temporarily close Gold Creek Bridge and surrounding area for public safety during bridge reconstruction efforts starting March 17, 2026.

The closure prohibits entry onto or travel on the bridge and surrounding area—defined as 500 feet north and south of Gold Creek Bridge on National Forest System Road (NFSR) 771 (Gold Creek Bridge Road), spanning Lamphier Creek and located 0.1-mile north-east of the Gold Creek Campground entrance.

This closure will temporarily block public access to:
-The official Lamphier Lake trailhead, including the associated parking, at the start of National Forest System Trail (NFST) 9428.

- Gold Creek Trail (NFST 9427)
- The last 1.6 miles of Gold Creek Road (NFSR 771)
- The road complex surrounding New Dollar Gulch (NFSR's 771.2F, 771.2G, and 771.2H)

The Gold Creek Trail will still be accessible from Union Park. The road complex to the northeast of the bridge will only be accessible to motorized and non-motorized single-track users from Union Park.

The order is in effect from March 17, 2026, through July 3, 2026, unless rescinded. The full closure order and a map of the restricted area is available online at <https://www.fs.usda.gov/r02/gmug/alerts>.

A violation of this closure order is punishable as a Class B misdemeanor by a fine of not more than \$5,000 for individuals and \$10,000 for organizations, or by imprisonment for not more than six months, or both. 16 U.S.C. § 551; 18 U.S.C. §§ 3559, 3571, and 3581.

For updates on this closure order and other GMUG happenings, please visit the GMUG's official [website](#), [Facebook](#) or [X](#).

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

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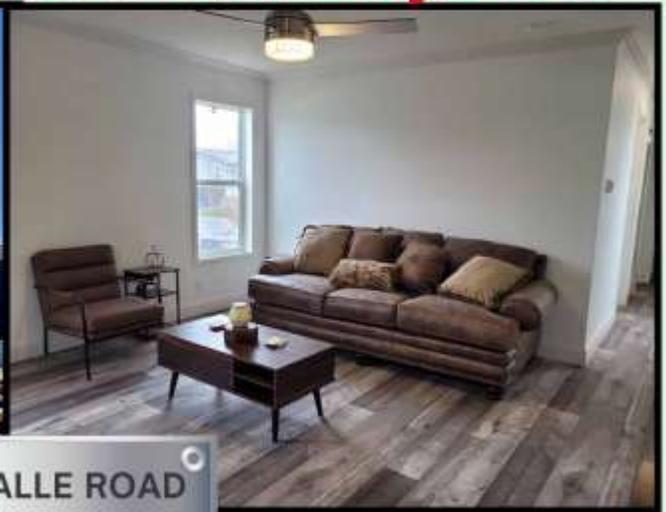
MONTROSE REGIONAL HEALTH
Spine & Pain Center

MRH Spine & Pain Center
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Montrose, CO 81401
970-252-2584
MontroseHealth.com/Spine



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2 Bathroom



Comfortable Layout



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Hidden Lake

Beautiful Butterfly Birdhouses

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Choose from 3 different butterfly styles:
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<https://kathrynrburke.com/product/032626m>



COLORADO NEWS BRIEFS

GMUG REMINDS VISITORS: STAY OFF SOFT ROADS THIS SPRING

Special to the Mirror

MONTROSE-As temperatures rise and snow begins to melt across the Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests, the Forest Service is asking visitors to help protect forest roads and natural resources by avoiding travel on soft, wet surfaces and respecting seasonal road closures.

Each spring, melting snow produces runoff that naturally seeks the path of least resistance.

When surrounding ditches remain snow-filled or frozen, that water often flows directly down Forest Service roads. Although these roads are designed to handle seasonal moisture, saturated roadbeds become soft and vulnerable to damage.

“When vehicles drive on soft roads, they leave deep ruts that channel water and accelerate erosion,” said Chris Phelps, an engineer with the GMUG National Forests. “This creates both visible and hidden damage that can take significant time and

funding to repair.”

Long-term damage from rutting and erosion can reduce access for visitors, impact wildlife habitat and create safety hazards. Protecting roads until conditions improve helps ensure the forest remains accessible and healthy for everyone.

Seasonal gate closures help prevent these impacts. Forest staff monitor road conditions regularly and reopen gates as soon as roads are dry enough to support travel without causing harm.

Visitors can help by:

- Staying off wet or muddy roads and trails.
- Honoring all posted gate closures and signs.
- Checking road conditions before heading out.
- Turning around when roads are soft enough to leave ruts.

For current road conditions, closure information, and spring recreation updates, visit the GMUG’s official [website](#) or call your local [district office](#).

The Forest Service thanks visitors for helping protect public lands and supporting long-term access to national forests.

About the Forest Service: The USDA Forest Service has for more than 100 years brought people and communities together to answer the call of conservation. Grounded in world-class science and technology—and rooted in communities—the Forest Service connects people to nature and to each other. The Forest Service cares for shared natural resources in ways that promote lasting economic, ecological, and social vitality.

The agency manages 193 million acres of public land, provides assistance to state and private landowners, maintains the largest wildland fire and forestry research organizations in the world.

The Forest Service also has either a direct or indirect role in stewardship of about 900 million forested acres within the U.S., of which over 130 million acres are urban forests where most Americans live.



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Hidden Lake

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UNITED STATES NEWS BRIEFS

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Special to the Mirror

UNITED STATES-Available indicators suggest that economic activity has been expanding at a solid pace. Job gains have remained low, and the unemployment rate has been little changed in recent months. Inflation remains somewhat elevated.

The Committee seeks to achieve maximum employment and inflation at the rate of 2 percent over the longer run. Uncertainty about the economic outlook remains elevated. The implications of developments in the Middle East for the U.S. economy are uncertain. The Committee is attentive to the risks to both sides of its dual mandate.

In support of its goals, the Committee decided to maintain the target range for the federal funds rate at 3 1/2 to 3 3/4 percent. In considering the extent and timing of additional adjustments to the target range for the federal funds rate, the Committee will carefully assess incoming data, the evolving outlook, and the balance of risks. The Committee is strongly committed to supporting maximum employment and returning inflation to its 2 percent objective.

