



ONLINE NEWS ASSOCIATION



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© Issue No. 688 May 4, 2026

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DMEA TO MEET MILESTONES FOR CLEAN ENERGY, JOHNSTON SAYS

By Gail Marvel

MONTROSE-On April 28, the Delta Montrose Electric Association (DMEA) Board of Directors Regular meeting was called to order at 3pm. Director Ryan Sedgeley was absent, Director Emily Sanchez attended on Zoom, all other board members were present in person.

The call to order was followed by the Pledge of Allegiance, determination of a quorum, and changes to the agenda.

Introductions: Attendees were comprised of board members, department heads, staff, and guests. Guests included DMEA members Joseph Gill (virtual), Duane Helderlein, Tony Hoag (Citizen's Climate Lobby), and Western United Electrical Supply Corporation Account Manager Brandon Kibler.

General Business:

Consent Items:

-Membership & Meter Report



And the Oscar goes to Delta Montrose Electric Association (DMEA) Director Damon Lockhart for his award-winning performance of a heart attack during a safety exercise at the April 9 Elevate board meeting. The realistic performance had attendees on speed dial to 911. (L to R) Chief Safety Officer Chad Strickler, District 6 Board member Damon Lockhart, Chief Legal Officer Sarah Abbott, and Chief Executive Officer Jack Johnston. Photo by Gail Marvel.

[Continued pg 46](#)

OLATHE ELEMENTARY PRINCIPAL PLACED ON LEAVE

By Caitlin Switzer

MONTROSE-The meeting room was packed as the Montrose County School District RE-1J Board of Education convened for a Special Meeting on Tuesday, April 28.

All directors were present, including Board President Neisha Balleck; Vice President Ted Valerio; District C Director Scott Scarborough; District D Director Tom West; District E Director Tiffany Vincent; District F Director Jody Hovde; and District G Director Shane Daly,

Following the Pledge of Allegiance and Approval of the Agenda, Board President Neisha Balleck opened the floor to community input. She asked those present to refrain from applause.

Sixteen individuals had signed up to speak. Topics included opposition to possible school closures and the speed at which those proposed closures were being considered. Some



At the RE-1J Board of Education meeting on Tuesday, April 28, directors declined to make an immediate decision on closing either Northside or Pomona Elementary School (Pomona pictured above). Photo by B. Switzer.

[Continued pg 29](#)

[Historian Bob Cox:
One of Those Dry Years!](#)

[Dr. Lauren Hall Ruddell, PhD:
Your Brain on Nature!](#)

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

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

[Primary Care Column:
By Dr. Katherine Stephens!](#)



Hiking Safety

**Hiking Safety
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6:45 – 8:00 p.m.**



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REGIONAL NEWS BRIEFS

MONTROSE WOMEN'S GIVING CLUB TO MEET MAY 7

Special to the Mirror

MONTROSE-The Montrose Women's Giving Club will convene again on Thursday, May 7, at The Bridges Golf Club at 5:30 p.m. to give funding support to another local non-profit group. It marks their second quarterly meeting of 2026. The group has given well over \$300,000 to area organizations since 2017. At their last meeting in February, those in attendance voted to donate \$10,700 to Faultless.

All women are invited to come and participate. The premise is simple: Everyone brings \$100 to donate plus an additional \$10 for the meeting room which includes appetizers and a drink. Those people are then able to nominate a non-profit for funding. From the nominations, 3 are drawn randomly to make short five-minute presentations. After that, an anonymous vote is taken to decide the winner for the quarter. The process is fun and it is a great way to meet other women in the community and to learn about what non-profits in the area are doing. In addition, The Women's Giving Club can contribute to them in a meaningful way because the impact of us all working together is huge.

For more information, please contact Phoebe Benziger at 970-209-9598 or phoebeneziger@gmail.com.

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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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REGIONAL NEWS BRIEFS

REGISTRATION IS NOW OPEN FOR DELTA HEALTH JUNE EARLY BLOOD DRAWS AND HEALTH FAIR

Special to the Mirror

DELTA-Delta Health announced that Registration is now open for the early Blood Draws and Health Fair happening June 16 – 19 by going online to deltahealthco.org/health-fair/. Appointments are required, but walk-ins are welcome during the Health Fair on Thursday, June 18. This year the blood draws are being held in three locations at Hotchkiss, Cedaredge, and Delta.

-June 16 from 6 am. to 11 am. at Heritage Hall in Hotchkiss
403 S. 4th St., Hotchkiss, CO 81419

-June 17 from 6 am. to 11 am at Cedaredge Community Center
140 NW 2nd St., Cedaredge, CO 81413

-June 18 from 6:30 am to 11 am at the Bill Heddles Recreation Center in Delta 531 Palmer St., Delta, CO 81416

An addition to this year’s Health Fair is that Delta Health will be adding a Spanish speaking Health Fair event on Friday, June 19, due in part to a Health Disparities and Community Grant Program grant Delta Health received from the State of Colorado in 2024.

The goal of this event is to provide an experience that Spanish-speaking communities feel fully included, respected, and comfortable engaging with healthcare, which will in turn lead to positive health outcomes. The Spanish speaking Health Fair event registration will be by walk-in only.

Cash, checks and credit cards are accepted; Delta Health will not be able to bill insurance companies.

Fasting for 12 hours is required for all health screens requiring blood draws. Participants are encouraged to drink plenty of water, and take medications as usual.

“We are excited to once again welcome the community to our annual blood draws and health fair,” said Darnell Place-Wise, Public Information Officer and Director of Business Development and Marketing for Delta Health. “Getting an annual blood draw is important as it can identify health problems early, at a discounted cost for the patient. It’s also a simple way to check in on how your body is doing year over year.”

For more information on this year’s blood draws and health fair, visit deltahealthco.org/health-fair.

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OPINION/EDITORIAL: LETTERS

WE'LL ONLY BE SUCCESSFUL IF WE RESPECT AND SUPPORT EACH OTHER

Editor:

Our School Board has some major decisions to make, in light of the declining enrollment. Many people showed up at the School Board meeting Tuesday night. The Indivisible/No Kings group put out a message for their members to show up. Some of them spoke reasonably, but many of their speakers were bitter, angry, and accusatory. It felt very disrespectful and defiling.

Indivisible/No Kings is not a grass roots organization, but nationally well organized and well funded. The overwhelming majority of their funds is supplied by far left groups, including those of George Soros, Neville Bingham (ties to CCP), communist and socialist groups, and others. Their goal is to sow strife and division in our nation, to divide and conquer, because they want our nation to be destroyed and replaced by the one world government (which they will help rule). I've only seen this group protest, block, and criticize; I've never seen them do anything positive.

We are a community which has issues to solve. I encourage our citizens to work together, support our leaders, and bring creative solutions. Caring and honoring one another are more powerful than blaming and accusing. As our recent astronaut Christine Koch said, "Planet Earth, you are a crew!" We'll only be successful if we respect and support each other and solve our problems as a team!

*Sandy Anderson
Former MCSD teacher*

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OPINION/EDITORIAL: LETTERS

AN AGE-OLD STRATEGY TO USE CHILDREN AS A PAWN

Editor:

I continue to see news articles about the Montrose County School Board talking about the possibility of closing Northside Elementary. I would like to voice a concern that I have about that.

Closing Northside Elementary would have terrible consequences for the immigrant students at that school and the Montrose, Olathe communities. The result and the damage would be to destroy the immigrants by forcing them to disband and disperse and

ASSIMILATE breaking up dependent friendships and support.

It brings to mind the schools in Denver who destroyed hundreds of thousands of childhood experiences by forced busing and put those children at risk doing immeasurable damage.

Immigrants to America are very dependent on each other and the family unity for progress and religion and culture and tradition.

It is obvious from my volunteer work with Kids Aid that Northside Elementary is a magnet and a sanctuary and a safe place for those immigrant children and their parents.

I suspect it is all part of a bigger plot to force the voters to approve incredible monies for the mismanaged budget and a new high school. It's an age-old strategy to use children as a pawn.

Bob Stollsteimer, Montrose

PROTESTERS PROTESTING THE BILLIONAIRES WHO ARE FUNDING THEIR PROTESTS?

Editor:


Traditionally Mayday brings out the radical left, Marxists, communist, socialist, and thousands of useful idiots to decry our country for the freedoms and opportunities that presents for all citizens. Last Friday brought more of the same as 600 radical groups across the country promoted 3000 protests. We even had some of those fools show up to protest here in Montrose.

When interviewed at protests across the country, none of the useful idiots were able to articulate the reasons for them being there. One of the main protests was supposedly against billionaires and millionaires who fund our economy and provide massive numbers of jobs for American citizens. Highlighting the hypocrisy of the protesters was the fact that all of the protests had been funded by those very same billionaires and millionaires that they despise.

It would probably be beneficial for everyone if those protesters were exposed to an extended vacation in say Cuba, Somalia, Ghana, and maybe even Iran. As the old saying goes, you never know what you had until it's gone.

Dee Laird, Montrose

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REGIONAL NEWS BRIEFS

MCSO FIRST TIME INITIATIVE NO-QUESTIONS-ASKED MEDICAL DISPOSAL SITE

By Sieglinde Carpenter

MONTROSE-The DEA’s 30th Biannual National Prescription Drug Take Back Day takes place in April and October. On April 25, Montrose County Sheriff’s Office hosted a four-hour safe, drive-through with no-questions-asked medication disposal site at the Montrose County Sheriff’s Office. “This is our first time offering a drop-off site to our residents, and we really aren’t sure



MCSO Courtesy photo.

what to expect, but we’re prepared,” said Dave Farley, MSCO Community Services Officer, as he addressed deputies and Neighborhood Watch volunteers who donated their time to this important effort.

Safely removing and disposing of expired or unused prescription drugs or OTC medications protects your family from preventable accidental ingestion and reduces contamination of our drinking water. One resident shared, “My husband passed away several months ago. I didn’t know what to do with his medication and I wasn’t ready to go back to the hospital. This drive-through site made it so easy for me. Thank you, Sheriff Gene.”

Thank you to the 35 residents who took the time to gather and remove unused and expired medications from their homes. In total, 33 pounds of prescription medications were collected and turned over to the DEA for destruction. While national numbers are often larger than those in small communities, public education and opportunities for safe and proper disposal of medications has a profound long-term effect on our communities, our nation.

If you missed the MSCO event, we encourage you to drop off medications in the permanent site drop boxes located at the ER entrance of the Montrose Regional Health Hospital and inside the Montrose Safeway. Thank you for your continued support. The Montrose County Neighborhood Watch group meets on the 3rd Wednesday of each month at 6:30pm at the Sheriff’s Office at 1200 N Grand Avenue. Visiting the MSCO website www.montrosecountysheriffsoffice.com Under Community Services, you can register to receive pertinent information regarding safety measures to keep you connected and informed.



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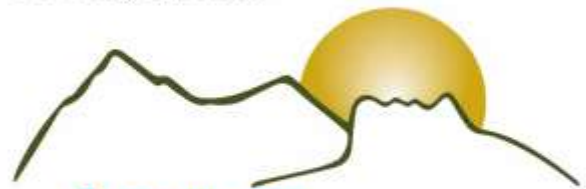


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REGIONAL NEWS BRIEFS

MONTROSE COUNTY HISTORICAL SOCIETY TO MEET MAY 6

Special to the Mirror

MONTROSE-This Wednesday, May 6, at 7 pm, the Montrose County Historical Society general meeting and program will be in the Pioneer Room of Friendship Hall on the Montrose County Fairgrounds. Please

enter through the small door just to the left of the North Second Street main entrance to Friendship Hall. Montrose County Historical Society presents Dr. Brinnen Carter discussing the revegetation and renewal of the Black Canyon Na-

tional Park after last summer's devastating fire.

The public is welcome, there is no charge for the Societies monthly meetings and programs. Light refreshments will be available.

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OPINION/EDITORIAL: COMMENTARY



MONTROSE-As discussed in the previous “Mayor’s Minute,” we encourage all members of the public to participate in our meetings.

To help you determine which items may be of interest, here is a summary of the upcoming agendas. The Monday morning work sessions offer the best format for public input. However, we understand many have work commitments, so we also welcome your comments and questions at the Tuesday evening City Council meetings.

*Please keep all dialogue respectful, civil, and on topic. Your participation is vital to making Montrose it best.
Monday, May 4th Work Session – 10 a.m.

- 6700 Cedar Creek Bridge Replacement Design Contract
- 2026 Water Resource Outlook
- Project 7 Update
- Q-1 Crime Statistics

Tuesday, May 5th City Council Meeting – 6:00 p.m.

- New Tavern Liquor License Hearing/Discussion
- City Ordinance 2713 (1st Reading) – Zoning
- City Ordinance 2714 (1st Reading) – Zoning
- CO Outdoors Amendment 3 Preliminary Development Plan
- Star Court Lot 7 Townhomes Preliminary Plat
- Veterans Memorial Expense Authorization
- Equipment Purchase Recommendation
- Project 7 Update

Work sessions are held the first and third Mondays of each month at 10:00 a.m., and City Council meetings the first and third Tuesdays of each month at 6:00 p.m. Both are held in the City Council Chambers on the second floor of the old BPOE civic building at 107 S. Cascade.

Sign up for email agenda alerts by [clicking here](#).

We value your opinions. While we may not agree on everything, as a community we can find common ground to make Montrose the best it can be. Let your voice be heard!

Thank you,
Michael J. Badagliacco, “MJB”
Mayor, Montrose, CO



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OPINION/EDITORIAL: COMMENTARY

COLORADO'S CREATIVE ECONOMY NEEDS A BUSINESS STRUCTURE THAT ACTUALLY FITS *Across Colorado, people are building something from the ground up*

By Senator Marc Catlin

COLORADO-I've seen it my whole life. I grew up on a farm in Montrose County, and I've spent my career working in agriculture, water, banking, and small business. No matter the industry, the basics are the same. If you want something to last, you need a system that matches how the work actually happens.

Right now, that is not the case for many artists and creative professionals in Colorado.

Across the Western Slope and beyond, we have people building real businesses in music, design, film, and visual arts. They are contributing to their communities in places like Aspen and Crested Butte, and in smaller towns like Paonia, Marble, and Lake City. These are not hobbies. These are livelihoods.

But when these folks try to set up a business, the options available to them do not fit how their work is created or shared. This bill represents a thoughtful effort to modernize Colorado's business framework

by recognizing the unique needs of artist-driven enterprises. By creating a tailored LLC structure, the legislation allows artists to collaborate, raise capital, and manage intellectual property in a way that traditional business entities often fail to accommodate.

Creative work is often collaborative. It is built around intellectual property, and it can generate value over time. Existing business structures were not designed with that in mind. What we hear from people is they either have to spend a lot of money on lawyers to piece something together, or they end up in deals where they give up too much control of their work just to get started.

That is not a good long-term model for individuals or for our economy.

The Colorado Artist Company Act is a practical, optional solution to that problem. It gives people another way to organize their business so it reflects how their work actually operates. It allows artists to contribute their work, share ownership,

and set the terms for how that work is used and how income from it is shared. Just as important, it helps people keep control of what they create.

This bill is not about creating a new mandate or adding complexity. It is about offering a tool that people can choose to use if it fits their needs. It is built to work within Colorado's existing business framework and to be practical to implement.

At its core, this is about supporting people who are trying to build something real. In rural Colorado, we talk a lot about keeping industries strong and making sure the next generation has a path forward.

That applies here too. If we want creative industries to grow and stick around, we need to give people a way to build something they can keep, grow, and pass on.

This is a bipartisan effort because it is a common-sense idea. If someone is doing the work, they should have a fair shot at building a business around it and keeping control of what they create.

That is what this bill does.



