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CITY APPROVES FINAL MOA FOR VETERANS MEMORIAL

Special to the Mirror

MONTROSE-Due to the Municipal Election of April 7, the City of Montrose held the regular City Council meeting on Monday, April 6.

Following the Call to Order and Pledge of Allegiance, Council issued proclamations in support of Child Abuse Prevention Month, National Donate Life Month, and Parkinsons Disease Awareness Month.

All councilors were present for the meeting.

CALL FOR PUBLIC COMMENT ON NON-AGENDA ITEMS

Robert Kelley, also known as Sam Aster, spoke. He said the Pledge of Allegiance before speaking. Kelley noted that he had been a candidate for City Council prior to withdrawing from the race.

"I would still like to make sure that my gratitude is known for the service that each of you have provided.

"More than that, I look forward to what the City Council will be offering to its citizens



The City of Montrose issued a Proclamation in Support of Child Abuse Prevention Month on Aug. 6, joined by representatives from Hilltop. Meeting Screenshot.

Continued pg 23

ELECTION NIGHT CONVERSATION WITH CANDIDATES



Election Night Photo at San Juan Brews by Gail Marvel.

By Gail Marvel

MONTROSE-Around three dozen people attended an Election Night Watch Party on April 7 at San Juan Brews. Montrose City Council candidates in attendance were (L to R) Adam Woodden, Ed Ulibarri, and Michael Badagliacco.

All three candidates were asked about their political future in the event that they were not elected, or in the case of Ulibarri, re-elected.

Ulibarri said, "I'll find a way to stay involved in politics. I just got off the State Judicial Review Board, and I'd like to go back on that board. I'm the local rep on the Advisory Board for Colorado Mesa University (CMU); I'd like to be on the State College Board, or the CMU Board."

Continued pg 17



Silent Reading Club

April 16

6:30-8:00 PM

@The Association

Join the library at The Association for an evening of silent reading! Bring a book, grab a craft beverage and settle into a cozy corner for an hour of reading. Enter to win a gift card and grab some fun swag, too! Contact Christine at ctsharp@montroselibrary.org with any questions.



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CITY OF MONTROSE ELECTION RESULTS

2026 General Election Results*

District I: Four-Year Term

- Michael J. Badagliacco "MJB" - 2,039
- Kevin Clay - 2,017
- April Heard - 1,187

District II: Four-Year Term

- Ed Ulibarri - 2,611
- Ryan Sedgeley - 2,006
- Rachel Betancourt-Ege - 652

At-Large: Two-Year Term

- Adam Woodden - 2,010
- Judy Ann Files - 1,638
- Greg Cairns - 1,099
- Kendall Cramer - 457

* Election results are unofficial until a canvass of votes is completed.

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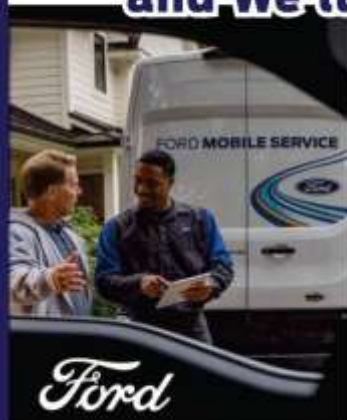
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Dear Readers:

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

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

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

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

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

Thank you,
Caitlin Switzer,

the Montrose Mirror



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



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OPINION/EDITORIAL: LETTERS

KUDOS TO TEAM MTJ!

Editor:

I chuckle at times, reading this publication, at the gnashing and grinding of teeth of just about everything politic.

Elected politicians and chiefly, the bureaucrats, richly deserve the leveled criticism. And, your humble servant has served up "observations" from time to time.

However, today, I am here to congratulate the Montrose Airport and its teams/

partners, for doing such a good job. Their efforts are noted in the production and results such as increased air service from LAX, ORD, IAH, DAL and DFW. Well done!

I compare the performance of the airport team to my local airport known by call letters as TLH. Tallahassee is the capital of Florida, the 3rd most populous state in our Union. Folks are moving to FL in vast numbers. However, the air service, pro-

vided by TLH, is anemic, very anemic. Regional equipment is largely utilized such as the CRJ. CRJs are a miserable experience.

So, kudos to TEAM MTJ.

Perhaps, you can adopt TLH? Pretty, please?

Robert Franco

Montrose County

Wakulla County

REGIONAL NEWS BRIEFS

FRIENDSHIP QUILTERS TO MEET APRIL 23

Special to the Mirror

MONTROSE--Friendship Quilters of Western Colorado will meet Thursday, April 23, at Friendship Hall, Montrose County Fairgrounds, 1001 N Second Street in Montrose. The meeting starts at 9am with social time, followed by a business meeting, program, and show and share. It will be a birthday party for the guild, celebrating our "Silver Threads" members. Our historian will provide a history of the Guild. Questions 360.448.0153.



Montrose Landfill Free Disposal Day



WM of Colorado with Montrose County announce a day of free disposal at Montrose Landfill. April 18, 2026 • 8:00 a.m. - 4:00 p.m. 67999 Landfill Road, Montrose

*Open to Montrose County residents only. Household waste only - no commercially-generated waste accepted at free event. Gates close promptly at 4:00 pm.

ACCEPTABLE FOR FREE DISPOSAL

Household municipal waste, household construction waste, yard waste, furniture (EXCLUDES MATTRESSES/BOX SPRINGS)

NOT ACCEPTED FOR FREE DISPOSAL

- No Electronic Waste..... Electronic waste will be accepted for \$0.73 per pound during normal landfill hours Mon-Sat, but not on free disposal day.
- No Mattresses, Box Springs..... Mattresses, box springs will be accepted for \$11.80 each during normal landfill hours Mon-Sat, but not on free disposal day.
- No Tires..... Tires will be accepted for \$6.34/\$12.74 each during normal landfill hours Mon-Sat, but not on free disposal day.
- No Appliances..... Appliances will be accepted for \$12.80 each during normal landfill hours Mon-Sat, but not on free disposal day. Washers, dryers, water heaters, stoves and refrigerated appliances with certificate of Freon removed.
- No Out Of County Waste..... NO waste of any kind generated outside Montrose County.
- No Hazardous Waste..... NO oils, paint, fluorescent lamps, cleaning solvents, etc.
- No Special Waste..... NO asbestos or non-friable asbestos shingles, siding or tiles.
- No Batteries..... NO batteries of any kind accepted.

PAYMENT REQUIRED FOR

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Information deemed reliable, but not guaranteed.

MIRROR CLASSIFIEDS

PUBLIC NOTICE OF SALE

Pursuant to C.R.S. Section 38, Article 21.5.101-105. Notice is hereby given that El D Rado LLC will sell or otherwise dispose of the personal property described below, for default of payment on May 4, 2026, at 10 a.m. at Olathe Mini Storage located at 6073 5825 Rd Olathe, CO. The sale shall take place for the purpose of foreclosing a rental lien up-

on the contents of Unit 28, 40, and 46. Published 4/13/26 and April 20, 2026.

The following units may be sold: Unit: 46 Crystal Kitsmiller PO Box 123 Olathe, CO 81425

Contents: Misc. Items Your current balance due is \$1,067.10. Plus \$1.00 per day until the balance is paid in full.

Unit: 40 Crystal Kitsmiller PO Box 123 Olathe, CO 81425 Contents: Misc. Items

Your current balance due is \$978.00. Plus \$1.00 per day until the balance is paid in full.

Unit: 28 Crystal Kitsmiller PO Box 123 Olathe, CO 81425 Contents: Misc. Items

Your current balance due is \$1,318.00. Plus \$1.00 per day until the balance is paid in full.

For Information Contact: John Nichols, Owner/Broker Area Best Management, Inc.

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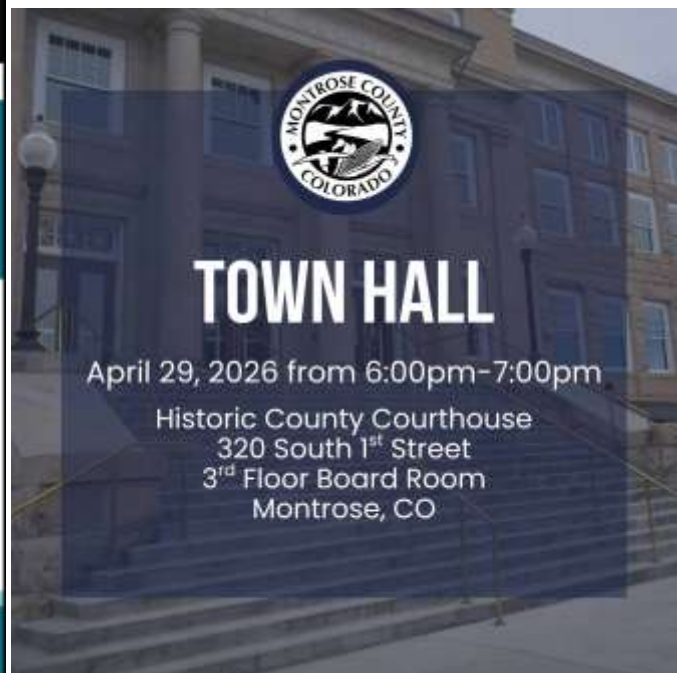
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PUBLIC NOTICE OF SALE

Pursuant to C.R.S. Section 38, Article 21.5.101-105. Notice is hereby given that Beemer Storage LLC will sell or otherwise dispose of the personal property described below, for default of payment on 4/27/2026, at 9:00 a.m. at Beemer Storage located at 62569 Jig Rd. Montrose, CO. The sale shall take place for the purpose of foreclosing a rental lien upon the contents of Unit SE 2 and SE 9. Published 4/6/2026 and 4/13/2026.

The following units may be sold: Misc. Items

The tenant's name and last known address:

Unit: SE 2

Oscar Ramirez

PO Box 757

Olathe, CO 81425

Contents: Misc. Items

Current balance due is \$439.00. Plus \$1.00 per day until the balance is paid in full.

Unit: SE 9

Joel Alires

19722 Pina Road

Delta, CO 81416

Contents: Misc. Items

Current balance due is \$439.00. Plus \$1.00 per day until the balance is paid in full.

For Information Contact:

John Nichols, Owner/Broker

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REGIONAL NEWS BRIEFS

FREE LANDFILL DAY APRIL 18 8AM-4PM

Special to the Mirror

MONTROSE-Waste Management of Colorado along with Montrose County announce a day of free disposal at Montrose Landfill. Saturday, April 18 from 8 a.m. - 4 p.m., 67999 Landfill Road, Montrose, CO.

*Open to Montrose County residents only. Household waste only - no commercially-generated waste accepted at free event. Gates close promptly at 4 p.m.

ACCEPTABLE FOR FREE DISPOSAL

Acceptable for Free Disposal: Household solid waste, household construction waste, yard waste, furniture (excludes mattresses, box springs)

Not Accepted for Free Disposal:

No Electronic Waste - Electronic waste will be accepted for \$0.71 per pound during normal landfill hours Mon-Sat, but not on free disposal day.

No Mattresses, Box Springs - Mattresses, box springs will be accepted for \$11.05 each during normal landfill hours Mon-Sat, but not on free disposal day.

No Tires - Tires will be accepted for \$6.14/ \$12.34 each during normal landfill hours Mon-Sat, but not on free disposal day.

No Appliances – Appliances will be accepted for \$12.40 each during normal landfill hours Mon-Sat, but not on free disposal day. Washers, dryers, water heaters, stoves and refrigerated appliances with certificate of Freon removed.

No Out of County Waste - No waste of any kind generated outside Montrose County.

No Hazardous Waste – No oils, paint, fluorescent lamps, cleaning solvents, etc.

No Special Waste - No asbestos or non-friable asbestos shingles, siding or tiles.

No Batteries - No batteries of any kind accepted.

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Commercial Waste is \$68.89 per ton.

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REGIONAL NEWS BRIEFS

GMUG OPENS COMMENT PERIOD FOR TELLURIDE SKI RESORT IMPROVEMENTS ENVIRONMENTAL ASSESSMENT

Special to the Mirror

NORWOOD-The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests will open a 30-day public comment period beginning April 8, allowing the public to review and comment on the Draft Environmental Assessment (EA) for proposed recreation improvement projects at Telluride Ski Resort (TSR) in San Miguel County, Colorado.

The project, proposed by TSR, includes replacing ski lifts 7 and 8; conducting forest health vegetation treatments using tethered logging; widening the Galloping Goose Skiway; constructing the Jaws Skiway (Lift 9); expanding the existing High Camp warming hut into a full-service restaurant; building a Green Tech mountain bike connector trail; and permanently authorizing the existing Heritage Trail. These proposed actions aim to enhance public access, strengthen visitor safety, and improve overall visitor experience.

The project would occur on National Forest System lands within the resort’s existing special use permit area, or on adjacent privately-owned lands within the Town of Mountain Village and the Town of Telluride. The Draft EA evaluates the environmental effects of the proposal using a science-based review process designed to ensure responsible stewardship of natural resources and consideration of community needs.

Specific written comments concerning this action will be accepted for 30 calendar days following publication of this notice in the *Telluride Daily Planet*, anticipated to begin on April 8, 2026.


-Electronic comments are preferred and can be submitted at TellurideSkiEA@segrou.com. Acceptable formats for electronic comments are text or html e-mail, Adobe portable document format, and formats viewable in Microsoft Office applications.