In assessing the appropriate stance of monetary policy, the Committee will continue to monitor the implications of incoming information for the economic outlook. The Committee would be prepared to adjust the stance of monetary policy as appropriate if risks emerge that could impede the attainment of the Committee's goals. The Committee's assessments will take into account a wide range of information, including readings on labor market conditions, inflation pressures and inflation expectations, and financial and international developments.

Voting for the monetary policy action were Jerome H. Powell, Chair; John C. Williams, Vice Chair; Michael S. Barr; Michelle W. Bowman; Lisa D. Cook; Beth M. Hammack; Philip N. Jefferson; Neel Kashkari; Lorie K. Logan; Anna Paulson; and Christopher J. Waller. Voting against this action was Stephen I. Miran, who preferred to lower the target range for the federal funds rate by 1/4 percentage point at this meeting.

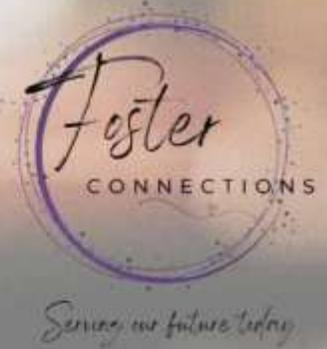


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MONTROSE COUNTY GOP 2026 ASSEMBLY

A Strong Field of Candidates Dominates the upcoming 2026 Primary Ballot



Montrose County Commissioner and Candidate for US Senate Sean Pond spoke of the need for representation in the Senate. Photo by David White.

By David White

MONTROSE-The 2026 Montrose County GOP Assembly kicked off at exactly 9AM on Saturday, March 21, 2026, at Centennial Middle School in Montrose with 173 of the 179 delegates and alternates selected at the GOP Caucus (held on Thursday, March 5, 2026) present.

Party business began immediately after the invocation and pledge of allegiance with GOP County Chairman Monty George leading the Assembly into the business of the day...receiving nominations for and votes by delegates for individuals vying for local elective offices. Those selected will have their names placed on the Primary Election ballot to be held on Tuesday June 30, 2026. At this point, it appears all will run opposed.

The following is a run down of the GOP candidates selected to be on the Primary Election Ballot this June:

-Montrose County Commissioner District 2: Running unopposed, **Caryn Webb-Gibson** was chosen unanimously to be the candidate for this seat after nominations from Olathe residents Cindy Duran and John Gibson.

-Montrose County Commissioner District 3: This seat was being sought by former GOP 1st Vice Chair **Ed Lafferty** and **Tim Stroh**, a local architect. Lafferty was nominated for the seat by Leah Vandersluis and seconded by Wayne Schieldt. Stroh was nominated by Montrose County Commissioner Sue Hansen whose nomination was seconded by former Montrose County Commissioner Roger Rash.

In a vote by the delegates, Lafferty received 133 votes to Stroh's 40 - sufficient for Lafferty to receive in excess of 70% of the vote to avoid a runoff with Stroh. His name will be the only one on the ballot for this seat.

-Montrose County Assessor: Brad Hughes, current County Assessor (serving since 2006), is running for his 6th term. He was nominated by Attorney John Brooks and received a second from Chad Dunlap. With no opposition, delegates selected Hughes to represent the GOP on the Primary ballot.

-Montrose County Clerk & Recorder: Tressa Guynes, current County Clerk & Recorder (serving since 2015) was nominated by Dawn Schieldt and seconded by Rebecca McDonald. With no opposition, Guynes was selected by delegates to represent the GOP on the Primary ballot.

-Montrose County Sheriff: Gene Lillard, current Montrose County Sheriff, was nominated by Ty Cox and seconded by Dave Farley. With no opposition, delegates selected Lillard to represent the GOP on the Primary ballot.

-Montrose County Treasurer & Trustee: Rosemary Murphy, current Treasurer and Trustee (serving since 2006), was nominated by Sandy Head and seconded by Sandra Holden. With no opposition, Murphy was selected by delegates to represent the GOP on the Primary ballot.

-Montrose County Coroner: There were two candidates for this office to replace

retiring Coroner, Rick Fellabaum...**Shaye Schottel** and **Krystal Gray**. Schottel was nominated for the office by Robin ? (we missed getting a last name) with a second from Chris Schottel. Gray was nominated by Cindy Duran with a second from Karis Holveck. In a vote by the delegates, Schottel received 128 votes to Gray's 40 - sufficient for Schottel to receive in excess of 70% of the vote to avoid a runoff with Gray. Her name will be the only one on the ballot for this seat.

-County Surveyor: In a nomination from the floor, delegate Christina Pierce from Nucla nominated **James Pierce** (her brother-in-law who is a retired engineer and surveyor) for County Surveyor. Scott Riba seconded her nomination. Mr. Pierce made a presentation on his qualifications. A vote was taken.

The vote was unanimous and Mr. Pierce was selected to be placed on the Primary ballot in June.

Also in attendance was State Representative Larry Don Suckla (HD-58) who gave delegates a run down on this year's legislative session and the budget and tax issues facing the legislature.

He noted that the lobbyists in Denver drive legislative decisions. He is fighting them on our behalf. Montrose County Commissioner and Candidate for the U.S. Senate, Sean Pond, spoke of the need for representation in the U.S. Senate of rural areas in Colorado. We are grossly underrepresented by Senator Hickenlooper. Also making an appearance was Nova, a representative from Congressman Jeff Hurd's Office (CD-3).

Letters from gubernatorial candidates Victor Marx and Scott Bottoms were read on their behalf by GOP Chairman George to the Assembly members.

In closing the Assembly, delegates met in District meetings with many choosing to move on to the House District 58 Assembly (to be held Saturday, March 28, 2026 in the Montrose High School cafeteria at 11AM); the Congressional District 3 Assembly which is Friday, April 10, 2026 in Pueblo at the Colorado State University campus' Occhiato Ballroom at 3PM, and the State GOP Assembly on Saturday, April 11, 2026 at the Massari Arena on the CSU Pueblo campus starting at 9AM.

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**THE
MONTROSEMIRROR**

Your Source for Local Business News and Information

OPINION/EDITORIAL: LETTERS

ANYONE WHO DOESN'T THINK AS THEY DO, THEY WANT TO DESTROY

Editor:

Today I am trying to stay afloat . . . this is due to the continued lowering of the local & national civility bar. Yesterday I put out a political sign in support of a local City Council person. In broad daylight someone stole it in the same afternoon.