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READWORK BY EDDIE BOX III - SOUTHERN UTE TRIBE



UTE INDIAN MUSEUM

COMMUNITY APPRECIATION FESTIVAL

SATURDAY, MAY 30, 2026 | 10 AM - 4 PM

UTE BEAR DANCE LIVE PERFORMANCE

12:00 PM

Presented by the Ute Mountain Ute Tribe & Northern Ute Tribe

MOBILE BUS EXHIBIT

"The Truth about 250-150" - A Native created immersive gallery experience inside a renovated school bus, created to amplify a different facet of Indigenous history & expression

ONGOING ACTIVITIES

- FREE MUSEUM ADMISSION
- Murdered & Missing Indigenous Women Hand Painting
- Ute Ethnobotany Garden Tours
- Native American Vendors
- Native Fry Bread
- Gift Shop Specials
- Silent Auction

KIDS ACTIVITIES

- Native Cultural Arts Activities
- Kid's Face Painting
- Balloon Animals
- Chalk Rock Art
- Bookmobile
- Kids Naturescape Play Area

FREE EVENT

REGIONAL NEWS BRIEFS

NEW HORIZONS BAND OF MONTROSE TO PERFORM MAY 13

Special to the Mirror

MONTROSE-The New Horizons Band of Montrose will present an informal performance at the Montrose Regional Library entry area, Wednesday, May 13, 2026 from 10:45-11:15 am, 320 South 2nd Street.

This FREE performance allows the concert band to share music with the community, and also promote its next 12-week session, which begins on Sept 2, 2026. Complete information will be included in the FALL Montrose Recreation Activity Guide, 50+ activities.

This concert band program is organized in partnership with the New Horizons International Music Association, founded in 1991 to encourage music making for those 50+. According to NHIMA founder Roy Ernst, "Playing music in groups supports good mental and physical health, besides being an unending source of joy."

Contact:

Kim Lundgren, director/founder
New Horizons Band of Montrose
nhbandmontrose@gmail.com



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BRINGING PRIMARY CARE BACK TO BASICS IN MONTROSE

Dr. Katherine Stephens, MD, DABFM, MBChB, MRCGP (2012), DRCOG, is a dual board-certified family physician in the UK and US and founder of Cimarron Family Practice in Montrose, a Direct Primary Care clinic currently accepting new patients.

MONTROSE—Have you ever found yourself shouting ‘speak to a human!’ while navigating an automated phone system? Or managed to wash all of the dishes while on hold with your insurance company — productive, but frustrating? What if your doctor’s office did things differently? One alternative is Direct Primary Care.

Direct Primary Care (DPC) is a membership-based model where patients pay a monthly fee to be part of a practice, a bit like joining a gym. Insurance is removed from the equation, which means that (at Cimarron Family Practice) appointments are free, with no co-pays and no limits on how often you can see your doctor.

Because clinics are funded through memberships, they don’t need to cram in high volumes of appointments each day and can keep a much smaller patient panel. In turn, patients aren’t competing with large numbers of others for access to their provider and should be able to book same or next-working-day, hour long, unrushed appointments.

In fact, the accessibility of DPC is proba-

bly why patients in these practices have 30 – 50% lower ER usage¹. When you can get timely advice or be seen quickly, problems are more likely to be managed early, before they escalate into emergencies. For me, this model of care is also personal. I grew up in Hong Kong before moving to the UK, where I trained and worked as a family physician for many years. But this area has always felt like home—my dad was born in the Montrose hospital and grew up in Olathe (my grandparents had a farm on South River Road), and I spent summers up in Cimarron from a young age.

DPC feels like a natural fit for this community. It gives me the time to help patients understand how everyday lifestyle choices affect their health. Compared to other places I’ve worked, I’ve found people in Montrose are often very willing and able to make changes—when they’re given clear, understandable explanations. That’s difficult to achieve in a brief 15-minute appointment.

With more time, patients can build a deeper understanding of their health, and that understanding can drive lasting, meaningful change.

This is why I’ve launched Cimarron Family Practice this month. My goal is to provide friendly, high-quality, accessible care for the local community, while also maintain-

ing a healthy work-life balance and spending quality time with my family. By keeping my patient panel small, I believe it’s possible to do both well.

Many members keep their own insurance, which they can use for services outside of the practice, such as specialist care or medications. DPC is also a helpful option for small to medium businesses that are unable to provide traditional insurance to their employees. I offer discounted membership rates for employers, giving employees direct access to a doctor, along with significantly reduced pricing for lab tests.

At its heart, Direct Primary Care is about returning to something simple: giving patients the time, access, and continuity they need, and allowing doctors to focus on caring for people rather than packing in volume. It’s a different approach—but for many, it’s one that just makes sense.

Reference-<https://pmc.ncbi.nlm.nih.gov/articles/PMC8504342/>



Dr. Katherine Stephens.
Courtesy photo.

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



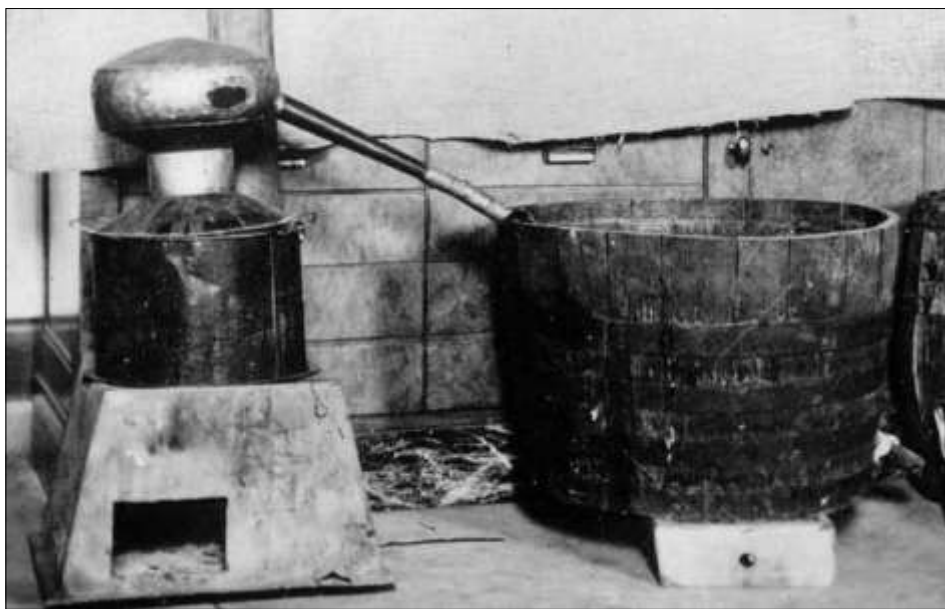
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ONE OF THOSE DRY YEARS



A whiskey still seized in a 1926 prohibition raid. Photo from the Denver Public Library Digital Collection.

By Bob Cox

MONTROSE—Today, when we talk about Colorado being dry, we are usually referring to the lack of snow and rain. One hundred years ago the word "dry" had another meaning for the residents of Colorado.

Actually, Colorado became a "dry" state on January 1, 1916, when the state legislature implemented the statewide prohibition of the sales of liquor four years before the passing of the 18th Amendment to the Constitution of the United States, which began prohibition on a national level.

1926 was a particularly active year in Colorado for the enforcement of the liquor laws. Those engaged in the manufacturing and sale of illegal liquor found the isolation of rural Colorado to be especially inviting to their trade.

In the latter part of 1925 there appeared to be a significant amount of pressure upon law enforcement to aggressively address the illegal sale and manufacture of liquor. One group that was applying a lot of the pressure was the Women's Christian Temperance Union. In Montrose, the group had recently arranged for a large fountain to be built on the grounds of the new Court House and they were very vocal in their demands for ridding the area of the perceived problem. In late December, a major bootlegging raid was conducted in Gunnison County.

Those arrested included men from Gunnison, Montrose, and Delta counties. The case was well covered in several newspapers. A lengthy description of the raid was included in an article in the January 2, 1926 edition of the *Montrose Daily Press*. In a somewhat ironic manner, the article led, not with the damage done to the illegal trade, but with how the raid benefited the coffers of Gunnison County. Here, in part is the lead paragraph of that article: *The upshot of last week's sensational bootlegging raid on Willow Creek finds Gunnison County richer by \$600. One bootlegger sentenced to six months in the county jail, one still operator pleading guilty, and two other cases undisposed of.*

The article went on to describe that one of the arrestees was treated with some leniency after his lawyer presented evidence of his declining health. Some of the others were tried in Gunnison County Court, and some were held on more serious charges and were later tried in the District Court in Montrose.

Another raid that caused some sensational coverage was one conducted in Ouray by the Ouray County Sheriff. On January 15, 1926, about one week after the raid, the *Montrose Enterprise* printed the following:

OURAY SHERIFF GETS BIG STILL RIGHT IN TOWN - Sheriff Thomas Mowatt and his deputy made a raid Thursday afternoon at 2 o'clock and found a big still right in the

north end of the city within two blocks of the Ashenfelter office. They found a big 50-gallon still, 20 gallons of whiskey and six barrels containing 200 to 250 gallons of mash. Milton Bennett was arrested and was given a preliminary hearing Friday morning and bound over to the district court in the sum of \$1,000. Trial was set for January 15.

The area in which the large store of whiskey was found is an area that, until the late 1890s, was known as the "red light district." It was reputed to have some leftovers of that era and the locals who opposed liquor were adamant in seeing that the "district" did not have a comeback.

In mid-January of 1926, the *United Press* distributed a long dissertation about the increase in alcohol poisoning deaths. While the facts in the article were based on figures from 25 large cities, its content was often quoted as a means for a call to action on the part of groups like the WCTU.

It was not just the manufacture of liquor that was getting attention from the authorities; transportation of the illegal liquors was also being targeted. In April of 1926, James Mylchreest and E. R. Andruss both ended up in court following their arrest for obtaining a keg of spirits from an out-of-town source and bringing it back to Montrose, where it was buried on the Mylchreest property southwest of town. The arrests and court appearances were covered in both the *Montrose Daily Press* and the *Montrose Enterprise*. Part of the report, as disseminated by the *Enterprise*, read:

City and County officers got wind during the last few days of the presence of a keg of booze in town and both sets of officers were on the watch for it. However, it got smuggled out of town and as suspicions were pretty good as to where it went, Sunday afternoon Deputy Sheriff Roy Roatcap and Clyde Williams went out to the ranch and waited for developments. They were soon rewarded to see two men approaching a certain place. These men were later found to be Mylchreest and Andruss. After they had gone a distance out into the field, the officers rushed upon them and arrested them. They carried two empty bottles,

Continued next pg

ONE OF THOSE DRY YEARS From previous pg

and Andruss had several feet of rubber hose to be used as a siphon with which to run the liquor out of the hidden keg.

Parties where the illegal alcohol was being served were also getting attention. In late April of 1926, Montrose County Sheriff A. W. Galloway received a tip that a party in which booze would be served was scheduled to commence on some property in the Roubideaux area. According to the *Montrose Daily Press*, May 4, 1926 issue, Galloway and Undersheriff Roatcap solicited the help of Delta County Undersheriff Sprung and they proceeded to go to the isolated location of the party. Upon arrival, the officers found a large tent occupied by seven or eight men, all in possession of liquor. A short distance from the tent they recovered several bottles of whiskey. The whiskey was confiscated and the men were ordered to appear in court. All those involved ultimately received various forms of fines.

Given the popularity of today's substance sniffing dogs, an article in the May 18, 1926 *Rocky Mountain News* gave an informative and somewhat humorous account of one liquor seizure in Denver. The article was headlined:

POLICEMAN'S HORSE LOCATES LIQUOR CACHE IN AUTOMOBILE - Policeman's Animal Shies at Machine; Car and Nine Gallons of Whisky Are Confiscated.

The article went on to explain that Patrolman George Marland had recently been assigned to a mounted patrol unit of the Denver Police Department. During his duties he had left the saddle of his newly

assigned horse, and was leading the horse down the street as he checked for parking compliance of several vehicles. As he approached one of the parked cars his horse shied and refused to get near the vehicle. After taking a different path and completing his inspections, he conferred with a fellow policeman and described how the horse had reacted. The two policemen returned to the vehicle in question and the horse once again refused to go near the vehicle. Upon closer inspection, Marland noticed a puddle of liquid under the vehicle and determined it to be the result of a leak in a tank secreted in the vehicle. The liquid was determined to be whiskey and the owner was later apprehended and charged.

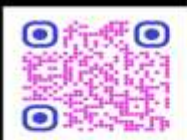
In September of 1926 federal prohibition officers conducted several raids in conjunction with local authorities. Raids in Montezuma and La Plata Counties resulted in the seizure of more than 3,000 gallons of prohibited liquor. The raids resulted in 29 arrests. Some were being charged with possession for sale and others as co-conspirators. Two weeks later, the *Montrose Daily Press* described some other targets of the agents:

Violation of Dry Law Costs Davis \$300 and Costs Perry Davis of Naturita, was arrested Saturday by prohibition agents on the charge of possession of intoxicating liquors contrary to the law and was arraigned before County Judge L.C. Kinikin Monday afternoon, entered a plea of guilty and was fined \$300 and costs. John Vokich and

Harry Pearson were also arrested during a West End raid over the weekend and were taken to Gunnison Tuesday to be arraigned before District Judge Welch.

On September 22, 1926, the Telluride newspaper, *The Daily Journal*, reported that Montrose County Undersheriff Roy Roatcap, two other deputies and some prohibition agents had returned to Montrose "pretty badly worn" after first arresting Perry and Elizabeth Davis in Naturita on charges of possession of "booze" and proceeding to a point about three miles from Redvale where they confiscated a still, some more booze, and other items in the possession of John Volkich, who was arrested and brought to Montrose. Those and other West End raids resulted in several arrests and the confiscation of a still and about 25 gallons of illegal liquor.

In the latter part of 1926, the incidents of the illegal liquor raids began to decline in Colorado, but the federal agents were not ready to throw in the towel. In mid-November of the year, several newspapers gave an account whereby numerous raids were conducted in The Leadville area. The operation involved 20 federal agents, augmented by local law enforcement. It was reputed to be the biggest raid in the history of Colorado and resulted in the raid of eight establishments and the arrests of 15 men and women. It was more than six years later, in December of 1933, that a convention of states brought an end to prohibition and to passage of the 21st Amendment to the U.S. Constitution.



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OPINION/EDITORIAL: LETTERS

LOCAL GOVERNMENT IS WHERE IT ALL STARTS AND ENDS

Editor:

In our politically polarized era, many fixate on national politics as the driver of change. Yet the opposite is true. *Politics begins and ends at the local level.* Local decisions, made by school boards, city councils, electric cooperatives, water districts, fire protection boards, and similar entities, directly shape daily life in ways that permeate upward.

National races command attention, but local policies govern schools, utilities, zoning, public safety, and infrastructure that touch Americans every day. *These choices influence higher levels of government far more than most realize.* Unfortunately, few pay close attention.

Widespread Voter Apathy

Data confirms this disengagement. Presidential elections see roughly 66% turnout among eligible voters. Municipal elections often fall below 15%, mayoral races average 20-26%, and school board contests draw just 5-10%. Special districts for water, fire, or sanitation can dip under 5%. *A small group of motivated participants ends up controlling services that define daily life.* (Recent local elections here reached 35% municipal and nearly 50% school board turnout. This was an encouraging outlier, but national trends remain dismal.)

Low participation gives highly motivated factions outsized influence. Policies that stray from community values can take root through subtle, incremental shifts. Over time, these erode foundational republican principles. Elections have consequences, but the slow accumulation of small changes often inflicts the deepest damage on liberty.

Real-World Impact of Local Decisions

The stakes are concrete. School boards oversee more than 50 million public school students nationwide. They control curriculum, budgets, hiring, reading lists, and policies on sports and diversity. Low-turnout votes in places like Virginia Beach have sparked broader statewide and national debates.

Utilities set rates and priorities affecting millions of households. City councils decide zoning, housing costs, traffic patterns, and development. Fire and police budgets determine response times and safety. These local choices ripple outward. Successful experiments become state models, and effective local leaders often advance to higher office.

