



ONLINE NEWS ASSOCIATION



FRESH NEWS FOR FREE PEOPLE!

© Issue No. 690 May 18, 2026

the Montrose Mirror

Find us online:
www.montrosemirror.com

Please support our advertisers!

scott's
printing & design

www.scottsprinting.com



www.ridgelinehomescolorado.com



Alpine Bank

www.alpinebank.com



www.montrosehealth.com

CENTURY 21

<https://the-res.com/>



CIMARRON CREEK

<https://cimarroncreekcommunity.com/>



Hidden Lake

<https://thehiddenlakecommunity.com/>



www.whiteyshomeimprovement.com

BALLECK ASKS FOR SCHOOL FINANCIALS

By Caitlin Switzer

MONTROSE-All directors were present as the Montrose County School District RE-1J Board of Education met on Tuesday, May 12, the final board meeting of the 2025-2026 school year.

Directors include 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.

President Balleck called the meeting to order. Following the Pledge of Allegiance and Moment of Silence, the Board voted to approve the meeting Agenda.

STUDENT SPOTLIGHT

Public Information Office Mikayla Unruh presented the Student Spotlight, Staff Recognition, and Recent Donations.

During the Student Spotlight portion of the meeting, Unruh welcomed students from each High

Continued pg 30



District Advisory Committee Member Alice Murphy discussed the Superintendent Evaluation Process during the meeting of Tuesday, May 12. Meeting screenshot.

BRING ON THE SUMMER OUTDOOR FEST



Meet Wilder- GOCO Generation Wild's mascot. Wilder is half yeti- half mountain goat and your kids best friend to encourage them to step outside their door to explore nature, and engage in new outdoor activities. (photo/ GOCO Generation Wild)

By Anne Janik, Friends of Youth and Nature REGIONAL-Have you met Wilder yet? Half yeti and half mountain goat, Wilder is your kids' new amazing outdoor friend! As GOCO's Generation Wild mascot, he is on a mission to help your kids rediscover all the benefits waiting for them just outside your door, where things are a little wilder, a little happier, and a whole lot healthier.

Friends of Youth and Nature (FOYAN) will be hosting Wilder at a summer fun kickoff celebration in Montrose on May 30. Bring on the Summer Outdoor Fest is an afternoon of outdoor games, sports, nature exploration, art, and music! Activities begin at 11 am at Riverbottom Park in Montrose, and continue until 4 pm. This is your chance to encourage your kids to try a new outdoor activity or a nature challenge. Starting at noon, there will be ducky races, soccer and basketball skills sessions, strider bike instruction,

Continued pg 7

Word from the West:
With Wendy Videlock!

Dr. Lauren Hall Ruddell:
Your Brain on Nature!

Congratulations to the
Class of 2026!

Montrose Therapy
Animals Honored!

Local Events Calendar!
Area Church Directory!



Crafternoon at the Library

**Thursdays 11 AM,
Library Meeting Room**

Calling all crafters! Bring your yarn projects and come enjoy some social time with other crafters.



We will meet every Thursday (except holidays and other closures/events) at 11 AM in the Library Meeting Room to craft and chat.

Please come join us!

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

MONTROSE REGIONAL
LIBRARY DISTRICT

REGIONAL NEWS BRIEFS

HOPEWEST KIDS ITTY BITTY GRIEF CAMP

Special to the Mirror

HopeWest Kids invites families to Giddyup Grief, a special Itty Bitty Camp for children in kindergarten through second grade who have experienced the loss of someone close to them.

Camp takes place Friday, June 5, from 9 am to 3 pm at the HopeWest Campus, 3090 North 12th Street in Grand Junction.

Through creative activities, play, and storytelling, children will learn healthy ways to express feelings, build coping skills, and connect with others in a safe and supportive environment. Expect a day full of fun, friendship, and healing.

The cost is \$25, which includes lunch. Scholarships are available. Pre-registration is required.

For more information, call HopeWest Kids at 970-245-5377 or visit HopeWestCO.org/hopewest-kids to fill out a camp interest form. The deadline for submitting applications is May 22.

Commercial Offset &
Digital Printing

Trade Bindery &
Finishing Services

Innovative
Screenprinting

Custom Digitizing &
Embroidery

Direct-To-Garment Printing

Creative Design &
Prepress

Promotional Marketing

Large Format

in the heart
of the San Juans...

**Scott's
PRINTING**

COMMERCIAL OFFSET PRINTING

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



MONTROSE ASSOCIATION of REALTORS

A Lifetime of Memories. A Partner for the Next Chapter.

***Moving later in life isn't just a transaction - it's a transition.
A Realtor® doesn't just see a house; they see a home that's
been the heart of your family.***



Deciding to downsize or move closer to family is a big step that shouldn't be rushed. When you work with a local Realtor®, you gain a steady hand and a patient advocate who understands your unique needs. Why local expertise matters for our senior community:

- **Patience, Not Pressure:** We move at your pace, ensuring you feel comfortable and informed at every stage of the process.
- **A Network of Support:** We can connect you with trusted local professionals; from organizers and movers to estate planners to handle the heavy lifting.
- **Protecting Your Legacy:** We provide precise, hyper-local market data to ensure your equity is protected and your financial future is secure.
- **Clear Communication:** No confusing jargon. We explain every document and deadline in plain language, so there are never any surprises.

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

Respecting your past. Protecting your future.


www.montroseassociationofrealtors.com



UPDATED GUIDELINES FOR LETTERS TO THE EDITOR

Not Just a Better Deal. A Better Dealership!
Montrose Ford-Nissan SINCE 1986!

**Online Service Appointments,
and We'll Come to You!**




Ford Mobile Service.
Our tech. Your driveway.

Added convenience, no added charge.
 That's ownership built around you.

Tap To Schedule Service Now


Model shown is illustrative only. Some accessories extra. Sales, registration, insurance and taxes are extra. All trademarks.

**Or phone:
970-249-4576**







BEST of the Valley for 2025!


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




Accessories for the Whole Family!

 Wes Abbott	 Nick Klaf	 Erik Eckman	 Billy Baxter	 Marcelo Vargas <small>Montrose's Ambassador español</small>	 Guillermo Barba	 Jonathan Murgier
--	---	---	--	--	---	--

970-249-4576
MontroseFordNissan.com



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

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

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

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

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

*Thank you,
Caitlin Switzer,*

the
Montrose Mirror



Fresh news for busy people
 Serving Colorado and Beyond Since 2010!
 Published every Monday in Montrose, Colorado, the Montrose Mirror reaches a readership of more than 35,000 across the region and around the world
 Editor: Caitlin Switzer
 Publisher: Harry Switzer
 Of Counsel: B. Switzer, Esq.

For information, advertising opportunities, or to submit content:
 Email: Editor@montrosemirror.com
 Website: www.montrosemirror.com
 Connect with us on social media:
www.Facebook.com/MontroseMirror
www.Instagram.com/MontroseMirror

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



WHITEY'S

HOME IMPROVEMENT, INC.

Replacement Windows

- Vinyl Insulated Low E Glass
- Windows & Patio Doors

Entry Door System

- Insulated Steel & Fiberglass • Many Styles

Storm Doors

- Heavy Duty • Many Styles & Colors

Exterior Siding - Low Maintenance

- Insulated Vinyl • Aluminum or Steel

Eaves & Overhang Coverings

- Vinyl-Aluminum • Low Maintenance

Seamless Rain Gutters

- 5" & 6" Aluminum, Steel, and Copper
- Over 30 Colors Available

Gutter Leaf Guard

Patio Covers & Lattice Pergolas

- Steel & Aluminum - Any Size
- Attached or Freestanding

Mobile Home Improvements

- Roofing, Windows, Doors, & Siding

Skylights & Suntubes

- Many Sizes & Styles

Before You Buy, Give Whitey's a Try!

"Serving the Local Area Since 1947"

Montrose

970-249-9603

www.whiteyhomeimprovement.com

Delta

970-874-3665

The logo features the DMEA logo at the top, which consists of a lightning bolt icon followed by the letters 'DMEA'. Below this, the word 'TRIVIA' is written in large, bold, orange capital letters. Underneath 'TRIVIA', the word 'Night' is written in a light blue, cursive script font. The entire logo is set against a dark background with a subtle brick pattern.

**TEST YOUR ELECTRIC COOPERATIVE KNOWLEDGE
WIN FANTASTIC PRIZES!**

Get ready to bring your brainpower to Trivia Night! Round up your brightest bulbs (seven people per team) and join us for two electrifying evenings packed with questions, fun, and prizes. Whether you're a power-line prodigy, a watt-a-minute thinker, or just here for the current events (see what we did there?), you'll have a chance to plug into some friendly competition and light up the leaderboard. No need to be a utility expert—just bring your crew and your curiosity for some rivalry and free refreshments.

The Association
39 W Main St, Montrose
Thursday, May 14
6:30 p.m.

Yarrow Taproom
22018 Main St, Austin
Thursday, May 28
6:30 p.m.

For additional assistance or information:

877-687-3632 | dmea.com

DMEA is an equal opportunity provider and employer.



BRING ON THE SUMMER OUTDOOR FEST From pg 1



Partners-West Mentoring has your ducks in a row for the fastest rubber duckies on creek at Riverbottom Park. (Photo/Foyan)



This is your chance to test your aim at the Gelly Ball Game. (Photo/Foyan)

bike instruction, multiple short river paddles, a life jacket scramble, gelly ball games (similar to paint ball), art projects, relay races, disc golf, and pie and water melon eating contests. The Montrose Regional Library book bike will be there with an assortment of youth books for summer reading. Once again, Finesse will be offering free youth haircuts for the summer! All these activities are free, so bring the family to Riverbottom Park for the afternoon.

An outdoor festival isn't complete without music, food and drinks. MC Angel D "El Maza" and DJ MLOD Pro will keep up the energy. Delicious kid-friendly food and a selection of drinks for the thirsty folks will be available. "This is an opportunity to bring our community together and be outside enjoying games, food, and music. There is something for everyone and every age group," said Anita Evans, Chair of Friends of Youth and Nature. The festival is the primary fundraiser for

FOYAN. All proceeds will help FOYAN cover the cost of getting more kids outside to support mental health, resilience, healthy lifestyles and outdoor education in coordination with staff from Colorado Parks and Wildlife, Montrose Recreation District, and many other partners. "It isn't always easy to get kids to turn off the computer or put down the game controller, so this festival is a way to show your kids what's outside for them. We are lucky to have a variety of local options for kids to do in the summer as well as so much public land surrounding our communities to explore and enjoy," added Evans. One of FOYAN's goals is to remove barriers for local youth to participate in outdoor experiences. FOYAN helps cover the cost of school district field trips including bus transportation; provides scholarships for kids (particularly underserved youth) to attend camps; helps offset school costs associated with nature learning events, and continues to expand

outdoor gear items for the free gear library available for youth partners in Delta, Montrose, and Ouray Counties. "This will be the third annual Bring on the Summer Festival. In the past two years the event has drawn between 1,500-3,000 youth and families so we are hoping for another great turnout!" added Anne Janik, FOYAN event organizer. We are very fortunate to have generous sponsors who support FOYAN's mission, including Colorado Health Foundation, Western Colorado Community Foundation, Colorado Outdoors, Colorado Trust, City of Montrose, and many more. Are you still wondering why your kids should play outside? Their curiosity grows stronger. Their self-reliance grows stronger. And so does your kid! Please consider supporting our mission of getting more kids outside.

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

Montrose Ears, Nose and Throat Center
Charles E. Harper, M.D.

Medical and Surgical
Treatment of Ears, Nose,
Sinus and Throat
Problems

231 S. Nevada Ave. Montrose
970-249-3800

Removal of Skin Cancers
from Ears, Face and Neck
Treatment of Hearing Loss

In Montrose Since 2007
Most Insurance Plans Accepted



**Call today
for more
information!**

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



DARREL D. HOLMAN, Broker/Owner
REMAX Alpine View | (970) 209-0032
MEMBER OF MONTROSE, GRAND JUNCTION, & TELLURIDE MLS

Information deemed reliable, but not guaranteed.

REGIONAL NEWS BRIEFS

THE FORUM: STRENGTHENING ORTHOPAEDIC CARE IN MONTROSE

Special to the Mirror

MONTROSE-Join the Forum on Wednesday, May 20 at 8 AM for an informative conversation about how collaborative partnerships are strengthening orthopaedic care in the Montrose community. Learn how Western Slope Orthopaedics, Montrose Regional Hospital, and Black Canyon Surgery Center work together to provide patients across the Western Slope with seamless access to high-quality musculoskeletal care — from diagnosis and treatment to surgery, rehabilitation, and recovery.