It was in the front yard, our private property, in the house Mike and I bought for his Mom who lives in town.

I feel disgust toward these misanthropes, actual COWARDS!

If they wanted a sign I would give them one but I know that was not their motive. Anyone who doesn't think as they do they want to destroy. Utter Disgust I feel for them; truly they are a **cancer** on democracy.

Valerie Hudson

Onward and upward with kindness and intelligence

Ar scáth a chéile a mhaireann na daoine

We carry each other

A COMMONSENSE VOICE FOR MONTROSE

Editor:

Michael J. Badagliacco, affectionately known as "MJB," is running for Montrose City Council with a clear mission: to strengthen our city through community, family, and freedom.

MJB will advocate for a **City Charter Amendment** to accomplish key reforms:

- **Establish lifetime Term Limits of 8 years for City Council** to bring fresh ideas and prevent entrenched leadership.

- **Move City Elections to November** to coincide with our Congressional Elections, increasing turnout and participation, saving taxpayers up to \$15,000 and reducing voter fatigue.

- **Grant voting rights in City elections to business owners living in Montrose County who operate businesses within City limits.**

- **Grant voting rights to residents outside City limits who pay the Special Rec District Tax.**

Additionally, MJB pledges to:

- **Advocate for long-term financial planning**, including a budget line item for a set aside for future major infrastructure projects to reduce the need for more borrowing.

- **Support humane, common-sense solutions for the unhoused that do not raise taxes.**

- **Push for more support for our Veterans and the Veterans Memorial.**

- **Demand an independent forensic audit of city finances to restore accountability.**

- **Eliminate the "good old boy" system and implement a fair, equitable process for business incentives that stimulate our local economy and eliminate the current system of favoritism.**

"In Our Republic, We Elect Our Representatives,

If We don't Show Up and VOTE, We lose our voice!"

You should have received your ballot in the mail this past week (March 18-21). If not, contact Montrose City Clerk Lisa DelPiccolo immediately.

Join MJB in building a stronger Montrose based on common sense. Learn more at <https://MJB4Montrose.com>.

Vote: Michael J. Badagliacco, "MJB"

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





Lunch & Learn at Endless Pastabilities Saturdays, 11 am - 1 pm

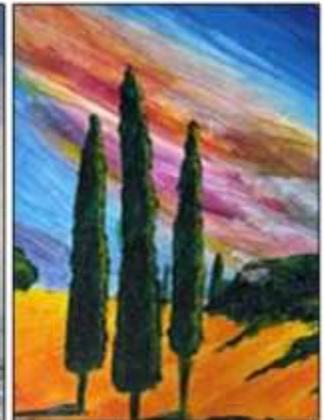


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Learn to paint TREES

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WEEK**



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and brushes
Learn to paint
FLOWERS



Light lunch and fountain drink included. \$35/pp
1:1 instruction. Classes limited to 8 adults.

OPINION/EDITORIAL: COMMENTARY

MONTROSE REGIONAL HEALTH

Will the County Commissioners put the Brakes on their Merger?

By David White

Last week, the Montrose Mirror and I had stories about the proposed merger (let's call it that vs. the "partnership" that Montrose Regional Health and Community Hospital are proposing between themselves).

The County Commissioners took note and have called for a special meeting of the Board of County Commissioners with the Board of Directors of Montrose Regional Health this evening, March 23, 2026 at 7PM to discuss their concerns this arrangement will have on the citizens of Montrose County. The meeting will be held in an Executive Session and not streamed.

I would like to urge you to call the County Commissioners at 970-249-7755 as soon as possible and let them know your thoughts on the Letter of Intent both parties (MRH and Community – see last week's Mirror - <https://www.montrosemirror.com/wp-content/uploads/2026/03/MM681.pdf>) have signed and the potentially negative effects it will have on our hospital.

It's up to the community to keep our hospital under local control. Do your best, but please let your voice be heard.

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.

OPINION/EDITORIAL: COMMENTARY

WARNING: ALL CITY COUNCIL ELECTION WINNERS WILL BE SUBJECTED TO A PERSONALITY TEST BY THE CITY MANAGER

City Manager Bell's Mandate for Employees and Elected Officials...What am I getting with you? What the Heck, I say!

By David White

Roughly 6 weeks ago I was contacted by a former City employee on a matter which, at first, was unrelated to the City of Montrose until it took an odd turn. That turn involved a story of why they were no longer with the City and it all involved a personality test.

This person was forced to participate in, as a matter of employment, a "DiSC Assessment" (aka, a modern-day personality test). While these tests can be useful in understanding oneself as well as those we work or live with, they can also be used as weapons when an individual's psychological or mental makeup don't comply with the "culture" found in the workplace. Such was the case with this person who had to post their personality type on the door of their office as a warning to their

co-workers. Needless-to-say, this person felt "shamed" as well as was basically drummed out of their job with the City because of it.

According to research I've undertaken, I've learned the following about a DiSC Assessment:

A DiSC assessment is a personality testing tool that categorizes individuals into four main traits: *Dominance, Influence, Steadiness, and Conscientiousness.*

It is often used in business settings to improve teamwork and communication, although its scientific validity is questioned.

Overview of the DiSC Assessment

The DiSC assessment is a behavioral tool designed to help individuals understand their personality traits and improve communication and teamwork. Developed by

psychologist William Moulton Marston in 1928, it categorizes behaviors into four primary styles:

-Dominance (D): Assertive, results-oriented, and competitive.

-Influence (I): Sociable, persuasive, and enthusiastic.

-Steadiness (S): Supportive, patient, and empathetic.

-Conscientiousness (C): Analytical, detail-oriented, and systematic.

Purpose and Benefits

The DiSC assessment aims to enhance self-awareness and interpersonal relationships. It is widely used in various settings, including businesses, to **1) Improve communication among team members; 2) Foster better teamwork and collaboration; 3) Identify individual strengths and weaknesses and 4) Resolve conflicts**

Continued next pg

PERSONALITY TEST BY THE CITY MANAGER *From previous pg*

more effectively.