-Mail: Norwood Ranger District, P.O. Box 388, Norwood, CO 81423

-Hand delivered to the Norwood Ranger District during business hours, Wednesday – Friday, 9 a.m. to 4 p.m. at 1150 Forest Street, Norwood, CO 81423.

Additional information on the project process and the Draft EA itself can be found on the project website at: <https://www.fs.usda.gov/r02/gmug/projects/68020>.

For questions, contact Scott Spielman at 970-327-4261 or scott.spielman@usda.gov




**Montrose County
Neighborhood Watch
Monthly Meeting**

Join us - Wednesday, April 15th at 6:00 pm

Montrose County Sheriff's Office
1200 N. Grand Avenue

**TOPIC - Question and Answer
time featuring
Sheriff Gene R. Lillard**



ELECTION NIGHT CONVERSATION WITH CANDIDATES From pg 1

Badagliacco said, "I'll still stay very involved with writing and the Central Committee (GOP). Right now, I'm not thinking beyond tonight's election. There is so much work that needs to be done in the city."

Woodden said, "I'm involved with the Central Committee, and I'll stay involved. I plan to continue going to City Council meetings. I'm not looking beyond local politics, but running for city council has opened the door for me to become more involved."

Editor's Note: Adam Woodden, Ed Ulibarri, and Michael Badagliacco all won seats on the Montrose City Council in the 2026 Municipal Election.



Election Night Photo at San Juan Brews is by Gail Marvel.

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Thank You Montrose!

I want to express my sincere gratitude to the voters of the city of Montrose who actively participated in our election process and demonstrated a genuine interest in enhancing the city's well-being.

This is how a Constitutional Republic thrives!

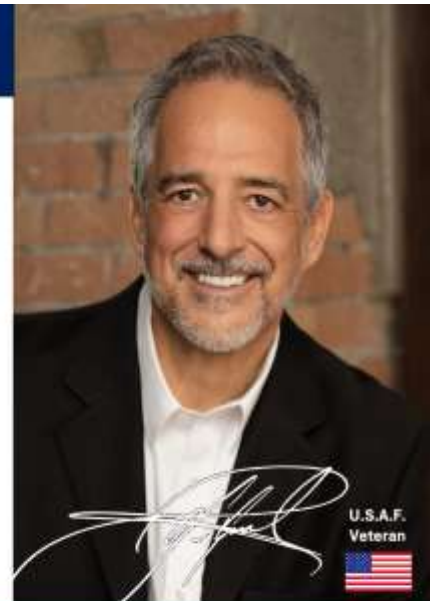
Our campaign was characterized by common-sense solutions and through an engaging nature, inspiring the citizens to envision a brighter future for Montrose.

I am honored to have the opportunity to serve Montrose and our citizens and contribute to the growth and prosperity of our beloved city.

Come to City Council Meetings, typically held the 1st and 3rd Tuesday of every month at 6:00 PM at the City Council Chambers 107 S. Cascade.

Stay engaged, ask questions, demand answers! Please do not lose that desire to engage. As we move forward I believe you will see a more open forum for honest, respectful and meaningful dialogue to move Montrose forward to reach our full potential.

Thank You Montrose for your Trust!



I am humbled and honored to be your voice

Michael J. Badagliacco, "MJB"

OPINION/EDITORIAL: LETTERS

THANK YOU FOR PARTICIPATING IN THE MUNICIPAL ELECTION

**BOCC WORK SESSION
KINIKIN ROAD**

April 30, 2026 at 6:00 pm

Historic County Courthouse
320 South 1st Street
3rd Floor Board Room
Montrose, CO

Watch online at: www.montrosecounty.net

To City of Montrose Voters:

I want to extend my sincere gratitude to the voters of the city of Montrose who actively participated in our election process and demonstrated a genuine interest in enhancing the city's well-being.

Our campaign was characterized by its vibrancy and engaging nature, inspiring the citizens to envision a brighter future for Montrose.

I am honored to have the opportunity to serve all residents and contribute to the collective growth and prosperity of our beloved city.

I eagerly anticipate fostering meaningful dialogue with our citizens to propel Montrose forward and achieve its full potential.

Michael J Badagliacco, "MJB"

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

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

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COLORADO NEWS BRIEFS

CPW SEEKS PUBLIC INPUT ON POTENTIAL CHANGES TO COMMERCIAL FUR SALES REGULATIONS

Special to the Mirror

COLORADO-Colorado Parks and Wildlife (CPW) is seeking public input to inform a regulatory proposal related to the commercial sale of furs in Colorado.

In response to direction from the Parks and Wildlife Commission, CPW has initiated a formal rulemaking process slated for the July meeting tied to a citizen petition submitted in June 2025 by the Center for Biological Diversity. The petition requests changes to Chapter W-0 regulations to prohibit the commercial sale, barter or trade of furs from furbearer species in Colorado, with limited exemptions.

Following the Commission’s direction, CPW staff will develop an issue paper outlining the regulatory considerations and potential changes to current rules. The issue paper will be presented to the Commission for action at its July 16–17, 2026 meeting.

CPW is now seeking public input to help inform the development of that issue paper.

Members of the public are encouraged to review information and submit comments to CPW through EngageCPW.org.

Public input will be accepted from April 7 through May 3, 2026.

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STANDARD @ \$99 PER MONTH

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CITY APPROVES FINAL MOA FOR VETERANS MEMORIAL From pg 1

and to the Community at large moving forward.

"In that light, I would like to make myself available to anybody, whether a private citizen or a public official, who would like to make themselves available to a better community."

He said that he would provide his contact information following the meeting.

APPROVAL OF MINUTES

Council unanimously voted to approve the minutes of [the March 16, 2026](#) special City Council meeting as presented and [the March 17, 2026](#) regular City Council meeting as corrected.

MEMORANDUM OF AGREEMENT IN SUPPORT OF THE MONTROSE VETERANS MEMORIAL

City Attorney Chris Dowsey presented the [Second Memorandum of Agreement between the City of Montrose, Montrose County, and the Montrose Veterans Memorial Coalition](#) In Support of the Montrose Veterans Memorial. "We now have a price--this will be the final MOA for the project..."

The Montrose Veterans Memorial Coalition showed a brief video about the project.

"I'm really excited about this," Mayor Dave Frank said.

Council voted unanimously to approve the MOA. Mayor Frank asked all veterans who have served to please stand up.

2026 PARKS MAINTENANCE CONTRACT AWARD

Also approved unanimously was the award of the 2026 Parks Maintenance Contract to Green and Bearit of Montrose, Colorado, for the not-to-exceed amount of \$140,000.

LEASE AGREEMENT FOR 703 S. 9TH STREET

Council voted unanimously to [approve](#) the

[Commercial Lease Agreement](#) between the City of Montrose and Access Early Education Foundation for the building located at 703 S. 9th Street in Montrose, formerly used by the school district as Passage Charter School and for the Step Up to Life Program.

ORDINANCE 2708 - SECOND READING
[Ordinance 2708 on Second Reading](#) was unanimously approved, 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 - SECOND READING
Council unanimously [approved Ordinance 2709 on Second Reading](#), amending the zoning district designation of a portion of Lot 3R of the McAll Boundary Line Adjustment from R-3A, Medium Density District, to R-2, Low Density District.

MATTEO'S ADDITION ANNEXATION
Council adopted [Resolution 2026-5](#), findings of fact for the Matteo's Addition annexation; also adopted was [Ordinance 2711 on First Reading](#), for the annexation of the Matteo's Addition.

[Ordinance 2712](#) was adopted on First Reading, for the zoning of the Matteo's Addition as an R-2 Low Density District.

ORDINANCE 2691 - SECOND READING
Council unanimously approved [Ordinance 2691 on Second Reading](#), for the annexation of the JC Mitchell Addition.

ORDINANCE 2692 - SECOND READING
[Ordinance 2692 on Second reading](#) was approved, for the zoning of the JC Mitchell Addition as an R-2, Low Density District.

BEAR CREEK SUBDIVISION AMENDMENT 5 AMENDED PRELIMINARY PLAT

Councilor J. David Reed recused himself

from approval of the [Bear Creek Subdivision Amendment 5 Amended Preliminary Plat](#), which was expressly conditioned upon City staff ensuring that all policies, regulations, ordinance and Municipal Code provisions are met and that the Applicant adequately addresses all of staff's concerns prior to execution of the Final Plat. Council voted to approve with four votes and one abstention.

MEMORANDUM OF AGREEMENT WITH YEAGER FAMILY ENTERPRISES

Council unanimously approved a Memorandum of [Agreement](#) with Yeager Family Enterprises for redevelopment of property and a right of way swap near the intersection of Cascade Avenue and Weldon Drive.

ORDINANCE 2710 - FIRST READING
[Ordinance 2710 on First Reading](#) was approved as well, vacating portions of right of way within the City of Montrose.

STAFF REPORTS

Utilities Director David Bries presented an update on the Wastewater Treatment Plant, including slides of the construction of the anaerobic basin, ultraviolet light disinfection, demolition of the old headworks, oxidation ditch aerator replacement, and backup power generator.

"Impressive presentation David," said Councilor Judy Ann Files

There was no Youth Council Report.

COUNCIL COMMENTS

Mayor David Frank said that the Association (39 West Main Street) has won an award from History Colorado. Also, the Rathbone Hotel has won the Downtown Colorado Incorporated Project of the Year.

"A great stacking up of the recognition of the quality of projects," Frank said.

With no further business, the meeting was adjourned.



Brain food. Feed your starving mind.

The Montrose Mirror

OPINION/EDITORIAL: LETTERS

IN SEARCH OF A PROBLEM

Editor:

I fully intended to express my view in person at the City Council meeting after the swearing in of Badagliacco, Woodden and Ulibarri. Unfortunately, a personal issue precludes me from doing so.

Also, a formal or official email was not possible as neither MJB nor Woodden have a City email address yet.

The issue at hand is the continued quest to find a solution to a non-existent problem. I'm referring to John Brown's never-ending demand that City Council create a resolution or enact an ordinance declaring Montrose a non-sanctuary city. I have no doubt Mr. Brown will continue this endeavor now that he might have a more receptive council, a majority that was endorsed by the local Republican Committee.

In the past, Mr. Brown tried using popular arguments such as these people will in-

crease crime, they will be a burden on the health care system, or the local schools will be flooded with kids we can't support because of the volume of new students or language barriers.

None of those things have happened. In terms of crime: Robberies in 2025 are down 80% over 2024 numbers, sexual assault down 28%, theft down 31%.

There are similar trends across the board. Regarding the health care system: federal law states hospitals with emergency departments that participate in Medicare are required to provide screening and stabilization for emergency conditions regardless of one's ability to pay.

This requirement does not take into consideration ethnicity. I have not come across any reports indicating an impact to our school system.

Mr. Ulibarri, you are a mentor to kids within the community.

If you were to support the effort to make Montrose a non-sanctuary city, I ask what kind of message are you sending to those kids?

Will you be suggesting the desire for self-improvement, the promise of financial security through job opportunities, or simply the wish for a better quality of life are falsehoods because of the color of your skin? I hope not!

I would offer if Mr. Brown believes this issue is of such importance to the residents of the City, that he circulate a petition to make it a ballot issue. Let the people decide on how we present ourselves to the greater community.

Montrose is a non-sanctuary city because it has never declared itself to be a sanctuary city. Councilors, do not chase windmills, don't seek a solution to a non-existent problem.

Dave Stockton, Montrose

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

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REGIONAL NEWS BRIEFS

TEMPORARY ROAD CLOSURE AT JIG ROAD AND 5880 ROAD EXTENDED

Special to the Mirror

MONTROSE— Public Works has implemented a full road closure on Jig Road at 5880 Road that began on April 3, due to a broken water line. Due to unforeseen repairs needed to address damage to the irrigation pipe, UVWUA now expects the road closure to remain in effect through April 16. The Uncompahgre Valley Water Users Association is conducting the repair work approximately 1,500 feet west of 5880 Road. For more information, please contact Richard Rivera at 970-209-7204.

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MHS CLASS of 1976 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 5:00 pm to include the free concert in the park that evening. Saturday, June 6th will start at 5:00 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: montrose-high1976@gmail.com or Facebook: 76 Reunion Page for more information. Pass the news on to your friends!

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As spring breathes new life, I'm here to help you find yours. Whether you're buying or selling, let me guide you with dedicated care and sharp insights. Together, we'll make this season the one where your dreams bloom into reality.

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RED HAWKS SPORTS SCOREBOARD BY CLIFF DODGE

GIRLS VARSITY SOCCER: 5-2-2

March 27 Durango Demons 2, Red Hawks 1
 March 31 Red Hawks 1, Fruita-Monument 1
 April 4 Red Hawks 11, Grand Jct. Central 1

GIRLS VARSITY LACROSSE: 0-9

March 30 Mullen 15, Red Hawks 0
 April 2 Telluride 14, Red Hawks 0
 April 4 Grand Junction 14, Red Hawks 1

BOYS VARSITY LACROSSE: 0-9

March 31 Durango 5, Red Hawks 4
 April 2 Crested Butte 11, Red Hawks 2
 April 4 Summit 7, Red Hawks 3



RED HAWKS BASEBALL ROUND-UP

By Cliff Dodge

MONTROSE-The Montrose Baseball Team has turned a page as the spring season progresses. The Red Hawks are currently riding a three-game win streak, as they took the measure of the Roaring Fork Rams and then won a doubleheader from the visiting Bayfield Wolverines. The Red Hawks have evened their record to seven wins and seven losses overall, and a win and a loss in league play.