The experienced orthopaedic surgeons from Western Slope Orthopaedics will discuss the latest advances in orthopaedic medicine and how personalized treatment plans help patients return to the activities they enjoy most. Attendees will hear about care options for joint pain, sports injuries, fractures, arthritis, and other bone and muscle conditions, as well as the benefits of receiving specialized care close to home.

Forum attendees will also gain insight into the role these community partnerships play in expanding access to advanced technology, surgical expertise, and coordinated patient care throughout the region. Whether you are an athlete, an active adult, or someone with joint pain and/or mobility issues, this program offers valuable information about the resources available right here on the Western Slope.

The Forum meets Wednesdays at Cascade Hall on the CMU-Montrose campus. Cascade Hall is located on the corner of S 3rd and Cascade. Please use the glass doors on Cascade to enter the building.

MID - YEAR WATER SUMMIT
MAY 19 | 7:30AM - 11:00AM
MONTROSE COUNTY EVENT CENTER

SPEAKERS INCLUDE
COMMISSIONER SUE HANSEN
COLORADO RIVER DISTRICT
UUVWUA
CITY OF MONTROSE
SUBJECT TO CHANGE

REGISTER ONLINE
WWW.WESTSLOPEWATERSUMMIT.COM

QUESTIONS? PLEASE CALL
970-252-4508

REGISTER

Join us at the **USA Liberty Report**

Have you subscribed to the FREE USA Liberty Report?
USALibertyReport.com

- Check out our latest issue
- Submit your article on an important political issue
- National, State and local political issues
- Insightful Political Commentary
- New Content every Tuesday



REMAX

Alpine View

1563 Ogden Road
 (970) 249-6658
 montrosecorealestate.com

TAKE A LOOK AT THESE PROPERTIES!



MLS #832385 | 62347 Nectar Court | BRITANY BUTLER
 Rare Colorado gem. Two acres in desirable location! Large, versatile shop paired with a private well-designed small apartment. Perfect for outdoor enthusiast or anyone seeking a one-of-a-kind Colorado lifestyle. What truly sets this apart is the breathtaking meticulous landscaping! \$729,000



MLS #831729 | Tbd Main St. | DAVID KIENHOLZ
 Excellent retail development property with engineering completed for CDOT Access Permit. Access Permit Number 323066 all engineering and design work for ingress/egress traffic lanes have been done and are construction ready prints. All utilities installed to lot the line. Including water, sewer, gas, and electric adequate to provide service to a large multi structure retail development. \$4,480,000



MLS #832188 | 3325 Mahogany Dr. | AARON TOBLER
 Discover a rare gem in the original heart of the highly coveted Brown Ranch subdivision—a custom-built ranch-style home with an oversized 3-car attached garage that embodies timeless elegance and thoughtful design. A well-balanced and comfortable 2,812 square feet with a desirable split floorplan, the home offers wide hallways leading to 4 spacious bedrooms, plus a versatile office/flex room. \$859,000



MLS #832641 | 9439 6097 Road | VICKI JONES
 This 2,490 sq ft single level home on a 1.34 acre lot includes the original 3 bedroom, 2 bath, 2-car garage - main home built in 1993, and a 1 bedroom & 1 bath apartment addition built in 2002. The main home was totally updated in 2020 with a new roof, FANG furnace & updated kitchen. PRICE IMPROVMENT \$714,900



Our professionals... call us!

Dee Holman, Broker/Owner: (970) 209-0032
Aaron Tobler, Broker: (970) 275-0780
Britany Butler, Broker: (970) 209-4388
Chris Cooper, Broker: (970) 270-3284
Vicki Jones, Broker: (970) 209-3018

David Kienholz, Broker: (970) 209-1430
Gary Cooper, Broker: (970) 209-7710
Justin Covington, Broker: (970) 275-4189
Mark Covington, Broker: (970) 209-1956
Steve Zahniser, Broker: (970) 765-1719

REGIONAL NEWS BRIEFS

ADOBE BADLANDS COMMUNITY VOLUNTEER CLEAN-UP DAY ON MAY 30

Special to the Mirror

DELTA-The Adobe Badlands Clean-Up Day is a great opportunity to spend time outdoors while supporting one of Delta County's most unique landscapes.

Event Details:

Date: Saturday, May 30

Time: Morning (event typically begins around 8:00 AM)

Meeting Location: Intersection of Trap Club Road & Fairview Road, Eckert

Volunteers will assist with litter removal and light cleanup efforts to help protect wildlife habitat and keep this special area clean and accessible.

Community members, partners, and local organizations come together each year to make a meaningful impact.

- Volunteer sign-up:

https://docs.google.com/forms/d/e/1FAIpQLSdwOAhunWwVTMzy4Ts9IL8xuNG4L7C_45SXVbAqZ0nULW0_Dw/viewform

-More information on the County website:

[View Event Page](#)

A great way to connect, give back, and enjoy the beauty of the Adobe Badlands.

COLORADO BUREAU OF INVESTIGATION ARRESTS MONTROSE MAN IN OFFICER-INVOLVED SHOOTING INVESTIGATION

Colorado Bureau of Investigation

CBI – MONTROSE–The Colorado Bureau of Investigation (CBI) on May 14 announced the arrest of 46-year-old Shane David Anderson (DOB 04/27/1980) of Montrose, Colorado, in connection with an officer-involved shooting that occurred on May 9, 2026.

Anderson was taken into custody following the issuance of a warrant on May 12, 2026, for multiple counts of Criminal Attempt Assault in the First Degree and Felony Menacing.

The arrest is part of the CBI's ongoing investigation into the shooting incident.

Incident Details

On May 9, 2026, at approximately 12:34 p.m., Montrose Police Officers responded to a report of a male outside a residence in the 100 block of Spruce Drive holding an AR-15 style rifle and shouting. Officers attempted to de-escalate the situation, issuing commands for Anderson to drop his weapon. According to the investigation, Anderson was non-compliant and moved toward the officers, at which point two officers discharged their weapons.

Anderson was struck by gunfire, taken into custody, and transported to Montrose Regional Hospital for treatment. Crime scene analysts recovered two AR-15 style rifles and live .223 caliber ammunition from the scene.

Charges

Shane David Anderson was charged with the following counts:

-Four counts of Criminal Attempt Assault in the First Degree

-Five counts of Felony Menacing

-One count of Prohibited Use of Weapons

The judge set bail at \$25,000 cash only.

The CBI's investigation into the officers' use of force remains active and ongoing. Per standard procedure, the findings will be presented to the District Attorney's Office for review once the investigation is complete.

All individuals are presumed innocent unless and until proven guilty in a court of law.



Shane Anderson. CBI photo.

OPINION/EDITORIAL: LETTERS

THANK YOU MONTROSE!

Editor:

I have done volunteer work all my adult life....boards, committees, Meals on wheels delivery, little league coaching, 14 years at Sharing Ministries food bank, Library, Ute Museum, 12 years Montrose Recreation District, 8 years Montrose History Museum , Hispanic League Colorado, MADA, political campaigns, 10 years Kids Aid, driver for Region 10 RSVP program.

But the winters are getting harder for this old guy. Tomorrow is my last volunteer run with my brother helping me due to an injured hand.

I have enjoyed every minute of volunteer work for the community that helped me raise my children. Thank you Montrose and God bless you.

Bob Stollsteimer, Montrose

A COLLECTION OF MUSINGS

Editor:

Today's culture wars provide me with a great deal of mirth. Mainly due to nearly 50% of our fellow citizens are seemingly incapable of critical thinking and rely, primarily, on emotions.

Just a few examples:

No Kings Protests. These protests exemplify the most idiotic of today's current observations by folks who can't seem to overcome emotions and reject objectivity. I proffer the following:

-Where were the No Kings protesters when Obama shoved ObamaCare down our throats and threaten to fine us if we did not purchase from his pals of the insurance companies? Imagine how thrilled you would be if the federal government commanded your fellow citizens to buy only your doughnuts!

-Where were these pathetic protestors when Biden commanded us to take the job otherwise we would lose our livelihoods?

Gerrymandering. To save democracy and save the planet, one national political brand engaged in malfeasance and sleight of hand to deceive simple-minded voters that voting districts should be modified to favor one party only. If a proposal is wor-

thy of consideration, supposedly to save democracy, why engage in malfeasance and deception?

SCOTUS Ruling on Gerrymandering (VRA) The Constitution guarantees all of us equal rights. It does not guarantee any of us additional rights. If you're going to quote MLK, then live MLK. Don't ask for entitlements or additional rights based on the color of your skin. I want to witness the content of your character. Time to move on and forgive.

The Epstein files. For those fake moralists, spare me your hypocritical outrage.

Where were you when Epstein was all the rage the last 20 years? You allowed grown -men into little girls' bathrooms. Shut the Eff up!

#47

The most energetic President in my lifetime. No, I am not going to his house for dinner and he is not coming to my house for dinner. Yet, give #47 his due, he works harder and smarter than any other President I have been acquainted with. Before you spew TDS, swallow your spittle and think of this:

-His Secretary of State, Marco Rubio, may be the most effective and dominant SOS ever.

-Willingness to address the Iran issue is spot-on. I don't like paying another extra dollar for fuel but imagine what the costs would be if Iran had nukes? C'mon, imagine that.

-NATO's "shelf life" may be waning. It's about time an American president addressed the NATO issue. If the Euros don't think it's worth it for them to pay for their own defense, why should we?

-Success Ratio- #47's "batting average" is amazing. No, he will never get on-base every time. It's impossible. But, if he's batting .300, those are HOF numbers.

-Fraud. It is about time a president addressed and did something about the rampant fraud, being committed, so a select few politicians can prosper. I can't afford the fraud and neither can we as a society. Fraud is fraud, regardless of the color of your skin or geographic origin. Fraud is stealing. Go pound sand!

-Finally, those with TDS and the hollow political rhetoric (you hearing me Karens and No Kings?), if #47 cured cancer there would be something wrong with it. This tells me all I need to know about the deranged, the imbeciles, the low-IQ citizens

*Robert Franco,
Montrose County*

May is Mental Health Awareness Month

Join us in shining a light
on mental health all month long!



Find tips for daily wellness and
having brave conversations



TRI-COUNTY HEALTH NETWORK

tchnetwork.org/mham | 970.708.7096



GOLF

Scramble



SATURDAY, JUNE 13, 2026

The Bridges Golf & Country Club

**9AM SHOTGUN START
LUNCH & AWARDS
CEREMONY TO FOLLOW**

\$600 TEAM OF FOUR

Premier Sponsors:



For More Information or Sponsorship Opportunities
Email : ashley.freeburg@tempest.im

REGIONAL NEWS BRIEFS

IGNITE MONTROSE RETURNS JUNE 2

Special to the Mirror

MONTROSE-Enjoy an evening of free entertainment as your fellow community members present fast-paced five-minute presentations on their ideas, hobbies, travels, interests, passions and curiosities Tuesday, June 2. Ignite begins at 7:30 pm at the Canyon Creek Bed and Breakfast (Backyard patio, 820 East Main). Beverages will be available. Check ignitemontrose.org for a list of topics and presenters.

Save The Date



FOR DELTA HEALTH'S
HEALTH FAIR
06.18.2026

BLOOD
DRAWS

HOTCHKISS
06.16.2026
6:00 AM - 11:00 AM

CEDAREdge
06.17.2026
6:00 AM - 11:00 AM

DELTA
06.18.2026
6:00 AM - 11:00 AM

REGISTRATION NOW OPEN!

DELTAHEALTHCO.ORG * 800-217-5866





BEADWORK BY EDDIE BOX III - SOUTHERN UTE TRIBE



UTE INDIAN MUSEUM COMMUNITY APPRECIATION FESTIVAL

SATURDAY, MAY 30, 2026 | 10 AM - 3 PM

CULTURAL LIVE PERFORMANCE

12:00 PM

YELLOW BIRD DANCERS
World Champion Hoop Dancers | Flute
Playing | Storytelling

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: 11 AM | 1:30 PM
- 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**

OPINION/EDITORIAL: LETTERS

MESA COUNTY'S RESIDENTS DESERVE BETTER

Editor:

Mesa County is quickly becoming a dumping ground for large scale industrial lithium-ion battery storage due to our County Commissioners' **no regulation** stance on these sites. As Pivot Energy rapidly builds these sites in our neighborhoods, orchards and in close proximity to the fragile Colorado River, we are watching as our commissioners, Bobby Daniels, JJ Fletcher and Cody Davis turn a blind eye to the enormous risks.

Lithium-ion batteries are not benign. They store tremendous amounts of energy and, when something goes wrong, the consequences are catastrophic. Battery fires, known as *thermal runaway events*, burn hotter than most structural fires and release toxic gases like hydrogen fluoride. These fires cannot simply be sprayed out with water — they must burn themselves out, often for days, spreading fumes across entire communities.