How It Works

Participants complete a series of questions that gauge their preferences and behaviors. Based on their responses, they receive a profile that highlights their dominant traits and how they interact with others. This profile can guide personal development and improve workplace dynamics. (<https://www.discprofile.com/>) To understand why these assessments are being **mandated** by the City, one has to understand why it is so important for our City Manager, Bill Bell, to have your tax dollars pay for them and more (I'll get to the money part of this soon). According to public records, Mr. Bell's undergraduate degree was earned at the University of Wyoming where he double majored in **Psychology and Criminal Justice**. He followed this by attending Pepperdine University for a time where he studied contract law and **conflict resolution**. He wrapped things up by returning to the University of Wyoming where he obtained a master's degree in public administration.

Prior to working in City government, he worked as a **graduate teaching assistant in the Criminal Justice Program at the University of Wyoming; as a forensic psychiatric technician for the State of Wyoming psychiatric facility; as an assistant county planner, and as a graduate policy assistant for the Colorado Governor's Office of Policy and Initiatives under Governor Bill Owens**. His entire graduate and post-graduate career has been in government. No private sector experience is found anywhere. This is telling as is his interest in the field of human psychology.

So, who gets to be assessed inside the walls of City Hall? From what I've discovered, **everyone!** Starting with the City Council and working down through every City department, literally everyone has to have a DiSC Assessment. But it doesn't stop there. Records show that if you want to work at or be a representative "Ambassador" for the City through the City's Visitor Center, you get assessed. If you're on the Youth Council, you get assessed. If you work for the Police Department, you get assessed. If you participate in the Montrose University "leadership" program, you get assessed!

From data I've found, at least 116 of

these assessments have been done from the beginning of 2025 through the first two months of 2026 at a cost of \$75.00 per assessment or **\$8,700**. But that's nothing compared to what I found after finding this data.

So, who's doing these assessments? It would make sense for the City's Human Resources Department to be doing them, but that isn't the City of Montrose's way. Nope...we hire a consultant to do them. Now you'd think that a consultant's fee would be included in the price of the assessment, but no, you'd be mistaken. Sometime in 2023, the City Manager hired a local firm by the name of Illuminate Business Services, LLC to provide "Training Services" (<https://illuminatebusinessservices.com/>) to the City that also included administering and evaluating the DiSC assessments discussed above. In 2025, these "training services" cost the taxpayers **\$71,862 EXCLUDING** the cost of the DiSC assessments as well as other charges for books and miscellaneous work. In 2024, the City paid a similar amount to Illuminate...**\$71,860** plus had them administer over 150 DiSC Assessments that totaled over **\$10,600**. (Note: DiSC Assessments were \$70.00 each in 2024.) 2023 saw almost **\$94,300** go out the door to Illuminate for services. Looking back just a bit further, I found that Montrose County Commissioner Sue Hansen, from 2019-2022 provided similar training as well as administered DiSC Assessments through her business "Sue Hansen Speaks" for a modest total of just under **\$20,000 vs. over \$257,000** of your tax dollars spent in 3 years with Illuminate Business Services.

The "Mission Statement" for Illuminate's business is found on their web page and reads as follows:

Illuminate supports professionals and organizations by holding the light for you. In directing the light, you can see the solution clearly.

It looks a little different for each client and we will tailor an approach that works best for you. Here's a few examples of how we can help:

- Direct the light to the path ahead allowing you to see what is needed to move forward.

- Steady the light in one place helping you focus on a critical area for growth.

- Pull the light back so the larger context is illuminated which provides you a view of the bigger picture. With the larger context in view, you can see the strategies needed to accomplish results.

Creating value for you is our priority!

The above statements illustrate what's wrong with our City's management in that what the "consultant" (Illuminate in this case) is saying to City Management is: **"Give me your watch so I can tell you what time it is!"**

With a City on a 4-day work week and a City Manager with weeks and weeks of vacation, accrued sick and comp days banked creating a liability for the City's taxpayers plus benefits and a roughly \$250,000 salary (remember, City Council just gave him a \$10,000 raise a few weeks ago and a \$10,000 bonus), **what the heck are we doing hiring a firm to conduct such assessments and trainings that are at best, potentially useful, but still subjective?** And why are these costs being buried within various City departmental budgets and why are our Public Safety Sales Tax dollars being used to pay for the MPD's part in all of this? I have a hard time believing that the voters thought this was an allowed expenditure when they voted for the City's PSST a few years ago.

And, regarding these assessments, if you poll current and past City employees, you would no doubt find that they've been used to weaponize management's control over how you behave and tow the party line at the City. I suspect we have a lot of employees who need their decently paid jobs, but who are deeply resentful of the compromises needed to keep them.

If the walls could talk, the shaming, ostracization and other bad behaviors by top management would see the light of day. Perhaps a going away party is needed to bring life back into the corridors of City Hall.

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.

PAINT A TIGER LILY

1:00-3:30 pm, March. 27th



Acrylic on 12" x 12" canvas. No experience necessary. Instruction and all materials provided. Class includes snack and soft drink. \$40 With Kate Burke.



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COMMUNITY OBITUARIES

BARBARA WEISS

January 17, 1945- March 2, 2026

BARBARA ANN (BRANDT) WEISS passed away peacefully on March 2, 2026, after a twelve-year journey with Alzheimer's disease. She was 81.

Barbara was born January 17, 1945, in Chicago, Illinois, and later moved with her family to Phoenix, Arizona, where she graduated from West High School. During a dance in the fall of 1963, she met her future husband, Earl "Jack" Weiss. It was love at first sight, and the couple married on August 15, 1964, at Luke Air Force Base in Phoenix.

While raising her family in Longmont, Colorado, Barbara's love of books led her to a fulfilling career as an elementary school librarian. In 1989, after moving with her husband to Austin, Texas, she returned to college and earned her Associate Registered Nursing degree. Moving back to Montrose, Colorado in 1997, her work as a registered nurse touched both her patients and colleagues and will always be remembered.

Barbara is survived by her husband of nearly 62 years, Jack Weiss; her children, Darin Weiss (Lavina) and Elizabeth Houser (Mark); and her grandchildren-Zachery Riner, Audrey Riner, Garrett Weiss and Marissa Weiss -who were the greatest joy of her life. She is also survived by her siblings, Jerry King (Brenda), Judy Pierce (Stan), Jill Covington (Bill), and Joan Straight (Ray).

Her love, warmth, and quiet strength will remain in the hearts of her family always.



JERRY OWEN JOHNSON

January 22nd 1950- March 11th, 2026



JERRY OWEN JOHNSON Passed away peacefully on Wednesday March 11th, 2026. At the age of 76, he was what could be called goofy, honorable, and reliable to those who knew and loved him.