State and local governments together spend about 15% of U.S. GDP and employ over 20 million people, nearly seven times the federal workforce. Their decisions drive economic reality far more directly than federal rhetoric.

Constitutional Design

The Founders understood this. Article IV, Section 4 of the Constitution guarantees every state a republican form of government, emphasizing power close to the people. James Madison saw local institutions as the primary defense against factionalism and tyranny. The system was built for self-governance to begin in towns and counties, preventing centralized overreach. Today, however, *local races are often treated as afterthoughts.*

The Cost of Silence

Cultural norms discouraging talk of politics and religion have fostered apathy. When neighbors avoid discussing school funding, utility rates, or local safety, organized special interests fill the void. *This creates governance by a vocal minority rather than "We the People".*

A Practical Path Forward

Reversing this requires no grand gestures, just consistent engagement:

- Attend city council or school board meetings.
- Research candidates for local offices, especially off-year elections.
- Vote in every election, not just presidential ones.
- Discuss real issues with neighbors: potholes, curricula, taxes, and services.

National headlines will always dominate media coverage by design. But the policies that most affect your property values, education quality, safety, and monthly bills are written at home. *Local government is where the republic starts and ends.*

If Americans want a functioning Constitutional Republic, we must stop treating local politics as someone else's responsibility. *Pay attention. Show up. Get involved. Our future depends on it.*

Michael J Badagliacco, "MJB"

Michael is a father of five, grandfather of three, Mayor of Montrose, Colorado, editor-in-chief of USALibertyReport.com and remains enamored by the genius of the Constitution and our founders practical outlook on governance.

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OLATHE ELEMENTARY PRINCIPAL PLACED ON LEAVE *From pg 1*

speakers expressed support for the Superintendent and/or the School Board; there was a complaint about the Montrose Classical Academy and about the board's legal expenditures. There were concerns about the recent purchase of the Montrose Field House.

Speakers also questioned the projections that are being used to support a possible decision to close schools. Some expressed support for the Principal of Olathe Elementary School, who is currently under investigation. One speaker complained that the current board does not spend enough time in the schools. Others spoke about the needs of students, and one raised concerns about the number of administrative staff. The final speaker, who said he had been listening to Colorado Public radio on the way to the meeting, said that the opening of a charter school here had resulted in the proposed school closures, calling it a "smash and grab by the conservative parties." He asked the Board to review their ABC's, read Aristotle, re-read the Bible, and re-read the Constitution.

PRESIDENT'S REPORT

Board Agreements, Values & Goals

Re-1J Board President Neisha Balleck read and reviewed the Board's core values.

Data & Questions

President Balleck talked about the timeline for the possible school closures, noting that the Board of Education learned about the proposed closures from a March 31 news release issued by RE-1J Superintendent Carrie Stephenson. Balleck said that the board had not been given essential information and also said she was concerned that the budget shortfall was not presented prior to the Feb. 10 vote on the purchase of the Montrose Field House. "We've had two weeks to look over a lot of data and so has the public," Balleck said.

The Board spent time in discussion. District F Director Jody Hovde said that the board has access to information and can pull it for themselves.

District E Director Tiffany Vincent said that it would be wise to look at programs and what they are costing before considering a school closure. Ninety percent of the community is against school closures,

Vincent said. "It is rushed."

Hovde said that school closures impact the community, but schools cannot continue to operate at less than 75 or 80 percent. Redistricting is essential, she said, but will be a three to five-year process. "...I believe that this board will have to make a decision within at least a year to close a school, consolidate a school, or make a decision...I know it needs to be done in the...very near future, but can I make that decision tonight? No...all we're doing is postponing the hurt instead of ripping the bandage off tonight...you might be hearing some of the negatives, but I've heard some of the positive—I think it's both."

Board Vice President Ted Valerio said he understands the hard data, but there is insufficient data to show that schools must be closed right now. "...I think that we need to do more work...we don't just stop on whatever the vote is tonight, we continue with it immediately and we don't stop until we get to the point where we need to make that decision again..." Balleck said that board members are allowed to ask for data to do their jobs. "I think we need to keep asking the questions and getting the data we need to look."

She considered the potential disruptions to students, "There's just so many factors that can affect the students and the families..."

District D Director Tom West said that more input is needed from the community, including teachers. He recalled the closure of the Morgan School, which is now used to house the Library and Colorado Mesa University (CMU). "...We've got to go with what we got, but we've got to get the input first...it seems like the Western Slope are the ones getting slammed...we're not two states, we're all one, they gotta share the money."

NEW BUSINESS

Board Policy ILD Survey Review and Approval

Directors considered possible adoption of a new policy regarding the review and approval of surveys conducted within the Montrose County School District. As the District's Board Docs web site had recently experienced outages, District F Director

Jody Hovde said that she was not prepared to review the policy on First Reading. Superintendent Carrie Stephenson asked whether staff input would be considered; President Balleck said that it would be. Hovde asked whether other school districts across the country have used similar language in their board policies; Balleck said that she had not researched other districts. Hovde said that she would research that.

Discussion of Mesa County School District D51 FCB Policy on School Closures

The discussion of D51's Policy on School Closure was not considered due to the board docs outage leaving insufficient time for review.

Elementary School Closure Consideration

The Board considered a possible Elementary School Closure, "to close either Pomona Elementary School or Northside Elementary School effective at the end of the 2025–2026 school year and approve related attendance boundary changes for 2026–2027."

District F Director Jody Hovde moved to take no action at this time regarding closure of a school and to establish an advisory committee to work with District Office to make a recommendation by February of 2027. The motion was unanimously approved.

The Board took a five-minute recess.

Review and Discussion on possible changes on the following Board policies:

- BBA, Board Powers and Responsibilities
- BBBA - Board Member Qualifications
- BDF - Advisory Committees
- BDFA - District Personnel Performance Committee
- BEAA - Electronic Participation in School Board Meetings

Upon reconvening, Hovde led a discussion about Board Policies BBA (no change), BBBA (no change), BDFA, BDF (discussion), and BEAA (discussion). Hovde said that the board used to have an academics committee; the board discussed the possibility of reinstating it. The Board also discussed the 1338 Committee, which is comprised of teachers and staff.

EXECUTIVE SESSION

The Board entered Executive Session pursuant to C.R.S. 24-6-402 (4)(f) for discussion of a personnel matter related to the

OLATHE ELEMENTARY PRINCIPAL PLACED ON LEAVE From previous pg

non-punitive, non-disciplinary leave of the Superintendent, Carrie Stephenson. In addition to Board members the Executive Session included Dr. Stephenson, Mr. Pavlich, Mrs. Pottorff, and Mrs. Laird as well as Legal Counsel Mr. Carlson.

NEW BUSINESS Continued

Following the Executive Session, the Board considered whether or not to place the Superintendent on paid, non-punitive, non-disciplinary leave pending the outcome of a third-party investigation into employee complaints at Olathe Elementary School, effective Wednesday, April 29, 2026.

District F Director Jody Hovde moved to

take the item off the table. The motion passed with Hovde, Vincent, Daly, and West voting to approve, and Balleck, Valerio, and Scarborough voting to deny.

The Board then voted unanimously to place the Principal of Olathe Elementary School, Jennifer Hesse, on paid, non-punitive, non-disciplinary leave pending the outcome of a third-party investigation into employee complaints at Olathe Elementary School effective Wednesday, April 29, 2026. Attorney Carlson agreed to provide Balleck with a letter setting out the terms of the leave.

The final item concerned the designation of a replacement for Hesse; Hovde moved

that district office staff find a replacement to serve as Principal of Olathe Elementary School. The motion was approved.

BOARD PLANNING AND UPDATES

The Board discussed planning and updates. Hovde suggested working on the Strategic Plan. West asked about putting a committee together for community input and to explore policy around school closures. Hovde said she has concerns about how the agendas are being developed and about how long they are. She asked to be a part of the process; Board President Neisha Balleck agreed to Hovde's request. With no further business, the Board voted unanimously to adjourn the meeting.

REGIONAL NEWS BRIEFS

DMEA CELEBRATES 2026 SCHOLARSHIP RECIPIENTS

Special to the Mirror

MONTROSE—Delta-Montrose Electric Association (DMEA) is proud to announce the recipients of its 2026 scholarship program, recognizing outstanding students from across Montrose and Delta counties.

Each year, DMEA invests in the future of its communities by awarding more than \$110,000 in scholarships. Funding comes from unclaimed capital credits and a partnership with Guzman Energy, DMEA's wholesale power supplier. Individual scholarships of \$5,000 are awarded to students pursuing higher education, continuing education, and lineworker trade programs.

This year's recipients reflect the region's diversity and determination, including graduating high school seniors, non-traditional students, and individuals enrolled in technical and continuing education programs.

"Investing in education is one of the most meaningful ways we can support our communities," said Jack Johnston, DMEA's Chief Executive Officer. "These scholarships are about more than financial assistance—they're about opening

doors, building confidence, and helping local students create strong futures for themselves and our region. DMEA remains committed to strengthening local communities by supporting educational opportunities and workforce development across its service territory."

2026 DMEA Scholarship Recipients:

Cedaredge High School

Maya Cerise

Colorado Mesa University Montrose

Joelle Potts

Hope Stephens

Continuing Education

Lillie Baier

Brianna Huff

Vivian Messano

Delta High School

Ava Martinez

Jhett Ryan

Employee Dependent Scholarship

Katie Pariseau

Guzman Character

Mason Hall

Azure Wallace

Guzman Lineworker Scholarship

Donovan Bolton

Trevor Piatt

Montrose High School

Bailey Blackford

Ally Metzger

Shiloh Warthen

Non-traditional High School

Kaitlyn Moss

North Fork High School

Avery Kinser

Aneka Price

Olathe High School

Tyler Banulis

Technical College of the Rockies

William Hyde

Jack Schwartz

Delta-Montrose Electric Association

(DMEA) proudly partners with the Montrose Community Foundation to administer its annual scholarship program. This collaboration includes managing the online application portal, processing submissions, coordinating an independent review committee, and distributing scholarship funds to deserving students. To learn more about DMEA's scholarship programs, visit dmea.com/scholarships. For details about our community partner, visit montrosecf.org. To learn more about Guzman Energy, visit guzmanenergy.com.

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REGIONAL NEWS BRIEFS

COLORADO STATE PATROL - TROOPER TIPS "Wear Your Seatbelt, You Will" - Yoda, Probably

Trooper Hunter Mathews

COLORADO – Yoda (probably) didn't say to wear your seatbelt, but the point still stands. Throughout this movie franchise, you will notice many prominent characters wearing some form of seatbelt or safety harness. Jango Fett is shown wearing one in "Attack of the Clones" with a young Boba Fett strapped in as well. Anakin Skywalker and Obi-Wan Kenobi are seen wearing restraints in "Revenge of the Sith." Din Djarin even takes the time to make sure he and Grogu are properly restrained in "The Mandalorian."

What I'm trying to say is, it doesn't matter whether it's here on Earth or a galaxy far, far away; a safety restraint is one of the most important and no-brainer things you can do when driving, especially for teenagers. The National Highway Traffic Safety Administration (NHTSA) data show that teenagers have the lowest seatbelt use of any age group. Now consider this along with the fact that teen drivers in Colorado (ages 16-19) face a significantly higher crash risk, with fatal crash rates nearly three times higher than those of drivers 20 and older, driven by inexperience, distractions, and speeding.

Parents should know that what you do matters. Teens model their behavior after their parents, who are the primary influence on their decision-making. Being properly restrained reduces the risk of injury by 50 percent and death by up to 65 percent. Wouldn't you want your child's odds of making it home safely to be higher?

Most of us who love and adore the Star Wars franchise have grown up and have kids now, so take the time to teach them the importance of safe driving. As Obi-Wan Kenobi said to Luke Skywalker: "You've taken your first step into a larger world." Make sure that the first step for your teenager's driving is always to secure with a seatbelt.



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OPINION EDITORIAL: COMMENTARY

CCLMONTROSE.ORG PERSPECTIVE ON DATACENTERS *Why DMEA Will Not Take a Stance on Datacenters*

By Tony Hoag

I just finished reading DMEA’s position paper on data centers and I want to congratulate DMEA, and Jack Johnson for bringing up the topic, and discussing it from their perspective.

I say from their perspective as many of the issues related to data centers are environmental and social which DMEA can only deal with tangentially.

Issues such as regulations on how much water a data center uses, or whether a data center can be built in the Uncompahgre Valley are issues that have to be dealt with on the county or state level.

What issues are left out of DMEA’s paper is the energy needed for a data center, where it comes from, and how it gets to the datacenter.

DMEA is absolutely right that the data center will have to pay for the infrastructure necessary to power their data center or as they state it- the line extensions.

What DMEA can’t and will not do is to talk about the negative effects of data centers on the Uncompahgre Valley. DMEA’s perspective is they respond to large load requests based on DMEA policy regardless of the end use.

DMEA’s job is to supply electricity to its customers.

Thus they cannot and will not respond to requests of the public to take a political stand on an issue.

But from our perspective data centers require vast amounts of water- millions of gallons for hyperscale data centers, data centers require enormous amounts of

energy- as much as the Town of Montrose for a hyperscale datacenter, and often, data centers are not transparent in reporting their energy and water uses in their building permits and they play counties against each other for better monetary incentives to get the best deal.

We can’t afford a data center using millions of gallons of water when our farmers are already only going to get 50% of their UVWUA’s allocation this year.

We can’t afford to have a gas fired electrical generation plant built here with all its emissions just to power a data center.

We also can’t afford to be buffaloed by a data center into believing data centers will pay their way in any equitable fashion.

We say NO to Data centers, no to using our water, our energy or to tricking us.



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REGIONAL NEWS BRIEFS

ORCHARD MESA PANCAKE BREAKFAST MAY 10

Special to the Mirror

ORCHARD MESA-The Orchard Mesa Lions Club will host its 47th Annual Mother’s Day Pancake Breakfast at the Mesa County Fairgrounds Building C on Mother’s Day, Sunday, May 10 from 7 to 11am. Tickets are \$10 per person, kids ages 6-12 are \$5, and kids under 5 and active military are free. All you can eat scrambled eggs, link sausage, pancakes, orange juice, coffee, and water. Please bring used eyeglasses to help others see. Tickets are available from Orchard Mesa Lions, all True Value Hardware stores, and at the gate.

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COLORADO PARKS AND WILDLIFE COMMISSION TO MEET MAY 6-7

Special to the Mirror

GRAND JUNCTION— Next week, the Colorado Parks and Wildlife Commission (PWC) will convene for a hybrid meeting in Grand Junction. The meeting is scheduled to begin at 8 a.m. on Wed., May 6, and recess at 3:20 p.m. The commission will reconvene at 8 a.m. on Thu., May 7, and adjourn at 2:30 p.m.

A [complete agenda](#) along with all materials for this meeting is available on [CPW’s website](#) for public review. [The meeting will be streamed live on CPW’s YouTube page.](#)

The commission will open for final consideration of the following: Adoption of all limited license numbers for black bear, deer, elk, pronghorn and moose for all game management units in the state that have limited licenses for these species for the 2026 big game seasons.

The commission will also consider emergency regulations to open campgrounds in the newly established Pikes Peak Recreation Area.

The commission will also consider final regulatory changes to establish a firearms training and safety course record fee as required by SB25-003 (Semiautomatic Firearms & Rapid-Fire Devices), codified at section 33-9-115, C.R.S.

The public is encouraged to provide written comments to the commission. Comments may be provided through [EngageCPW.org](#). Please see the [May Commission Meeting webpage](#) for detailed information regarding public comment at the May meeting. Details on providing oral public comments for hybrid meetings are available [on CPW’s website](#).