MONTROSE RED HWKS 5, ROARING FORD RAMS 1

The Montrose Red Hawks visited the Roaring Fork Rams and defeated the Rams by the score of 5-1. The Red Hawks scored a pair of runs in their half of the second inning to establish the tone of the contest. The Red Hawks added another pair of runs in the fourth inning and added their fifth run in the sixth inning. The Rams finally pushed across a single run in the sixth inning, long after the issue was decided.

The Red Hawks pounded out eight base hits with Jayce England leading the way with a pair of singles. England scored one run and also drove in one of the five Red Hawk runs. Ryan Pankey had the big hit, a booming home run to help settle the is-

sue. Chase Gleason also provided an extra base hit, a triple, and scored one of the Red Hawk runs. Other Red Hawks getting base hits included Trevan Hatch, Cade Saunders and Brennan Barnett. The Red Hawks struck out twice and left four runners on base. Asher Buehrle pitched a complete seven inning game, giving up a single run while striking out four batters and issuing two bases on balls.

MONTROSE RED HAWKS 10, BAYFIELD WOLVERINES 0

The Bayfield Wolves presented the next challenge to the Red Hawks as they invaded the Montrose pitch. The home-standing Red Hawks jumped out to a comfortable 5-0 lead after one inning of play. The Red Hawks scored in four of the five innings and ended the contest after five innings due to the 10-run rule.

Cade Saunders led the hitting attack with a single and a triple. Saunders also scored a pair of runs and had an RBI. Other Red Hawks with base hits included Trevor Hatch, Ryan Pankey, Brennan Barnett, and Chase Gleason. The Red Hawks received two bases on balls, struck out one and left four base runners stranded. Trevor Hatch was on the bump for the Red Hawks. He pitched a complete five inning

game, allowing four hits and one base on balls while striking out a pair of Wolverines.

MONTROSE RED HAWKS 23, BAYFIELD WOLVERINES 5

The Montrose Red Hawks gave up a pair of runs in the second inning to the Bayfield Wolves while scoring three runs of their own. This was just the beginning of the Offensive fireworks that the Red Hawks displayed. The explosion occurred in the bottom of the second inning as the Red Hawks scored 12 times to completely ice the contest. The Red Hawks scored six more runs in the third inning and the game was called due to the mercy rule.

The entire Red Hawks roster was involved in this one. Jayce England led the way with four base hits while Ryan Pankey had three. Trevor Hatch, Cade Saunders, and Conner Jennings had two hits each. The Red Hawks received seven bases on balls to add to their multi-hit attack. The Red Hawks stranded six base runners in their amazing 23 runs.

NEXT UP FOR THE RED HAWKS:

The Red Hawks will host the Grand Junction Tigers on Tuesday, April 14 at the Red Hawks Diamond. First pitch is slated for 4pm.

COLORADO NEWS BRIEFS

TWO SENTENCED IN CONNECTION WITH FRAUD RING THAT STOLE MILLIONS IN GOVERNMENT FUNDS, THOUSANDS OF IDENTITIES

Special to the Mirror

DENVER – The United States Attorney for the District of Colorado announces that Ikponmwo Erhinmwirose, 39, of Atlanta, Georgia, and Nyerhovwo Presley Agbure, 34, of Atlanta, Georgia, each sentenced in connection to a fraud ring that stole millions in government funds and victimized thousands of people nationwide. Erhinmwirose will spend 17 years in federal prison after a federal jury in Denver convicted him on six counts of wire fraud, three counts of aggravated identity theft, one count of wire fraud conspiracy, and one count of conspiracy to commit money laundering. Agbure will spend 57 months in federal prison after pleading guilty to one count of conspiracy to commit money laundering. Two other codefendants await sentencing.

Proper Disposal Prevents Unnecessary Health Risks

National Drug Take Back Day
Drug Enforcement Agency along with the Montrose County Sheriff's Office

WHEN: Saturday, April 25th
WHERE: Montrose County Sheriff's Office
1200 N. Grand Ave - Montrose
TIME: 10:00 am to 2:00 pm

NATIONAL DRUG TAKE BACK DAY

The Montrose County Sheriff's Office urges everyone to properly dispose of expired prescription and unused medications. With the assistance of volunteers from the Montrose County Neighborhood Watch, a free, safe, and convenient drive-through station will be set up at the Sheriff's Office at 1200 N Grand Avenue in Montrose on Saturday, April 25- 2026, for your convenience.

According to the Colorado Department of Public Health and Environment, medications stored at home are a leading source of nonmedical use, particularly among young people. As a community, we can do our part to prevent potential misuse of medications, protect our children and pets from accidental ingestion and protect our water systems by offering a safer way to dispose of drugs. Flushing medications into the sewer system or throwing them out with the garbage can release pharmaceutical compounds that can contaminate our rivers and groundwater. Wastewater treatment plants do not fully remove them, and these compounds can disrupt aquatic ecosystems and may eventually have an impact on the quality of our drinking water.

Let's work together to keep Montrose County safe. **ACCEPTABLE** medications include opioids, and other controlled substances, empty inhalers, unused prescription creams and patches can be kept in original containers or loose in a bag. **REMOVE** personal information from prescription labels. Liquids (like cough syrup) must remain sealed in original containers. **Items NOT ACCEPTED:** aerosols, filled or partially filled inhalers, illicit drugs, syringes or injectables, e-cigarettes, vape pens devices with non-removable batteries, intravenous (IV) solutions. Call MCSO 970-252-4023 if you have questions.

Sieglinde Carpenter, MCSO NW Communication Coordinator

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OPINION/EDITORIAL: LETTERS

COMMUNISM HAS FOUND A WELCOME REFUGE IN ACADEMIA

Editor:

If you've just finished filing your annual tax returns, a couple of things should be obvious. First, President Trump has delivered historic tax relief for working Americans and seniors. Trump's Working Families Tax Cuts, passed last year as part of the One Big Beautiful Bill, are delivering the largest middle- and working-class tax relief in American history. During the 2024 campaign, Trump promised to cut taxes on tips, overtime, and Social Security income. He promised targeted relief for seniors. He promised to protect families from the largest tax hike in history. Today, those promises are law. Promises made, promises kept. It's important to emphasize that, despite Democrat lies to the contrary, these tax cuts will reduce the federal deficit by roughly \$2 billion through growth and savings. Conservatives believe the American people know how to spend their money better than Washington. As retired seniors, my wife and I are two of the millions of Americans experiencing that truth first hand. Contrast that thought process with most Democrats' view of taxation, which was best summed up by multi-millionaire Joy Reid's comments: "They want to take us back to no income tax, no regulations, earn what you want, family inherits everything." How dare you want to make money and leave it to your kids! To a Democrat, fascism now means keeping your money, keeping your business, and keeping it in the family.

The second observation was that Colorado Governor Polis and his Democrat state legislature finally succeeded in reducing Colorado taxpayers' TABOR refunds to almost zero. After lying through their teeth for years about their intentions, they have apparently succeeded in spending those tax refunds. Meanwhile, it's not exactly "breaking news" that Colorado Democrats have forced our once-great state into a \$1.5 billion budget deficit. Our state Democrats are, of course, first looking to rein in spending for health coverage for illegals. Just kidding. That is not a consideration. Polis's "Cover All Colorado" program is projected to cost 611% more this year than projected when Polis signed it into law. No problem. Democrats are perfectly happy

forcing taxpayers to absorb massive cost overruns on programs exclusively serving illegal immigrants. They of course will also not consider any cuts to all the NGOs that Colorado politicians and their families operate and "work at" – for which grants have exploded to the hundreds of millions in recent years. So, what are state Democrats recommending first in any budget cuts? Chopping hundreds of millions from state refunds. Reducing funding for state law enforcement. Allowing state colleges and universities to jack up already outrageous student tuition costs. Cutting family caregiver support programs. Joy Reid would be proud of Colorado Democrats. They've helped Colorado descend from a more-or-less business-friendly and affordable state to a Democrat People's Republic increasingly hostile to civil liberties and prosperity, and replete with draconian anti-liberty and unconstitutional gun laws.

Last week I wrote about the fact "No Kings" protests are funded by pro-communist groups. As I was writing that, I wondered why Democrats across the country have no problem accepting money from such blatantly anti-American groups. This week I read an article by Shane Harris titled "Communism's Quiet Comeback" that provided some insight into that question. Basically, Democrats have no problem being funded by blatant communists because a large percentage of Americans view socialism and communism favorably. The numbers are sobering. Surveys indicate that 43% of Americans have a favorable view of socialism. Even more alarming, 14% say they view communism favorably. That means that more than one in ten now express approval of an ideology responsible for over 100 million deaths in the 20th century. The numbers are even worse for Americans aged 18 to 29, with 62% holding a favorable view of socialism and 34% say the same of communism. Marx, Lenin, and Stalin envisioned revolution driven by class conflict – the poor proletariat rising against the rich bourgeoisie. That failed because capitalism was so successful in improving the lot of the proletariat. Socialism / communism had to repackage itself into "cultural Marxism." Rather than just dividing society between the rich and

the poor, today's communists try to fracture society along racial, ethnic, gender, and any other category they can think of – anything to create the illusion that everyone is a victim.

Communism mutated to find new ways to attack civilization, and found a welcome refuge in academia. Even though communism has failed miserably wherever it has been tried – from Stalin's engineered famines in Ukraine, to Mao's Great Leap Forward, to Pol Pot's killing fields – the ideas were allowed to incubate in our universities and education system where they were rebranded and slowly normalized. Academia and their all-powerful teachers' unions have betrayed the trust of our children and our entire society with their misuse of their power and funding. The nation's largest teacher's union, the NEA, just confirmed in their annual conference that they are little more than an activist front. The event's agenda reflected the NEA's commitment to radical left-wing politics and a shocking indifference toward the nations' appalling academic outcomes. There is no way 34% of our youth would have a favorable view of communism if their teachers had not avoided honestly teaching history but instead totally focused on growing brain-dead activists. Likewise for socialism. Ayn Rand correctly described the two: "There is no difference between communism and socialism, except in the means of achieving the same ultimate end: communism proposes to enslave men by force, socialism by vote. It is merely the difference between murder and suicide." Democrats and their pseudo-intellectuals in academia have succeeded in putting blinders on a segment of the population, particularly the youth. They can't survive without a body of useful idiots who jump when they say "Resist!" Never mind that they might be resisting lower taxes, lower inflation, higher paying jobs, secure borders, less crime, less drug addiction, cheaper medicine, a strong stock market, and less fraud. Never mind that they might be protesting preventing Iran from dropping nuclear weapons on Tel Aviv, Washington, and European capitals. Reason is no longer in their vocabulary, comrade.

Ed Henrie, Montrose

Get Your Home Market-Ready In April: To-Do List

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

MONTROSE REGIONAL HEALTH'S KATIE KLOSSNER RECOGNIZED ON BECKER'S 2026 LIST OF CHIEF MARKETING OFFICERS TO KNOW

Special to the Mirror

MONTROSE— Katie Klossner, director of marketing and public relations at Montrose Regional Health (MRH), has been named to Becker's Healthcare 2026 list of "96 Chief Marketing Officers to Know," which recognizes leaders shaping how health care organizations communicate and engage with patients.

Becker's Healthcare editors compile the annual list through a combination of editorial research and nominations.

Prior to joining MRH, Klossner served as director of marketing and membership for the Massachusetts Health Data Consortium, where she led a comprehensive digital transformation, expanded stakeholder engagement, and elevated thought leadership in the health care data and interoperability space. She also held communication leadership roles at the University of Colorado Anschutz Medical Campus and Trinity Health Senior Communities, supporting patient engagement, research initiatives, and national marketing efforts. She has received a NATAS Emmy Award, a Telly Award, and the John Cotton Dana Award, a national honor recognizing excellence in public relations.

Klossner joined Montrose Regional Health in 2025 following the departure of marketing director Brad Wiersma. Later that year, beloved chief ancillary services and marketing officer Leann Tobin retired after more than three decades with MRH.

At Montrose Regional Health, Klossner leads marketing and communications efforts that help patients better understand and access care close to home. She is known for bringing clarity to complex topics and demonstrating the value of strategic communications within the organization and in the community. Her work emphasizes building trust, strengthening relationships, and helping people feel informed and supported in their health care decisions.

"This recognition really reflects the incredible MRH caregivers and marketing team who make this work meaningful every day," Klossner said. "They are the reason we have such powerful stories to share about the care and impact happening across our community."

To view the full list of Chief Marketing Officers to Know, visit <https://www.beckershospitalreview.com/hospital-management-administration/96-hospital-and-health-system-chief-marketing-officers-to-know-2026/>.



Katie Klossner, director of marketing and public relations at Montrose Regional Health, was named to Becker's Healthcare's 2026 list of Chief Marketing Officers to Know. Courtesy photo.

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REGIONAL NEWS BRIEFS

SMPA 2026 BOARD CANDIDATES DECLARED

Special to the Mirror

RIDGWAY-As a consumer-controlled electric cooperative, San Miguel Power Association (SMPA) is overseen by a seven-member board of directors who are elected by the membership. Directors serve four-year terms.

Each year, one or two directors, representing their geographic district, are elected. In 2026, the San Miguel Power Association (SMPA) Board seats up for election are District #3, covering parts of Montrose, San Miguel, Ouray, Dolores and San Juan Counties including Dunton, Norwood, Placerville, Rico and Sawpit, and District #6, covering part of Ouray County including Ridgway and parts of Log Hill Village.

In District #3, incumbent Director, Dave Alexander will run against challenger, Joanna Yonder. In District #6, incumbent Director, Valentine Szwarc, will face challenger, Tricia Savage.