Born to Betty Lou Stringham on January 22nd 1950, loved and also raised by Carl Roy.

Jerry is preceded in death by both his mother Betty Stringham and his stepfather Carl Roy. As well as his late wife Debrah Lynn Boren.

Jerry is Survived by daughter; Dustie Johnson, granddaughters; Tayler Weekly Johnson and Kendra Kasper, husband JD Kasper. Great granddaughters; Rielle Woodden, Elise Kasper, and Kyra Kasper. Sister; Carol Ann Rieher, husband Mick Rieher. Nieces; Lora Leigh Rieher and Suzie Rieher, Great Nephew Jordin Rieher. Along with many close friends that he considered family.

Jerry enjoyed many things in life like working on his Nova (AKA "Wild Thing") and customizing things like his Harley, Bicycle, Gun, and daily driver. He always stayed busy making the best of things important to him.

Jerry also invested in people important to him, I don't believe he ever truly met a stranger.

Whether telling jokes to receptionists he just met, gas station attendees, or those he congregated with in church. Jerry always had a joke, a story, or a prank to lay on those around him.

Many times, he would prank his friends and family by peaking around a hidden corner with a mask... or just his wonderful face. He would jump scare someone from a makeshift coffin on Halloween or just the nearest hiding spot that could be found. Jerry was always a jokester and kept you on your toes.

He also had a deep love of poetry and finding new and alternate words with different meanings. I think we can all agree he never needed to hide behind poems, jokes, cars, or pranks. Even though those all hold deep meaning when thinking of Jerry... Jerry in the flesh is the one we will miss the most. We can find peace and comfort knowing that he is at home with the Lord.

There Will be a Service for Jerry Owen Johnson on April 11th at 11AM at Calvary Chapel. 2201 S. Townsend Ave. Montrose, Co 81401. A Luncheon at Calvary chapter will follow the memorial service.

ISSUE 566 March 23, 2026

ART & SOL

WORD FROM THE WEST: THE ANIMAL BENEATH THE RIB



With Wendy Vidlock. Courtesy photo.

PALISADE-Do you remember the first time you felt fear?

The first time I experienced fear, I'm talking real fear, the kind that makes the heart race and constricts the throat and freezes the bones, I was waking from a dream. About snakes. Hundreds of them writhed and rattled ominously at the bottom of a huge nest.

My first primordial dream!

Fear is one of the oldest languages on earth. It lives in muscle before thought, in breath before voice. Fear is expressed through the flinch, the freeze, the flight, the pounding of the heart. Fear is information carried through nerves and blood. It announces itself through the body as plainly as weather.

We humans have always kept a list of animals we most fear.

The snake sits coiled at the top of that list.

In cognitive studies infants who have never seen a snake will startle at their shape. Neuroscience suggests that the human



visual system is adept at detecting serpentine curves, a legacy of millions of years spent avoiding venomous bites.

Spiders come in a close second, followed by rats and mice.

And then there are the big predators we fear: wolves, lions, bears and sharks, with their forward-facing eyes and powerful jaws. These features print neatly onto the human brain's threat-detection system.

And then there are the stories we tell about wild creatures, which sharpen our keen awareness of danger and unpredictability.

Statistically speaking, strikes, bites and

attacks are rare, but fear does not speak the language of probability.

To understand why we fear these animals is to recognize how deeply human survival is braided with the lives of other beings on this planet.

I've been thinking a lot about fear lately because it is such a powerful emotion, informing our behaviors, relationships, opinions, politics and language.

And of course fear mongering is an effective tool for dividing us and instituting an Us and Them field paradigm.

Our primal or biological fears include fear of death, fear of physical harm/violence, fear of the dark, heights, snakes, spiders, natural disasters, etc.

More abstract, existential fears can be even more powerful than biological ones: fear of the unknown, fear of isolation, fear of illness, fear of powerlessness.

Social fears can be as debilitating as well: fear of rejection, fear of failure, fear of judgment, fear of emotional vulnerability, fear of intimacy, fear of public speaking, etc.

Modern cultural fears we deal with include fear of change, fear of the other, fear of authority, fear of AI, fear of environmental collapse, nuclear war, government, wildfire, etc.

Of course we are capable of creating fear by over-thinking and catastrophizing, which tilts our nervous systems into a state of terror.

Your body's chemistry responds to an agitated mental state in exactly the same

Continued next pg

WORD FROM THE WEST: THE ANIMAL BENEATH THE RIB

From previous pg

way it would if you were being chased by a mountain lion.

Fear doesn't knock.

It won't alert you on your phone.

It enters through the blood and the bone.

It will not bring

a bottle of wine.

It penetrates

and coils itself

at the base of the spine.

If you offer it dinner,

it moves in.

It has no manners,

no sense of time.

In wild animals, though, fear is extraordinarily precise. A deer freezes at the snap of a twig because the amygdala in her brain has learned the grammar of predators. A lizard holding perfectly still on a warm stone, a quail exploding from the brush, a whale diving deep at the echo of a sound— all are expressions of the same ancient circuitry.

What scientists call the “ecology of fear” describes how the presence of predators alters prey behavior even when no attack has occurred. Wolves simply returning to Yellowstone changed how elk grazed, riverbanks recovered and willows returned, even before any kills were made. In this way, fear is not merely an individual response, but a force that structures ecosystems.

Many animals rely on community alarm systems, calls, postures and chemical cues

to warn others of danger. Prairie dogs use distinct vocalizations for different predators. Fish release distress signals that trigger coordinated flight in entire schools. In such cases, fear becomes a kind of communal intelligence. Survival depends not just on speed, but on listening well.

Over time, animals refine their fear response. I notice the rabbits in our area never bolt when they see or hear me coming, but rather just take a few hops toward safer ground, continuing to recalculate odds as I grow nearer.

But here's the most wonderful thing about animal fear: in the wild, animals know how to end it, how to shake fear off, quite literally. When fear passes through a wild animal it doesn't linger to build a monument.

After a near miss, birds fluff their feathers, shake their wings and resetttle. Rabbits will freeze during danger, then shake their limbs when danger passes. After an escape, the doe fully trembles—her entire body shaking uncontrollably before lowering her head to graze. The horse shakes violently after a sudden noise has startled her, not out of weakness but out of wisdom.