The Mesa County Land Development Code sets strict standards for gas stations and small storage yards, yet somehow allows massive, industrial-scale battery banks next to homes, farms, and waterways with virtually no oversight.

Fire departments across the United States are struggling to meet new safety guidelines for energy storage systems (ESS). These systems require specialized

suppression equipment, remote monitoring, and large safety setbacks — all of which cost money. But Mesa County has imposed these responsibilities on already underfunded rural fire districts without providing a single dollar of additional support.

This is the definition of an **unfunded mandate**. If one of these battery facilities ignites, who will bear the cost of the response, the cleanup, and the rebuilding? It won't be Pivot Energy or any of the other developers bringing in profits — it will be us, the taxpayers and neighbors left holding the bill.

Pivot Energy is receiving taxpayer funded support to build these sites while residents shoulder the long term liabilities.

Even more concerning is what happens when these storage sites reach the end of their useful life. Lithium-ion batteries degrade and must be replaced every 10 to 15 years. Without clear **decommissioning requirements** or financial assurances, the responsibility for dismantling, recycling, or safely disposing of these materials will fall to local communities.

We have already seen across the West what happens when corporations walk away from unprofitable energy sites — toxic remnants remain, and the public pays for the cleanup.

Pivot Energy has been swift to exploit our

lack of local regulation. The company is building massive battery installations alarmingly close to residential zones, agriculture and sensitive river corridors. Their projects may be marketed as "green," but storing megawatts of chemical energy within sight of the dwindling Colorado River — our region's lifeline — is an unacceptable gamble. Just one leak, explosion, or runoff event could pollute a watershed that supports families, farms, and entire ecosystems downstream.

Our county commissioners have failed in their fundamental duty to protect public health and safety. Economic growth and renewable energy investment are important, but they must be guided by balanced, forward-thinking policy. Mesa County has none. We need immediate moratoriums on new energy storage projects until proper regulations are in place — policies that require environmental assessments, hazard mitigation, decommissioning plans, and strict financial bonding from developers.

If we do nothing, we will inherit the fires, the waste, and the costs.

Mesa County's residents deserve better than to be an afterthought in corporate expansion.

It's time our leaders put people and the environment before profit.

Wendy Vidlock, Palisade



ANONYMOUS

Download The APP. **P3TIPS** 

MONTROSE REGIONAL CRIME STOPPERS

see something, say something

REGIONAL NEWS BRIEFS

RIMROCKER TRAIL ADDED TO JEEP® BADGE OF HONOR® DIGITAL TRAIL TIER

Special to the Mirror

MONTROSE- The iconic Rimrocker Trail has been recognized as part of the Jeep® Badge of Honor® program’s newest feature: Digital Trails. This addition highlights the Rimrocker Trail as a premier off road destination in the West, offering Jeep® Brand vehicle owners and outdoor enthusiasts another opportunity to experience one of the region’s most scenic and memorable backcountry routes.

Stretching approximately 160 miles between Montrose and Moab, the Rimrocker Trail travels through striking canyon country, mountain landscapes, high desert terrain, and public lands rich with recreation opportunities. The trail has become a favorite for overland travelers, Jeep® Brand enthusiasts, and adventure seekers looking for a multi-day route that showcases the beauty and rugged character of western Colorado and eastern Utah.

The inclusion of the Rimrocker Trail in the Digital Trails tier creates new opportunities for Jeep® Brand vehicle owners to celebrate life off the beaten path, while also providing fresh challenges for experienced off roaders who have already completed many of the trails in the Core Trail tier.

Launched in 2013, Badge of Honor® allows Jeep® Brand vehicle owners to download the free mobile app to explore new trails, engage with fellow off road enthusiasts, and earn physical or digital badge awards. App users can also earn points for uploading photos, comments, and trail reviews about their trail adventures and connecting with the Badge of Honor® community. Using the app, trails can be found based on location and difficulty level, from weekend beginner routes to famed trails.

Trails are rated on the trail difficulty rating system curated by Jeep® Brand’s trail guide partner, Trails Offroad, with one being the minimum degree of difficulty up to ten being the hardest. The Jeep® Brand team prioritizes selecting trails that offer a variety of difficulty levels and terrains and have a high number of suggestions from its community.

The Rimrocker Trail is known for expansive views, remote travel experiences, and a variety of terrain that appeals to both seasoned drivers and recreational explorers. Travelers are encouraged to plan ahead, travel responsibly, respect public lands, and be prepared for changing weather and trail conditions.

For more information, visit <https://www.jeep.com/badge-of-honor.html> and www.rimrockertrail.org.

Disclaimer: Jeep and Badge of Honor are registered trademarks of FCA US LLC. Use does not imply endorsement.



OPEN
for Business

It's Your Business!

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

Make **Integrated Dermatology of Montrose** your skincare destination of choice!



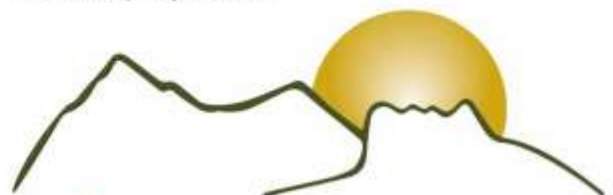
Spencer Hamner,
PA-C
Se habla Español



Carly Routzahn,
PA-C

Providing safe, sophisticated care featuring:

- Precancer & Cancer Screenings
- Skin, Nail, & Hair Disease Treatment & Management
- Non-Invasive Repair of Damaged Skin
- MOHs Surgeries
- Cosmetic Procedures
- TeleDerm Appointments
- Parking Lot Check-Ins
- Monthly Specials



INTEGRATED DERMATOLOGY of Montrose

3480 Wolverine Dr.
Suite F
Montrose, CO
OPEN M-F 8AM-5PM

Call today at **970-252-7444** or visit us at:

www.IntegratedDermatologyofMontrose.com



ARE YOU 55

or older looking to give back to your community while doing something you enjoy?

Then joining Region 10 RSVP is right for you!

JOIN REGION 10 RSVP!

VOLUNTEER BENEFITS:

- Mileage reimbursement
- Free supplemental liability and medical insurance
- Increase well-being
- Rewarding and impactful service
- Recognition events and awards
- Varied opportunities
- How often and where you volunteer is up to you

VOLUNTEER ELIGIBILITY:

- You must be 55 years or older
- Commit to a minimum of 10 hours of service per year
- Pass a background check
- Attend a brief orientation and initial training

VOLUNTEERS NEEDED:



- Assistance with Ethnobotany Garden
 - Meets Friday from 8:30 to 10:30 May to October
-  **Volunteers of America** | NATIONAL SERVICES
- Enjoy activities with residents
 - Assist keeping the garden up for residents
 - Weekend volunteers needed to converse with residents.

East Montrose and Ouray County

Contact Beth McCorkle

970-765-3128

bmccorkle@region10.net

Serving Montrose, Delta, Gunnison, Ouray, Hinsdale, and San Miguel counties.

Scan Here to

Apply:



REGION 10 SENIOR VOLUNTEER PROGRAM

Region 10 RSVP's mission is to provide meaningful opportunities to persons 55 and over to use their skills and interests to participate in the life of their community through impactful volunteer service.



Easy Living in MONTROSE COLORADO

1035 Margo Ct. #C
Montrose, CO



1,738
SQ FT



2
BEDROOMS



2
BATHROOMS



2
CAR GARAGE



BACKS TO
BLACK CANYON
GOLF COURSE



TOWNHOUSE



\$425,000

MLS #833980



Michelle Klippert

Broker Associate
Certified Residential Specialist

✉ michelleklippertrealtor@gmail.com

☎ 970-275-3016

📍 500 E. Main
Montrose, CO



OPINION/EDITORIAL: COMMENTARY



WHAT IS ON THE AGENDA?

As promised, here is your update on the agenda for the upcoming work session and City Council public meeting. 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 as the department heads will be on hand to help get clarity on the issues listed for that session. 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 18th Work Session – 10 am. • 4th of July Fireworks Permit • El Chapin Addition Annexation • Ratification of Hotel and Lodging Tax Allocation for All Points Transit • Potential Sales Tax Repeal for Gold & Silver Bullion and Coin
Tuesday, May 19th City Council Meeting – 6 pm. • Colorado Outdoors Amendment 3 Planned Development • Zoning Amendments for 701 N Grand & Court Park • Star Court Townhomes • Hearing on 931-939 North Park • Hotel and Lodging Tax Allocation for All Points Transit • 6700 Rd Cedar Creek Bridge Replacement Design Contract

Work sessions are held the first and third Mondays of each month at 10 a.m., and City Council meetings the first and third Tuesdays of each month at 6 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

Pain Isn't Your New Normal. Relief Starts Here.



Dr. Rasheed Abiola | Dr. Adam Archie
Spine Surgeons



Dr. Ryan Hagens | Dr. William Summers
Pain Management Specialists

From diagnosis to treatment, our collaborative Spine & Pain team delivers personalized care designed to improve function and quality of life.



MONTROSE REGIONAL HEALTH
Spine & Pain Center

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





CIMARRON

FAMILY PRACTICE

Care you can count on

What is Direct Primary Care?

Direct Primary Care (DPC) is a simple, membership-based model of healthcare. Instead of billing insurance, patients pay a flat monthly fee directly to their physician. This covers most primary care services, including office visits, longer appointments, timely access during regular office hours, and secure messaging for non-urgent questions.

Because there's no insurance paperwork, I can spend more time with you, focus on prevention and long-term health, and keep care straightforward and transparent. Patients who carry insurance can still use it for services outside the practice, such as labs, imaging, and medications, while their Direct Primary Care membership covers their ongoing primary care with me. If labs are needed and you don't carry insurance, I can help you get this at more affordable prices.

DPC works alongside insurance, not instead of it — insurance is still used for emergencies, hospital care, and specialists, while your DPC doctor manages your everyday healthcare and helps coordinate the rest.

To learn more, visit the FAQ section on our website at www.CimarronFamilyPractice.com. Or, visit the 'Membership' or 'For Employers' pages for pricing.

Cimarron Family Practice PLLC

Milestone Building

1404 Hawk Parkway, Suite 217D

Montrose, CO 81401

P: (970) 275-5227 | F: (970) 447-1559

hello@CimarronFamilyPractice.com

www.CimarronFamilyPractice.com



Dr. Katie Stephens
MD, DABFM, MBCChB,
MRCGP (2012), DRCOG



M: 8:00 AM – 3:00 PM

Tu: 12:00 PM – 7:00 PM

W: 9:00 AM – 5:00 PM

Th: 10:00 AM – 6:00 PM

F: By appointment only

MEDITATION S P A C E S



Imagine a sacred space where you can meditate daily – moments of stillness and introspection to ignite your inner wisdom. We collaborate with you to design a transformative space that nurtures your spiritual growth and inner peace. Imagine.

Visit Meditation Spaces:

- Fine Art
- Singing Bowls
- Glass Art
- Pottery
- Books
- Smudging supplies
- Zafu & Zabuton Cushions
- Yoga cushions
- Crystals
- Incense
- Soy candles
- 108 Crystal Malas

12 S. UNCOMPAHGRE AVE, MONTROSE, CO
OPEN WEDS - SATURDAY - 10AM UNTIL 4PM
meditationspaces.org on the web

Free Weekly Group MEDITATION

Sundays, 9:30 am -
602 N. Nevada,
Montrose Colorado

visit meditationspaces.org to learn more

COLORADO NEWS BRIEFS

MEXICAN NATIONAL CONVICTED OF PREPARING FALSE TAX RETURNS FOR CLIENTS

U.S. Attorney's Office

DENVER – The United States Attorney's Office for the District of Colorado announces that Nancy Maldonado Alvarez, 43, a Mexican national, was convicted on 37 counts of aiding or assisting in the preparation of false tax returns for clients.

According to court documents and evidence presented at trial, Alvarez owned and operated a tax preparation business in Denver that she used to prepare false tax returns claiming refunds her clients were not entitled to receive. Alvarez carried out her tax fraud scheme by fabricating business losses, often for non-existent businesses, and by seeking the paid sick and family leave credit, which

Congress created to aid struggling businesses and others during the COVID-19 global pandemic, even though many of her clients did not qualify for the credit. She also collected preparation fees that sometimes exceeded \$2,000 per return, often unbeknownst to her clients. In total, Alvarez caused a loss to the United States exceeding \$150,000.

Alvarez is scheduled to be sentenced in August.

Senior United States District Judge John L. Kane presided over the trial.

IRS Criminal Investigation investigated the case.

Assistant U.S. Attorney Tim Neff for the District of Colorado and Trial Attorney

Daniel R. Glenn of the Criminal Division's Tax Section handled the prosecution.

On April 7, the Department of Justice announced the creation of the National Fraud Enforcement Division ('Fraud Division').