The commission meets regularly and travels to communities around the state to facilitate public participation. This opportunity keeps constituents informed about the development of regulations and how the commission works with Colorado Parks and Wildlife staff to manage the parks, wildlife and outdoor recreation programs administered by the agency.

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OPINION/EDITORIAL:LETTERS

MONTROSE COUNTY SCHOOL BOARD YIELDS TO PRESSURE OF THE “VOCAL MINORITY”

Editor:

On Tuesday, April 28, 2026, a vocal group gathered outside the Montrose County School District Board office around 5:30 p.m. While passionate, the crowd represented only a small minority of the community and relied on familiar disruptive tactics.

Thoughtful Approach to Potential School Closures

The board handled the emotionally charged issue of potential school closures with commendable restraint. Public comments highlighted broad consensus across the political spectrum: both conservative and liberal residents urged caution against any rushed decisions that would significantly impact families and the community.

By pausing to allow for more measured deliberation, the board demonstrated responsible governance. This approach rightly placed the well-being of students and families ahead of haste.

Well done.

Uneven Handling of Investigations

Unfortunately, the board's consistency faltered on other agenda items. It appeared to yield to pressure from activist voices, particularly regarding ongoing initiatives led by Superintendent Carrie Stephenson. Many residents view these efforts as an ideological agenda that has coincided with persistent academic underperformance.

A prominent local activist helped direct opposition to any actions that might interrupt these initiatives. While details of the investigation into the superintendent re-

main private, a clear conflict of interest exists when an individual under scrutiny continues to exercise authority over related matters.

Contrast in Board Actions:

-The board **unanimously** placed Olathe Principal Jennifer Hesse on paid administrative leave pending a third-party investigation into employee complaints and appointed an interim replacement. This followed standard protocol to protect the investigation's integrity.

-In contrast, the board voted **4-3** against placing Superintendent Stephenson on paid leave during the same investigative process.

This disparity risks undermining public confidence in the board's impartiality.

Colorado Law and Best Practices

Colorado's Constitution (Article IX, Section 15) vests local school boards with authority over instruction and holds them accountable for serving students' best interests. Colorado Revised Statutes § 22-32-109 further outlines the boards' duties to employ personnel, establish policy, and *maintain effective oversight of the superintendent.*

District policies on discrimination and misconduct require prompt, impartial investigations. Standard practice in Colorado, and across public entities, calls for temporary removal or paid leave when a leader is under investigation to eliminate any appearance or risk of interference.

Precedents in other districts, such as leadership reviews in Cherry Creek Schools, reinforce the expectation that boards act

decisively to preserve transparency and accountability.

Allowing an administrator under investigation to retain influence over related programs contradicts these principles and best practices.

Persistent Academic Underperformance

Montrose County schools continue to deliver disappointing results despite years of experimental approaches. These outcomes fall short of the Colorado Constitution's mandate for a "thorough and uniform" system of free public education and fail the district's children.

The board has a duty to prioritize measurable student success over entrenched initiatives, especially while serious concerns about leadership are under review. Continuing business as usual during an investigation risks further eroding public trust and academic progress.

A Call for Accountability and Local Control

The Montrose community deserves leadership that fulfills its legal and constitutional obligations: completing thorough, unhindered investigations and making decisions based on evidence and the best interests of all students, not the demands of a vocal minority.

True local control means accountable governance that puts kids first. The board should apply consistent standards, protect the integrity of ongoing investigations, and refocus the district on core academic excellence. Parents and taxpayers are watching.

Michael J Badagliacco, "MJB"



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REGIONAL NEWS BRIEFS

MONTROSE GREAT CLIPS® SALON HOSTS FUNDRAISER FOR SUSAN G. KOMEN

Special to the Mirror

MONTROSE— The Montrose Great Clips salon is joining efforts with Susan G. Komen to raise funds for breast cancer research, prevention, and awareness. The independently owned and operated Great Clips will be raising funds in salons throughout the month of May. From May 1-31, customers who visit the participating salon can donate any amount to Susan G. Komen and receive a coupon for \$2 off their next haircut:

-[Montrose Great Clips](#): 1414 Hawk Pkwy. Ste. E, Montrose, CO 81401

“Breast cancer remains one of the most common cancers affecting women in the U.S., but progress in research and early detection is saving lives,” said Great Clips franchisee Josh Padley. “With Mother’s Day coming up, our salons and stylists see May is the perfect time to partner with the community to fundraise for Susan G. Komen to help advance research, expand access to care, and move closer to a future without this disease.”

This fundraiser marks the first year of partnership between Great Clips salons and Susan G. Komen. While the May fundraiser is a focused campaign for the Montrose salon, Great Clips across the U.S. and Canada also support those affected by cancer year-round through the [Clips of Kindness®](#) program. This ongoing initiative offers free clipper cuts to anyone undergoing cancer treatment, giving them the chance to face hair loss on their own terms. Since 2013, the Clips of Kindness program has given over 500k free clipper cuts to customers undergoing cancer treatment.

“For many, choosing when and how to lose their hair is a meaningful way to reclaim control during a difficult time and the Clips for Kindness program is one way Great Clips salons continue to stand with those impacted by cancer,” said Padley.

You can learn more about the Susan G. Komen fundraiser by visiting the participating Montrose Clips salon.

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DMEA TO MEET MILESTONES FOR CLEAN ENERGY From pg 1

-March 2026 Regular Meeting Minutes (approved as corrected).

Finance, Audit & Rates – Damon Lockhart, Chair.

Lockhart said, “We did not have a meeting. The next meeting is June 9th, at 2pm.”

Engineering, Construction & Energy Services – Enno Heuscher, Chair.

Heuscher said, “Yes, we had a meeting. We covered State credits as to geothermal. In person [portion of the meeting] covered methane recapture in a coal mine in North Fork, possible generation there. They need a three-phase line. We’ll see if there is a chance for generation there.”

Member Relations – Kevin Williams, Chair.

Williams said, “We did not meet. The Annual Meeting is coming up June 18th.”

Sidebar on the June 18th Annual Meeting:

All three Board of Directors’ candidates--Enno Heuscher (District 6), Damon Lockhart (District 7), and Stacia Cannon (North Region)--are incumbents from Delta districts, and are running unopposed. Members will be asked to confirm the candidates by voice vote. A separate ballot vote will be taken on a proposed amendment to the Articles of Incorporation that would change director term limits.

Executive – Stacia Cannon, Chair.

Cannon said, “We met several times. Four meetings since we last reported. Our last meeting was March 26th. It was an opportunity for the board to meet with Jack [Johnston]. We discussed Power Supply, rate design, RTO, and having an education series on demand. It was a catch-all meeting for down the road. On March 31st we had Jack’s performance review and individual responses for the 2025 performance evaluation, it was attended by the full board. There was no formal action taken at that meeting. All directors filled out self-evaluations. Something we do every year. How can we strengthen our effectiveness, improve the board, communication methods...”

Informational Item - CEO Report Jack Johnston.

Johnston said, “Hydro is up and running. Waterflow, we’ll have to see how that goes. We’ve had no major-event days. We could see an upswing in design, especially



During the April 28 regular Delta Montrose Electric Association (DMEA) meeting, Western United Electrical Supply Corporation (WUES) Account Manager Brandon Kibler presented DMEA with their 2020 patronage check. Similar to capital credits given to DMEA members, WUES gives patronage credits to their co-op members. Kibler said, “Your patronage check for 2020 is \$140,000. The next five years you’ll have big numbers coming your way.” Photo by Gail Marvel.

on the residential side. There is an ongoing once-a-year project with wildfire capabilities. We are not yet on the one-shot, like Xcel [cutting power in high-risk conditions]. Elevate [subsidiary] construction is complete on five zones. Mesa Point almost complete.”

DMEA has had some phone calls from customers concerning high billing. Johnston said, “People are understanding why their bills are higher. In phishing avoidance, we are 99.3 percent. One person was tripped up.” Other topics included vegetation, trivia night, scholarship awards, Earth Day, and energy efficiency events.

In the area of financials, a new graph depicts the \$300M debt limit that the board established in March. Johnston circulated thank you cards that were received by DMEA.

Informational Item Director Recognition

Background: Once a quarter, Chief Safety Officer Chad Strickler holds a safety exercise, such as active shooter responses and lockdowns. At the April 9 Elevate meeting Director Damon Lockhart was enlisted to

fake a heart attack. His performance was so convincing that others in the meeting were speed dialing 911.

Chief Legal Officer Sarah Abbott determined Lockhart deserved recognition for his thespian skills and he was awarded an Oscar. Lockhart said, “I was glad when they let people know it was a fake heart attack. I was afraid Chad was going to jump on my chest and start CPR!”

Informational Item: Affiliated Organizations & Education Reports.

Western United Electrical Supply Corporation (WUES) Report – Jack Johnston.

Johnston introduced Western United Electrical Supply Corporation Account Manager Brandon Kibler.

Kibler said, “Since 1976 we pay back capital credits. Your patronage check for 2020 is \$140,000. The next five years you’ll have big numbers coming your way.”

Johnston said, “They have proved themselves during COVID. They kept things moving for us. They are our supplier partner.”

Reporting on WUES, Johnston said, “They are in a strong cash position. The financial

DMEA TO MEET MILESTONES FOR CLEAN ENERGY *From previous pg*

forecast going forward is tremendous.”

Colorado Rural Electric Association (CREA) Report – Damon Lockhart.

Lockhart said, “You should all have the update of the April 24th meeting. We have an upcoming meeting at White River in Meeker. We have one of these a year. We’ll tour a Tri State solar field and see fire damage. The legislative report, there are two bills on data centers. There is different science on [both] of them. They are likely to be killed and not go forward this session. Some bills that get killed this session will come back next session.”

Johnston said, “The legislative is winding down. The bills we have been concerned with have been addressed.”

Conferences, Webinars & Meetings

Enno Heuscher reported on taking an online course on basic electrical business, and DMEA awarding \$113, 000 in scholarships.

Member comments:

Tony Hoag had questions about Southwest Power Pool (SPP), a regional transmission organization (RTO), and the cost associated with DMEA joining them. He also suggested future energy efficiency meetings should bring newer, more innovative issues for discussion. On a third topic he said, “Something I keep harping on is, what are you doing for the future on renewables? The public should know what your goals are for renewables — 50, 70, or 90 percent.” Following staff discussion on SPP, Johnston commented on renewables. He said, “Legislatively there are milestones set. Clean energy plans. We will be better than the clean energy plan. We’re moving toward it.” Because of the resource mix (wind, gas, solar), the ups and downs in energy can change hour by hour. DMEA has looked at geothermal; however, it is not currently economically viable to pursue.”

Joseph Gill (Zoom) said, “My interest is in

SPP and are they successful?”

The staff acknowledged the interest in the community concerning the electrical grid and data centers and will work on how best to disseminate what they are learning.

Action Item: Board Policies

Policy 117: Donations & Contributions-- Approved unanimously.

Policy 202: Banking, Investments, Annual Authorizations, and Subsidiaries-- Approved unanimously as amended.

Approved unanimously as amended.

Executive Session:

Privileged CEO Report

- 2025 Audit
- 2025 Capital Credit Allocation
- January 2026 CAMU Report
- Draft Form 7
- Power Supply
- Other Items as Needed

Confidential Corporate, Litigation and Regulatory Matters

- Proposed Bylaw Changes
- Other Items as Needed

Board Policy 107: Director Compensation Confidential Board Governance Matters

Executive Session Summary – Amy Gavell, Chief of Staff.

An email from Gavell summarized the action taken by the board after exiting the executive session:

“At 5:21 p.m., upon motion from Director Norris, seconded by Director Heuscher, the Board unanimously voted to enter Executive Session to receive a privileged CEO report including information on the 2025 audit, the 2025 capital credit allocation, the January 2026 CAMU report, and the draft Form 7; to review confidential corporate, litigation, and regulatory matters including proposed bylaw changes; to review proposed updates to Board Policy 107; and to address confidential board governance matters.

At 8:22 p.m., upon motion from Director

Williams, seconded by Director Norris, the Board unanimously exited Executive Session.

Upon motion from Director Lockhart, seconded by Director Heuscher, the Board approved to allocate to the membership the 2025 operating margins, otherwise known as capital credits, in the amount of \$2,304,196 using a revenue allocation methodology.

With no further business to conduct, the Board adjourned its Regular Meeting at 8:24 p.m.”

Adjourned

Background-

During meetings the board hears verbal summary reports of their monthly meetings and activities. Co-op membership has access to some of the written staff reports submitted for board approval, i.e., minutes of the previous meeting, CEO report, and action items (resolutions). Following the meeting members can access packet information through SmartHub, the online service which allows members to manage their DMEA accounts.

Directors

- Dist. 1 – Ryan Sedgely, 370-220-6086 ryan.sedgely@dmea.com
- Dist. 2 - Steve Metheny, 970-209-6172, steve.metheny@dmea.com
- Dist. 3 – Jacob Gray, 970-778-9512, jacob.gray@dmea.com
- Dist. 4 – Emily Sanchez, 970-209-4582, emily.sanchez@dmea.com
- Dist. 5 – Kevin Williams, 406-839-1603, kevin.williams@dmea.com
- Dist. 6 - Damon Lockhart, 970-314-1071, damon.lockhart@dmea.com
- Dist. 7 – Enno Heuscher, 970-270-6523, enno.heuscher@dmea.com
- Dist. 8 - (North Region) Stacia Cannon, 920-207-8831, stacia.cannon@dmea.com
- Dist. 9 - (South Region) Ken Norris, 970-596-9892, ken.norris@dmea.com



REGIONAL NEWS BRIEFS

SOUTHERN AVENUE TO PERFORM LIVE IN PALISADE

Special to the Mirror

PALISADE-Memphis-based roots, blues, and soul band Southern Avenue will perform live at the Palisade Bluegrass & Roots Festival at Riverbend Park (451 Pendleton Street) in Palisade on Sunday, June 7, 2026. Southern Avenue plays original Memphis blues, modern soul, and gospel-infused roots music that is uplifting and timeless. They are known worldwide for their inclusive, message-driven songs fueled by hard-hitting grooves and electrifying guitar. The band's GRAMMY-nominated Alligator Records debut album, *Family*, makes it clear that Southern Avenue creates musical storytelling magic. The band is unlike any other on the scene today, featuring lead vocalist/songwriter Tierinii Jackson, her husband, guitarist/songwriter Ori Naftaly, and her sisters, drummer/vocalist/songwriter Tikyra (T.K.) Jackson and percussionist/violinist/vocalist Ava Jackson. "Through our music," says Naftaly, "we expand our family to include our fans and whomever is moved by our songs."

In 2024, the band joined the Outlaw Music Festival tour, performing alongside Willie Nelson, John Mellencamp and Bob Dylan. Recently, the group's Alligator Records debut, *Family*, was nominated for Contemporary Blues Album of the Year. This is the band's second GRAMMY nomination.

Additionally, *Living Blues* magazine's readers chose Southern Avenue as the 2025 Band Of The Year. The group also received a 2025 Blues Music Award nomination for Band Of The Year, marking the third time they have been nominated for this high honor. In addition to the new album, lead vocalist Tierinii Jackson appears on two songs on the soundtrack of the blockbuster film *Sinners*.