Anyone who purchases power from SMPA and resides within the SMPA service territory is a member. SMPA Board members are elected from the membership, by the membership, by district. Members in District #3 and District #6 will elect their director this year by secret ballot. Voters have four options on how to vote:

1.They may vote using a secure online ballot. (Be sure to "whitelist" the email address noreply@directvote.net to vote and to turn off your paper ballot.) The online ballot is also accessible through the

free online and mobile app, SmartHub. 2.They may vote by mail. (On May 14th, paper ballots will be mailed to all eligible voters who have not turned off their paper ballot.) Completed ballots must be received by the close of business, June 3rd. If a voting member is concerned that the mailed paper ballot will not make it by the deadline, they should utilize one of the other voting options.

3.They may drop off ballots at the SMPA Office in Ridgway (720 N. Railroad St.) or in Nucla. (170 W. 10th Ave.) Drop-off ballots must be received by the close of business, June 3.

4.They may vote in person between 4:30 PM and 5:30 PM at the SMPA Annual Meeting in Nucla. (170 W. 10th Ave.), on Thursday, June 4th.

Results of the election will be announced at the conclusion of the online Annual Meeting. See www.smpa.com to register.

About San Miguel Power's Annual Meeting

San Miguel Power's Annual Meeting of Members has always been an opportunity for cooperative members to gather and review the association's activities over the previous year. Members can pose questions and learn about the co-op's goals for the future.

Save the Date! The SMPA Annual Meeting will be a hybrid in-person and streaming virtual event, held Thursday, June 4th, 2026, beginning at 5:30 PM (food and booths at 4:30 PM). The meeting location will be the SMPA Office at 170 W. 10th

Avenue in Nucla. The public is invited to attend in-person or to participate virtually.

Members attending in-person have been treated to:

- A Catered Dinner
- Gift bags with useful items and tasty treats!
- A Chance to win a fabulous Door Prize
- The SMPA High-Voltage Safety Demonstration
- Meet the SMPA Drone Fleet
- Other Informational Booths
- All attending members, including online attendees, receive a \$10 Bill Credit!

About San Miguel Power Association
San Miguel Power Association, Inc. is a consumer-controlled rural electric cooperative with offices in Nucla and Ridgway, Colo. It is the Mission of the San Miguel Power Association, Inc. to provide our members with safe, reliable, cost-effective, and environmentally responsible electrical service, while demonstrating both co-operative responsibility and support for the communities we serve. SMPA serves approximately 10,000 members and 15,000 meters and supports local communities with over \$400,000 annually in property taxes, over \$400,000 in energy efficiency and renewable energy rebates and over \$80,000 in scholarships, community donations and economic development grants. San Miguel Power Association is an equal opportunity provider and employer.



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REGIONAL NEWS BRIEFS

US 50 DELTA RESURFACING PROJECT TO BEGIN TUESDAY, APRIL 14

Special to the Mirror

DELTA COUNTY - The Colorado Department of Transportation will begin a resurfacing project on Tuesday, April 14, along US Highway 50 in Delta. Paving work will take place from three miles north of Delta, Mile Point 68.5, to the US 50 and B Rd. intersection, MP 77. The downtown core of the City of Delta, MP 70.90 to MP 72, will not be impacted by the construction project.

Additional work includes guardrail replacement, Americans with Disabilities Act (ADA) ramp reconstruction and minor improvements and safety enhancements on the bridges over the Gunnison River. The project is expected to be completed by the middle of July.

Several work zones will be operating concurrently along the nine mile stretch of US 50. Resurfacing work will begin on the south end of Delta. ADA ensures that all current standards and requirements are met, pedestrian safety is provided and accessibility is enhanced and maintained on ramps and in crosswalks. Removal and preparation of sidewalks and ADA ramps will occur at the following locations:

Wide Acres Park

- Entrance to the CDOT yard
- Four locations on 1525 Road
- Two locations on 1560 Road
- Two locations on Ute Street
- The City Market Entrance

United Companies, of Grand Junction, is the contractor for this \$7.5 million project.

Travel Impacts

- Daytime work hours will be 7 a.m. to 7 p.m., Monday through Friday
- Vehicles will be reduced to a single-lane, alternating traffic intermittently in either direction, throughout the duration of the project
- Lane closures, guided by flaggers, will have up to 15-minute delays
- The speed limit will be reduced to 40 mph through the work zone
- The project is expected to last until the middle of July



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REGIONAL NEWS BRIEFS

GMUG NATIONAL FORESTS BEGIN PRESCRIBED FIRES

Special to the Mirror

DELTA-Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests are planning prescribed fire operations this spring, pending all required approvals. We estimate this work to continue through the summer as weather conditions allow. We use prescribed fires to help reduce overgrown vegetation to help protect local communities, infrastructure and natural resources from wildfires, while also supporting healthier, more resilient communities.

The listed fire projects are not presented in chronological order. Each prescribed fire will be implemented when weather patterns, fuel moisture levels, and on-the-ground conditions meet required operational criteria, and may occur at any point this spring or summer. Prescribed fires planned for the area include:

North Zone – Grand Valley and Paonia Ranger Districts

-Cow Creek Unit 2 – Located off Uranium (National Forest System Road #404) and Pine Mountain Roads (NFSR #405) roughly 11 miles east of Gateway, Colorado. The prescribed burn will cover approximately

5,000 acres.

-LaFair Units – Located 15 miles east of Gateway, Colorado. The prescribed burn will cover approximately 500 acres.

-Steamboat Rocks - Located on the Land’s End Road (NFSR #101) roughly 6 miles south of Grand Junction, Colorado, within Mesa County. The prescribed burn will cover approximately 500 acres.

West Zone – Norwood and Ouray Ranger District

-Turkey Plot – Located off Sanborn Park Road, roughly 14 miles northwest of Norwood, Colorado, within San Miguel County. The prescribed burn will cover approximately 450 acres.

-Sanborn – Located off Sanborn Park Road, roughly 4 miles northeast of Norwood, Colorado. The prescribed burn will cover approximately 850 acres.

-Baldy Mountain Project – Located in the Baldy Mountain area roughly 4 miles southeast of Ridgeway, Colorado. The prescribed burn will cover approximately 500 acres.

-25 Mesa – Located on 25 Mesa Road (NFSR #503) roughly 25 miles west of Delta, Colorado. The prescribed burn will cov-

er approximately 1,300 acres.

-Dave Wood – Located in the Dave Wood area along Lowe Spring Creek Road and NFSR #536 roughly 16 miles south-southwest of Montrose, Colorado. The prescribed burn will cover approximately 850 acres.

Those areas may close to the public for several days for public safety. Watch for warning signs along roads near all prescribed fire areas before and during burns. Residents may experience smoke during the prescribed burns. For more detailed information about air quality, go to [Air-Now](#) online or download the app. When driving, slow down and turn on your headlights when you encounter smoke on the road.

We will evaluate weather conditions in the hours before a burn begins. Prescribed fire activities may be canceled if conditions needed to proceed are not met.

Stay informed about the scheduled prescribed fires through the forest website, social media channels, and [InciWeb](#), the interagency incident information system. We will notify county emergency management officials when burning begins.

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REGIONAL NEWS BRIEFS

CATHERINE PLACE HOUSE FIRE

Delta Police News Release

DELTA— on Monday, April 6th, the Delta Police Department responded alongside Delta Fire Department to a report of a structure fire in the area of Catherine Place. Upon arrival, officers observed an active fire and with coordination with the Delta Fire Department were able to ensure the safety of the surrounding residences and nearby school.

The Delta Police Department extends our condolences to those affected by the fire. We want to take a moment to thank the Delta Fire Department for their quick response and timely efforts to ensure surrounding residences were not harmed or damaged by the fire.

The cause of the fire remains under investigation. There is no further information available at this time



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SPONSORSHIP OPPORTUNITIES AVAILABLE FOR 8TH ANNUAL BOOT STOMP

Four sponsorship levels to support cancer care for local patients

Special to the Mirror

MONTROSE— The Montrose Regional Health Foundation (MRHF) will host the eighth annual Boot Stomp on Friday, June 5, at Storm King Mountain Ranch, 70777 Buckhorn Road. The Boot Stomp, a fundraiser benefiting patients at the San Juan Cancer Center through the Caring Friends Fund, will take place from 5:30 to 10:30 p.m.

Sponsorship opportunities are now available through the end of April. Sponsors help provide critical support for local cancer patients while also gaining community visibility, brand recognition, and the opportunity to align with a meaningful cause that directly impacts families in the region. There are four sponsorship levels available: **Gold Buckle Level:** \$10,000, table for 10 with dinner and hosted bar, individual patron recognition, and premium stage acknowledgment

Silver Spur Level: \$5,000, table for 10 with dinner and hosted bar, stage acknowledgment

Bronze Boot Level: \$2,500, tickets for 8 with dinner and cash bar, stage acknowledgment

Two-Step Level: \$1,000, tickets for 4 with dinner and cash bar, stage acknowledgment

The Montrose Regional Health Foundation thanks its current 2026 event sponsors, including Alpine Bank, Clearnetworx, and Revenue Enterprises.

For sponsorship opportunities, contact Kelly Anderson at 970-240-7396 or kanderson@montrosehealth.com. To learn more about the event or purchase tickets, visit bootstomp.org.



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A FRESH POINT OF VIEW BY JACK SWITZER: A FRIEND FOR THE ROAD



Jack Switzer. Courtesy photo.

By Jack Switzer

MONTROSE-A man whose name I never knew sat in the green grass outside the city market, circular shades hiding his tired eyes. He smelled of cigarettes, and dirt. I never asked for his name because I didn't care, but I sincerely wish I had. Rings on his fingers, black and gold, glinted and clinked as he packed his rucksack. This man had the presence of a pirate; freedom seemed to be the score that followed the thumping of his tired boots. We'd been talking for a while, I was ditching classes, but I finally felt curious enough to ask where he was from.

"Syracuse, upstate New York." He said, seeming to grimace.

"Probably nicer than here, right?" I had no idea where it was in relation to the city, but NY is NY.

"Not by a long shot, but you probably don't get it 'cus you grew up here." His voice was rough but not in the way that scared me, in the way that it made me a little jealous.

He continued packing and finally he had come to a choice, will he pack his worn out teddy bear, or his toiletry bag? There wasn't room for both.

"Why do you have a nasty teddy bear?" I asked, confused as to how a stuffed animal could help him survive on the open road.

"I've always had this teddy bear. He's nasty like me, so he's my friend." The pirate picked up the bear and made his little legs dance, duct tape was loosely holding the stuffing inside the felt.

"Found him in a railyard I was "catching out" in once, I think. Been with me ever since."

"How long ago was that?" I asked, a little grossed out.

"I dunno, maybe six years." He put his binoculars to the side and gently pushed teddy into the stuffed sack, so that his little head was poking out of the top.

"You can have those if you want, I don't need 'em." He stood up, and looked ahead. I couldn't believe he was giving up his toothbrush, toothpaste, shaving cream, etc. for the sake of a stuffed animal. We went our separate ways, I didn't take the bag because maybe some other hobo might need it later, so I left it somewhere easy to spot.

Recently I found a five-foot tall giant teddy bear that had been hidden away in my childhood closet since middle school. I remembered how I would sleep on his belly and use his arms for warmth. I cleaned him up, shook off his dust and brushed away the cobwebs. My family thinks he's a fire hazard, so I was supposed to take him to the dump.

Instead, I've sacrificed a back seat in my truck, to keep him with me for a little longer.

I'd rather lose a passenger than a friend.

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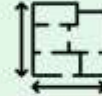
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REGIONAL NEWS BRIEFS

SPEAK UP IF YOUR PASSENGER DOESN'T BUCKLE UP

Special to the Mirror

COLORADO – It's prom season, and that can come with a lot of planning and tasks. You have the outfit, flowers, and reservation, but does your teen have the confidence to tell his or her date to buckle up? Buckling up is the single most effective thing you can do to protect yourself in a crash, and last year, Colorado State Troopers responded to 4,187 at-fault crashes involving drivers aged 16-21; 346 of those occurred during April.

"Colorado law states that drivers under age 18 are required to wear a seat belt and also ensure that their passengers, whether a friend, date, or family member, wear one too," stated Col. Matthew C. Packard, chief of the Colorado State Patrol. "Teens can be pulled over for this as a primary violation. And this citation includes an automatic summons to court. Make sure your young driver is prepared to speak up if a passenger isn't buckled up."

Seat belt use in Colorado is increasing,

with the current usage rate of 90.7%, the highest rate in the state's history. Unfortunately, teens are the least likely age group to wear them.

"Troopers have heard several excuses on date nights from 'I forgot' to 'It was wrinkling my outfit,'" explained Col. Packard. "Safety devices aren't optional, and as the driver or passenger, you can set the standard to create a positive, safe drive. Make wearing seatbelts the norm."

Strategies to Address Unbuckled Passengers

- Stay calm, assertive and polite
- Some suggesting phrasing:
 - I feel safer when everyone is buckled up.
 - Would you do me a favor and put your seatbelt on?
 - Thanks for driving. I'd love it if you'd buckle up.
 - You can also shift it from focusing on their safety to your own by sharing that unbuckled people can hurt others in the vehicle by becoming a projectile.
 - I'd rather have you NOT slam into me if

we're in a crash. Please wear your seat-belt.