The Fraud Division is laser-focused on investigating and prosecuting those who commit fraud against the American people. The Department's work to combat fraud supports President Trump's Task Force to Eliminate Fraud, a whole-of-government effort chaired by Vice President J.D. Vance to eliminate fraud, waste, and abuse within Federal benefit programs.

26-00324-JLK



-  4 BEDROOM
-  3 BATHROOM
-  3116 SQ FT
-  525 Park Lane
Ridgway, CO
in the Vista Terrace Subdivision
-  MLS #833650

FOR SALE

\$1,640,000



Hosted by

MICHELLE KLIPPERT
Broker Associate

CENTURY 21

📞 970-275-3016

✉ michelleklippertrealtor@gmail.com

*Where every window frames a masterpiece
and every day feels like a getaway.*



REGIONAL NEWS BRIEFS

LOCAL DEMOCRATS CLEAN UP ON 6700 ROAD



Special to the Mirror

MONTROSE-With coordination from the City of Montrose, once a year the Montrose County Democrats clean up the 6700 Road between Sunnyside and Oak Grove. Photo courtesy Montrose County Democrats



CENTURY 21
ELEVATED REAL ESTATE
We Ignite Your Style!

**2005 Devon Street
Montrose, CO 81401**

- 3 Bedroom
- 2 Full Baths
- Office
- Fenced Back Yard
- New Roof
- Radon Mitigation Completed
- New Appliances

\$382,900



DIANE HAYNES, CRS
Associate Broker
dianehaynesrealtor@gmail.com
500 Main Street
Montrose, CO 81401
970-596-3521



SPACIOUS HOME FOR SALE!



New Price Improvement!

MLS - 824291
\$610,000

8555 COFFEY ROAD
AUSTIN, CO 81410

NO HOA or
Covenants!

FEATURES:

- 4 Bed + 1 Non Conforming/Office
- 2.75 Bath
- 2 Living Areas
- 2,820 Sq. Ft.
- 5.97 Acres with Irrigation Water
- 2 Car Garage + Shed

CENTURY 21

Elevated Real Estate

Holly Hensley

+970-208-4689

500 E. Main St.
Montrose, CO 81401





HIDDEN LAKE: YOUR PEACEFUL PLACE TO CALL HOME



Hidden Lake

62650 LaSalle Road
Montrose, Colorado



Comfort, community and Colorado living — all in one beautiful neighborhood



- Beautifully maintained grounds
- Close to Ouray & Telluride
- Pet-friendly community
- Montrose sunshine, mountain views, relaxed lifestyle
- Peaceful green space
- On-site management



WHY PEOPLE LOVE HIDDEN LAKE

- Private Fishing Lake
- Enclosed Playground with Zipline
- Basketball and Pickleball Courts
- Community Center
- Dog Agility Parks
- Pet & Family Friendly

970-615-9412

manager@thehiddenlakecommunity.com

Open: Monday-Saturday, 8AM-5PM

REGIONAL NEWS BRIEFS

MONTROSE COUNTY ANNOUNCES HIRING OF EMERGENCY MANAGER KRISTY MATHEWS

Special to the Mirror

MONTROSE- Montrose County is pleased to announce the hiring of Kristy Mathews as the County's new Emergency Manager. Ms. Mathews brings more than a decade of experience in emergency management, disaster response, recovery coordination, and public preparedness initiatives.

Most recently, Mathews served as Emergency Management Manager for the City of Fort Myers, Florida, where she founded and led the city's Emergency Management Division and coordinated large scale response and recovery efforts for major hurricanes, including Hurricanes Ian, Helene, and Milton. In that role, she managed multi agency operations, oversaw federal

disaster recovery funding, and helped strengthen community preparedness and resilience efforts citywide.

Prior to her work with the City of Fort Myers, Mathews held leadership roles with the Florida Department of Health, where she coordinated public health emergency operations most notably during the COVID-19 outbreak, managed preparedness grants, and supported statewide public health and hurricane response operations and emergency communications programs.

Throughout her career, Mathews has been recognized for building collaborative emergency management programs, leading complex incident operations, and con-

ducting extensive community outreach and education efforts. She has also presented nationally on emergency management topics and managed more than \$80 million in post disaster FEMA projects.

Montrose County looks forward to the experience and leadership Ms. Mathews will bring as she works to support emergency preparedness, response, recovery, and resilience efforts across Montrose County.

For more information about Montrose County Emergency Management or to sign up for Emergency Alerts, please visit the [Montrose County Emergency Management webpage](#) and follow on [facebook](#).

*Save a tree –
Read the Mirror!*

THE MONTROSE MIRROR
Your Source for Local Business News and Information

Call For Ad Rates: 970-275-0646

The Mountains are Calling



711 TERRACE DRIVE RIDGWAY, CO

2471 SQ FT | 3 BEDROOM | 2 BATHROOM | OFFICE



MICHELLE KLIPPERT

Certified Residential Specialist

CENTURY 21 ELEVATED

500 E. Main St., Montrose, CO

970-275-3016

michelleklippertrealtor@gmail.com

SINGLE LEVEL LIVING WITH BREATHTAKING SAN JUAN VIEWS

Beautifully remodeled single level home offering 2,471 sq ft of comfortable living with 3 bedrooms, 2 bathrooms, and a dedicated office. Enjoy high-end finishes throughout the kitchen, bathrooms, and living spaces. The property includes a large garage and a spacious shop—perfect for all your storage and project needs. Situated in a cul-de-sac in the desirable Vista Terrace subdivision, this home offers privacy, convenience, and unbeatable views of the San Juan Mountains.

- 3 BEDROOMS
- 2 BATHROOMS
- OFFICE
- 2,471 SQ FT
- LARGE GARAGE & SHOP
- FABULOUS SAN JUAN VIEWS
- VISTA TERRACE SUBDIVISION



\$1,350,000

MLS #834517

BALLECK ASKS FOR SCHOOL FINANCIALS *From pg 1*

School to invite the Board of Education to graduation ceremonies at District High Schools.

Representing PEAK Academy were Emily Reynolds and Nicole Box; Representing Montrose High School were Reign Icasiano and Evelyn Baltazar Figueroa; Representing Olathe High School was Principal Ray Hirman, as OHS students were attending Baccalaureate; representing Black Canyon High School was Kevin Bricenio.

PIO Unruh invited the Board to the graduation for the Step Up to Life Transition Program. She also reminded the Board that students from the PEAK Academy Homegrown Pathways SparkLab would be presenting at the Colorado Mesa University (CMU) Forum the next day, and the Pomona Elementary School Rock Band would play a concert at the Montrose Pavilion that evening.

STAFF RECOGNITION

Altrusa Apple Award Winners were Lezlee Cox of Peak Academy and Erica White of Outer Range.

DONATIONS

CED Montrose donated \$500 designated for Special Olympics.

Cold Canyon Electric donated \$500 designated for Special Olympics.

PRESIDENT'S REPORT

Board President Neisha Balleck reviewed the Board's agreements, values, and goals, as well as Robert's Rules of order.

Balleck discussed the Superintendent's Performance Evaluation, and asked Board members to complete their evaluation forms, to be sent out by Executive Assistant Laurie Laird, and then return the forms to be compiled and discussed during the June Executive Session.

The Board presented Advisory Committee Updates. District D Director Tom West discussed the Facilities Committee. Custodial staff will undergo leadership training. There are a lot of demands this time of year; potholes in the MHS parking lot are a concern; the City of Montrose provided patching help for the senior parking lot, but the foundation needs to be re-done and would be very expensive.

District F Director Jody Hovde asked whether the pavement could be removed and replaced with gravel.

"That has never been brought up," West said. "That would be a good adventure,

what cars and high school students would do in a gravel parking lot."

West also discussed the Montrose Urban Renewal Authority (MURA) Board meeting. There will be two motels out there. Development is taking place along the river. "There's a lot of taxing entities out there..."

He spoke about the MURA's use of Tax Increment Financing (TIF).

West also discussed the Finance Committee and the State of Colorado's plans for school financing, noting that Finance Director Emily Imus would be reporting on the financial picture later in the meeting. "What are you going to depend on...You have a budget to compile...what can you promise people, what can you buy if you don't have...Mrs. Imus has got a clear view of where we're going to be after tomorrow..."

District E Director Tiffany Vincent discussed the District Accountability Committee (DAC).

Board President Neisha Balleck thanked Mrs. Laird for compiling a roster of committees and the directors who serve on each one.

Balleck spent some time discussing other committees, including the 1338 Committee, Personnel performance, and School Consolidation-Closure Committees. Directors Hovde, Balleck, West, and Vincent agreed to serve on the School Consolidation-Closure Committee. Hovde has compiled research on the topic and agreed to provide copies of her findings to the entire board.

Board members spent time discussing their recent visits to local schools.

COMMUNITY INPUT

First to speak was Zoe Werden, who was accompanied by Nancy Kelso who was holding posters. Werden thanked the Board for setting clear and measurable goals and standards with boxes to be checked, "I might make one of these for each of you and just keep track...Goals themselves don't happen unless you break 'em down into objectives that are both (Kelso held up a sign) observable...and measurable...so I know that you are all very busy people with your own lives and all the responsibilities you have as board members...you might want to assess yourselves, and say, what's my strengths...you

also want to look at what are your weaknesses..."

She offered suggestions, such as spending face-to-face or email time with other board members who don't always vote the same way as each other.

Werden's speaking time ran out.

Alice Murphy spoke next. "I am a representative of the DAC Committee, I represent the community and I am getting comments from the community, and when they happen to see on the agenda the evaluation for the superintendent, they were all worried about, is that going to be voted on tonight, and I had to reassure them that you were looking at CBI-R, that policy, and there are protocols that have to be followed prior to the evaluation..." Murphy read from the policy, and explained how to do an evaluation.

"...I wasn't going to talk but if you could kind of clarify things for the community..."

Murphy said that she had an evaluation from 2016 with check boxes on that reminded her of the MCA (Montrose Classical Academy) evaluation. There was another evaluation with a narrative format that she liked better. The second evaluation helped her a lot more she said. "...I don't know which evaluation form you are using, could you clarify that for the community...I do prefer the narrative one because it causes you to think a little more..."

Murphy's speaking time ran out.

Board President Neisha Balleck thanked her, and said, "It would be the narrative one."

Next to speak was Linda Gann, who expressed her "steadfast support for Dr. Stephenson and her leadership through COVID, and through all the ups and downs and challenges of this district, and I would rank her, as a community member, highly effective. So take that, for what it's worth to you."

Gann also addressed Roberts Rules of Order. "...At our last meeting when the Board President got up right before the very contentious item...whether or not to place the Superintendent on leave, said, 'We need a recess,' and got up and left. There was no second, there was no discussion, there was no vote. So Roberts Rules of Order need to be followed by the Board President and by everybody..."

BALLECK ASKS FOR SCHOOL FINANCIALS *From previous pg*

OLD BUSINESS

District F Director Jody Hovde moved to deny new Board Policy ILD, Survey Review and Approval. The motion died for lack of a second.

District E Director Tiffany Vincent moved to approve new Board Policy ILD.

Balleck moved to amend the policy, removing language that states, "Approved high-impact surveys shall be posted on the district website for public review at least fourteen (14) days before distribution, along with a summary of Board action, unless posting is not legally permissible or is otherwise inappropriate due to confidentiality, safety, or legal considerations."

After discussion amongst the board, Balleck's motion to amend the policy was approved.

Amended Board Policy ILD was then approved in a vote of two to five, with West and Hovde voting to deny.

The Second Old Business item, "Discussion of Mesa County School District D51 FCB Policy on School Closures," was deemed redundant and did not occur.

CONSENT AGENDA

Consent Agenda Item 9, Approve payment to Jennifer Mueller in the amount of \$99,900 for contracted Speech Language Pathologist services for the 2026-2027 school year, was moved to New Business. The remaining Consent Agenda items including Personnel Report were approved.

NEW BUSINESS

After some discussion, Consent Agenda Item 9 was approved.

SUPERINTENDENT'S REPORT

RE-1J Finance Director Emily Imus reviewed Quarterly Financials reported for the 3rd Quarter of the 2025-2026 Fiscal year, Investments and Funds. Imus also talked about the State funding situation, which has been a "roller coaster" this year, and budget priorities for 2026-2027. Imus will present the Budget by June 9; it must be approved by the end of June. Imus' full report can be heard in the meeting video on YouTube.

ENROLLMENT REPORT

Imus presented the Enrollment Report. Current Enrollment is 5,783 which is 120 students less than May of last year. Director F Director Jody Hovde asked for deeper context regarding enrollment numbers, to show where students are coming from and where they are going, which has occasionally been done in the past. Imus agreed to include the data in future reports. "We have that data."

BOARD PLANNING/FUTURE AGENDAS

Hovde said that the Board should setting clear, measurable goals and monitoring themselves. "I want to know that we...as a board have a plan for what we expect for our kids and have a way to monitor that...that we're looking forward to student achievement, emphasizing the importance of high goals, high expectations, and accountability."