In these animal rituals the body returns itself to equilibrium, releasing pent-up adrenaline and cortisol. The autonomic nervous system, having surged into sympathetic alarm, has recalibrated, finding its counterweight in parasympathetic calm.

Biologists call this ritual the completion

of the stress cycle. Many mammals have different ways of doing this, thereby avoiding the chronic trauma-response so often seen in humans.

We also possess this ancient mechanism of releasing fear, though we resist it. We hold the tension from past traumas and near misses stubbornly in our shoulders, jaws, and in our backs. We swallow the shaking. We hold the electricity inside, where it slowly burns, producing hair-trigger responses to just about everything.

We doom scroll or read the news and find ourselves in a physical state of anxiety.

But fear can only leave the way it came, through the body, through sensation, through permission.

Wild animals remind us that fear is a wave passing through, not a permanent resident.

For them, the trembling limbs, the shaking fur, the deep sudden exhale are powerful acts of renewal.

To release fear or agitation we must become in touch with our soft animal bodies. The muscles must empty themselves of the fear.

The nerves must be released. Movement, jumping, shaking and intentional breathing is the way back to a calm state. All of these things work together to console our overwrought nervous systems— and remind our over-reactive bodies that the danger, for now, has passed.



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Hidden Lake

The Satisfied Self

THE SATISFIED SELF: THE IN-BETWEEN SEASON



By Gia Pirelli

There is a phase of change that rarely gets acknowledged. It's not the beginning, where everything feels possible and requires little more than vision and enthusiasm. And it's not the achievement itself, where everything appears resolved and successful. It's the middle.

That itchy place where what once fit no longer does...and what's next hasn't fully formed. This is the in-between season. A super uncomfortable space that squeezes your sense of self and tests your confidence at every turn. But growth seldom happens in comfort. And it never happens in homeostasis. Discomfort requires persistence, faith, strength, resilience...this is where the real transformation happens. This creates the vessel to hold the next, evolved version of you.

The in-between starts as an idea and then slowly begins to shift. You notice things that once energized you now feel draining. Conversations feel different. Your tolerance adjusts. Your priorities begin to rearrange themselves. Relationships often dissolve at this point. People who no longer align with your path or purpose begin to fade from your life.

Nothing is specifically "wrong." But something is no longer "right." And by right, I mean familiar. This is where many women hesitate. Because from the outside, life may still look stable. Functional. Even successful. And yet internally, a growing awareness burns in the belly, signaling deep change. Like a storm on the horizon, or the smell of rain in the air. You know something's coming. The mind resists, and instincts lean toward dismissal. To stay the same. To avoid disrupting familiar and habitual patterns.

But once you feel that shift, it's difficult to un-feel it. That shift signals energetic upgrade. Your body recognizes it. But your

mind and ego resist the dissolution of your current identity. No longer who you've always been, not yet established in who you're becoming. A disorienting gap emerges between those two identities. Along with it, the urge to quit. To run back to the last familiar protocol.

You may find yourself questioning decisions that once felt obvious. You may feel less certain, even as you develop a new sense of awareness. You may pull back socially or professionally, not out of withdrawal, but because you are recalibrating. A fine, slippery line exists between regression and integration. You are reorganizing from the inside out.

The problem is the nervous system prefers certainty. Even if something isn't ideal, familiarity feels safe. Predictability reduces effort. Known patterns require less energy. All of these play into our programmed responses for survival.

The in-between removes that familiarity. It introduces uncertainty, undefined outcomes, shifting identity, temporary loss of momentum, and fear of failure. And failure as an adult feels more catastrophic than failure in frivolous youth. More than likely, people rely on you. And because of that, it can feel like something is wrong. Nothing is wrong. You are simply no longer operating on autopilot - out of habit, complacency and boredom.

In this space, we naturally desire to resolve things quickly. To find clarity. To make a decision. To land somewhere stable again.

But rushing the in-between often leads to recreating what you already know, rather than allowing something new to emerge. We skip into the last familiar protocol. True reinvention requires a period of not knowing. That's the whole point. To walk into the unknown and create something new. That requires the courage and resilience earned through lived experience. It requires listening more than acting; observing rather than forcing; and allowing clarity to build, instead of

demanding it appear.

While that may feel passive, it's actually very precise. Beneath the surface, something important is unfolding. You are refining your standards, becoming more honest about what you want, releasing patterns that no longer align, and building the capacity to hold something more expansive. That takes a minute.

This work is subtle, but foundational. Because what you build next comes from this place. Not from urgency. Not from pressure. Not from ego or the whims and uncertainty of youth. But from clarity, wisdom and experience.

The in-between doesn't require you to have all the answers. It simply requires you to stay connected to yourself while the answers take shape. And to keep moving forward. Even when you don't feel like it. Even when you want to quit. Especially when you want to quit. This is where regulation matters.

When the nervous system is steady, uncertainty feels tolerable. Decisions feel less reactive. Patience becomes possible. Clarity emerges naturally. Things shift, fragment, and then slowly reorganize. The picture takes shape. Things fall into place, and a steady flow emerges.

Simple practices, like movement, breath, stillness, time in quiet — help anchor you when everything feels untethered. They don't solve the transition. They support you through it.

One of the most common fears in this season is, "What if I've lost my way?" You haven't. You've merely outgrown the old one. And before a new path becomes visible, there is always a period where things feel open, unstructured, and uncertain. Maybe even like failing or quitting. This is not failure. It's creating space for evolution.

And space is necessary for anything new to take form. Beginnings are exciting. Endings are clear. But the middle is where transformation actually occurs.

It's where you learn to trust yourself

THE SATISFIED SELF: THE IN-BETWEEN SEASON *From previous pg*

without external validation. Where you make decisions without a script. Where you become more grounded, more honest, and more self-led. It's also where most people turn back.

Not because they can't move forward, but because the unknown feels uncomfortable. If you remain steady, moving forward through the uncertainty, the next step reveals itself. Not all at once. But clearly enough.

A different kind of confidence develops in

this season. Not the kind that comes from certainty or achievement. Not the kind that comes from external validation or approval. But the kind that comes from deep trust in yourself, even when things are unclear. From not rushing. From not abandoning the process. From trusting that something is forming, even if you can't fully see it yet.