Lap and shoulder belts prevent ejection from the vehicle and keep people from colliding with the vehicle interior during a crash. When worn properly, seat belts protect you by spreading the force of impact across your body's strongest parts and keep you from being ejected from the vehicle.

As your teen heads out for prom or any other purpose, it's important that everyone in the vehicle wears a seat belt. Troopers ask that parents and caregivers use this prom season as an opportunity to remind them of this life-saving action.

The Colorado State Patrol is launching a multi-month "The Sound the Saves" campaign to increase seat belt awareness and use across Colorado. This campaign targets the youngest and newest drivers to close the gap between the 92% national seat belt use rate and Colorado's 90.7% seat belt use rate. Buckle Like a Boss.



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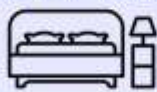
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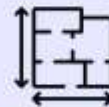
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OPINION/EDITORIAL: LETTERS

A NEW DAY FOR THE CITY OF MONTROSE *At last, City Council's Course Set for a New Direction!*

By David White

After years and years of seeing the same names and faces sitting on the Montrose City Council, we finally have new ones coming to serve on April 21st.

Last week's April 7th City Council election saw newcomers Michael Badagliacco and Adam Woodden elected to serve along with the reelection of Ed Ulibarri. They will join holdovers Dave Frank and J. David Reed, who each have another two (2) years left in their current terms of office. The turnout was better than in many past years with 35% of ballots sent out being voted and returned in this mail ballot only election.

For the official results, visit the City's elections department page here:

<https://www.cityofmontrose.org/m/newsflash/home/detail/2253>

All three are strong conservatives who have promised to reign in the free spending ways of the City's leadership beginning with an outside forensic audit (by a yet to be chosen firm) of the City's many give-aways of taxpayer dollars and other questionable business dealings that this writer has publicized in years past.

The swearing in of these three will take place on Tuesday, April 21, 2026, followed by a restructuring of City Council's self-appointed positions of Mayor and Mayor Pro Tem. The public is encouraged to attend and welcome these new leaders of our City government into office.

There will certainly be more news to come over the next several months and years to come. We look forward to many good things to come.

Congratulations are in order for these

three as well as a thank you to the other candidates who stepped up to run for public office.

It's not an easy task to step outside of your comfort zone and run for public office. Kudos to all who made the choice to do so.

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

THE STATE OF COLORADO IS BROKE – LEGISLATURE IS IN DENIAL

The budget is blown and bled dry but if you're an "Undocumented Illegal," We have a plan and plenty of money for you!

By David White

I'll make this short...if you thought Minnesota had a problem with the Somali immigrants (legal or not) and their daycare operations or now California and their hospice and daycare scams run by "immigrants" driving \$200,000 European luxury cars (see the links at the end of this article to these stories), it's only a matter of time before Colorado's scandals hit the newswires.

Wait until you read excerpts from what our wonderful Colorado legislature foisted upon us during the 2021 Legislative Session under House Bill 21-1150 which was signed by Governor Polis on June 21, 2021. This bill and others passed in subsequent years, paved the way for what will undoubtedly be the exposure of scandalous activities in years to come in Colorado. But that's secondary to the budget crisis that's not being dealt with very well

under the golden dome in Denver.

It seems that the bleeding-heart liberals in the State Legislature never thought we'd have a budget crisis five years later, so they wrote, debated and passed into law HB21-1150 which created the "Office of New Americans" (now known as ONA). The bill summary states the following: "The act creates, initially within the department of labor and employment, the Colorado office of new Americans (ONA). The act sets forth the ONA's duties and responsibilities and provides details regarding funding. The ONA serves as the point of contact for immigrant-serving state agencies, private sector organizations, and the public about immigrant issues in Colorado, and has as one of its central purposes the successful integration and inclusion of immigrants and refugees in our state's communities. As its main priority, the ONA is required to

implement a statewide strategy to facilitate economic stability and promote successful economic, social, linguistic, and cultural integration by investing in the success of immigrants in Colorado." (<https://leg.colorado.gov/bills/hb21-1150>)

On the Office of New Americans website, their New Arrival Integration page states the following:

"Immigration is a normal, everyday occurrence. Starting in early December 2022 however, Colorado began to experience a historic influx of new arrivals who did not have family, friends or resettlement agencies that were waiting to welcome, orient and help them settle. ONA wants to ensure that all of our newest arrivals, who want to call Colorado home, are welcomed, oriented and integrated into our communities. ONA does this work through outreach and

THE STATE OF COLORADO IS BROKE From previous pg

partnerships with community-based organizations throughout the state.” (<https://ona.colorado.gov/our-work/new-arrival-integration>)

And as if funding this Office of New Americans wasn't costly enough, the Legislature loaded it up with more goodies paid for by you, the Colorado taxpayer, with additional legislation. Read this:

HB21-1194 (known as the House Bill on Immigration Legal Defense Fund) created the state's Immigration Legal Defense Fund (ILDF). The ILDF provides free immigration legal services to help Coloradans and those detained in Colorado with their immigration court proceedings in order to promote due process, strengthen family unity, increase judicial efficiency, and protect civil liberties. Through a competitive application process, ONA awards approximately \$350,000 to qualified legal service providers annually.” (<https://ona.colorado.gov/our-work/immigration-legal-defense-fund>)

The ONA, in promoting its “free” legal services, states the following on the above web page:

“Individuals in immigration proceedings with legal representation are much less likely to be detained and deported than those without it. The consequences of detention and deportation are deeply harmful to individuals and their families, but also to Colorado's economy, through the direct and indirect costs of detention to employers and state and local governments.”

Isn't that nice? Our State government protecting those breaking Federal law and you're paying for it.

But it didn't stop there! Of course not. On May 25, 2022, Democrat Governor Jared Polis signed into law Colorado Senate Bill 22-234 establishing unemployment benefits for undocumented (aka, illegal) workers in Colorado. Here's an excerpt from the ONA webpage on the subject:

“Undocumented workers play such a critical role in our communities and in Colorado's economy. The COVID-19 pandemic made it clear that without a safety net in place for undocumented Coloradans, our whole community suffers. SB22-234 created the Benefit Recovery Fund (BRF) as a remedy to this inequity. The BRF is an unemployment compensation program for eligible undocumented individuals who have lost employment through no fault of their own.

The BRF is funded by some of the dollars already paid by employers on behalf of undocumented workers and is separate from the state's traditional unemployment insurance program.

The BRF will provide direct cash payments to eligible, recently unemployed undocumented Coloradans to help them pay for critical needs

they and their families might have. This program is the first of its kind in the nation.” (<https://ona.colorado.gov/immigrant-services/benefit-recovery-fund>)

Yet another flagrant violation of Federal Immigration law and a drain on our State budget.

The above referenced bills and others related to immigrants all refer to the following statements and others similar in nature in the language embodied in the creation of the bills: **“Colorado is strengthened by its new American community members, who are an integral part of Colorado's diverse economy and make vital contributions to the state's tax base.”**

“Immigrant” or “new American” means a Coloradan who has arrived, or an individual who will arrive, to Colorado as an immigrant or refugee and includes the individual's children. “Immigrant” or “new American” includes: Refugees, asylees, special immigrant visa holders, victims of trafficking, recipients of the federal deferred action for childhood arrivals program, INDIVIDUALS GRANTED HUMANITARIAN PAROLE, and all other immigrants and aspiring citizens seeking opportunity, safety, or reunification of family.”

These statements are simply meant to try and justify, cloak and pay for, with taxpayer funds, the harboring of as well as the care and provision for those in our state and country illegally. The last sentence in the above paragraph is most telling. If you're in the USA and Colorado legally, great! You've abided by the law and have earned the right to be here. If you haven't, then it isn't the responsibility of Colorado taxpayers to foot the bill to keep you here no matter if the claim that the ONA is making that these people should be helped through whatever means necessary to allow them to stay in Colorado illegally is applied.

Not content to leave things there, last year the State Legislature passed SB25-226 which added language to already loose Civil Rights legislation that states that:

-The act prohibits the jail custodian from delaying a defendant's release for the purpose of an immigration enforcement operation.

-The act extends the ability to petition a court to vacate a guilty plea to class 3 misdemeanors as classified at the time of the plea, traffic misdemeanors, and petty offenses.

-Under current law, state agencies and state agencies' employees are required to comply with provisions that limit the disclosure, collection, and access to a person's personal identifying information; required to annually report certain information concerning requests made for a person's personal identifying information; and subject to a civil penalty for an intentional violation of the requirements. **The act extends these requirements concerning a person's personal identifying information to political subdivisions and their employees and repeals the annual reporting requirements concern-**

ing requests made for a person's personal identifying information.

The act extends the prohibition to a peace officer designated by the state as a peace officer.

The act extends this prohibition to a pretrial officer or pretrial services office employee.

The act prohibits a military force from another state from entering the state without the governor's permission, unless the military force from another state is acting on federal orders and acting as a part of the United States armed forces.

Now comes House Bill 26-1283 in this legislative session that would, if passed, make it a misdemeanor if you commit a “bias motivated crime” should you provide, or threaten to provide, an individual's government-issued identification or personal documents **to federal immigration authorities.** Basically, the State Legislature is making you a criminal if you (business owner, individual, etc.) turn someone in for being in the country illegally regardless of circumstances (this will no doubt apply to law enforcement agencies too) and makes the person here illegally able to seek damages from you if you do turn their identification documents over to Federal authorities. This is crazy and upside-down folks!

Not only is this craziness driving up the cost of government, but the left-wing Democrats in control of our legislature have no concept as to what these measures are doing to our economy and budget. We're all going to pay for this in the end. Your vote does matter. Your involvement does matter. Please wake up and stop buying into the social justice arguments when it comes to this subject. Enough already.

As a precursor to what's coming to Colorado, see the following stories on the brewing California scandals:

(<https://www.usatoday.com/story/news/california/2026/04/10/five-arrested-in-connection-to-267-million-california-hospice-fraud-los-angeles-newsom/89541196007/>) (<https://californiaglobe.com/articles/nick-shirley-uncovers-over-170-million-in-alleged-fraud-across-california-daycare-and-hospice-operations/>)

Have a wonderful week ahead. Write your legislators a quick email and tell them to stop the insanity!

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

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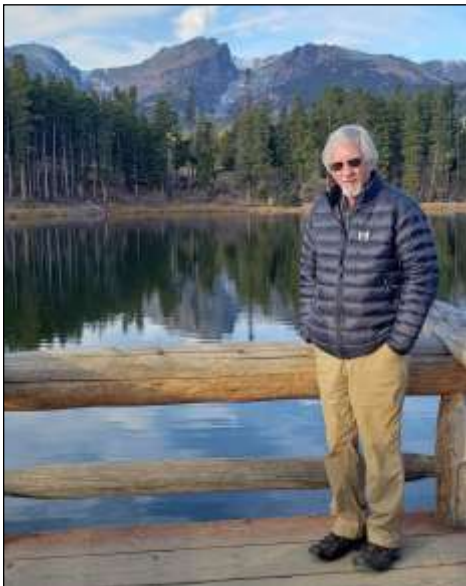
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COMMUNITY OBITUARIES

GERALD D WILSON

April 1, 1946 — March 21, 2026



A longtime resident of Telluride and Placerville, Colorado, Gerald Wilson passed peacefully on March 21, 2026. Many friends and family were able to see

Gerald in the short 8 days before his passing.

Gerald is preceded in death by his parents, Guy and Arla Wilson, the love of his life, Sue Wilson, his brother Gary Wilson, nephews Mike Berry and Alfred Berry.

He is survived by sisters, Pearl Berry of West Virginia (formerly of Colorado) and Ruby Gray of Arizona.

Gerald had several nieces and nephews as well as great and great, great nieces and nephews. His bonus - children, and bonus grandchildren were such a special addition to his family.

So many friends throughout the years have touched his life, if you were a friend of Gerald, it was for life.

All who knew him loved him and he returned that love. He will be greatly missed!

Gerald had a great eye for the beauty of the outdoors and captured that in every photo that he took. He became quite pop-

ular sharing his photos to many followers on Facebook. He often would lay in his hammock to scroll and critique his photos before posting them or just wave at the kayakers coming down the river, ok he would throw a few rocks.

He had the ability to tell a story with his photos, especially the ones taken of the scene up the river with the different Seasons and don't forget the bench in the yard that would be decorated with the Christmas Bear.

His hiking photos were one of a kind and he loved telling you all about where they were taken.

YOU KNEW YOUR PLACE IN HIS LIFE, HOLD ONTO THOSE MEMORIES!

A Family Graveside Service will be held on May 8, 2026 at 1:00 pm at the Lone Tree Cemetery – Telluride

Planned Celebration of Life for friends and family will be held on May 9, 2026 12 – 3 pm at River Bottom Park, Montrose.

MADELINE GRIMES GLATFELDER

September 28, 1948 — April 5, 2026

MADELINE GRIMES GLATFELDER, 77, of Montrose, passed away on April 5, leaving behind a life defined by service, compassion and unwavering devotion to those she loved.

Born in Lyons, Georgia, Madeline carried the warmth, strength, and deep sense of community that defined her Southern upbringing throughout her life.

A proud veteran, Madeline served her country in the United States Army with honor and dedication. The discipline and resilience she carried from her time in uniform shaped the way she lived—steady, dependable, and always ready to help others.

After her military service, she continued her calling as a nurse, devoting her life to caring for those in need. As an ER nurse, she was known for her steady hands,

quick thinking, and profound empathy. Patients and colleagues alike found reassurance in her presence, trusting her ability to bring clarity and care even in moments of crisis.