Advisory Committee members agreed to meet to discuss school closures at 3pm on June 1.

Balleck said that she would like additional budget information; she asked what the District has paid Western Demographics; she asked for invoices, payments, and contracts to the Blythe Group Architects.

Balleck asked for detailed budgets for each school for the past year, and she asked for detailed budgets for the last three years for Johnson, Black Canyon High School and Outer Range, and for the last for the last five years at Oak Grove and Pomona.

"We're going to need to look at the future and what we want to do," Balleck said. "...What metrics are used to judge the success of Johnson, Black Canyon, and Outer Range."

Superintendent Carrie Stephenson said she would need to lean on Finance Director Emily Imus, who is already busy with the budget. "This is a heavy list."

"I know," Balleck said. "...But I do definitely want to see this information."

Executive Director of Operations James Pavlich said that he would help prepare the data.

"...we can kind of line all that up and have a real digestible way to start having conversations about schools and how they consume resources."

With no further business, the Board of Education voted unanimously to adjourn the meeting.



The MOoving Company

WE'RE UDDERLY THE BEST!

CALL US TODAY! 970-240-3106

WE OFFER:

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



HTTPS://MOOVINGCOMPANY.COM/

Spring
is in the
air..

Thinking...
of buying
or selling
a property?

Let's work together on that!!!!

Having been a part of the
community since 1972,
working to help people, like you,
with their real estate needs.

I work toward staying
informed & knowledgeable
about the market.



SRES, CRS, MRP, SSF

Peg Evanoika,
Broker Associate
970-209-3934

Realtor@PegEvanoika.com

Century 21 Elevated Real Estate 300 E. Main St. Montrose, CO 81401 249 2633
www.The-RES.com

*Behind every
transaction is an
agent who handled
the problems you
never knew existed*



58177 Garner Ln. Olathe, CO.

MLS # 831829

Priced at: \$ 959,900

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



Country living without compromise.



Century 21 Elevated Real Estate, Montrose, CO.

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

The-RES.com

Peg Evanoika, Broker Associate,

Certified Residential Specialist

970-209-3934

Offered for Sale

*passive solar ENVELOPE home
on 39 acres at \$1,265,000*



**3 bed, 3 bath, 3424 SqFt
remodeled 2020-2025**

MLS # 824397

830 Tiyoweh Trail

Massive post-and-beam timbers designed to capture and retain the sun's radiant heat during winter months

- Beautiful white oak flooring, knotty oak cabinetry, and a dramatic stone fireplace
- Fully finished lower level with wood stove and ¾ steam bath
 - Mostly covered and lighted 9' x 16' Trex-floored porch spanning the entire east side of the home
- Glass-enclosed south-facing sunroom plus a north morning porch connected by an additional 15' x 12' porch
 - Unique passive airflow design with remotely operable windows for natural ventilation
 - Sweeping, unobstructed views from inside and out
- Lovingly maintained with considerable upgrades and updates
- Easily accessible 39-acre setting offering privacy and space for hiking, riding, and outdoor enjoyment
- A rare and distinctive mountain property blending comfort, craftsmanship, and connection to nature



Peg Evansika

BROKER ASSOCIATE

SRES, CRS, MRP

Cell-970-209-3934

Realtor@PegEvanoika.com

www.The-RES.com

Century 21 Elevated Real Estate

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

REGIONAL NEWS BRIEFS

COLORADO STATE BOARD OF EDUCATION DISCUSSES STUDENT CELL PHONE USE AND POLICIES

Special to the Mirror

DENVER – During its May meeting, the Colorado State Board of Education heard a presentation on student cellphone use and how stricter cellphone policies across Colorado are linked to higher educator satisfaction, more consistent enforcement, and fewer classroom distractions.

The presentation from psychologist and researcher Dr. Angela Duckworth, who leads the national “Phones in Focus” study, explored research on student cellphone use, self-control, and school phone policies. Duckworth discussed the tension many educators and families see between long-term academic goals and the immediate pull of social media and phone use. “One is about a long-term future, and the other is about instant gratification,” she said.

Colorado ranks eighth nationally in participation in the Phones in Focus study, with 3,545 educators from 46% of Colorado schools responding to the survey. Preliminary findings show that Colorado schools use a wide range of approaches to manage student cellphone use, including bell-to-bell restrictions, classroom collection systems, centralized storage, locking pouches, and schoolwide bans.

The presentation also highlighted the upcoming implementation of House Bill 25-1135, which requires all school districts and charter schools to adopt and publicly post student communication device policies by July 1, 2026. CDE has developed a resource hub to support schools and districts with sample policies, implementation guidance, research, and best practices as they develop local approaches.



PRIMEHEALTH
WHERE CARE COMES TOGETHER

We've added more providers to serve you!

Appointments
available now—no waiting!

Medical
Dental
Behavioral Health
Pharmacy

Medicaid Medicare
Commercial Insurance
Self-Pay/Sliding Fee Scale

970.200.1674

87 Merchant Drive, Montrose
PrimeHealthPlus.org



OPEN
for Business **It's Your Business!**

Let's Grow Together.
Advertise with
The Mirror!

Highly Effective & Unique Ad Opportunities, including Print, Email, Online, Facebook, and Text Messaging.

editor@montroseMirror.com
970-275-0646



Just remodeled

2710 Cirque Way
Montrose, CO 81401
MLS # 829142



OFFERED AT:
\$429,900

ABOUT THIS PROPERTY:

Come and see this beautiful house with so much to offer! This home has high ceilings, fresh paint, new flooring, new stove and refrigerator. It has lush landscaping with a variety of trees and gorgeous lawns. Relaxing views from front patio.

FEATURES:

- ✓ 3 bedrooms
- ✓ 2 full baths
- ✓ 1,656 sq. ft.



 970-901-9159

 michellekeltz.century21colorado.com/

CONGRATULATIONS TO THE CLASS OF 2026!



Photos by B. Switzer.



Trust Your Gut.

Visit us at the MRH Digestive Health Center today.

Caring for you like family, from screening to treatment

At Montrose Regional Health's Digestive Health Center, your digestive wellness is our priority. We combine compassionate care with advanced diagnostics and treatment options, all close to home. Whether you're managing chronic conditions, seeking preventive screenings, or facing complex procedures, we're here to help you feel your best.



Dr. Michael Paolucci, MD



Dr. Chris Harmon, MD, PhD



Dr. Augustine Lee, MD, FACS, FASCRS



Dr. Vanessa Lee, MD, MS



Marie Abbinante, MSN, AGPCNP-BC



Victoria Oliva, DNP, APRN, FNP-C





NEW CONSTRUCTION...MOVE IN READY!



1629 FIVEMILE CREEK AVE., MONTROSE

\$456,000



PROPERTY DESCRIPTION

This stunning brand-new Mesa Verde floorplan by Ridgeline Homes is complete and ready for immediate move in! Built with exceptional craftsmanship on a single-story, efficient 1,456 sq. ft. floor plan featuring 3 bedrooms, 2 bathrooms, and a 2-car garage. Perfect for first-time homeowners, empty nesters, or families looking for low maintenance Colorado living with a smart, functional layout.

PROPERTY HIGHLIGHTS

3 BEDROOM

2 BATHROOM

1,456 SQ. FT.

OPINION/EDITORIAL: COMMENTARY

OPINIONS, POLICY, AND LAW

By Michael J. Badagliacco, "MJB"

I have learned through my own life that a wide gap often separates what we want government to do and what it legally can or must do. As a second-generation Sicilian American, I grew up hearing stories of my grandfather arriving as a child on "the boat" from Sicily. He entered lawfully, worked hard, and built a life within the rules. That experience shapes my views today. I love my family's story, and I also recognize the difference between heartfelt desires and binding law.

A Constitutional Republic, Not a Democracy

We live in a Constitutional Republic. Article IV, Section 4 of the U.S. Constitution guarantees every state "a Republican Form of Government". Citizens elect representatives who then craft policy and pass laws for the areas they serve. Those laws stand as long as they do not conflict with higher authority or if there is sufficient support for a change.

I often need to remind myself of this structure when I feel frustrated with government. My personal wish for faster or stricter action must still respect this framework. As law and order are among the foundational principles that guide a Constitutional Republic.

The alternative is a Democracy, which lends itself to "mob rule" of the majority often neglecting the needs of the minority and "law" if it interferes with the "will of the majority", being driven by the whims of the moment.

The Supremacy Clause

Federal law prevails when it conflicts with state or local law. Article VI, Clause 2 of the Constitution, known as the Supremacy Clause, declares the Constitution and federal laws "the supreme Law of the Land." Judges in every state are bound by it. Growing up in a household that respected rules, I learned early that higher authority wins. State policies cannot override federal statutes.

Opinions Versus the Law

When I write articles, my opinions come through clearly. I am an opinionated man, and that is my right under the First Amendment. Readers may agree or disagree; that freedom defines America. However, when I cite law, I often need to step away from personal preference. **The law is the law.** I may disagree with parts of it, but I must follow it or face consequences. This principle guides my own family. My daughter-in-law arrived from Brazil on a student visa and is now completing the citizenship process. **We celebrate her lawful journey because it honors the rules that built our nation.**

A Personal and Legal Perspective

Federal immigration statutes illustrate the distinction between policy preferences and enforceable law. **8 U.S.C. § 1325** makes improper entry by an alien a federal offense. **First offenses carry up to six months in jail; subsequent offenses carry up to two years.** Civil penalties apply in addition. **8 U.S.C. § 1324** prohibits harboring, shielding, or assisting aliens who are present in violation of law, **with penalties reaching ten years in prison.**

I am proudly pro-immigrant and pro-legal immigration, not anti-immigrant. My grandfather's lawful arrival and my daughter-in-law's current path prove the system works when followed. What I oppose is lawbreaking. America is a nation of immigrants, of that there is no denial or refuting. But I also believe that those who immigrate here, as my grandfather did, must **assimilate** into the American culture. **This does not require abandoning your heritage.** To the contrary.... **celebrating one's heritage is essential to your identity.** But we also must embrace the American culture. If you are not going to embrace America, why are you here? Is it simply to siphon off the wealth of the country? Or **are you here to enhance the culture bringing the unique attributes of your culture to add spice to the American way of life?** I choose the later.

Sanctuary Policies and the Rule of Law

Colorado's "sanctuary" policies create tension and conflict with federal law. The concept of "sanctuary" actually began in churches, not government. The Constitution and prevailing law provide for **when state or local laws conflict or obstruct enforcement of federal law. This is called the Supremacy Clause, which is contained in Article IV, Clause 2 of the Constitution.** It establishes that the Constitution, federal laws made under it, and treaties are the "supreme Law of the Land", meaning they take precedence over conflicting state law.

If we believe current law is bad policy, you can petition our government to change the law, this is the way our government is structured. For constitutional issues, Article V of the Constitution provides the amendment process when sufficient states agree. Wishing for different outcomes does not rewrite the law.

LIKE US FOLLOW US

D'Medici is now carrying
FRYE boots... Timeless quality
and styling. All leather
and all handmade.