Showtime: 3:00pm

Ticket price: \$65.22-\$191.04 / children 12 and under free with paid adult

Website: www.palisademusic.com

*See website for complete festival line-up and detailed ticket information



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OPINION/EDITORIAL: LETTERS

ANOTHER DAY, ANOTHER DEMOCRAT LIE

Editor:

I have wanted to comment about the transfer in ownership of The Montrose Press and Delta County Independent from Wick Communications to the Grand Junction Sentinel, but I have been preoccupied each week with the insanity of national Democrats. For a number of years, I have expressed my concerns about the blatant liberal bias of both the MDP and GJS, and have recently commented about that same bias creeping into the DCI. Prior to canceling my subscriptions to the MDP and GJS, I provided the publishers of both papers with detailed, months-long analyses of their opinion pages showing they very seldom published any article or political cartoon remotely favorable to conservatives while continually parroting Democrat talking points. Neither publisher challenged the accuracy of my analyses. Their attempts to show they were not biased were rather humorous. So, what changes should readers expect from the Montrose Press now that they are no longer owned by Wick Communications? The answer is: Not much – but there will be an important distinction. In all of my communications with MDP publisher Dennis Anderson, he steadfastly refused to admit to any bias. In my communications with GJS publisher Jay Seaton, he would just emphasize that he didn't agree with me – again, refusing to admit any bias. However, the GJS revealed their position very clearly in their editorial of 8/25/2024 titled "Truth is the only standard." The editorial clearly stated that the reason their reporting is consistently anti-Republican is that "truth is the only standard," and according to them, the truth is Republicans are "more prone to lies, exaggerations, and wacky statements." They replaced "We report, you decide" with "We know Republicans are a "threat to Democracy," so we will decide, and report what we define as the truth." I suggested to the GJS that they would have to revise their published "Core Values" which read: "Journalists' role is not to determine what they believe to be the truth and reveal only that to their readers, but rather to report as completely and impartially as possible all verifiable facts so that readers can, based on their own knowledge and experience, determine what they believe to be the truth." Their editorial also indicated that, rather than viewing their role as a

check on the government, their role is to provide a check on Fox News. The Soviet Union's newspaper Pravda was the official mouthpiece of the Communist Party, and disseminated state-approved propaganda rather than actual objective journalism. "Pravda" means "truth" in Russian. Like the GJS, they only reported their version of that "truth."

So, if there are any conservatives still reading the Montrose Press, you should expect the same old BS. The only distinction is that the new owners are a little less deceptive about their bias. Where the old MDP wanted you to think they were good-ol'-boy conservatives, the new owners are at least honest enough to admit their only goal is to counter Republican "lies and exaggerations." The good news is, in this era of technology advances, the "mainstream" broadcast and print media no longer control the narratives as they have for decades. If you are a conservative and you still have a MDP or GJS subscription, you might ask yourself why. There are reasons both papers still retain the title "daily," but now only publish twice a week. In 1970, more than 70% of Americans trusted the news media; now that number is at 22%. I suspect a good share of that 22% are media owners and employees and Democrat politicians.

On the national stage, our illustrious media this week continued to show us not only who they are, but who their Democrat masters are. Unfunny Jimmie Kimmel showed a fake video of the First Lady Melania and son Barron like they were actually sitting in his studio listening to him speak – which they were not. Kimmel then stated: "Our First Lady, Melania, is here. Look at Melania, so beautiful. Mrs. Trump, you have a glow like an expectant widow." A day later a lunatic entered the White House Correspondence Dinner loaded with a shotgun and handgun intent on assassinating our President. I could fill this page with examples of Democrats knowingly encouraging violence. Top Democrat strategist James Carville, speaking of Trump: "I do not want that man to die. I want to watch him suffer, and I can't watch a dead man suffer." I could also fill this page with examples of Democrat inspired violence. A Democrat tried to assassinate an entire baseball team of Republican lawmakers and nearly succeeded in killing Steve Scal-

ise. Antifa domestic terrorists burned down parts of cities and attacked numerous Americans for their political beliefs. A "trans"-supporting leftist killed the great Charlie Kirk, and numerous other "trans"-supporting leftists have murdered children in a spate of school shootings. Multiple violent confrontations organized by Democrats against federal agents attempting to arrest criminal aliens – including known pedophiles, rapists, and murderers. The attempted assassination of Bret Kavanaugh. The firebombing and attempted assassination of Governor Shapiro and his family. And much more.

Democrats will simultaneously stand outside an event with signs promoting political murder, hysterically scream about impending fascism, and do podcasts explaining why political murder is justified -- then just as confidently declare that when one of their own takes them up on it and attempts an assassination that it is not their fault. They will give lip service to "toning it down a little bit," but at the same time infer that it was kind of your fault and you kind of deserved it. Bottom line: They are not sorry. They want these things to happen. Why? Democrats have abandoned reason and debate. It is no surprise that the latest assassin is a teacher from California. He is not an outlier, but a part of the base of the Democratic party. He truly believed the blatantly false narratives being scripted to him by the entire Democrat apparatus. Democrats are unable to advance a cogent, positive platform to persuade the American people to vote for them, so they have had to resort to fear-mongering, lies, and the stoking of emotions. Charlie Kirk's murderer had the opportunity to step up to the mic and make his case disagreeing with Kirk, but he couldn't because he didn't have a convincing response to any of Kirk's viewpoints.

Likewise, Democrats don't argue against Trump's policies but instead paint him as the villain – a Nazi, fascist, racist, threat to democracy. You don't slander a person for ten years unless you want that person assassinated.

You don't frame someone as a "Russian agent" unless you intend to unlawfully remove that person. To pretend otherwise is just another Democrat lie.

Ed Henrie, Montrose



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FUN BIRD WATCHING TIPS FOR KIDS



Many small hands form a platform for this Wilson Warbler who is ready to fly away after it was captured and banded at Ridgway State Park. (Photo courtesy: FOYAN)

By Anne Janik,

Friends of Youth and Nature

REGIONAL-Identifying birds can be challenging for even the most patient adults. Getting kids interested in birding is even more challenging. Luckily, most kids are natural explorers and generally eager to be outside, so that's a great place to start.

A simple way to start birdwatching is to point out a bird you see or hear with your naked eye. Next, invite children to take a closer look. Then, ask your children simple questions about it such as, "What do you think that bird is doing down there in the grass?" This will help them begin to observe, question, and discover birds in the air, on land, and in water, beginning with the most common birds around. It's often easiest to start watching birds from your yard, patio, or even through a window. Next, observe birds that live nearby—in nature centers, parks, nature reserves, and other outdoor spaces. This can be especially fun during migration periods in the spring or fall.

For most active kids, staying still and quiet for even a few minutes can be a challenge. It helps to point out an attention-grabbing bird—something big, colorful or one with an unusual call. Many water birds are often colorful and obvious. While walking along a lake, you are sure to see larger birds floating, feeding, or preening (cleaning their feathers). Encourage observations by asking your child about the bird they see, the color of an

eyepatch, the size or shape of the beak. Many geese, ducks and other water birds (mergansers, egrets, herons) have distinctive feather patterns especially in the spring when they have arrived with fresh colorful feathers to attract a mate during breeding season. Take a few moments to watch the bird. Look for the long wispy plumes on the necks of herons and egrets. Mallards have iridescent green feathers on their heads and are often commonly referred to as greenheads. Ducks with rusty head feathers are called Redheads. What are they doing? Are the ducks diving for food (a full on dive below the surface) or are they dabbling (only dipping their heads to sieve the surface water for bugs)? The feeding strategies of ducks split them into two different categories: divers and dabblers.

Another large common bird near water are great blue herons. Ask your children to describe the color of the body feathers, or any other unique feature of this bird (long beaks, long legs). All these features give clues as to what the bird eats. In the case of herons, they spear fish, frogs and mice with their long sharp beak.

It's good to get kids to describe the size of a bird by referring to a relatable item, such as one of their small toys or stuffies. The bird may be the size of one small stuffy—a finch, two times the stuffy—a robin, five times—a duck, and so on. Then ask them to describe something else about the bird, maybe the way it is flying: flapping (like geese), gliding (like a sea-gull), soaring with the wind (like an eagle or hawk), hovering (like a marsh hawk over a field) or a constant flutter of wings (like a hummingbird). Soon you will be able to distinguish different flight patterns.

Sit quietly for a few moments while enjoying a snack and listen for different bird sounds. Most birds squawk, chirp, and warble, but some of them are more "talkative"—their songs sound almost like a speech. Turning a birdcall into a memorable phrase or pattern (mnemonic) is a great way to learn the song. Many birds already have assigned phrases for their calls.

-Barred Owls say *Who cooks for you? Who cooks for you all?* It's often heard near big woods in the late evening and nighttime

-American Robins have a very common whistled series of *cheer-ee-up, cheer-ee-o*.
-American Goldfinches call out *Po-ta-to chips!* Look for a small bright yellow finch with a black cap and wings flying nearby.
-White-throated sparrows have a sweet whistle, singing *Oh sweet Canada, Canada*.

-A Spotted Towhee says *Drink-your-tea*
-The Western Wood-Pewee sings its name in a falling *pee-wee*.

(You can listen to these and many other bird calls at the Cornell Laboratory: <https://www.allaboutbirds.org/news/30-mnemonics-help-remember-bird-calls/>)

To make it even more fun for your child, have them make up their own phrases or mnemonics to help them remember the bird! The calls of cranes as they fly over is a very common sound during spring migration described as a rattle but you may come up with a better description. How about the calls of Canada geese? Let your child's imagination take them down that descriptive route.

You don't have to identify every bird by the actual name in the bird books. Get crazy and make up your own names for a bird maybe depending on what they are doing.

Inviting children to look for birds begins with finding creative ways to notice these feathered creatures. Getting inventive with your observations is a perfect way to get young ones interested. Observations and collecting data on birds or any species for that matter is what you decide to pay attention to. With this "anything goes perspective" observations are endless. Let your kids decide what they would like to observe about the birds they see such as: how often they preen, favorite branches they frequent, how often an American robin digs its beak into the garden, how often hummingbirds buzz each other at the feeder, how many different feather colors you see in 10 minutes.

Try a Birding Scavenger Hunt: To see as many birds as possible. For some kids, counting from zero to some arbitrary number—five different kinds of birds, for example, or 20 birds in one outing—will be enough to stay focused and have fun. To fire up kids' powers of observation, make a list of target birds before heading to the yard or park.

Continued next pg

FUN BIRD WATCHING TIPS FOR KIDS From previous pg

Use general categories like ducks and hawks.

If you aren't seeing any birds, how about looking for signs of their presence such as owl pellets, bird nests, whitewash (poop) on rocks or cliffs—a good indication of raven or eagle perches.

Binoculars can be very hard for children to learn how to use. The best approach is to focus on staying still and looking for the movements of birds and describing what they see. Sometimes using a phone camera can work as you can zoom into the picture to help see details about the bird. Gradually, with practice they can learn to use and focus binoculars aimed at still objects then slow moving ones. Using binoculars to track an animal takes practice so be encouraging.

Here are a few opportunities on the western slope to get kids up close and curious about birds:

Black Canyon Audubon Society offers many field trips with experienced leaders, and even family birding days— check out their website (blackcanyonaudubon.org) for dates.

May 9 is World Migratory Bird Day and May 30 is Bring On The Summer fest. This is an opportunity to get your children curious and engaged about birds. Black Canyon Audubon Society educators often help teach children how to use binoculars and participate in some bird friendly activities. (May 30 Riverbottom Park 11:00am-4:00pm)

May 23, Western Screech Owl banding (8:30 am) This is a family event and an

opportunity to view Western Screech Owls and watch citizen science in action. Treat your children and grandchildren to a close up view of the Grand Valley's most common owl. The meeting location will be announced May 18 when the nests are located. Check out the Grand Valley Audubon Society website (audubongv.org) or email Nic Korte at nkorte1@hotmail.com.

Bird banding at Ridgway State Park occurs the first 2 weeks in September every year. Black Canyon Audubon Society hosts the Rocky Mountain Bird Observatory for bird banding. While birds are migrating through the park, many are caught in small mesh (mist) nets. Biologists measure each bird and band them with numbered federal bands that can be tracked with recaptures. This gives the public up close looks at many different species and kids can ask the ornithologist specific questions. Check blackcanyonaudubon.org for details during early September.

Observing animals, describing, and discussing what they are doing is the first step in getting young children aware of creatures around them. There is such awe when they see furry or feathered critters. Encourage that awe and inspire your child to look around, discover, be curious, ask questions and explore more!



Young students release a bird that has just been captured, measured and banded by a biologist during the bird-banding project at Ridgway State Park. This is a great opportunity for children to get a close up look at birds and ask questions. (Photo courtesy: FOYAN)

Other resources to get kids interested in birding:

<https://www.audubon.org/magazine/easy-ways-get-kids-birding>

<https://creativestartlearning.co.uk/nature-play-learning/20-outdoor-bird-games-and-activities/>

<https://rhythmsofplay.com/birding-for-kids-bird-watching-activities-and-lessons/>

Friends of Youth and Nature (FOYAN) is a nonprofit 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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RED HAWKS BASEBALL FALLS IN FINAL GAME

By Cliff Dodge

MONTROSE-The Montrose Red Hawks baseball season has reached a conclusion as the Red Hawks played three games, one with the Grand Junction Tigers and then a pair of home games vs the Durango Demons.

MONTROSE RED HAWKS 16, GLENWOOD SPRINGS 5

The Montrose Red Hawks traveled to Glenwood Springs last Saturday and found easy pickings as the Red Hawks had their way with the home team by the score of 16 to 5. Montrose hit the ground running as they scored three runs in the top of the first inning to lead 2-3. The Red Hawks then pushed four markers across the plate in the second inning. The Red Hawks then opened the flood gates in the third inning, adding an additional four runs. The Red Hawks were not done yet as they added five more runs in the next two innings to close out the scoring with a 16 to 5 victory.

Cade Saunders led the Red Hawks hit parade as he pounded out four base hits which included a double and a towering home run. Ryan Pankey and Brennan Barnett both chipped in with two base knocks. Jayce England, Conner Jennings, and Wes Roades each contributed base hits to the Montrose total. The Red Hawks were given three bases on balls and struck out four times. Trevin Hatch pitched a complete game allowing five runs on four hits. Hatch issued five bases on balls and struck out three Tiger hitters.

DURANGO DEMONS 3, MONTROSE RED HAWKS 2

The Montrose Red Hawks and the Durango Demons played a very tight affair on Friday afternoon with the Demons coming out on top by the score of 3 to 2. The Demons broke the scoring ice as they pushed across a single run in their half of the second inning. The Demons scored again in the fourth inning as they pushed across their second run. The Red Hawks finally scored a single run in their half of the fifth inning to narrow the gap to a single run. The Demons plated their third run in the tip of the seventh inning while the Red Hawks rally in the bottom of the seventh inning fell one run short, allowing the Demons to escape with a one-run victory.

Ryan Pankey and Brennan Barnett led the Montrose batters with a pair of base hits. Other Red Hawks who contributed base knocks included Trevin Hatch, Chazz Miller and Conner Jennings. Asher Buehrle pitched a complete game allowing three runs (two earned) on seven base hits. He allowed two walks and struck out one Demon batter.

DURANGO DEMONS 19, RED HAWKS 9

The final regular season baseball game at the Montrose diamond on a glorious spring afternoon saw the Red Hawks put up a game effort but ultimately fall to the Durango Demons by the score of 19 to 9. The Demons plated four runs in the top half of the first inning and then gave up a pair of runs to the Red Hawks in their half of the first inning. The Demons added three runs in the next couple of frames to increase their lead to 7 to 2 when the roof caved in. The Demons scored seven runs in the fourth inning only to see the Red Hawks score seven runs in their half of the inning to trail 14 to 9. The Demons then added another five runs to make the final score Demons 19, Red Hawks 9.

The Red Hawks offense was led by Chazz Miller who banged out two base hits including a ringing double. Brennan Barnett also contributed two base knocks and an RBI. Other Red Hawks getting base hits included Trevin Hatch, Cade Saunders, Ryan Pankey and Jayce England. The Red Hawks scored their nine runs on nine hits

The Red Hawks finished their regular season with an 8-13 record. The Red Hawks finished their league season with a 1-7 record.

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TREVOR PROCK AWARDED 18-88 SCHOLARSHIP

By Cliff Dodge

MONTROSE-Trevor Prock, one of the major contributors to the success of the Montrose High School Football Team, was awarded a scholarship created by Peyton Manning to honor his teammate, Demaryius Thomas. This scholarship honors an athlete who has overcome many stumbling blocks and gives the chosen individual the resources to achieve a college education and continue up the ladder to success.