Beyond her professional life, Madeline's greatest pride and purpose was her family. As a mother, she was steadfast and deeply devoted. She instilled values of kindness, perseverance, and integrity in her children, leading by example in all she did. Her love was constant and enduring, a guiding force that will continue to shape the lives of those she cherished.

Madeline will be remembered not only for her service and skill, but for the warmth of her heart, the strength of her spirit, and the not so quiet, powerful way she made the world better for others. She is survived by her husband Ron, her

two daughters (spouses) Jennifer (Jason) and Sarah (Zak), and grandson, Wylder, who will forever cherish her example of faith, strength, and loyalty. Her legacy lives on

in the countless lives she touched and the love she gave so selflessly.

A service to honor and celebrate her life will be held on April 22 at 1pm at Crippin Funeral Home. In lieu of flowers, the family invites others to carry forward her spirit through acts of kindness or donations to HopeWest Hospice, 725 S. 4th Street Montrose, CO 81401.



COMMUNITY OBITUARIES

JOHN ANDREW HANEY JR. *February 5, 1955 — April 1, 2026*



JOHN ANDREW HANEY JR, 71, of Montrose, Colorado, passed away on April 1, 2026, after a battle with esophageal cancer. John was born on February 5, 1955, in

Niagara Falls, New York, to John Andrew Haney Sr and Mildred Ann Haney (Oakey). He attended Frontier Central High School in Hamburg, New York, and went on to study at Oklahoma Christian College, Denver Institute of Technology, and the University of Colorado. On August 26, 1978, he married Teri Lynn Brewster at Littleton Church of Christ, and together they built a life and family in Colorado.

John was a hard-working man with an adventurous spirit. An entrepreneur who started multiple companies across varying industries, he was never one to sit still. He was good with his hands and always had a project going — fixing cars, upgrading motorcycles, woodworking, or improving something around the house. That same restless energy took him all over the United States and as far away as McMurdo Station in Antarctica and Vanuatu in the South Pacific. Every free moment he had was spent outdoors — riding his Harley, 4-

wheeling, fishing, hunting, and camping. Above all John loved the Lord Jesus Christ. He made it a priority to study His Word and was spiritually gifted in his service to others. He is survived by his wife, Teri Haney, of Montrose; children Mindy Wilber (Steven) of Parker, CO, Paul Haney (Sherry) of Evergreen, CO, and Timothy Haney of Evergreen, CO; five grandchildren: Kylie Lynch, Andrew Wilber, Macie Haney, Caroline Wilber, and Jackson Haney; siblings Debbie Whiddon (Bob) of Owasso, OK, Dave Haney of Platteville, CO, Cheryl Thiery (Steve) of Platteville, CO, and James Haney (Janet) of Lodi, OH. He was preceded in death by his parents and his brother Jeffrey Haney.

A Celebration of Life will be held on April 25, 2026, at 2 PM at Montrose Church of Christ. In lieu of flowers, the family kindly requests tribute donations be made to the Esophageal Cancer Action Network in John's memory.

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

COMMUNITY OBITUARIES

VIRGINIA MAE (MILLER) LUTTRELL

February 20, 1938 – March 29, 2026

Virginia Mae was born on February 20, 1938 in Arvada, Colorado to Clyde Howard Miller, Sr. and Irene (DeHaas) Miller. Virginia was the 7th of 8 children. When Virginia was a toddler, her family moved to Pea Green, Colorado. The main crop her family grew in Pea Green was strawberries. They sold the fruit as well as the strawberry plants to other growers. Virginia's father was even known in the area as "Strawberry Miller." Virginia was very proud of her family's farming history.

As Virginia was the 7th of 8 children, and her folks were getting older, they moved into Olathe, Colorado, to be closer to schools and activities. The log house they moved to is still in use today. Virginia loved taking rides to Olathe and going by that log house and the Bible Baptist Church. Virginia graduated from Olathe High School in 1956. She had very fond memories of her high school years. Mom had beautiful handwriting and great grammar skills, which she always attributed to her High School English teacher. She maintained that beautiful handwriting throughout her lifetime.

Virginia met and dated Bud Mills while still in Olathe High School. After graduating from High School, they married and had two daughters, Lyna Dree Mills and Tina Sue Mills. Virginia was a very involved mother. She was a Brownie Scout and Girl Scout leader while her girls were involved in those organizations. Virginia and Bud were sheep and cattle producers in the area. Virginia became very involved with the Western Slope Wool Growers Association, even achieving the office of President. She also was involved in a fashion organization called Make It Yourself with Wool. Virginia eventually purchased a Women's and Teen Girl's clothing store on Main Street in Montrose. She named the store, The Clothes Horse. That was a great period of time for Virginia and her daughters. Virginia and Bud's union eventually ended in a divorce.

In April of 1974, Virginia married Ronald Luttrell in Greeley Colorado. They enjoyed and loved each other for a little more than 50 years, until Ron's passing on 9-7-2024. They both worked hard and were able to enjoy life; traveling, playing golf etc. They even took all of their combined children and their families on several awesome vacations. One trip was to Mazatlan, Mexico and another trip was to Ocean Beach, California (part of San Diego). What a great time we had; so many great memories were made! Virginia was an organizer and liked to plan events, trips, etc. When she and Ron took all of us to Mexico, Virginia planned out the meals, etc. The plan was to eat a lot of our meals at the place we were all staying to save our money for fun things not food. Virginia started preparing for this trip in advance. She froze beef roasts, hams and the like. When it was time for the trip, Virginia packed all of this frozen food in a very large piece of luggage; very heavy! This piece of luggage made it to Mexico with us. But, in the chaos of trying to get all of us on one bus or van, the very large heavy food bag got lost! Somebody sure ate well for a few days in Mexico, as we never did locate that bag of frozen goods!

Virginia worked at Heath Junior High School in Greeley as a secretary in the office when she first moved to Greeley. She then got a job at State Farm Insurance Regional offices in Greeley. Her first position was in the mailroom sorting mail. She moved up to being the receptionist at the Front Entrance at State Farm Regional offices. Virginia took the State Farm recommended classes for many years to move up in the regional office. Virginia worked at State Farm Insurance Regional offices in Greeley for over 30 years. When she retired from there, she had reached and maintained her position as a Senior Life Insurance Underwriter. Virginia achieved all of this on a high school diploma! Virginia was very involved at State Farm by doing lectures to peer groups, to planning and organizing a fashion show sponsored by State Farm highlighting local retailers. She made lifelong friends with a lot of her coworkers at State Farm.

Virginia and Ron moved back to Montrose, Colorado in 2003 to be closer to their children and grandchildren. They made Montrose their home until their passing. Virginia is survived by one older sister, Laura (Alan) Ziegel, her daughters Lyna (Danny) Hoey, Tina (Bill) Cordova, and stepchildren Rhonda (Randy) Castle, Chauncey (Jennifer) Luttrell, Rachel (C.L.) Werner and Stephanie (Jody) Moore. She is also survived by 10 grandchildren and 16 great grandchildren. Virginia was preceded in death by her husband Ron, her parents, six of her siblings and two grandchildren, Chandra Castle and Sebastian Larsen.

The funeral service will be held on Wednesday, April 15 at 10AM at All Saints Anglican Church followed by a luncheon reception and burial at Olathe Cemetery. A visitation will be held at Crippin Funeral Home on Tuesday, April 14 from 5-7PM.



ISSUE 568 April 13, 2026

ART & SOL

CHALLENGE BY CHOICE: HOW DISCOMFORT BUILDS NEEDED RESILIENCE



Courtesy photo Friends of Youth and Nature.

By IvAnn Garcia-Dickerson,
Friends of Youth and Nature

REGIONAL-Do you remember when you left home to find your way in life? I remember being excited and nervous, but ultimately ready. Little did I know, I had so many things to learn, yet I was able to rise to most occasions. I think one of the biggest challenges parents face is the reality that their children will eventually be out in the world...without them. I didn't really think about what my parents felt when I ventured out, but looking back, I imagine

they were excited for me. I'm lucky because I grew up in an environment that helped me build resilience, and because of that resilience, I know my parents were not concerned with how I would face the world. They knew I wouldn't shut down when a problem presented itself, but that is not the story for everyone. This article provides information for building resilience.

In the education sector, there exists a popular model referenced by educators as a tool to expand a student's academic

learning. This model is known as the Learning Zone Model, constructed by Tom Senninger, and it's largely based on Lev Vygotsky's Zone of Proximal Development. This model divides the experience of learning into three different zones:

- 1.The Comfort Zone - This is where we are confident in our ability and knowledge.
- 2.The Learning or Growth Zone - Here we are appropriately challenged and gain new skills and abilities from the experience.
- 3.The Alarm or Panic Zone - This zone exceeds what we are familiar with and is outside our ability to understand.

I was first introduced to this model when I worked at the Colorado Mesa University (CMU) Outdoor Program where I would take fellow students on outdoor trips. I've now taught Orienteering and Backpacking at CMU as an adjunct faculty for the past two years. The Learning Zone Model is popular in outdoor experiential learning—here's how you can apply it to your life.

On outdoor trips, I would often have several participants who had never done mountaineering, canyoneering, rafting, etc. let alone set up a tent. For many this was their first time experiencing outdoor recreation, and without knowing anyone else on the trip, their support system consisted of fellow "green" participants. They had to rely on and trust in the leaders of the trips, who were fellow college students. There was a fine line then to walk as a trip leader between the Learning Zone and the Alarm Zone.

Continued next pg

CHALLENGE BY CHOICE: HOW DISCOMFORT BUILDS NEEDED RESILIENCE

From previous pg

When we do something challenging or outside of our comfort zone, several coordinated brain systems activate. Our brain detects uncertainty or a threat and evaluates, “Is this safe?” The part of our brain known as the amygdala, in charge of triggering the fight or flight response, detects threats and signals the hypothalamus and HPA axis (hypothalamic–pituitary–adrenal system). The HPA axis regulates cortisol and adrenalin; it will then release that cortisol and adrenalin to help the body prepare for action. Meanwhile, the prefrontal cortex takes on the planning and preparation for managing the situation causing stress.

Here’s where it gets fun.

I have the pleasure of facilitating the resilience of one’s brain in these stressful situations. Take, for example, an ice climbing trip—the participant may not be confident in how to wear or use the gear, and they are nervous and unsure what to do. This is new territory, something unfamiliar, and it’s cold to boot. They are properly tied into a rope and the gear is adjusted and explained and then they are directed to the ice wall. With some words of encouragement and direction (not to mention the rope pulling them upwards), the student attempts to wedge the ice pick in the wall and fails. But just barely. The prefrontal cortex analyzes and adjusts and the student tries again and succeeds. They then climb up the wall, building a new skill as they manipulate their body to climb. Suddenly this environment which was cold, uncomfortable, and unknown has been changed to a new perspective as dopamine is released in the brain. They think, “Being cold and unsure doesn’t necessarily mean I won’t have fun.” After climbing they return home to a warm, safe, and known environment where reflection takes place. Synapses strengthen, myelination increases (signals travel faster), and the prefrontal cortex becomes more efficient at regulating

emotion. We have just successfully expanded the tolerance for uncertainty, literally growing what is inside our comfort zone with what we call “tolerable stress”.

This is especially crucial for children as they develop. Children need tolerable stress in order to build stronger stress regulation systems and increase executive function. There is an important distinction to be made though. While tolerable stress is important, there is also “toxic stress” which can cause long-term health and learning problems as well as psychological harm. When children are overprotected the stress system remains undertrained—children never experience anything outside of the comfort zone, and when they do, the prefrontal cortex is overwhelmed and shuts down. They are unable to cope with new and challenging situations; it is outside of their ability to understand and process. The Learning Zone almost does not exist, and the Alarm Zone is too easy to enter for them. Along the same vein, when a child is overwhelmed without support or brought back into the Comfort Zone for processing, the stress system becomes dysregulated, leading to the problems previously mentioned.

So how do you navigate the zones? There’s a fun phrase used with this model and in the outdoor recreation sector: “challenge by choice”. I’ve had many participants who could not continue an activity even after encouragement, and even though the social pressure helped to push people through their uncertainty on trips, those people who entered the Alarm Zone always verbalized their fear and inability to continue. At that point, it was important to stop and bring them back into a safe space or as close as you could to their Comfort Zone. The biggest thing to note: this is **OKAY**. This model is popular mainly because it provides a framework through which we can navigate stress responses, and sometimes that

navigation calls for you to walk away and/or start smaller to build your way up.

You shouldn’t always strive to make things easy. You will never grow. Life also has a funny way of continuing despite your comfort—it likes to throw situations at you. Being able to navigate yourself and regulate your own stress systems when it does is one of the greater gifts you can give yourself, and, if you are a parent, one of the best ways you can prepare your child for the world they will have the pleasure of exploring. This kind of resilience sets kids up for success as they navigate new and challenging experiences throughout their lives, which is why it’s crucial for them to experience manageable challenges, many of which can be found most effectively in outdoor pursuits.

If you are looking for challenges for yourself or your children, many opportunities already exist in local recreation departments and outdoor provider offerings. These courses are led by experienced guides and allow for exciting fun new experiences. Some possible links to nearby adventure opportunities are listed here - others can be found on line: <https://www.montroserec.com/>; <https://thenatureconnection.net/>; <https://www.giparksandrec.org/1462/Parks-Recreation>; <https://www.coloradocanyonsassociation.org/>; <https://www.coloradomesa.edu/outdoor-program/index.html>; <https://www.cityofdelta.net/parksrecgolf/page/recreation-center>.