FRYE
SINCE 1863

D'Medici
Footwear & Clothing

316 E. MAIN ST. • MONTROSE
(970) 249-3668

ERIK STUCKY

BAG OF BONES



RELEASE PARTY



LIVE AT

BLUECORN CAFE & MERCHANTILE

24 MAY 2026



6:30PM

LOCATION: BLUECORN
1842 S TOWNSEND AVE,
MONTROSE, CO

IN ADVANCE

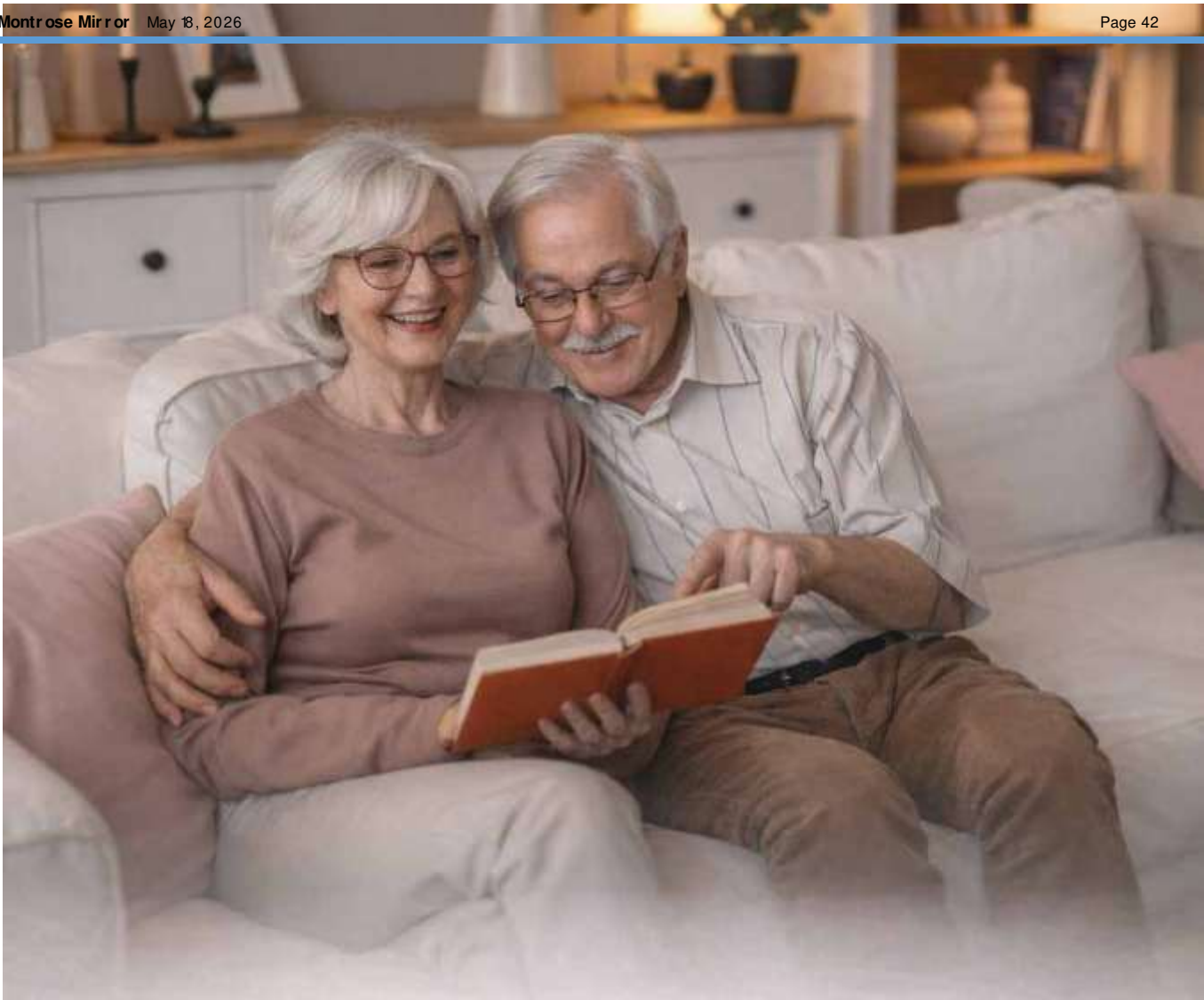
\$20

DAY OF

\$25



ORDER YOUR TICKET AT WWW.ERIKSTUCKY.COM



Trusted Guidance for Life's Next Chapter

Seniors Real Estate Support with Care, Clarity, and
Housing transitions.



Peg Evanoika,

Broker Associate | REALTOR®

SRES®, CRS, MRP

Realtor@PegEvanoika.com

Lic. # FA40014873

📞 970.209.3934

✉ Realtor@PegEvanoika.com

🌐 The_RES.com



CENTURY 21.
ELEVATED REAL ESTATE

For Sale



\$499,900

1565 Hickory Dr. MLS #832945

**Immaculate 3 bed, 2 bath home just off Niagara Rd
1637 sq ft**

Fully privacy-fenced yard with front & back xeriscaping

Vaulted ceilings in open living areas

Kitchen with granite countertops, large island &
oversized pantry

Wood-grain laminate flooring in main living areas

Primary suite with new carpet & spacious 5-piece bath

Covered back patio for outdoor enjoyment

Move-in ready and beautifully maintained.



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

PRICE DROP

BRAND NEW SKYLINE HOME

Now \$167,000



901 6530 ROAD
LOT #1410
MONTROSE, CO



PROPERTY FEATURES



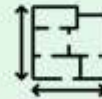
3 Bedroom



2 Bathroom



Electric Tile
Fireplace



1162 SF



8x8 Matching Shed

\$167,000

5% Down/25 Year Term
***ONLY \$2,025.00**
per month*
(\$1,309.00 mortgage plus
\$716.00 lot rent)

CONTACT US

📞 970-249-0493

✉ manager@cimarroncreekcommunity.com

🌐 www.cimarroncreekcommunity.com

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



CIMARRON CREEK
Welcome Home

REGIONAL NEWS BRIEFS

Relief Without Compromise

Try Aquablation® Therapy today.

Find relief from BPH symptoms with Aquablation Therapy, a treatment offered by Dr. Craig Peterson, MD. Aquablation is an advanced, minimally invasive treatment designed to provide lasting results while preserving quality of life. Experience precise, personalized care with a focus on faster recovery and improved urinary function.



Dr. Craig Peterson, MD
Board Certified Urologist

MONTROSE
REGIONAL HEALTH
Urology Clinic

3330 S. Rio Grande Ave.
Montrose, CO 81401

970-497-8100

MontroseHealth.com/Urology

MHS/OHS CLASSES OF 1976 50TH REUNION TO BE HELD FIRST WEEKEND IN JUNE

Special to the Mirror

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

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

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

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

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

Contact us via email by May 26: montrose-high1976@gmail.com or Facebook: 76 Reunion Page for more information.

Pass the news on to your friends!

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

Montrose Ears, Nose and Throat Center

Charles E. Harper, M.D.

Medical and Surgical
Treatment of Ears, Nose,
Sinus and Throat
Problems



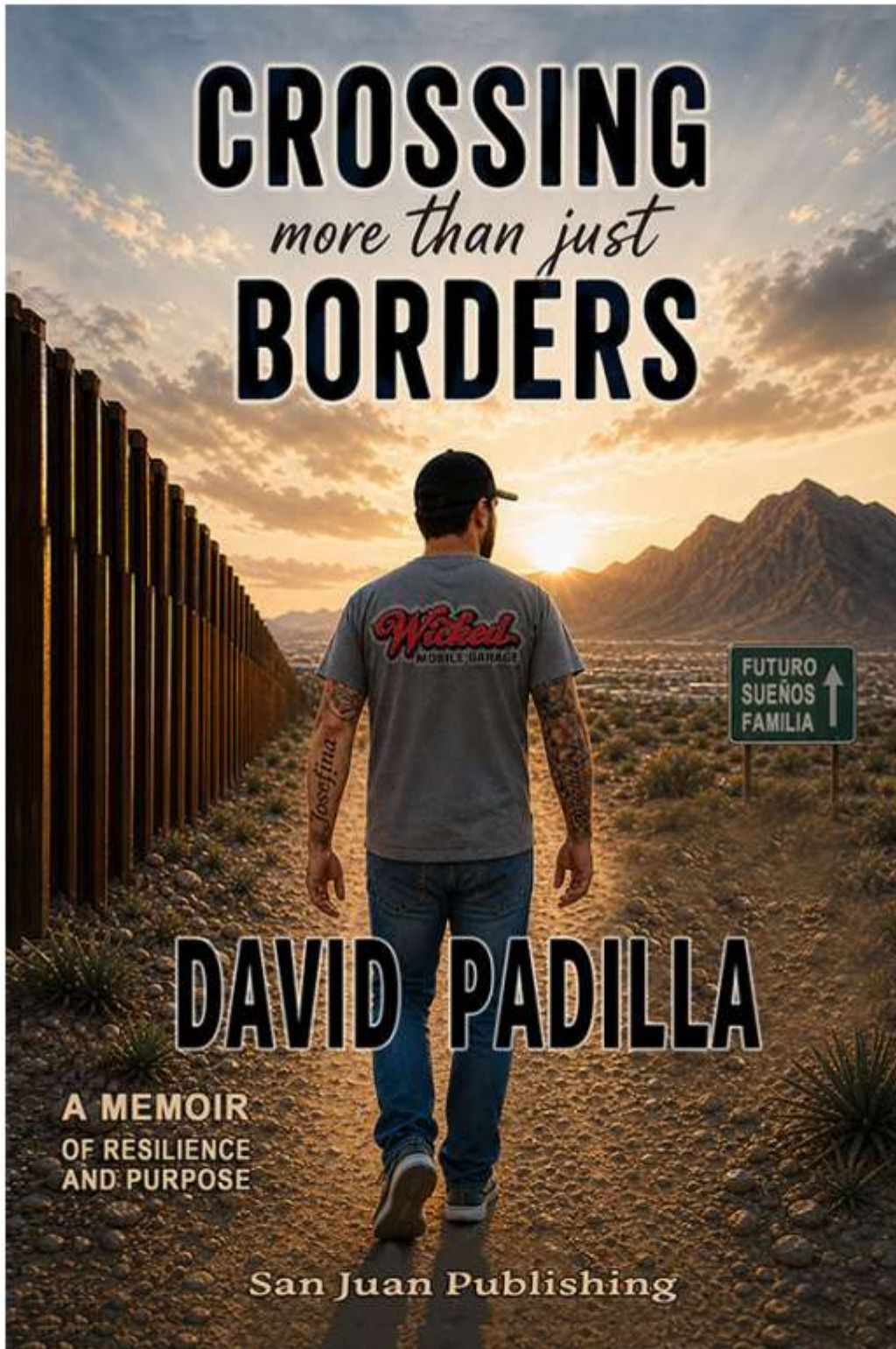
231 S. Nevada Ave. Montrose
970-249-3800



Removal of Skin Cancers
from Ears, Face and Neck
Treatment of Hearing Loss

In Montrose Since 2007

Most Insurance Plans Accepted



\$24.95 LIMITED EDITION, 50 BOOKS. SIGNED & NUMBERED.

ALL BOOKS MUST BE PRE-ORDERED
ORDER YOUR BOOK BEFORE MAY 30 TO BE PRINTED FOR YOU
PICKUP AT BOOK SIGNING OR HAVE IT SHIPPED



STANDARD EDITION \$19.95

OPINION/EDITORIAL: LETTERS

LIBERALS NEED ZERO PROOF TO BELIEVE A LIE, BUT ENDLESS PROOF TO BELIEVE IN A TRUTH

Editor:

I read an interesting article this week by Armando Simon titled "Trying to Get Through to My Liberal Friends." He wrote that on certain topics like immigration, liberals' ability to reason breaks down. They are not able to go beyond their talking points -- like illegals are only trying to build a better life and are law-abiding contributors to society. Simon countered that they are first of all here illegally, they are literally using up the welfare system, and Democrats' only reason for initiating the invasion was to fraudulently win elections. What I found interesting was his refutation of the idea that only a few illegals commit crimes. The writer documented the number of crimes committed by illegals in one month. The list he compiled, which he indicated was far from complete, was pages long and totally shocking. Here are just two typical examples. A Peruvian committed multiple rapes in San Francisco. An illegal from Sierra Leone, having a criminal history of more than 30 arrests (rape, assault, etc.), stabbed to death a girl in a Virginia bus stop. Simon quite effectively made the point that Democrats "have an enviable talent for holding on to their views despite facts and reason." Also, "Liberals need zero proof to believe a lie, but endless proof to believe in a truth."

Imagine being a political party that has to resort to importing an entirely new set of voters because they have lost most citizens' confidence and vote. Imagine having to continually lie in a feeble attempt to picture that invasion as no different than the historic legal immigration that has made this country so successful. Two of my sons-in-law are legal immigrants and proud U.S. citizens. There is no doubt about their being law-abiding and positive contributors to their communities. The rules they followed to immigrate and become citizens insured they would not be a burden on their community, and they sure as heck wouldn't have been considered for immigration if they were murderers or rapists. Liberals don't care about who they illegally import, as long as they are dependent on the government and are therefore reliable Democrat voters. They want to fill this country with people fleeing from their own oppressed countries for a "better life" here -- by implementing the same corrupt laws and ways of life that destroyed their own countries. Worse yet, they

welcome illegal Muslim immigrants who believe in assimilation -- meaning they expect the host country to totally assimilate and submit to their beliefs and way of life. In a sane world, if a country wanted to increase immigration, they would increase legal immigration in a manner that would keep the murderers and rapists out. They would also keep Chinese communist spies out and exclude extremists intent on conquering rather than assimilating. Yes, they would do it in way that would include only those people intent on building a better life -- like our immigrant forefathers. Democrats are perfectly happy with an unchecked invasion as long as it results in their regaining power. The 83-year-old veteran randomly shoved onto NYC subway tracks by a Honduran illegal repeat murderer is just collateral damage. College student Laken Riley, raped and murdered on her own campus by an illegal? Not their problem. Catch a Somali fraudster in Minnesota in an \$11 million Medicaid fraud scheme? No problem. MN Attorney General Ellison will just cut a plea deal so the fraudster will spend exactly zero days in jail.