Manning told the crowd in attendance that Prock embodied everything that the 18-88 scholarship stands for. Prock's father is paralyzed and his mother passed away the night before the 2025 edition of the Red Hawks opened their season vs the Durango Demons.

ELIJAH WOMACK HONORED AS MALE ATHLETE OF THE YEAR AT THE COLORADO SPORTS HALL OF FAME

By Cliff Dodge

MONTROSE-The young life of Elijah Womack took another step forward last week as he was honored as the male athlete of the year by the Colorado Sports Hall of Fame. Womack compiled a senior year to behold. Womack rushed for 2,157 yards from scrimmage and scored 33 touchdowns. He was also a stalwart defender as a two-way player throughout his career. Womack was also a stalwart on the Montrose Lacrosse team.

Womack spoke glowingly of the support from his coaches, his teammates, and his family and friends, reminding the audience that football is a team sport. He was also honored by the Colorado Chapter of the National Football League, as they honored nineteen scholar athletes from throughout the State of Colorado.

RED HAWKS LACROSSE ROUNDUP

BOYS VARSITY LACROSSE ROUND UP

MONTROSE RED HAWKS 11, EAGLE VALLEY 5

HOLY FAMILY TIGERS 15, MONTROSE RED HAWKS 3

GRAND JUNCTION TIGERS 21, RED HAWKS 3

The Red Hawks finished their season with one win and 13 losses overall and no wins and 10 losses in league action.

GIRLS VARSITY LACROSSE ROUND UP

TELLURIDE MINERS 16, MONTROSE RED HAWKS 3

ASPEN SKIERS 21, MONTROSE RED HAWKS 1

The Red Hawks finished their season with no wins and 13 losses and a 0-6 record in league play.

SCHOLARSHIP SEASON: 2 RED HAWKS INK SCHOLARSHIP PAPERS

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Sadie Wareham – Soccer Scholarship – Casper Community College, Casper, Wyoming

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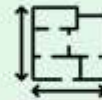
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Open: Monday-Saturday, 8AM-5PM

OPINION/EDITORIAL: COMMENTARY

THE MAN BEHIND THE CURTAIN

How Montrose City Manager Bill Bell “Pays to Play” in an effort to Pat Himself on the Back – With YOUR Money!

By David White

It appears that our braggadocios City Manager (Bill Bell) and his propaganda team are at it once again. Self-promotion, in this writer’s opinion, doesn’t become a civil servant. Let me explain.

Just one month ago I wrote an article for The Montrose Mirror (<https://www.montrosemirror.com/wp-content/uploads/2026/04/MM684.pdf>) which appeared on page 64 discussing Mr. Bell’s penchant for buying (literally and with your tax dollars) positive press coverage of the things he’s supposedly doing to make Montrose a better place to live, hence the term “pay-to-play.” Justifying expenditures of millions of dollars for commercial kitchens, hotel remodels, day care centers, painting Main Street building façades owned by private investors, street closures for pedestrian malls, subsidizing private commercial developments and much more seemingly warrants spending thousands of dollars more to buy publicity to sell some himself and his team’s efforts in little read publications.

Pulling from that article, here’s what “pay-to-play” publications are all about: **“A pay-to-play publication is a magazine, or blog, or another type of feature that offers the opportunity for you to be featured if you pay them. It is a marketing tactic that involves paying publications and press in order to get your product or service featured, reviewed, or highlighted. They will typically charge you a fee, but some may charge in other ways, such as requiring you to buy ad space. Although there are some pay-to-play publications that are actually legitimate – most are not so we will focus on the majority in this blog.”**

“These pieces are not unbiased and do not have the same standards as legitimate publications. You can’t trust them. They are not reliable, and they certainly aren’t reputable. Pay-to-play publications are also not worth the money, as they won’t help you get more clients or customers or generate leads.”

So, now you’re asking the question, what “pay-to-play” scheme has he foisted on

the unsuspecting City Council and citizenry this time? Would you believe that he’s got the nerve to tout his appearance on the cover of a little-known publication by the name of “Gov Business Review” where he is named “City Manager of the Year” by them? By gosh, believe it and while you’re at it, believe that you, as a taxpayer, paid for him to appear in this print and digital magazine.

While the City Public Relations folks have yet to launch a full-blown puff piece on this recognition of Bell’s City Manager of the Year “award” by Gov Business Review, he saw fit to let the world know of it on his LinkedIn profile page last week wherein he states: **“I am excited and very humbled to receive this recognition. I believe it recognizes the hard work and dedication my team has put into making Montrose such an amazing community over the past 15 years. I appreciate all of the collaboration and exciting partnerships I have been able to be involved with since starting as Montrose City Manager in 2011.”**

In response to Mr. Bell’s posting of the award, here are some of the comments made about it from some current and former local luminaries:

-No doubt in my mind. Best I have ever worked with. – Doug Glaspell, Former Montrose City Councilor

-...You’re such a model - Well deserved my friend! – Francis Wick, Former Publisher – Montrose Daily Press

-Congrats, Bill. Appreciate all you and your team do to make Montrose a great place to stay and play. – Catherine Stroh, CEO & President, Colorado Historical Foundation and wife of former County Commissioner candidate Tim Stroh.

([https://www.linkedin.com/posts/william-bell-940b6591_2026-city-manager-of-the-](https://www.linkedin.com/posts/william-bell-940b6591_2026-city-manager-of-the-year-award-by-gov-ugcPost-745440607333125120-N3X-?utm_source=share&utm_medium=member_desktop&rcm=ACoAAAI1hoBqH4UryFNDCift_GapzhRWdWck1A)



[year-award-by-gov-ugcPost-745440607333125120-N3X-?utm_source=share&utm_medium=member_desktop&rcm=ACoAAAI1hoBqH4UryFNDCift_GapzhRWdWck1A](https://www.linkedin.com/posts/william-bell-940b6591_2026-city-manager-of-the-year-award-by-gov-ugcPost-745440607333125120-N3X-?utm_source=share&utm_medium=member_desktop&rcm=ACoAAAI1hoBqH4UryFNDCift_GapzhRWdWck1A)

Unfortunately, these comments and others were made without the knowledge that this “award” is totally contrived and paid for by the “award winner” or their employer. And Mr. Bell is **1 of 10** so-called award winners? This is **NOT** an “award” unique to him (if you want to call it an award). This “award” is **NOT** from a national trade organization such as the International City/County Management Association (ICMA). According to Gov Business Review’s website, the following statement outlines their criteria for a person to be nominated for this award:

“Typically, our qualified subscribers (Ed. Note: this is code for those who pay to subscribe) nominate subject matter experts and industry leaders with whom they’ve collaborated and found their experience and insights strikingly valuable. Did you recently work with an expert whose domain knowledge and mentorship profoundly impacted you? Did they turn out to be an authority on the topic and someone you would wholeheartedly recommend to your peers? Or do you know of someone so outstanding through your network you’d like them recognized as a leader in our magazine?”

So, here’s the real kicker, while there may have been “nominations” by readers of this publication, the bottom line is that you paid for this puff piece as follows:

THE MAN BEHIND THE CURTAIN From previous pg

-March 5, 2026 – the City of Montrose, on **Check No. 148282, paid \$1,500** to Valley Media, LLC (publisher of Gov Business Review), to interview Mr. Bell for the “award of one of the top 10 City Managers” as well as drafting the printed piece.

-April 2, 2026 – the City of Montrose, on **Check No. 148648, paid \$4,000** to Valley Media, LLC for invoice No. #VM/2603/9 for the “front page and a 3-page article...” in Gov Business Review.

That’s \$5,500 of YOUR money folks. For what? To tout the so-called successes of our City Manager? To act as a resume builder for him? To somehow make the City Council look like champs for employing him? What the heck is going on here and why is the City Council putting up with this blatant self-promotion at our expense? They’re paying this man \$230,000 a year plus full benefits, bonuses and the business and personal use of a

City owned \$80,000 SUV that we’re paying the insurance, maintenance and fuel on for his benefit.

While Mr. Bell has his share of admirers, you will find most receive benefits from his largess and couch their admiration for him in the form of accolades for his vision and foresight, intelligence, bravado, quiet contemplation, etc.

While these may be true, the constant need to find strength through the power of his position is a recipe for eventual disaster. I fear we’re close to that these days as desperate measures will lead to his departure and the willing accomplices of past City Council’s, who enabled that outcome, will have faded into the past leaving those in the present holding the proverbial bag.

The bottom line is that the Minister of Propaganda (aka, the City Manager) continues to give the taxpayers the big mid-

dle finger with this kind of “in your face” boasting about how his Fascist form of governing in conjunction with the former City Council (hopefully not with the new Council) is somehow going to fly in the long run as a wise use of your money. As I’ve repeatedly said, enough is enough! I call upon the City Council to rein this nonsense in and now!

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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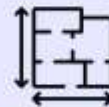
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REGIONAL NEWS BRIEFS

FREE DUMP DAY – MAY 16 *Adobe Buttes Landfill | 8 AM – 3 PM*

Special to the Mirror

DELTA-Delta County residents are invited to take advantage of Free Dump Day on May 16. This one-day event allows residents to dispose of household waste at no charge — a great opportunity for spring cleaning while helping keep our community clean and safe.

Providing a free disposal option also helps prevent illegal dumping along roadways and in rural areas, protecting both public health and our local environment.

Accepted Materials:

- Household trash
- Furniture
- Yard waste
- Non-hazardous household debris

Not Accepted:

- Hazardous waste (paints, chemicals, solvents)
- Tires
- Electronics
- Appliances containing refrigerants
- Construction or commercial loads

Residents are encouraged to separate recyclable materials when possible. Recycling information and services can be found here:

<https://tinyurl.com/DeltaCoRecycling>

Please plan ahead — increased traffic is expected throughout the day.

Coming Soon: Adobe Badlands Volunteer Community Clean Up Day on May 30.

Sign-up in advance at:

<https://tinyurl.com/badlandsvolunteer>

For questions, contact the Adobe Buttes Landfill at 970-874-4470.

Thank you for helping keep Delta County clean!


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A FRESH POINT OF VIEW BY JACK SWITZER: TO BE CHALLENGED!



By Jack Switzer

MONTROSE-At last, the day was over. It was the final day of my first time counseling a session of campers last summer in West Virginia. Two weeks with the same kids getting to know them, laughing with them, scolding them. With this final "Good night," I considered it done. I relished the quiet that followed. This moment, where my head hits the pillow, was one I had fantasized about not infrequently through every awkward soccer game, argument, and insult that those kids made me face during our tenure together, and it was finally here...!

How often does a moment come where you really feel like you could leap and kick your heels even though you're exhausted? I was grinning from ear to ear, listening to the crickets and pulling my sleeping bag up to my chin.

A glowing fist pierced the darkness of our cabin. I had watched it rise from the far left bottom bunk, all the way across the room. I heard two bare feet position themselves, and let my jaw drop in awe as 60 glowsticks flew across the room in slow motion, through the rafters, into other kids beds, collapsing and scattering all over the floor.

Jack Switzer. Courtesy photo.

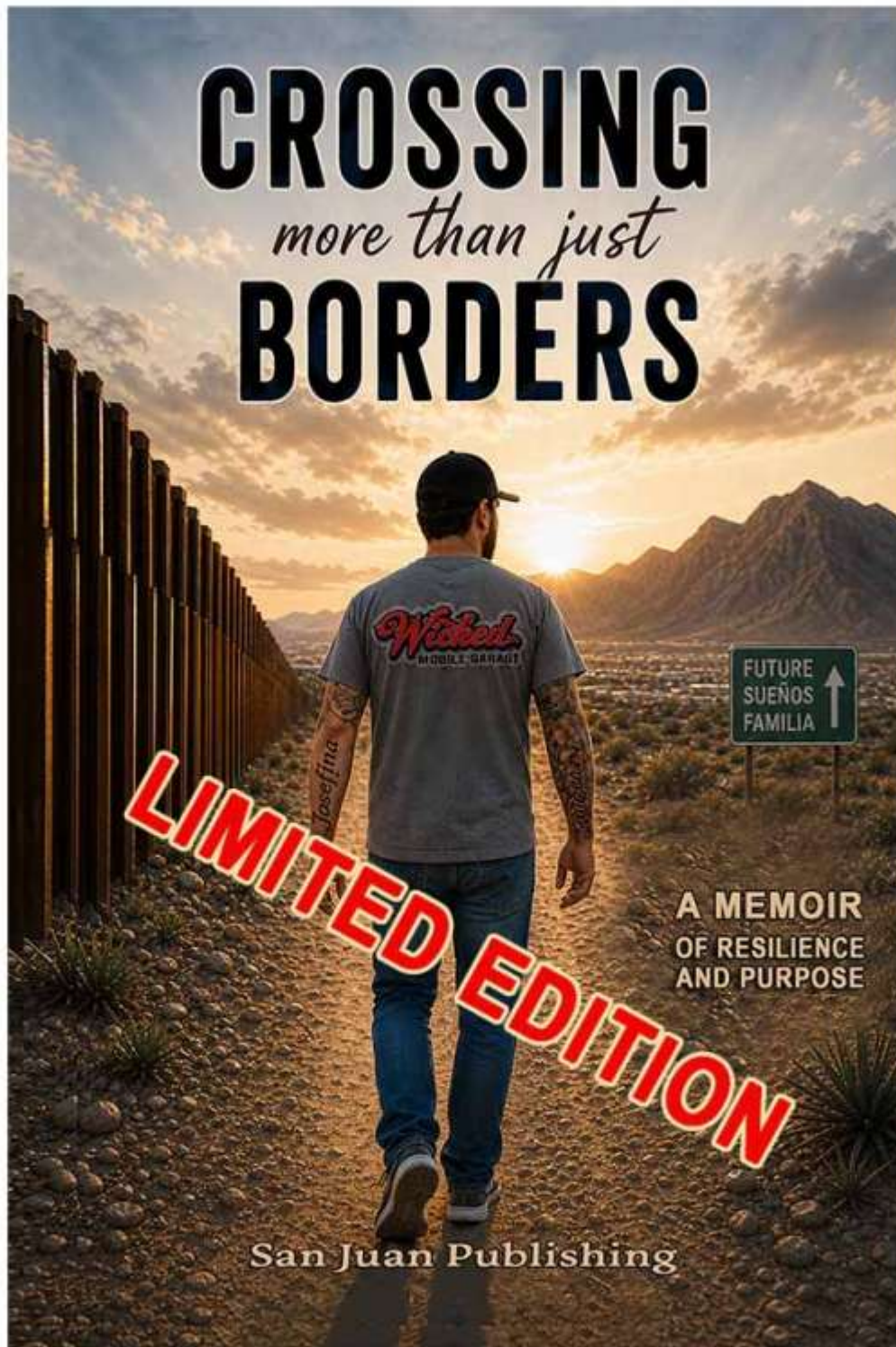
Howling laughter followed, taunting laughter, the glowing spirits of children reignited hundreds of times faster than I had extinguished them. No!!!

I'd never had a better night of sleep though, after I made them clean up. I yearn to be that exhausted again, to have faced a challenge I thought I would never be capable of clearing and have my head hit the pillow with new strength. The glowstick event makes me laugh every time I think about it. Even though I was devastated in the moment, I can't believe I held my cool in front of all those kids as their counselor.

After last summer ended and I was just me again, I realized I felt unfulfilled. The challenge was gone, I was happy to have grown but realized that I wasn't putting myself in a position to continue growing. My mindset was different, I wanted to find comfort in the anxieties of having problems instead of the comfort of not having any. There's a balance between them that's just right, and growing up is realizing maybe you do wanna make a fool of yourself for the sake of being embarrassed because it's going to make you remember how to look cool next time.