Friends of Youth and Nature (FOYAN) is a non-profit organization that promotes opportunities for youth and families to go outside, experience outdoor activities and explore nature. For outdoor safety tips, trail game ideas, hiking trails and other ways to get young people involved in the outdoors, or to support FOYAN’s work, visit www.foyan.org.

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MSSO ADDS SPICE TO MONTROSE MAIN STREET EATING CHOICES

By Carole A. McKelvey
Mirror Food Editor

MONTROSE-MSSO is officially open in downtown Montrose. Aren't we lucky to have so many diverse and good options? MSSO is an Asian noodle bar now serving customers Tuesday through Saturday from 11 a.m. -9 p.m. at 344 East Main Street.

My son, grandson and I went in to give the new restaurant a try a few nights ago. MSSO did not disappoint. Food is authentic, tasty and there is a full bar. What more could you want?

Inside, MSSO feels stylish and urban for Montrose. The menu reflects MSSO's origins as a street-market-inspired concept. All wrapped up in an upscale historic downtown space. We dined on a Wednesday night and the place was full!

The menu is diverse and primarily reflects Asian street food with menu items changing regularly. You'll want to take a look at the specials board to see what is calling you that day.

My grandson went for the Braised Beef Noodle bowl and dug in. Ian ordered the Japanese style fried chicken (a huge amount arrived with 4 big pieces of coated chicken). The chicken is marinated in soy, mirin, and sake finished with a spice mixed coating and fried crispy. Ian immediately began dunking into several sauces and I grabbed the pickled ginger to go with my meal. Of course I had to try the Yuzu margarita. Yummy!

Then it was on to steamed dumplings with a soy sauce dipping sauce. More yummy! Also ordered some steamed rice to share and Korean rice cakes.

Now, this place is not cheap. Be prepared for an uplifting culinary experience with snacks ranging from \$4-\$14. Noodle dishes run from \$19-\$20, my grandson loved his noodles and Korean-style braised beef.

Don't forget to order a bit of green tea cheesecake to finish off your feast. So good!

SNACKS: \$4-\$12

Prawn crackers, Hong Style prawn cracker; MSSO's spring rolls, with sriracha; Salmon tartare, nori tempura, sushi rice, chili garlic; Shishito peppers, with spring onion & ginger; KFC Korean fried cauliflower, with dragon sauce, sesame, green onion; Steamed dumplings, pork, cabbage & cilantro stuffing; Hamachi sashimi, jalapeno, soy & yuzu dressing; Japanese Tonkatsu pork sandwich, white cabbage, Kewpie mayo.

NOODLES: \$17-20

Pork ramen, ramen noodles, pork & chicken broth, roast pork belly, soft cooked egg, Nori seaweed, bamboo shoots; Mushroom Udon, Udon noodles, mushroom broth, mushrooms roasted in Miso butter, spinach, tofu; Chicken and dumpling noodle soup, chicken broth, coconut milk, pork and veggie dumplings, bean sprouts and bamboo shoots; Hong Kong Pork Noodles, chili & garlic udon noodle, ginger, bean sprouts, white cabbage, fried Tonkatsu style pork;

Korean style braised beef noodles, udon noodles, slow cooked spicy beef, daikon radish, carrots, cabbage, kimchi.

ASIAN SMOKED BBQ; \$15-23

Served with steamed bao buns; Smoked sweet & sour pork belly, pineapple relish; Smoked chili & garlic brisket, with house pickles; MSSO's BBQ sampler plate, smoked sweet & sour pork belly, chili & garlic brisket, pickles, pineapple relish.

MSSO's Signature Fried Chicken, Japanese style fried chicken, marinated in soy, mirin & sake, with a crispy spice mix coating, served with dipping sauces and pickled ginger.

SIDE DISHES: \$4-5

Brussels sprouts, soy & garlic glaze; Steamed rice; steamed bao buns; Korean rice cakes, dragon sauce, sesame, spring onions; mixed French fries, house sauce, Gochujang ketchup; Miso udon, udon noodles, miso butter.

DESSERTS: \$8

Green tea cheesecake, honeycomb; chocolate sundae, condensed milk caramel, candied ginger.

Apparently MSSO isn't the only thing on the owner's mind as they expect to open Persimmon soon. The menu is shaped by Nathan Green, who moved to Montrose from Hong Kong. This is a project of the Typhoon Group, which has other plans in the works for Montrose.

MSSO is located at 344 E Main Street, Call (970) 258-4234 or check out their Facebook page.



WORD FROM THE WEST -THE QUIET SIGNALS OF BLISS



By Wendy Videlock

PALISADE-The other day I snapped a photo of our cat in a field of chamomile. His eyes closed, his nose enriched, his body completely relaxed, I was reminded of that old phrase, “Follow your bliss,” made popular by Joseph Campbell back in the 1980s.

Back then, in my hurried youth, I was inclined to roll my eyes at such a directive. What is bliss anyway and why should I follow it? I was too busy achieving goals and slaying dragons to think much about it.

Yet over the years, I’ve come to look past the cliché and have found that this simple bit of advice reveals a convergence of biology, psychology and instinct, otherwise known as intuition.

To follow one’s bliss is not merely to pursue pleasure. Perhaps it requires tuning one’s self, like a musical instrument, to that which is deeply personal, profoundly universal and embedded in the architecture of life itself.

Neuroscientists would describe bliss as a sustained pattern of dopaminergic engagement — a system of motivation rather than reward alone. Dopamine, often called (incorrectly) the pleasure chemical, is more accurately the molecule of intuition and pursuit. It spikes, not when we possess the thing we desire, but when we discover ways to move toward it. In this way, bliss is not a destination, but more like an arrow pointing through a forest of choices.

To follow that arrow requires discernment. The modern world is clogged with counterfeit signals: advertisements, algorithms, short form reels and cultural approval all mimic the appearance of bliss, offering bright, shiny and immediate grati-

fications.

But these short-circuit pleasures are distractions at best —and leave us feeling restless and malnourished.

True bliss, by contrast, seems to require effort, practice, attention— even devotion.

*The bristlecone
pine*

replies:

to root

down

into the desert

earth

and twist,

gnarled

and arthritic

like this

is no airy

mystic bliss,

nor the first

word

in

tenaciousness.

Studies in psychology distinguish between extrinsic reward (like money, status and approval) and intrinsic rewards, which arise from the activity itself.

When we are intrinsically motivated, the brain enters a state many would call “flow.” In a flow state, time dissolves, self-consciousness vanishes and action feels both effortless and exacting. In such a state, we are precisely matched to our environment, much like a hawk riding a thermal or a river finding its gradient.

In humans, bliss often appears in activities that refine perception, deepen connection or create meaning. The poet shaping a line, the scientist tracing a pattern, a dancer gesturing toward an emotion, the carpenter fitting a joint into place — each of these is participating in an ancient feedback system that rewards coherence. This coherence lives between inner capacity and outer action.

Yet bliss is not always easy and not always comfortable. The word itself suggests ease, even ecstasy, but the path toward it can be marked by uncertainty and resistance. Following one’s bliss often requires deviating from established

norms. Social systems favor predictability, not divergence. The merchant culture favors materialism, not discovery. To follow a deeply personal signal may entail friction, misunderstanding, doubt, even isolation.

In my own life, following the call of poetry has carried with it a good deal of derision and ridicule from family members and even colleagues. But the call to the arts and the following of bliss has also saved my life.

Here the mysterious power of bliss emerges, for it is not simply a neurochemical state but a narrative one. To follow one’s bliss is to trust that the signal you feel corresponds to a pattern larger than your understanding. And although the journey feels deeply personal, it often leads outward toward contribution.

When individuals engage deeply with what inspires or animates them, they tend to produce work or actions that resonate with others. This is not only beautiful and mystical but structural. A musician fully absorbed in sound creates music that organizes the listener’s own neural patterns. A teacher passionate about ideas transmits, not just information, but inspiration — making learning and curiosity contagious.

Even the most introverted of us cannot escape the fact that we are made for connection.

*What you thought you lost along the way
hangs in the air like a prayer.*

*May you find your way home
may the doors swing open wide
from the out and the in
side.*

*Under a wide open sky
may you lose, may you find,
may you know*

*in the core
of your weathered soul your old
and your new sign*

*May every stranger on the path
become the one who*

*stopped
to hang something you thought
you lost in the air*

THE QUIET SIGNALS OF BLISS From previous pg

by a thread like an ancient
pagan prayer
like some kind of
elder
warm-eyed
guardian was standing there.

To follow your bliss is not to abandon reason but to integrate it with your experience— and to recognize the body has its own wisdom. The nervous system will register alignment and misalignment in all kinds of subtle ways. A feeling of expansion, of breathing freely, of energy circulating, may accompany any kind of flow state, any kind of movement towards one’s bliss.

Conversely, chronic fatigue, tension, pain, disinterest or despair can signal disconnection.

More important is to remember that bliss is not something you find and possess. It is instead a continual adjustment, an ongoing practice. To remain in connection with that shifting signal is to listen to your own body, to move, to pause, to correct course.

To follow your bliss is to take the long and winding road toward some unknown place— and to participate fully in the intelligence that animates both mind and matter.

Perhaps the phrase, *follow your bliss* is not so much a directive as an invitation.

I’ve come to believe that within each of us lies an inner guidance— not just a longing or a desire, but a kind of orientation.

To follow your bliss is to trust that orientation— and to discover as you move, that the path is not paved or graded and can’t be found on GPS— but is made by the walking.

—
Wendy Videlock lives at the foot of Thunder Mountain outside Palisade. Her works appear in O Magazine, Best American Poetry, Poetry Magazine, The NYT, Hudson Review, Rattle and elsewhere. Her most recent book is *Wise to the West*, (Able Muse Press). Her upcoming book, *Desert Kin: Speaking Animal in the Southwest*, will appear in late August 2026. She serves as poet laureate of Colorado’s Western Slope. Find out more about Wendy at [Wendy Videlock](#)



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EASTER BUNNY & MRS. CLAUS TEAM UP FOR KIDS



Montrose's own Mrs. Claus joined the elusive Easter Bunny to host an egg hunt for local kids on Easter. Courtesy photos.



Mrs. Claus and friends at the Easter Egg Hunt.



**REWARD YOURSELF
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The Satisfied Self

WHAT YOGA REALLY IS — AN ANCIENT PRACTICE FOR MODERN LIFE



By Gia Pirelli

When most people hear the word yoga, they picture movement. Stretching on a mat. A sequence of poses. Maybe a class that feels equal parts effort and release. And while that's not wrong, it's incomplete. Because yoga, in its original form, was never just about the body.

It was a system—a way of understanding how to live with more clarity, steadiness, and awareness. A way of working with the mind, the breath, the body, and the nervous system so that life feels less reactive and more intentional.

In many ways, everything we've been exploring in this column — regulation, presence, reinvention, resilience — already lives inside the philosophy of yoga. We've just been approaching it from the outside in. Now, we begin to move from the inside out.

The physical practice of yoga — called asana — is only one part of a much larger framework. Traditionally, yoga is defined by what are known as the eight limbs — eight interconnected aspects of practice that guide how we relate to ourselves, to others, and to the world around us. Not as rigid rules. But as a path. A structure that helps us move through life with less friction and more awareness.

While the full philosophy is layered and nuanced, the essence of the eight limbs can be understood in a very practical way.

1. How you treat others (Yamas)

Integrity, honesty, non-harm, and restraint.

Not as moral perfection, but as awareness of impact.

2. How you treat yourself (Niyamas)

Discipline, self-study, and personal responsibility.

The quiet work of becoming more honest with your own patterns.

3. The physical body (Asana)

Movement that builds strength, flexibility, and stability — not for appearance, but for function and longevity. Also to develop the physical ability to sit in meditation.

4. The breath (Pranayama)

The bridge between body and mind.

The fastest way to influence your nervous system.

5. Where your attention goes (Pratyahara)

Learning to withdraw from constant distraction and overstimulation. Directing awareness inward.

6. Focus (Dharana)

Training the mind to stay with one thing, rather than scattering energy everywhere. It suggests a way to interact with the world with clarity, calm, and presence through detachment.

7. Meditation (Dhyana)

Sustained awareness without force. This means contemplation or profound reflection, often using techniques such as visualization, breath, mantra, and in a dedicated space. Different than dharana in that not all dharana is meditation, but all meditation requires dharna.

8. Integration (Samadhi)

Bliss, enlightenment. Moments where everything quiets — where you feel fully present, connected, and at ease. My yoga guru taught me that we all achieve enlightenment on an almost daily basis, it's hanging onto it that's the trick.

This isn't theory for the sake of theory. It's practical. Because life constantly presents friction: plans don't go as expected; people challenge us; stress builds; emotions rise. Yoga doesn't remove these experiences. *It changes how you meet them.*

Instead of reacting immediately, you pause. Instead of tightening, you breathe. Instead of forcing, you adjust. You begin to move through situations with a different quality of presence. Less resistance. More awareness. More choice.

One of the most misunderstood aspects of yoga is the balance between strength and softness. As humans, we often think

we need to choose in terms of duality or linear equation: discipline or ease; effort or rest; control or surrender. Yoga teaches something different. You can be strong without being rigid. You can be soft without collapsing.

In the physical practice, this looks like holding a posture with effort — while still breathing, still aware, still steady. In life, it looks like staying grounded in the middle of challenge without hardening. This is where real resilience lives. This is where the practice shows up.