The entire Democrat party is a lie. They not only flood the country with illegals; they have been stealing your tax money for decades. I've written previously about the debacle of USAid and Democrat NGOs. I have thought for some time that California is a microcosm of the entire country. A good share of radical Democrats have represented California for decades: Gavin Newsom (30 years), Nancy Pelosi (40 years), Kamala Harris (24 years), Maxine Waters (50 years), Adam Schiff (30 years), and Karen Bass (22 years). Mayor Bass wants you to know that "I deserve another term because of how great I've done with the homeless in L.A." The City of Los Angeles' annual homelessness budget was \$968 million. The City housed 7,396 homeless in a year -- \$131,000 per person. That's 59% more than the median household income in L.A. This is the same mayor who failed her city after part of it burned down. There was \$100 million dollars raised for Palisades fire victims that was funneled to 200+ NGOs while homeowners got nothing. The money disappeared while the homeowners are still homeless.

Another California spending debacle came to light this week. It's a repeat of the taxpayer money to NGO to rich Democrat slush

fund we are now all too familiar with on the national level. The governor of California just announced a program to provide free diapers to the families of newborns. What a humanitarian! Oh. Wait. It turns out the program is a \$12.5 million donor payoff. The money is being routed through a Democrat NGO that pays six donors six-figure salaries. The NGO is also filled with the governor's wife's pals -- their co-CEO also sits on the wife's separate NGO board. By routing the taxpayer money through the NGO, Newsome is paying three or four times what the diapers would cost at Target. The additional cost disappears into salaries, overhead, and the political donor network that powers California politics. This is the same governor who spent \$189 million to provide computers to California prison inmates. Federal prosecutors are now pursuing charges against a prisoner for grooming a minor through his state-issued tablet. That inmate is also facing charges of receiving child porn. The press outlet indicated their source to be a high-ranking official from the California prison system, plus a dozen prison inmates who were enjoying the "porn for prisoners program." Newsome's press office tried to claim the computers were strictly for communication with families of prisoners and did not have open internet access. Oops. Family communication would need an open internet access, right?. Nearly five years after Newsome pushed lawmakers to a state-run alternative instead of requiring private insurers to cover pediatric hearing aids, California's hearing aid program had about 300 active enrolled members, despite spending \$23 million. That works out to around \$76,000 per person. Hearing aids cost in the range of \$2,000 to \$4,000. Not to be outdone, the governors' wife's NGO uses taxpayer money from California public schools for documentaries on "gender justice." She paid herself a \$1.8 million salary and her company another \$3.9 million -- 33% of its entire annual revenue. A

Ah, California -- where the Mayor of Arcadia was charged this week with being an illegal foreign agent of communist China. She joins the Deputy Chief of Staff under NY governors Cuomo and Hochul who was also arrested for being China's foreign agent. I'll repeat myself: the entire Democrat party is a lie.

Ed Henrie, Montrose

Newly LISTED



2753 Country Club Way
MONTROSE, CO 81401

LISTED AT
\$435,000
MLS #833181

- 1737 SQ FT
- 2 CAR GARAGE
- BACK PATIO
- NEW ROOF
- STORAGE SHED
- 3 BED/2 BATH
- FRONT PORCH
- BACK YARD
- NEW DISHWASHER



LESLIE GORE



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

YOUR BRAIN ON NATURE – NEUROPLASTICITY MAGIC



By Dr. Lauren Hall Ruddell, PhD.

Greetings Mirrorites!

Has anyone ever called you thick-headed? Well, the next time they do, thank them for the compliment! The power of nature and neuroplasticity combined can make you smarter than the average bear by making your pre-frontal cortex nice and thick.

I've talked before about neuroplasticity in this publication, but it's been a few years, so a refresher is in order.

Neuroplasticity is the brain's remarkable ability to reorganize itself by forming new neural connections throughout life. It encompasses various processes that enable the brain to adapt to changes in the environment, learn new information, and recover from injuries. Presented with new information or stimuli, the brain's physical structure can actually change accordingly. One mechanism for this alteration is neurogenesis.

Neurogenesis, the process of generating new neurons, primarily occurs in the hippocampus, a region associated with memory and learning. Back in the day, it was believed that neurogenesis ceased after early development. So not true. Recent research has shown that neurogenesis can continue throughout life, influenced by factors such as physical exercise, stress reduction, and environmental enrichment.

As research continues to uncover the mechanisms of neuroplasticity, it becomes increasingly clear that promoting this adaptability can have significant implica-



Courtesy photo.

tions for brain health. Several lifestyle factors, such as the amount of time a person spends outdoors in restorative natural environments, have been identified which enhance neuroplasticity through neurogenesis. This contributes to better cognitive outcomes and overall brain health. The more neural pathways, the thicker the brain region.

Researchers Miró-Padilla et al. (2023) found a positive correlation between right ACC (anterior cingulate cortex) volume and self-reported physical activity. That's good to know. However, another team found significantly higher right ACC thickness *only* in individuals engaging in green exercise, and not in those who exercised indoors in urban areas (Baena-Extremera (2024)). We care about this because reduced ACC thickness is linked to cognitive decline and the progression of Alzheimer's disease.

This suggests that the right ACC might be sensitive to or influenced by the setting characteristics of exercise. This resonates with Kim et al.'s (2010) finding that the right anterior cingulate cortex is more activated following exposure to natural scenic images compared to urban images. A Canadian research team found something that all folks, young and old, who are short on time for exercise in their busy

lives will appreciate. Brief exercise indoors (less than 20 minutes) failed to make any darned difference in cognitive function among study participants. However, "Our findings suggest that if one has only 15 min to exercise, performing it outdoors appears to have a greater effect on ERP indices of attention and working memory than indoors." (Boere et al 2023). In plain English, ERP stands for Event Related Potential. Exercising in nature jiggles the little gray cells more than the same exercise undertaken indoors, at least if the EEG headsets the participants were wearing were recording it all accurately.

It takes as little as 6 minutes of moderate exercise in a restorative environment to significantly increase the brain's serving of BDNF, a critical ingredient for neurogenesis in many crucial parts of the brain responsible for judgment, mood, and memory. BDNF (Brain-Derived Neurotrophic Factor) is a protein that acts as "fertilizer" for the brain, supporting the survival and growth of neurons (i.e. neurogenesis). It is essential for learning, memory, and high-level thinking, often referred to as a "super molecule" for brain health. It's nice to know that even if there is a shortage of fertilizer for farms and gardens, there is a free way to fertilize your brain.

Continued next pg

YOUR BRAIN ON NATURE – NEUROPLASTICITY MAGIC From previous pg

So sitting is the new smoking, as they say. Why does any of this matter to non-academics and non-physicians? Well, neuroplasticity has been linked to resilience against neurodegenerative diseases such as Alzheimer's and Parkinson's. In addition, certain studies have shown that individuals with higher levels of neuroplasticity exhibit greater cognitive reserve, which refers to the brain's ability to withstand damage without succumbing. Something we can all benefit from.

Cognitive reserve is the brain's potential resilience to damage (age, trauma, booze, to name just a few) and its ability to maintain function despite lifestyle insults or neurodegenerative processes. It is thought to be shaped by a combination of genetic factors,

education, occupational complexity, and engagement in intellectually stimulating activities. Individuals with higher cognitive reserve often exhibit better cognitive performance and a lower risk of developing dementia, even in the presence of significant brain pathology. Oh so good to know!

Cognitive reserve can be enhanced through lifelong learning and engagement in various mental activities, such as green exercise. As seen in the results of the studies mentioned above, exercise of any kind for more than 20 minutes is grand, promotes neuroplasticity through neurogenesis, which is nourished by BDNF, and builds stores of cognitive reserve to be called upon at a later date. But for a quicky, nature is better.

The interplay between neurogenesis, neuroplasticity, and cognitive reserve underscores the dynamic nature of the brain. While neurogenesis contributes to the formation of new neurons, neuroplasticity enables the reorganization of existing neural networks, facilitating learning and recovery.

Cognitive reserve acts as a safeguard, allowing individuals to utilize their brain's resources effectively, even in the face of challenges. Restorative natural environments are not the only way to assure a better future brain but appear to be one of the fastest and most consistently effective. So skip the gym occasionally and go take a hike, if you can, to get a nice, thick brain.

Get off your keister and stroll or jog briskly long and often and be well,

The Mindful Naturalist

Where Confidence Meets Control.

Try Axonics® Therapy today.

Take control of bladder and bowel symptoms with Axonics Therapy. This procedure, offered by Dr. Michael S. Tonzi, is a minimally invasive, long-lasting solution designed to improve quality of life. Experience fewer interruptions, greater confidence, and personalized care close to home.



Dr. Michael S. Tonzi, MD
Board Certified Urologist

 **MONTROSE**
REGIONAL HEALTH
Urology Clinic

3330 S. Rio Grande Ave.
Montrose, CO 81401

970-497-8100

MontroseHealth.com/Urology

Now easier to read on
your iPhone
www.montrosemirror.com



Just LISTED



746 S 2ND ST, MONTROSE, CO 81401

LISTED AT
\$725,000.00
 MLS 830078

- 1996 SQ FT
- 2 CAR GARAGE
- .17 ACRE LOT
- BUILT IN 1904
- FENCED BACK YARD
- 4 BEDROOMS (1 is nonconforming)
- 1.5 BATHROOMS
- NEW ROOF
- ORIGINAL WOOD TRIM



LESLIE GORE



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

RELAX ♦ RESET ♦ RECONNECT

SOUND JOURNEY

with Gia Pirelli



SUNDAY, JUNE 7

2:00 – 3:00 PM

\$45

UTE INDIAN MUSEUM



17253 CHIPETA ROAD
MONTROSE, CO



<http://giapirelli.com/product/060726sj>

Just REDUCED



LISTED AT

\$319,900
MLS 831021



LESLIE GORE

707 N 1st Street
MONTROSE, CO 81401

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



MULTIPLE LISTING SERVICES
MLS

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

Committed to **COLORADO** *and you.*

We believe banking should feel personal.

Thank you for choosing Alpine Bank.

We're glad you're here!



Alpine Bank

alpinebank.com • Member FDIC



CENTURY 21

ELEVATED REAL ESTATE

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

Historic Montrose property

228-230 S 2nd

MLS # 829853

Offered at \$ 499,900

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



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



Peaceful Place to Call Home



Hidden Lake

PRICE DROP: NOW \$125,000



LOT #811
62650 LaSalle Road
Montrose, Colorado



3 Bed/2 Bath

Lock & leave

1216 Square Feet

Open concept floor plan

Located near extra parking

Hidden laundry room

FREE Lot Rent for the First Month!

Financing Available at 5 1/2% Interest



(970) 615-9412

CALL NOW

***ONLY \$1,761.00 per month (\$947.00 mortgage plus \$814.00 lot rent)**

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

CARTOON BY TIM JONES

WEEKLY CARTOON

SOUR GRAPES by Tim Jones



Premier Sponsor:
Montrose Farmers Market
 970-249-0705

Horsefly Brewing
 970-249-6889

**Jimmer's BBQ,
 Burgers & Beer**
 970-252-1227

**Fiesta Guadalajara
 Re-Opening 2026**
 970-249-2460

El Jimador
 970-249-8990

Busy Corner White Kitchen
 970-323-6215

Delta: CB's Tavern
 970-399-3570



Alpen Confections
 970-648-0609

Crash Burger
 970-249-0825

Coffee Trader
 970-249-6295
 970-787-9021

Tacos & Beer
 970-964-4448

Tacos & Beer on Main
 970-964-4999

Pahgre's
 970-249-6442



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



CIMARRON CREEK: COLORADO LIVING AT IT'S BEST



901 6530 Road
Montrose, Colorado



CIMARRON CREEK



Where comfort, community and Montrose, Colorado beauty come together

- ★ Brand new, beautiful, modern, move-in-ready manufactured homes
- 🌳 Tree-lined streets, walking paths, large open green spaces
- 🏠 Pride of ownership
- 🚗 Prime Montrose location
- 🐾 Pet-friendly
- ☀️ Colorado lifestyle

WHY RESIDENTS LOVE CIMARRON CREEK

- Large Common Areas
- Scenic Walking Trails
- Peaceful Atmosphere
- Community Center
- Lending Library
- Fenced Playground
- Dog Parks
- Community Garden
- Pet & Family Friendly
- Mature Landscaping

📞 970-249-0493 ✉️ manager@cimarroncreekcommunity.com

Open: Monday-Saturday, 8AM-5PM

Sat., May 23rd, 1-3 pm

Craft Workshop

KATE BURKE'S STUDIO

Spring Wreath Bird Feeder



Everything you need to make a beautiful wreath including silk flowers, ribbons, and bling.

Or decorate a colorful bird feeder complete with seed dish. Soft drinks & snack included.



\$35pp. Class limit 10. Adult class.