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COMMUNITY OBITUARIES

MARTHA "GAIL" SMITH *June 28, 1941 – April 23, 2026*



MARTHA "GAIL" SMITH, 84, of Warrensburg, Missouri, long-time resident of Montrose, Colorado passed away, Thursday, April 23, 2026. Gail was born June 28, 1941 in Montrose, the daughter of Fred M. Noland and Evelyn (McClure). She was the second of four children. Evelyn passed when the eldest sister was only 7, putting the two older girls on a journey of growing up early. Gail graduated from Montrose High School in 1959 and be-

came a Licensed Cosmetologist in 1960. She was united in marriage to Rexford "Jack" Smith in July 1962.

After graduation, Gail worked in Cosmetology until shortly after their daughter Tammy was born. She and Jack later became Consignees for Mobil Oil. He delivered fuel to local ranchers, farmers and nearby gas stations, & she took on the Office Manager role. Following that venture, she was Office Manager for the Carpenter's Local Union Hall 1156 and later owned/managed two additional Montrose businesses.

If someone mentions Gail's name, the words 'smart, funny, very kind or caring person' usually follow. She arranged most of her spare time to be with family and friends. This meant weekends, summers, and holidays always prioritized the immediate family, and usually included some combination of her niece, nephews, siblings, or friends. Her preferred activities were in the mountains camping or jeeping, but she especially treasured time at the family ranch in Ridgway. She was very creative and every project was meticulously crafted. It was essential that she learned to cook at a very young age following the untimely passing of her moth-

er. Those early lessons, and a lot of unavoidable practice, resulted in an always noteworthy culinary talent.

Gail was often looking for ways to teach, entertain, and improve the lives of children. She was a homeroom mother, a Girl Scout Leader, 4-H Leader and Council Parent.

After retiring, Jack and Gail moved to Missouri to be near their daughter and other family.

Gail's survivors include her daughter, Tammy Smith-Fischer; Sister, Frieda Berry (Reg), Brother Bill Noland (Marilyn); Niece Linda Mock; Nephews, Reg Berry Jr, Jeff Mock, Bill Mock, and William Noland; and several great-nieces and nephews. She was preceded in death by her husband Jack, Sister Patsy Mock and husband Don, and Nephew Harry Noland.

Gail had a great fondness for dogs, so in lieu of flowers, the family requests that you donate to your local animal shelter.

A Friends and Family Gathering will be scheduled for Gail and Jack in Colorado at a future date. Missouri arrangements have been entrusted to Williams Funeral Chapel in Warrensburg, and Colorado Arrangements with Crippin Funeral Home in Montrose.



Thank you for reading
THE MONTROSE MIRROR

COMMUNITY OBITUARIES

MICHAEL J. WARD

December 4, 1952 — March 17, 2026

MICHAEL J. WARD, age 73, passed away on March 17, 2026, in Montrose, Colorado. Born on December 4, 1952, in Chicago, Illinois, Michael was the son of the late Robert Ward and Yvonne Partipilo.

While obtaining his high school diploma from Loyola Academy in Wilmette, he was a proud member of the marching band as a tubist. After high school, Michael moved out west to Fort Collins, Colorado, where he attended Colorado State University. In 1973, during a ski trip to Telluride in his VW van, Michael found the place he would call home, and he never left.

Shortly after arriving in Telluride, he landed his first gig as a bartender at the Sheridan. Around the same time, he tried his hand at carpentry, building several friends' houses as well as his own home on the east end, where he raised his family. At that point, he decided that manual labor wasn't his shtick and thought he'd try his hand at selling houses instead of building them. Turns out, he was a pretty darn good salesman. Michael went on to have a successful 40+ year career as a realtor.

A devoted father, Michael raised all four

of his children in Telluride, instilling in them an appreciation for family, hard work, and a love for the outdoors. After a long and fulfilling career, Michael spent the last three years of his life in Kauai, Hawaii, where he was able to live out his dream of retirement, spending his days golfing, enjoying the beach, and living the island life.

Throughout his life, Michael was an avid golfer and skier, and he enjoyed hunting and fishing in the mountains surrounding Telluride. Whether he was helping coach back-to-back U19 Girls Hockey State Championships, leaving it all on the stage as a member of the Telluride Choral Society, or serving for countless years as a member of the Parks & Recreation Commission, Michael poured his soul into the Telluride community. He was known for his big heart, generosity, sense of humor, and being the life of the party. Michael never passed up an opportunity to spend time with friends and family, and never met a stranger he didn't like, always making everyone feel welcome.

Michael is survived by his four children, Kyle (37), Kolby (36), Madison (35), and



Anna (19), along with his three grandchildren, Oakes (3), Nash (1), and Ridge (1). He is also survived by his two younger sisters, Debora Van Arsdale and Irene Ward. A celebration of life will be held in Telluride Town Park on June 6, 2026, from 4-6 pm. All are welcome to come celebrate his remarkable life. Forever in our hearts

Now more than ever...

Thank you for reading

THE MONTROSE MIRROR

COMMUNITY OBITUARIES

NORMA "JOAN" BARTLING ***October 8, 1933 — April 24, 2026***



NORMA "JOAN" BARTLING, 92, passed away peacefully at her home on April 24, 2026.

Joan Bartling was born on October 8, 1933, in Montrose, Colorado to William Uri and Carol (Baily) Hotchkiss. She grew up in Colona and graduated from Ridgway High School. After graduation, Joan attended Colorado Women's College, graduating with a degree in Business.

Joan married Henry "Hank" Bartling on April 3, 1954, in Colona, Colorado. They had three children: Carol Lynn (Craig Whipple), William "Bill" Alan (Billie Jo) and David Henry (Margi). Joan and Hank moved to the Denver area and raised their family. They made their way back to Montrose after Hank retired.

Joan was a stay-at-home Mom. She was active in school activities and boy and girl scouts. Joan helped start a craft class and enjoyed playing cards with friends at the Montrose Senior Center (Pavillion). She also served for over a decade on the Montrose Memorial Hospital Volunteer Arts & Crafts Committee. She loved many different kinds of crafts.

Joan was preceded in death by her parents, her brother, William "Billy" Hotchkiss, her husband and her grandson, Justin Whipple. Joan is survived by her daughter, her sons, three grandchildren,

William Bartling, Allyson Bartling and Stephen Whipple, and five great grandchildren. She is also survived by several nieces, nephews, and cousins.

At Joan's request, she was cremated and there will be no service. Her remains will rest at Colona Cemetery.

Those who wish to make a donation in her memory may donate to Hope West, 725 South 4th Street, Montrose, CO 81401.

KAROLIE KAY SPARLIN (KEEP) ***December 1, 1939 – April 24, 2026***

KAROLIE KAY SPARLIN (KEEP), 86, of Montrose, Colorado, passed away April 24, 2026. Karolie was born December 1, 1939, in Olathe, Colorado, the daughter of Fred R. Keep and Iris R. Keep (Hunt). She spent her childhood growing up on her family's farm in Olathe. In high school, Karolie was a majorette and a talented musician who played the accordion, drums, saxophone, banjo, and piano. One of her many gifts was being able to play music by ear, and she also loved to dance. After graduating in 1958, she married Charles Ray (deceased) and had three children before divorcing. Then On December 22, 1982, Karolie married Robert J. (Bob) Sparlin, who also had three children. They made their home in Montrose, where Karolie worked for many years as a waitress at the Red Barn and as a cashier at Vurl's Farm Supply. She loved working with people. Karolie also helped care for the family business, Sparlin Trucking, for many years.

She is survived by her husband Robert J. (Bob) Sparlin; Her children: Shauna & (Ken) Crombie of Montrose CO, Jayden Zunich & (Leonard Garcia) of Denver CO, Jace Zunich of Telluride, CO, Danette & (Roy) Pryor of Delta, CO, Ashley & (Kyle) Marchbanks of Montrose, CO.

Terry & (Amy) Ray of Montrose CO, Tyler & (Shyla) Ormsbee of Montrose CO, Ryan & (Samantha) Ormsbee of Montrose, CO.

Her stepchildren: Shane Sparlin of Montrose CO, Shayleen Sparlin of Grand Junction CO.

Wendy & (Vern) Willis of Delta CO. Dustin Willis, Lee Willis, Keegan Willis,

Jim & (Karolynn) Sparlin of San Diego, CA. Connor Sparlin of San Diego CA.

Karolie has seven great grandchildren and twins are coming.

Karolie has one surviving brother: Dan & (Audrey) Keep and a sister Kenna Rae (Joe) Bateman.

Karolie was preceded in death by her parents, her first husband Charles Ray and a nephew, Nicolas K. Cappano.

The family will be doing a Celebration of Life: May 15, 2026 at: 3PM- Montrose Event Center
648 So. 1st Street, Montrose, CO 81401

Lite lunch will be provided. Desserts are welcome.



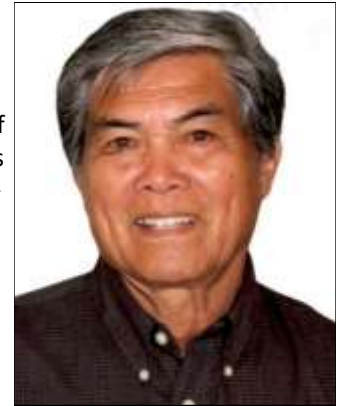
COMMUNITY OBITUARIES

REYNALDO "REY" VELASQUEZ *October 29, 1942 — April 20, 2026*

REYNALDO "REY" VELASQUEZ, a beloved father, grandfather, great-grandfather, and friend, passed away peacefully on April 20, 2026 at 2:15 PM at the age of 83. Born on October 29, 1942, in Cebu, Philippines, Rey carried a vibrant spirit and a deep love for family throughout his life. He later made his home in Pit-os, Cebu Philippines and later Montrose, Colorado, where he built lasting relationships and touched the lives of many through his warmth, compassion, and quiet strength. To his family, he was simply "Lolo" a steady foundation and a source of unconditional love. He was a devoted father to his daughters, Luz McPeek and Grace Luchavez, and a proud grandfather to Christian McPeek, Jesse McPeek, Bethany Luchavez, Bethel Ann Luchavez, and Zephaniah Luchavez. He was also blessed with his great-grandchild, Mason McPeek, and

Paxton McPeek both bringing him immense joy. Lolo lived a life grounded in faith, love, and service. His relationship with the Lord guided him, and he found purpose in caring for others, especially his family. He now rests in eternal peace in God's presence free from pain and suffering, held in the promise of everlasting life. He found great joy in helping his daughter with her daycare, loving and caring for the children as if they were his own. It was a familiar and cherished sight to see the kids run to him with open arms, always excited to be greeted by his warmth and gentle presence. His kindness extended beyond his family he had a heart that protected the weak and stood up for the vulnerable, never turning away when someone needed help. Known for his strong work ethic and gen-

tle, playful sense of humor, Lolo had a way of lifting others up. His kindness, steady presence, and quiet resilience brought comfort to those around him and left a lasting impression on all who knew him. His legacy lives on through his family, who will continue to carry forward the love, values, and strength he gave so freely. **He will be deeply missed and forever remembered.**



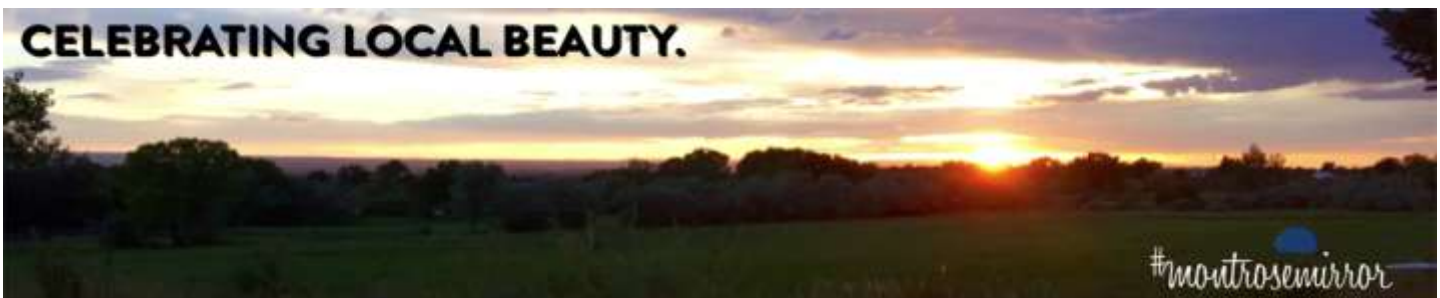
CATHY ANN WILSON

December 9, 1954 – April 22, 2026



CATHY ANN WILSON passed away peacefully on April 22, 2026 surrounded by her family. Cathy was a devoted follower of Christ, and is reunited with her Savior in Heaven. Cathy was a beloved mother, grandmother, and dear friend to all who knew her. She was known for her kindness, humor, faith, her passion for teaching, a love of learning, and the way she loved the people around her. Cathy is survived by her two beloved sons, Trevor and Austin, eight grandchildren, her sister, Karen, her brothers, Frank and Larry, and her pets, Joanna and Stella. In addition to being a dedicated and loving mother, Cathy had a passion for teaching her children, grandchildren, students, and those around her in ways that met them on their own personal level. Cathy was artistic and was talented in crafting stained glass. After her sons were grown, she volunteered every Thanksgiving with the Montrose Community Dinners at Friendship Hall. She loved attending services at Montrose Christian Church. Cathy will be deeply missed, but we take comfort and rejoice that she is in the arms of our beloved Lord, dwelling in her eternal and beautiful home in Heaven.

CELEBRATING LOCAL BEAUTY.



ISSUE 571 May 4, 2026

ART & SOL

YOUR BRAIN ON NATURE – COURAGE



By Dr. Lauren Hall Ruddell, PhD.



Courage is often a balancing act! Courtesy image.

Greetings Mirrorites!

OLATHE-In a recent conversation with a family member with intense anxiety who cannot go anywhere alone, except in the company of a large German Shepard (even to a shopping mall), she commented that she just wasn't as courageous as I am. I consider myself a modestly courageous person, especially in the back country, but a lot of that is down to skills and training. But the conversation prompted me to consider the role of brain function for folks who seem to have a predisposition for what most mere mortals would refer to as great courage. What is it really? How is it invoked? Can you turn it on and off at will?

Courage is a multifaceted trait that has fascinated philosophers, psychologists, and scientists for centuries. Traditionally defined as the mental or moral strength to confront fear, pain, danger, or uncer-

tainty, courage manifests in various forms, including physical bravery, moral integrity, and emotional resilience. And yes, there are certain brain areas and networks that are involved.

When faced with a threatening situation, the amygdala's heightened activity signals the body to prepare for fight or flight. In moderation, this is a very important tool for avoiding death or injury. In some folks, the reaction is extreme and slow to extinguish. Certain others, designated as brave, successfully manage this response. Folks who can effectively stifle overblown amygdala responses demonstrate greater resilience in high-stress situations, thus exhibiting courageous behavior.

While researching this with the idea of advising family members on the benefits of time in nature to boost courage and

confidence, I ran across references to a brain structure that is near and dear to my own research and writing. The Anterior Cingulate Cortex (ACC) is involved in impulse control and *emotional regulation*. It serves as a mediator in the processing of fear-related signals from the amygdala and decision-making processes from the prefrontal cortex (PFC). [Botvinick et al. \(2004\)](#) suggests that the ACC's involvement in monitoring and resolving conflicts contributes to one's ability to make courageous choices even in the face of fear. [Lazarus's Transactional Model of Stress and Coping \(1984\)](#) proposes that individuals who view a challenging situation as a manageable risk rather than an insurmountable obstacle are better able to exhibit courage. This well-respected theory is often at the core of programming

Continued next pg

YOUR BRAIN ON NATURE – COURAGE From previous pg

wilderness adventure challenges for at-risk city youth or adults with PTSD.