That kind of confidence doesn't disappear. It carries into whatever comes next. The in-between is not a place you're

meant to stay. This space provides an opportunity to grow and move with awareness, with intention. Because the woman you become on the other side is shaped here — in the pause, in the uncertainty, in the willingness to remain present while things evolve.

And when clarity comes, it won't feel forced. It will feel inevitable.

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. She conducts monthly sound journeys for nervous system regulation and mental rest. 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>

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COMMUNITY NEWS BRIEFS

PUBLIC SERVICE ANNOUNCEMENT: PALISADE LIONS CLUB

Who: Palisade Lions Club & American Legion Post 50

What: Easter Egg Hunt & Photos with Easter Bunny

Where: Palisade Veteran’s Memorial Park

When: Easter Sunday, April 5th, 9:00 am

Why: 65th Annual Palisade Easter Egg Hunt and photos with Easter Bunny

Contact: Rick Fox, 970-314-5340, or afoxlocks@gmail.com

Palisade Lion’s Club and Palisade American Legion Post 50 will be again hosting the 65th Annual Easter Egg in Palisade Veterans’ Memorial Park on Easter Sunday, April 5th at 9 for kids toddler through 5th grade.

MHS CLASS OF 1976 TO HOST REUNION

Special to the Mirror

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 5 pm 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: montrosethigh1976@gmail.com or Facebook: 76 Reunion Page for more information. Pass the news on to your friends!



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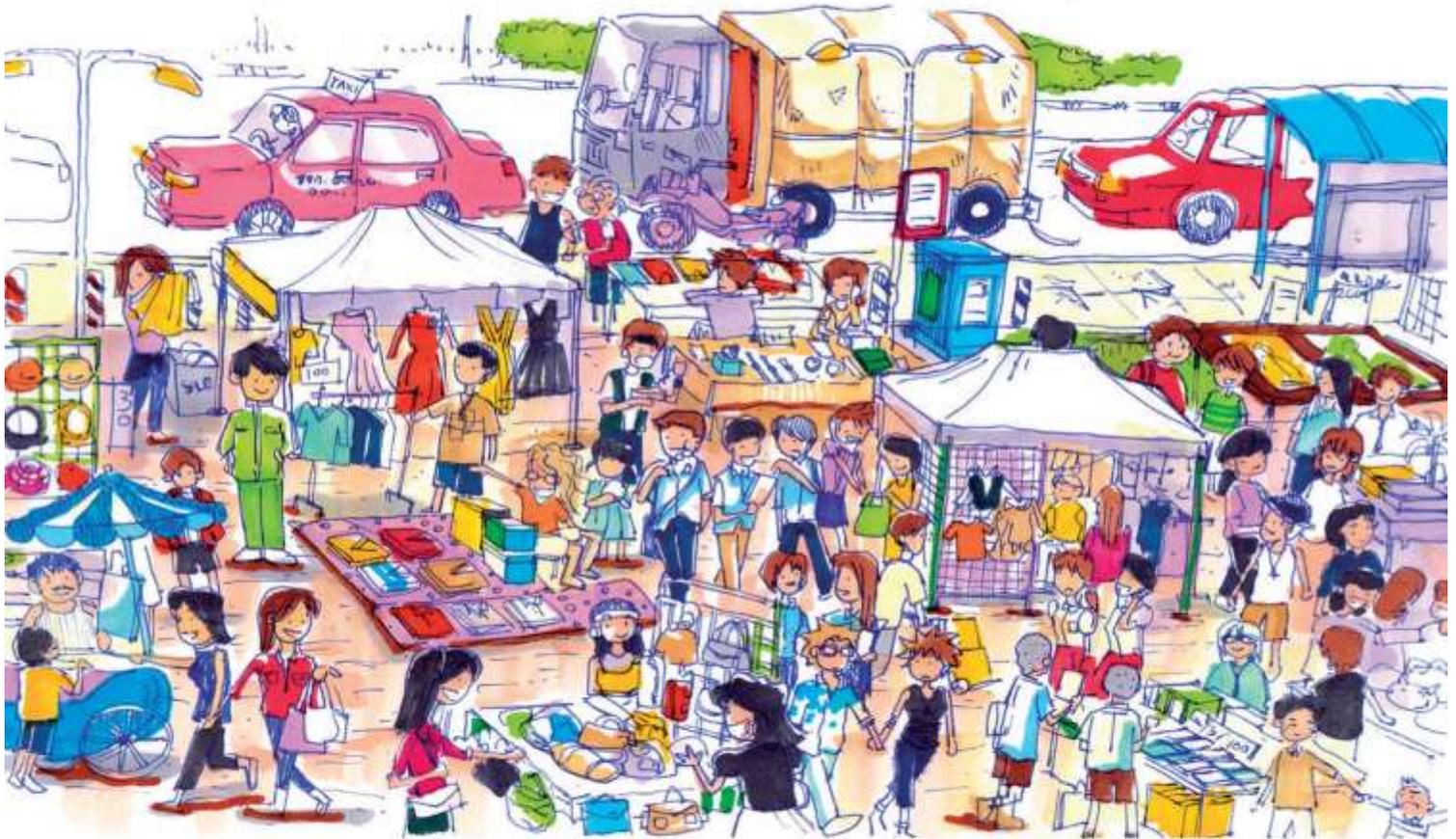


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Saturday March 28th | 9am-4pm

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MIRROR CHURCH DIRECTORY

ALL SAINTS ANGLICAN CHURCH

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

Office Hours: By appointment.

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

Worship Service Times: Sundays 9AM,

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

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

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

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

BIBLE BAPTIST CHURCH

Independent Baptist
 112 Main St.
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Olathe, Co 81425

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

Sunday School 9:15 a.m.

Sunday 10:30 a.m.

Sunday 6 p.m.

Wednesday Bible Study/Prayer 7 p.m.

CEDAR CREEK CHURCH

affiliation: Evangelical Free

Address: 222 South Townsend Montrose, CO 81401

Office Hours: 10am-2pm Tuesday- Friday

Contact: 970-252-1163

ccc@cccmontrose.org

Pastor: Curt Mudgett

Sunday worship:

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

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

Wednesday Prayer: 5:30-6:15pm

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

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

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

Please make plans to come check us out soon!