While yoga is a full system, the body is often the entry point, where we begin. Because the body is accessible. When you move with awareness, you start to notice so many things. Where do you hold tension? How do you respond to discomfort? How quickly do you rush or resist? What happens to your breath (or mind) under pressure?

These patterns don't just exist on the mat. They exist in your life. The practice simply makes them visible — and gives you a safe and convenient way to work with them.

Modern life pulls us outward — toward speed, distraction, and constant input. Yoga brings us back inward. Not to withdraw from life, but to engage with it more skillfully. It is described in the Yoga Sutras as “the journey of the Self, to the Self, through the Self.” That makes little sense until you start to engage in the various practices, even a little bit. Awareness shifts, and you become more aware of your patterns, habits, thoughts, beliefs. Some would say this is selfish or self-absorbed by its very nature. I disagree. If you have zero self-awareness, you go through life without thought or consideration of your impact on others, or the world around you. Starting with yourself is the most responsible way to create positive change in others. By connecting with an elevated or more inspired energy, you inspire others. And often in ways you never know about. And the way we do that is

WHAT YOGA REALLY IS – AN ANCIENT PRACTICE FOR MODERN LIFE

From Previous pg

by going within. By exploring our own inner landscape.

Yoga is simply a practical framework for how to regulate your nervous system, stabilize your energy, focus your attention, move with intention, respond instead of react, breathe instead of brace.

In a world that pushes, this is not passive. It's powerful.

You don't need to understand all eight limbs to begin. They're fairly intuitive anyway. You don't need to be flexible. You don't need to be advanced. You don't need to get it "right."

You simply need to show up and start paying attention. To your breath. To your body. To how you move through your day. From there, everything builds.

In the next article, we'll focus on one of the most powerful — and often overlooked — aspects of yoga: the breath. Because the way you breathe shapes the way you feel, think, and respond — often more than anything else. And once you understand how to work with it, everything begins to shift.

Byline

Gia Pirelli is a yoga and Pilates teacher and sound healing practitioner specializing in nervous system regulation, reinvention, and embodied wellbeing. She writes *The Satisfied Self* as a space for women navigating growth, strength, and sustainable ambition. She will begin offering outdoor yoga classes this summer, with additional immersive experiences in development. Learn more at <https://www.giapirelli.com> Follow her on socials: https://www.instagram.com/gia_pirelli or <https://www.facebook.com/giapirelli> Listen to her soundscapes at <http://www.youtube.com/@GiaPirelli>



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COMMUNITY NEWS BRIEFS

BANSHEE TREE TO OPEN FOR MARCH FOURTH APRIL 14



Special to Art & Sol

MONTROSE—Banshee Tree has a sound that can be described as an aural mix of indie rock, jazz, roots, and psychedelic pop. The Denver-based band is touring with March Fourth in anticipation of their upcoming album, Bad Luck (out 4.17.26), and heading to Montrose on April 14, where they open for March Fourth at the Montrose Amphitheater. Courtesy photo.



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COMMUNITY NEWS BRIEFS

TELLURIDE BLUEGRASS FESTIVAL ANNOUNCES LATE-NIGHT NIGHTGRASS LINEUP AND WEDNESDAY'S FIRSTGRASS PERFORMANCES

Special to Art & Sol

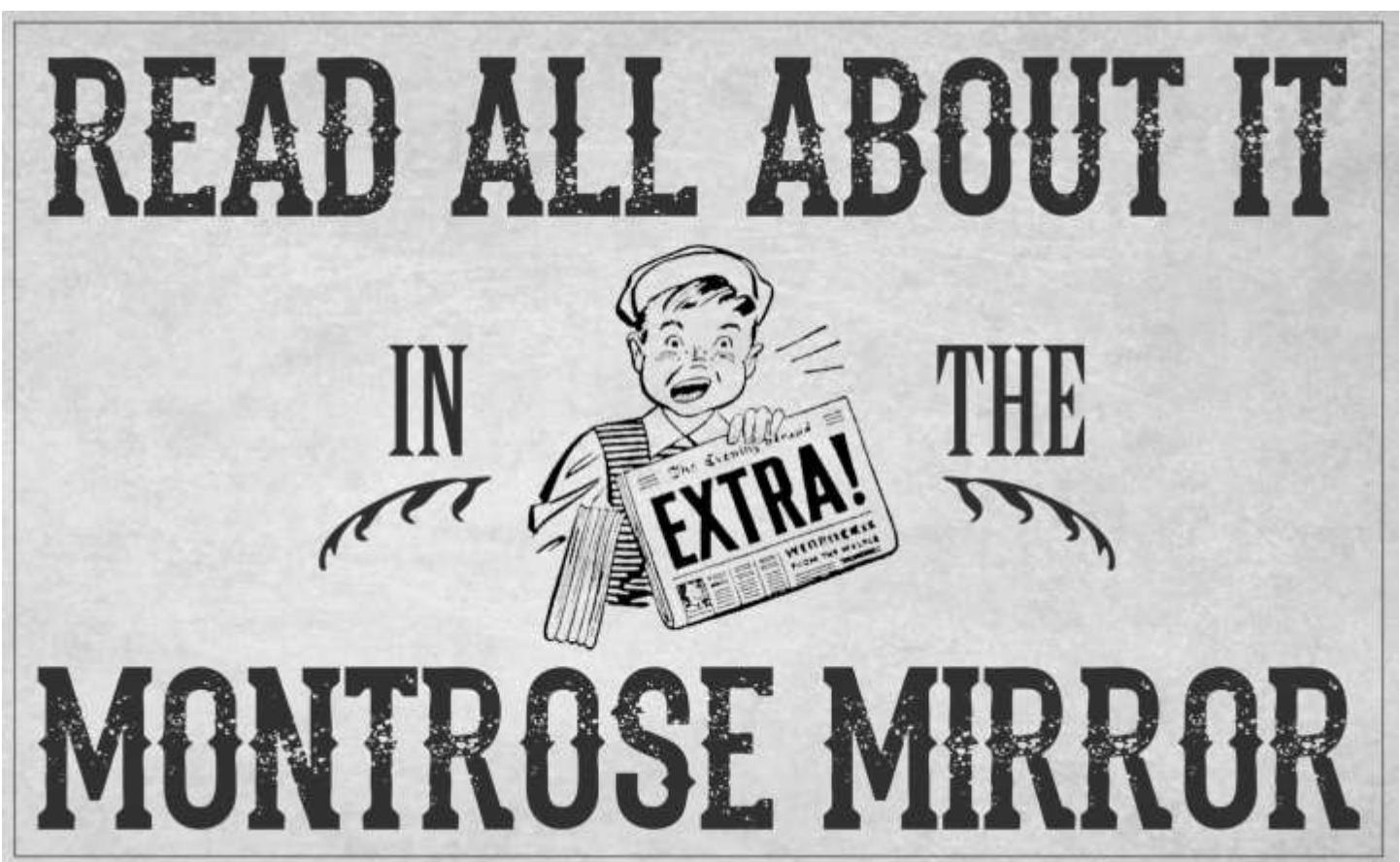
TELLURIDE- Attendees of the [Telluride Bluegrass Festival](#) love the all-day dance of string wizardry on the hand-hewn stage in Telluride, Colorado's Town Park, but a time-honored tradition for dyed-in-the-wool Festivarians brings folks into town and down Colorado Avenue each evening for after-hours bonus jams: NightGrass. From June 17 to 21, taking place across four venues in Telluride—and on Wednesday evening, FirstGrass in Mountain Village—NightGrass shows are separately ticketed late-night performances for fans who didn't get their fill of string-band wizardry throughout each day of the Telluride Bluegrass Festival. Often-guest-filled sets ring aloud indoors from some of the festival's most beloved mainstays as well as talented performers on the rise. If you can stay up for it and have procured a ticket, come squeeze out every bit of magic that Telluride Bluegrass has to offer at the Palm Theatre, Sheridan Opera House, and The Alibi.

Today, the fine folks at [Planet Bluegrass](#), the promoters behind Telluride Bluegrass Festival, have announced the lineup for 2026's NightGrass festivities. Acts like Greensky Bluegrass and The Infamous Stringdusters return for more sure-to-be-memorable NightGrass sets at the Palm, while first-timers like Jake Shimabukuro and Boy Golden take over local favorite, The Alibi. Sunday evening remains bare to save for a very intimate performance at the Sheridan Opera House with Telluride's prodigal daughter and sons, Punch Brothers. The full NightGrass lineup can be found below or at bluegrass.com/telluride/lineup/nightgrass.

FirstGrass, taking place on Sunset Plaza in Mountain Village on Wednesday, June 17th (Telluride Bluegrass Festival Eve), is a free show featuring sets from Telluride Bluegrass 2026 performers Noeline Hoffman and East Nash Grass. Later that evening, join fellow festivarians at Telluride Conference Center for Members of Leftover Salmon & Friends All-Star Jam

Tickets for NightGrass shows will go on sale for those who have signed up for the pre-sale on Wednesday, April 22nd, and to the general public on Thursday, April 23. And as a friendly reminder for local-ish Western Slopers—looking at you, Montrose and Durango—NightGrass tickets are available even if you aren't attending the Telluride Bluegrass Festival. To sign up for the pre-sale text NIGHTGRASS to 1-844-326-3296 or click [here](#). For more information on ticketing, please visit bluegrass.com/telluride/lineup/nightgrass.

Are you a first-time Festivarian? Welcome! [We made a how-to Telluride guide just for you.](#)



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COMMUNITY NEWS BRIEFS

LINDSAY KAMPFER, MSW, LCSW, NAMED CHIEF CLINICAL OFFICER AT HOPEWEST

Special to the Mirror

REGIONAL-HopeWest is proud to name Lindsay Kampfer, MSW, LCSW, as Chief Clinical Officer. In this role, Kampfer will direct clinical practices, continuing HopeWest’s legacy of exceptional care. For nearly 35 years, HopeWest has provided care to our community and continues to do so through dementia support, PACE (Program of All-Inclusive Care for the Elderly), palliative care, hospice, and grief support for both children and adults.

“Lindsay’s deliberate and intentional approach to clinical practice helps streamline care so that everyone knows what to expect from HopeWest and upholds our exceptional standard of care,” said Deneen Silva HopeWest President and CEO. “Her ability to actively listen to the needs of families, patients, and our clinical teams allows leadership to create solutions that benefit both our community and our employees.”

Kampfer, who has been with HopeWest for three years, brings extensive experience in hospice and palliative care. Her involvement began at age 15, when she volunteered at her hometown hospice, an experience she says inspired her to pursue a career in social work. She went on to work at Bluegrass Care Navigators, a nonprofit hospice, palliative care, and PACE provider in Lexington, Kentucky where she held leadership roles across several programs, including Associate Vice President of PACE. Kampfer then joined HopeWest as Vice President of Hospice and Palliative Care, managing a caseload while overseeing multiple programs. This hands-on experience equips her with the skills to effectively manage care across all HopeWest programs. Reflecting on her new role, Kampfer said, “One of my favorite aspects of this position is that it has never allowed me to lose sight of what it’s like to be a clinician.”

In her role as Chief Clinical Officer, Kampfer is committed to executing the HopeWest mission in a sustainable way, making decisions that support the organization, while stewarding its reputation in the community. She aims to enhance the experience of both patients and families while supporting the teams who care for them. Through these efforts, she will contribute to programs that positively impact the lives of families across western Colorado.



Lindsay Kampfer, MSW, LCSW. Courtesy photo.

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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



Threads of Discovery
Julia Reid Exhibit

Opening April 13th
Artist's Reception April 17th
4:00 - 6:00pm



Grand Mesa Arts & Events Center
195 W. Main Street, Cedaredge, CO 81413
970-856-9195 | www.gmaec.org



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

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.

April 15--Have you ever wondered how stone tools are made? Join us to hear Bruce Bradley discuss and demonstrate lithics manufacture on Wednesday April 15 at 7pm, United Methodist Church, 19 S Park Avenue, Montrose. Chipeta Archaeology Society. Free Admission.

April 17-Montrose Republican Women invite you to our program on Friday, April 17 from noon to 1:30p at the Hampton Inn Montrose. Montrose County Commissioner Sue Hansen will be giving an update on key county issues, activities and upcoming events. Brown bag lunch. Doors open at 11:30a. Contact Kerri for more information: 970-209-5170.

April 18-Free disposal at Montrose Landfill. Saturday, April 18, from 8 a.m. - 4 p.m., 67999 Landfill Road, Montrose, CO. *Open to Montrose County residents only. Household waste only - no commercially-generated waste accepted at free event. Gates close promptly at 4 p.m.

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

April 23-Book reading and talk by Erin Easton at the Montrose Library on April 23 at 6:45pm for her new book, Disentangled: Mindfully Freeing Ourselves from Emotional Abuse.

April 23-Friendship Quilters of Western Colorado will meet Thursday, April 23, at Friendship Hall, Montrose County Fairgrounds, 1001 N Second Street in Montrose. The meeting starts at 9am with social time, followed by a business meeting, program, and show and share. It will be a birthday party for the guild, celebrating our "Silver Threads" members. Our historian will provide a history of the Guild. Questions 360.448.0153.

CONSTRUCTION BEGINS AT MONTROSE VETERANS MEMORIAL



At left, MVMC board members Les Williams, Dave Vergamini, J. Bob Brueske, Dave Powers, Amy Eifling and Lance Bach celebrate the new construction by taking down the temporary sign at the site next to the Montrose Botanic Gardens. MVMC board Member Troy Meyer and Founder Mike Trickey are not pictured.
Courtesy Photo by CB Williams.



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