Neuroplasticity—the brain's ability to reorganize itself by forming new neural connections—plays a significant role in the development of courageous behavior. Research has shown that repeated exposure to fear-inducing situations can lead to beneficial changes in the brain's structure and function. This implies that courage can be cultivated over time through practice, much like a muscle that can be strengthened. Improvements in bravery can actually be measured.

In 2017, a doctoral student wanted a survey instrument that measured courage in the back country. Failing to find one, he made his own and called it the Wilderness Courage Scale. When he used it with several hundred participants, he found that there was a positive correlation between problem-solving strategies and courage. This relationship suggests that in dangerous natural environments, courageous

people seem able to think rationally, control their emotions, plan their way out of difficult situations, and believe that they are able to cope with natural dangers using their own resources. Sounds a lot like common sense to me, but when someone is panicking, common sense often flies out the window.

Activity in a portion of the ACC called the subgenual anterior cingulate cortex (sgACC) increases with the level of subjective fear when choosing to act courageously but not when succumbing to fear. In short, when acting courageously (overcoming fear to act), the sgACC ramps up, while amygdala activity decreases or is partially blocked and felt less keenly.

One interesting factoid about this brain area is that it should be used only upon demand. Folks who display constant activation in this area are often prone to depression. I don't quite understand why, yet, but at least four research papers assured me this was true. What I completely

believe and also see plenty of support for is that time in non-threatening, restorative environments reduces unneeded activity in this brain area, returning this particular means of exhibiting bravery back to its proper resting space on the shelf. I would therefore recommend that people who need to practice bravery to increase their courage quotient push past their comfort zone and let themselves get a little scared in nature every so often. Then overcome the challenge and take themselves to a safe and beautiful natural space to get the decompression of the sgACC that is needed.

The good news for all of us, whether hiking in the San Juans or going to the shopping mall, is that courage can be learned. It is somewhat innate in some people, but through neuroplasticity, it can be acquired with practice even in the most reticent.

Be both brave and safe in nature this month,

The Mindful Naturalist

COMMUNITY NEWS BRIEFS

KATHRYN WINOGRAD FEATURED AT BARDIC TRAILS MAY 5

Special to the Mirror

TELLURIDE—Poet, essayist and photographer Kathryn Winograd of Littleton will be the featured performer for the Telluride Institute's first Tuesday Talking Gourds' Bardic Trails virtual stories & poems series Tuesday May 5 at 7 pm MST.

A happy retiree from forty years of teaching, Winograd wanders the banks of the South Platte River in Colorado and the meadows along Phantom Canyon where an old 1800s homesteader once wagon-drove the milk of his cowherd to an old Cripple Creek and Victor railroad stop. She is the author of several poetry and creative nonfiction books including *Air Into Breath*, an alternate for the Yale Series for Younger Poets and winner of the Colorado Books Award.

Slow Arrow: Unearthing the Frail Children, was the winner of an IPPY (Independent Publisher Book Awards) Bronze Medal in the Essay category. Her most recent book,

This Visible Speaking: Catching Light

Through The Camera's Eye, a hybrid of poetry, prose, and photography, received an honorable mention by the Eric Hoffer Book Awards for Art Book.

Winograd has published poems and creative nonfiction in journal as widely diverse as *Cricket Magazine for Kids* and *The New Yorker*. She received an MFA from the University of Iowa Workshop and a Ph.D. in literature and creative writing from the University of Denver. A founding faculty member for the Ashland University MFA program, she also taught poetry and creative nonfiction for Regis University's Mile High MFA. For those who like prompts, we are suggesting "the more-than-human worlds of birds," although poems on any subject are welcome. Virtual attendees are encouraged to bring a story or poem to share each month after the featured reader, their own work or someone else's. The Telluride Institute's Talking Gourds

Poetry Program hosts the free Bardic Trails virtual zoom series on the first Tuesday of each month. The Wilkinson Public Library continues as our collaboration partner, with town support from Commission for Community Assistance, Arts & Special Events.

No longer needing to register with the library, participants are encouraged to visit <<https://www.tellurideinstitute.org/western-slope-calendar>> to get the zoom link each month, if they aren't already on our mailing list. Or email Art Goodtimes directly.



The Satisfied Self

THE SATISFIED SELF: WHY YOUR MORNING IS EITHER SUPPORTING YOU—OR WORKING AGAINST YOU



By Gia Pirelli

Most people don't think of their morning as a nervous system event. They think of it as a schedule. Wake up. Check the phone. Get moving. Start responding. But before you've had a single conversation, your body has already received a series of signals, and those signals shape everything that follows. Your morning doesn't just determine the shape of your day. It determines the shape of your life.

For many people, mornings begin in reaction. An alarm. A notification. An email. A message. 76% of people look at their phone right when they wake up. Within minutes, attention is pulled outward. The nervous system shifts into alertness. The breath shortens. The body speeds up. You haven't chosen your state. It's been chosen for you. From that point forward, the day becomes a series of responses—rather than something you're directing.

Most people believe they need more discipline. They start the day dysregulated and then try to force their body and mind into compliance. But what they actually need is a more stable starting point. When your nervous system begins the day in a regulated state, focus comes easier, decisions feel clearer, reactions are slower, and energy is more consistent. Conversely, when the day begins in urgency, everything feels more demanding, your threshold for stress is lower, your attention is fragmented, you spend the day catching up instead of leading or directing. This has nothing to do with willpower or mindset. It has everything to do with strategy.

The first 30-60 minutes of your day are foundational, and crucial to your success. You don't need a complicated routine. But you do need a **protected window**. Even 30 minutes—before emails, before scrolling, before the world enters your space—can recalibrate your system. This is not

about productivity. It's about orientation. You're telling your nervous system: "I decide how this day begins."

A functional morning routine is simple, repeatable, and grounded in physiology. It typically includes three elements:

1. Breath Before Input

Before you reach for your phone, regulate your breath. A few slow inhales and longer exhales signal safety to your system and prevent immediate activation. This is the difference between starting the day steady—or already behind.

2. Gentle Movement

You don't need intensity. You need circulation. A short yoga sequence. A few minutes of stretching. Simple, intentional movement. This wakes up the body without overwhelming it—and begins organizing your energy.

3. Directed Attention

Where your attention goes first matters. Instead of immediately reacting to external demands, give your mind something intentional to focus on, like a simple plan for the day, a short reflection, a moment of stillness. This stabilizes your focus before it gets pulled in multiple directions.

This creates habit stacking without the pressure. You don't need ten steps. You need consistency. Stack your habits onto what you already do. For example, intentional breath while your coffee brews, movement before you shower, stillness before you check your phone. Small, repeated actions build reliability. And reliability builds self-trust.

Developing a consistent routine changes more than just your morning. A regulated start doesn't stay contained. It carries forward. You move through your day differently. You pause instead of react. You handle pressure with more clarity. You recover faster when stress hits. You feel less scattered and more directed. The external demands don't disappear, but your relationship to them changes. Morning routine is often framed as a productivity hack. It's not. It's a self-leadership practice. You're not merely

optimizing your time. You're stabilizing your system, and optimizing your entire life. And from that place, everything else becomes more effective: your work, your communication, your decision-making, your creativity, and your energy.

If your mornings feel rushed or reactive, don't overhaul everything. Start with **10 minutes**. No phone. No input. Just breath, a small amount of movement, a moment of awareness. For example, sip coffee, stare out the window, roll your ankles, think of one thing you're grateful for. That's enough to begin shifting your baseline. Jim Rohn (thought leader, master of abundance and success) advised 15 minutes of silence before the day begins. To allow the thoughts to expand and the energy to settle. That was back in the 80's. It's even more critical now, given the constant stimulation and input assailing us every moment of every day.

As I've been building out a short, structured 7-day reset program designed for real life, this is one of the key pieces—creating simple, repeatable entry points into regulation that don't require perfect conditions or extra time. Because the goal isn't to have a perfect routine. It's to start your day from a place that actually supports you. And in a way that you willingly show up for.

In the next article, we'll look at what happens when you do this consistently—and how small daily practices begin to compound and change not only your stress levels, but your clarity, energy, and long-term performance. Because how you start your day is rarely neutral. It's either working for you—or against you.

Gia Pirelli is a yoga teacher and sound healing practitioner specializing in nervous system regulation and applied mind-body practices for self-leadership in modern life. She works with individuals and organizations to improve resilience, focus, and sustainable performance through breath, movement, and sensory-based regulation. Learn more at <https://www.giapirelli.com>

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COMMUNITY NEWS BRIEFS

GMUG EXTENDS COMMENT PERIOD FOR HAZARDOUS FUELS AND RESILIENCY PROJECT

Special to the Mirror

NORWOOD-The Norwood and Ouray Ranger Districts of the Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests are extending the public comment period for the draft environmental assessment (EA) for the South Uncompahgre Hazardous Fuels and Ecological Resiliency (SUHFER) project. The comment period now runs through May 9.

The SUHFER Project area encompasses approximately 267,300 acres — 245,093 acres of National Forest System land — on the Uncompahgre Plateau and the Naturita Division in Montrose, Ouray and San Miguel counties. All treatments are proposed for National Forest Service lands to reduce wildfire risk, improve resilience to drought, disease and insects, and enhance big game and

Gunnison sage-grouse habitat.

How to submit comments

Individuals and organizations must submit timely, written, site-specific comments that include their name, address and signature to remain eligible to object. Anonymous comments are accepted but will not result in direct follow-up. Submission methods include:

Submission methods include:

Email (preferred): comments@rocky@mountain@gmug@usda.gov and Cc jonathan.tucker@usda.gov (text, HTML, PDF, Microsoft Office format attachments accepted)
Mail: Norwood Ranger District, Attn: Megan Eno, 1150 Forest St, Norwood, CO 81423

In-person drop-off: Norwood Ranger District, Wed – Fri, 9 a.m. – 4 p.m.

All comment submissions will become part of the public record.

Key Proposed Actions

Silvicultural treatments: Using Resist/Accept/Direct and conditioned-based strategies, treatments may include commercial and non-commercial harvest using ground-based equipment. 20,000 – 50,000 acres have been identified for treatment over the life of the project

Hazardous fuels reduction: Targeted along roads, powerlines and wildland/urban interface zones, including prescribed burns, pile burning, chipping, mastication and hand thinning. A 71,000-acre Hazard Fuels Mitigation Zone has been identified.

Wildlife habitat improvements: Up to 8,000 acres in pinyon/juniper and 5,000 acres in sagebrush are targeted for treatment to enhance big game and Gunnison sage-grouse habitat.

Draft EA and supporting documents are available online: <https://www.fs.usda.gov/r02/gmug/projects/68281>.

For questions, contact Jonathan Tucker at 970-573-1876 or jonathan.tucker@usda.gov.

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MIRROR CHURCH DIRECTORY

ALL SAINTS ANGLICAN CHURCH

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

Office Hours: By appointment.

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

 don@allsaintsmontrose.org)

Worship Service Times: Sundays 9AM,

Sunday Worship. Wednesdays 11AM, Mid-
 week prayer and communion, Wednes-
 day, Noon, Multi-denominational Commu-
 nity Prayer Hour.

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

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

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

BIBLE BAPTIST CHURCH

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

Olathe, Co 81425

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

Sunday School 9:15 a.m.

Sunday 10:30 a.m.

Sunday 6 p.m.

Wednesday Bible Study/Prayer 7 p.m.

CEDAR CREEK CHURCH

affiliation: Evangelical Free

Address: 222 South Townsend Montrose,
 CO 81401

Office Hours: 10am-2pm Tuesday- Friday

Contact: 970-252-1163

ccc@cccmontrose.org

Pastor: Curt Mudgett

Sunday worship:

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

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

Wednesday Prayer: 5:30-6:15pm

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

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

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

Please make plans to come check us out
 soon!

CELEBRATION CHURCH

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

Address: 2900 Sunnyside Road, Mont-
 rose, CO 81401

Office Hours: By appointment

Phone: (970) 497-4925

Email: celebrationmontrose@gmail.com

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

Worship Service Times: 9am and 10:45am
Senior Pastor:

Pastor Brandon Mathis

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

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

Demographics: Multi-generational

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

Student (middle & high school) at 9am.

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

CHRIST'S CHURCH OF THE VALLEY

Name of Church: Christ's Church of the
 Valley

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

Address: 10 Hillcrest Plaza Way. Mont-
 rose, CO 81401

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

Contact information:

Phone: 970-249-0530

Email: CCVMontroseCO10@gmail.com

Website: ccvmontrose.org

Name of current Senior Pastor: Ken Law-
 rence

Worship service times: 10:30 a.m.

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

in our Lord Jesus Christ to the glory of
 God.

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

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

CHRIST LUTHERAN CHURCH

Denomination: Christ Lutheran Montrose
Affiliation: Lutheran Church Missouri Syn-
 od

Address: 1980 N. Townsend Ave., Mont-
 rose, CO 81401

Contact: 970-633-0226

Website: www.montroselutheran.org

Email: montroselutheran@gmail.com

Pastor: Tim Onnen

Worship: Sundays at 9 AM

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

find friendly people gathered in a welcom-
 ing environment being comforted and en-
 couraged by the forgiveness and love of
 Jesus, and sharing that with one another.

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

MIRROR CHURCH DIRECTORY *From previous pg*

COMMUNITY SPIRIT 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 11:30 am
 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 UNDER 3 is available during Worship and Discipleship 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-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, [\[roseumc.org\]\(http://roseumc.org\)
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](http://mont-</p>
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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?

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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

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970-964-4448

Tacos & Beer on Main
970-964-4999

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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.

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

May 6-On May 6, at 7 pm, the Montrose County Historical Society general meeting and program will be in the Pioneer Room of Friendship Hall on the Montrose County Fairgrounds. Dr. Brinnen Carter will discuss the revegetation and renewal of the Black Canyon National Park after last summer's devastating fire. Please enter through the small door just to the left of the North Second Street main entrance to Friendship Hall. Free to the public.

May 7-The next meeting for the Women's Giving Club will be on Thursday, May 7 at 5:30 PM at the Bridges Golf and Country Club. All women are welcome to attend, whether you're a returning member or joining us for the first time. New attendees always encouraged. We hope to see you there. For more information, please contact: Givingclubofmontrose@gmail.com.

May 8-10-Annual Hotchkiss Sheep Dog Trials. One block off Main in Hotchkiss, on 2nd Street, trials begin each day at 7am.

May 8-Friday, May 8 - LIVE MUSIC: Alpine Jam plays rock and blues 5 - 8 pm at the Colorado Boy Depot, 687 North Cora St, Ridgeway.

May 12-On Tuesday May 12, 5pm at Hispanic Affairs 504 N 1st : Citizens' Climate Lobby meets to promote environmental mitigation for pollution. Non-Partisan, All Welcome info 970-765-9095

May 13-The New Horizons Band of Montrose will present an informal performance at the Montrose Regional Library entry area, Wednesday, May 13, 2026 from 10:45-11:15 am, 320 South 2nd Street.

May 23-Montrose Elks Lodge Charity Golf Tournament. Sign up ends May 19. Send payment to Montrose Elks Lodge 801 South Hillcrest.

May 24-Erik Stucky Bag of Bones release party at Blue Corn Mercantile (1842 South Townsend). 6:30pm. \$20 Advance \$25 Day of show.

June 5-8th Annual Boot Stomp, 5:30 to 10:30pm Storm King Mountain Ranch. For tickets and information visit bootstomp.org.

June 27-Sharing Ministries presents the Back to the Future Festival-Food, Shelter, Hope. 8:30am to 4:30pm. Museum of the Mt. West 68169 Miami Road.

CITIZENS CLIMATE LOBBY CELEBRATES EARTH DAY!



Earth Day celebration means caring for our community! Members of CCL – Montrose were joined by friends and neighbors to clean a section of Cedar Creek. We hauled enormous amounts of trash out of the creek including a bean bag that was leaking Styrofoam. The ducks and creek critters are happy! Courtesy photos Citizens Climate Lobby.

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