CELEBRATION CHURCH

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

Address: 2900 Sunnyside Road, Montrose, CO 81401

Office Hours: By appointment

Phone: (970) 497-4925

Email: celebrationmontrose@gmail.com

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

celebrationmontrose.org/

Worship Service Times: 9am and 10:45am

Senior Pastor:

Pastor Brandon Mathis

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

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

Demographics: Multi-generational

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

Student (middle & high school) at 9am.

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

CHRIST'S CHURCH OF THE VALLEY

Name of Church: Christ's Church of the Valley

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

Address: 10 Hillcrest Plaza Way. Montrose, CO 81401

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

Contact information:

Phone: 970-249-0530

Email: CCVMontroseCO10@gmail.com

Website: ccvmontrose.org

Name of current Senior Pastor: Ken Lawrence

Worship service times: 10:30 a.m.

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

in our Lord Jesus Christ to the glory of God.

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

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

CHRIST LUTHERAN CHURCH

Denomination: Christ Lutheran Montrose
Affiliation: Lutheran Church Missouri Synod

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

Contact: 970-633-0226

Website: www.montroselutheran.org

Email: montroselutheran@gmail.com

Pastor: Tim Onnen

Worship: Sundays at 9 AM

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

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

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

MIRROR CHURCH DIRECTORY *From previous pg*

COMMUNITY SPIRIT CHURCH

United Church of Christ (UCC)

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

Office hours: Call or text for appointment

Phone: 970-765-7070

Email: spirit@communityspiritucc.org

Website: communityspiritucc.org

Current Pastor: Rev. Wendy Kidd

Worship service: Sundays at 11am

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

where everyone can live freely and authentically.

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

COVENANT HEBRAIC FELLOWSHIP

Denomination affiliation. No affiliation

Address Office hours N/A

Contact: 720-951-9941,

office@ccfmontrose.net,

www.ccfmontrose.net

Name of current Senior Pastor. Led by elders

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

Covenant is a Hebraic roots community

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

FIRST CHURCH OF THE NAZARENE

Denomination: Church of the Nazarene

Address: 705 South 12th Street

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

Contact Information: Office Phone 970

249 -9213, mncfirst@gmail.com,

www.montrosenazarenechurch.org

Pastor: Pastor Ian Hyde

Services Sunday: Worship 10:30

AM, Discipleship Hour: 9:30

AM. Discipleship Hour has classes across

all age groups. Nursery for children UN-

DER 3 is available during Worship and Dis-

cipleship Hour. Youth Night (6-12th

grade): Tuesdays, 6:30 PM. Weeknight

Bible Study: Wednesdays, 6:30

PM. Mission Statement: Montrose First

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

FIRST PRESBYTERIAN CHURCH

MONTROSE

Affiliation: Presbyterian

Address: 1840 E Niagara Rd. Montrose

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

12PM

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

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

www.fpcmontrose.com

Pastor: Rev. Dr. Jesse G. Mabanglo

Worship Service times: 9:30AM,

We strive to encourage, challenge and

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

HILLCREST CONGREGATIONAL UNITED CHURCH OF CHRIST

Denomination affiliation: United Church of Christ

Address: 611 South Hillcrest Drive, Montrose, CO 81401

Office hours: By appointment

Contact information:

Phone number: (970) 249-9047

Email address: office@montroseucc.org

Website: montroseucc.org

Current Pastor: Rev. Wendy Kidd

Worship service times: Sunday, 10 a.m.

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

no matter who you are or where you are

on life's journey.

Church demographics: HCUCC welcomes all ages to worship with

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

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

MONTROSE UNITED METHODIST CHURCH

Denomination Affiliation: United Methodist

Address: 19 S. Park Avenue Montrose CO. 81401

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

Contact Information: 970-249-3716,

office@montroseumc.org, [\[roseumc.org\]\(http://roseumc.org\)](http://mont-</p>
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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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✉ Realtor@PegEvanoika.com

🌐 The_RES.com



CENTURY 21.
ELEVATED REAL ESTATE

MONTROSE COMMUNITY
HOLY WEEK SERVICES

March 30 – April 3

7:00 to 7:30 AM



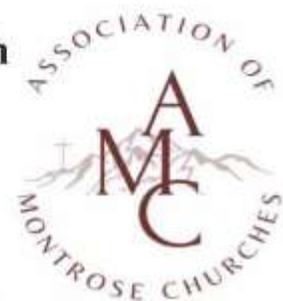
Monday – St. Stephens Anglican Church
2504 Sunnyside Rd.

Tuesday – First Church of the Nazarene
705 S. 12th Street

Wednesday – Calvary Chapel
2201 Townsend Ave.

Thursday -Montrose Christian Church
2351 Sunnyside Rd.

Friday – Celebration Church
2900 Sunnyside Rd.



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

An Offering will be received for ministries of the AMC

SAVE THE DATE! LOCAL EVENTS CALENDAR

ONGOING-

ALTRUSA INT'L believes in "Leading to a Better Community" and is always looking for new members. We meet in Montrose on the first three Tuesdays a month at the Field House: 25 Colorado Ave, 12-Noon. Pick a day that works for you & please join us! Through our local Altrusa Club, members unite their varied talents in service to others, achieving as a group what individuals cannot do alone." <https://www.altrusamontrose.org/> P: 970-765-7666 E: Altrusa.Montrose@gmail.com

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

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

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.

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

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

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

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

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.

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

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

NEIGHBORHOOD WATCH-3rd Wednesday of every month at 6pm, the Montrose County Neighborhood Watch meets at the Sheriff's Office at 1200 N Grand Ave

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.

MONTHLY

March 25-Foster Connections will host a Wine Dinner fundraiser on March 25 at 6 PM at the Stone House in Montrose. The evening includes a four-course dinner and supports programs serving children and families in our region. Seating is limited, and reservations are required by March 18th. 970-240-8899.

March 27-28-March Madness Craft Show. 9am-5pm Friday, 9am to 4pm Saturday. Friendship Hall. 1001 North 2nd St.

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 12-Montrose Community Band Concert-Destination America. Montrose Pavilion. From 3-4:30pm.

April 14-Erin Easton will offer an intro to mindfulness class beginning April 14 at the Montrose Rec Center. It teaches what mindfulness is, the basic practices, and how to use it in your daily life.

BABIES ON THE HOOF



There's nothing like calving season! Photo taken just northwest of Montrose by CB Williams.

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Small Acreage Assistant.

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