<https://kathrynRburke.com/052326krb>



Colorado Living at It's Best



CIMARRON CREEK

LOT #1414
901 6530 Road
Montrose, Colorado

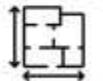
PRICE DROP: NOW \$167,000



3 Bed/2 Bath



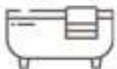
8x8 Matching shed



1179 Square Feet



Open concept split floor plan



Corner garden tub



Large laundry room



(970) 249-0493

CALL NOW

***ONLY \$2,025.00 per month**
(\$1,309.00 mortgage plus \$716.00 lot rent)

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

Catering: Graduations, Weddings, Family Gatherings

Fiesta Guadalajara
Re-Opening 2026
970-249-2460

Alpen Confections
970-648-0609

Jimmer's Steak & BBQ
970-252-1227



Beer Barn II
970-249-5550



Pahgre's
970-249-6442

Rib City
970-249-7427

Stone House
970-240-8899



OPINION/EDITORIAL: COMMENTARY

CITY OF MONTROSE, MONTROSE COUNTY & THE STATE OF COLORADO ...A FEW THINGS TO NOTE

Add DMEA & the School District in and You've Got A Lot Going On!

By David White

Let's just say that the average person isn't paying attention to the weekly goings on within local and state government. That seems to be relevant for most folks these days who are fed up with being led astray or just plain taken advantage of by their elected officials and the bureaucrats beneath them. The buddy system of politics at all levels keeps the bureaucratic world spinning and by extension, the public is given the same spin until they reach the point that they ignore it altogether or just don't believe what they see and read.

With that said, I'll take you through just a bit of what's been going on...

City of Montrose...I've written two articles about the farce being perpetrated by the City Manager (Bill Bell) and his minions claiming that he was awarded "City Manager of the Year" by a national publication. Proof was presented that this award was contrived and a "pay-to-play" scheme where taxpayer dollars bought this so-called award and yet the City continues to perpetuate the fraud through a press release touting the remarkable talents of the Manager. I guess if you tell a lie often enough, you might get a few folks to believe it. Good luck with that Bill.

As a side note (more to come on this), apparently Mr. Bell is telling folks that he once worked for the U.S. Secret Service. That's a new one. Can't wait to find out how that got past everyone!

The City recently opened 6600 Road back up (Hillcrest Drive becomes 6600 Road just north of East Main St. on the east side of Montrose) after installing major infrastructure (water and sewer lines, etc. that cost the City over \$1M dollars with sidewalks yet to come) to benefit the Colorado Outdoors developers (the Drago family) who have plans to build "affordable" housing in the form of apartments and condominium style residences on land they purchased there through one of their shell companies located in Wyoming and known as Housing Partners of Montrose, LLC. Even though Wyoming "based," the

legal address for Housing Partners is that of their attorney, Michael Beeche, with the firm of Warner Angle Hallam Jackson & Formanek PLC, in Phoenix, AZ where over 260 "corporations" have their "legal" addresses domiciled. Sounds like the corporate equivalent of a puppy mill!

Added to the Drago's portfolio of local real estate is the March 2026 acquisition of the Wildhorse Wine and Whiskey Bar at 439 East Main Street. This was also (a few years ago now) the address of the former Tiffany's, Etc. furniture store. Again, another shell company incorporated in Wyoming is the new listed owner of the property but with a second attorney involved by the name of Matthew Mark Jones of Tampa, FL who has an office in Scottsdale, AZ where he focuses his practice primarily in the field of Estate Planning and Asset Protection. Interesting.

As word spreads of an expansion of the Montrose Urban Renewal Authority (MURA) into downtown Montrose, it seems as though something is "up" as they say with the Drago's and the City especially given the City's pattern of designating downtown properties as "historic" and then pouring millions of your tax dollars into private developers hands for the "lipstick on a pig" treatment (new façades, asbestos removal, safety improvements, commercial kitchens, etc.) and creating nice profits for the property owners at the taxpayer's expense. What a scheme involving redistributing wealth from the poor and middle class to the wealthy. This is a developing story.

Montrose County...in spite of a prolonged hiring process to find a replacement County Manager that Commissioner Sue Hansen stated would be transparent in nature with a final list of candidates to be presented to the public and an open house style event held for citizens to meet and engage with the finalists, nothing of the sort happened. Instead, a former County Manager from 20 years ago was rehired with little fanfare at a salary of \$220,000 plus benefits with little to no public input.

The hiring process that we were told would take place as well as the start date for this person was Optimistically stated as being in March or April, however, the date has moved out to late June meaning that the County will have been without a manager for 7 months. So, who's running the show? Mum's the word but it does appear that there's a lot wrong behind the façade of the newly renovated Historic County Courthouse building where the Commissioner's and management have their offices. Time will tell if things get straightened out any time soon.

Word also has it that at Commissioner Hansen's direction, the elimination or severe cutback of watering the lawns and landscaping at County owned properties will occur as she believes that by killing off costly landscaping (which might create a fire hazard of its own), that this will somehow set the stage for the County to be the leader in water conservation during this time of drought. That doesn't seem to be a particularly wise thing to do if in fact this plan is carried out. Schemes like this are more show boating than anything else as they don't ever have any real effect on the situation that is claimed to be the reason for the scheme in the first place.

And, without any fanfare, Ms. Hansen has hired Sarah Fishing to be the "Interim Fairgrounds and Event Center Director" passing over current staff members with the broad knowledge of the day-to-day operations that those facilities are currently dealing with in exchange for an outsider to oversee these various operations. Ms. Fishing, as many know, was the former President of the Montrose County RE-1J School Board; is the current emcee of Montrose University (a City sponsored leadership program) which pays her \$10,000 per year for a once a month class over the course of nine months; she is also the social media guru for the Montrose Police Department and is an owner/manager of The Association (a drinking and food establishment housed in the former Montrose Potato Growers building

CITY OF MONTROSE, MONTROSE COUNTY & THE STATE OF COLORADO

From previous pg

whose restoration was paid for in part by City taxpayers). With all of her many responsibilities, it'll be interesting to see if the money paid to her will reap any benefits for the community or just be a political hire. Where this will all go hasn't been revealed at this point in time. Again, another one of those time-will-tell things.

Of course, there's more going on at the County. We'll save the details for another day.

State of Colorado...Governor Polis commuted the nine-year sentence of former Mesa County Clerk and Recorder, Tina Peters. Given what is known and the harsh sentence handed down on a "crime" that others have gotten off with a slap on the wrist for, all I can say is that it's about time.

House Bill 26-1126 (Passed the State Senate) - Makes it much more difficult to be a firearms dealer in Colorado. Requires permanent records be kept for all firearms transactions and those records to be available to all police officers. This looks like the beginning of gun registration in Colorado.

House Bill 26-1222 (Passed the State Senate) - This 70-page bill is packed full of changes to the Colorado tax code. Many are increasing the radical left's climate change policies by giving more incentives for "green" policies. The bill also has several tax increases, including a real bombshell in section 17 that will put a **sales tax on all precious metal sales**. This is a new tax and a clear violation of TABOR because the bill does not require a vote of the people to create this new tax. There are most likely many other TABOR violations in this tax bill, but this tax and gold and silver is a huge policy shift and it is buried in the middle of this very complicated tax bill.

House Bill 26-1320 - This bill rips apart a significant component of the Taxpayers' Bill of Rights (TABOR). TABOR requires specific language placement for ballot questions that deal with taxes and spending. The bill allows the Title Board to ig-

nore what the Colorado Constitution says and bury the TABOR required language in the ballot title.

Senate Bill 26-135 - This bill, if enacted and allowed to run its course for the next ten years will strip billions of dollars from the TABOR refunds to pay even more to our failing public schools. At least they recognize that the people must vote on this TABOR busting idea. The bill actually doubles the amount prescribed for growth for government school funding over the last time they tried this scenario (about 25 years ago). We know the results will not be good.

House Bill 26-1011 - Banning all pet stores from selling cats and dogs. Signed by the Governor.

Senate Bill 26-005 - Anti-ICE bill creates a path for personal lawsuits against ICE officers or those who cooperate with ICE. Passed the State House on a party line vote.

Of course, there's much more in the way of new laws coming our way, but these are some that should be of interest to most readers.

DMEA (Delta Montrose Electric Association) - The DMEA Board elections are in full swing but are completely without meaning as no one has sought to challenge the incumbents running for re-election making this election all but a moot point for most, **EXCEPT for the one thing** - the opportunity to vote to limit board members to four (4) terms of four (4) years each. Personally, four terms are too many, but at least it's a start. The press release from DMEA states the following as a reason why four terms are the right number of terms:

"The proposed change would allow directors to serve four 4-year terms (16 years total) if members continue to elect them. The proposal also includes a four-year break before directors can run again. Serving on the board of an electric cooperative and making complex decisions requires significant experience and training. It takes directors five to six years to

complete certifications for both electric and broadband leadership courses, gain industry knowledge, and fully develop expertise in cooperative governance. Extending potential service time helps preserve experienced leadership and continuity on the board while long-term projects are planned and executed." (<https://www.dmea.com/news/dmea-ballots-now-available-members-to-vote-on-board-term-limits-amendment>)

I'm all for limiting terms even ones of this length. Of course, any board member could be voted out along the way, so in many respects, these board seats are somewhat self-regulating provided that members VOTE! **So, VOTE!**

Montrose RE-1J School District - Closing out this week's installment is a shout out to the 2026 Graduates of Montrose High School! I attended the graduation ceremony to see one of my grandsons graduate from MHS. He's now readying himself for college this fall at CMU. According to MHS Principal Heidi Voehringer, the class of 2026 was the largest in the history of MHS at 277 students. It was quite an early Sunday morning with rain and wind mixed with clearing skies which happened just in time for the ceremony to start. The football stadium was packed with family and friends. It was quite a day!

In closing, as always, remember that elections have consequences. Use your right to vote wisely. Whether it's for the upcoming DMEA election or this Fall's Mid-Term election, please get out and vote. Have a good week!

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.



*Agents making videos about themselves...
and videos of themselves making videos.*

When it comes to the largest purchase of your life,
do you want an agent who's focused on content...

—or one who brings experience, strategy,
and real guidance to the table?

Because behind every successful transaction
isn't a camera—
it's knowledge, negotiation, and results.

Choose experience. Choose confidence. Choose results.

Leslie Gore

GRI • CRS • ABR • SRES • SFR
Century 21 Elevated Real Estate

📞 970-275-3195

✉️ LeslieGoreRealtor@gmail.com

"Relentless Moves."

CENTURY 21
Elevated



Montrose Regional Crime Stoppers



**See Something? Say
Something!**

Report Anonymously at:

(970) 249-8500

P3 mobile app

p3tips .com

**If your tip results in an arrest...
You could receive a cash reward!**



COMMUNITY OBITUARIES

ROBERT (BOBBY) BAIN

November 25, 1965- April 12, 2026



ROBERT (BOBBY) BAIN passed away on April 12, 2026, in Aurora, CO due to health complications. He was born in Grand Junction, CO on November 25, 1965, and was

the youngest in a set of twins.

Bobby spent most of his younger years in Leadville, where bowling, riding bikes, and hanging out with friends was a favorite pastime. He attended West Park Elementary School, Lake County Intermediate School and Lake County Jr. High before moving with his family to Montrose in 1981. He attended Centennial Jr. High and Montrose High School, graduating in 1985 with his brother & sister. SAfter graduation, Bobby attended Job Corp in Collbran, CO, and eventually began his career in the medical field as a CNA. Bobby worked in various nursing homes and loved working in the memory care units. He moved to the Denver and Castle Rock area for several years before returning to Montrose in 2015. Bobby worked in home health and for Community Options until his health no longer allowed him to work.

Bobby had a passion for the outdoors and

would go hunting and fishing every chance he got. He loved to go fishing with his brother Tommy and with his dad. He was an avid Minnesota Vikings fan and would take every opportunity to harass his nieces about their choice of football teams.

He is survived by his baby girl, Skylar, his father Tom, his sister Terri Hart (Roger), his nieces, Lynnsi Hart & Shayli Hart and her fiancée, Shane Failing, his nephew, Justin Hart and his wife Katie and his nephew, Terry Bain. He is also survived by his very close friend, Anjel Bettcher and his friends whom he considered brothers, Patrick Dikeman, Billy Davis and Royce Russell.

Bobby was preceded in death by his mother, Mary, his twin brother, Tommy and his stepmother, Patty. The family has chosen to hold a memorial celebration at a later date.

MICHAEL BLAINE KELLEY

December 15, 1952- January 15, 2026

MICHAEL BLAINE KELLEY of Montrose, CO, passed away Jan. 15, 2026, at St. Mary's Hospital, in Grand Junction. He was born Dec. 15, 1952, to William and Theo Kelley, in Lamar.

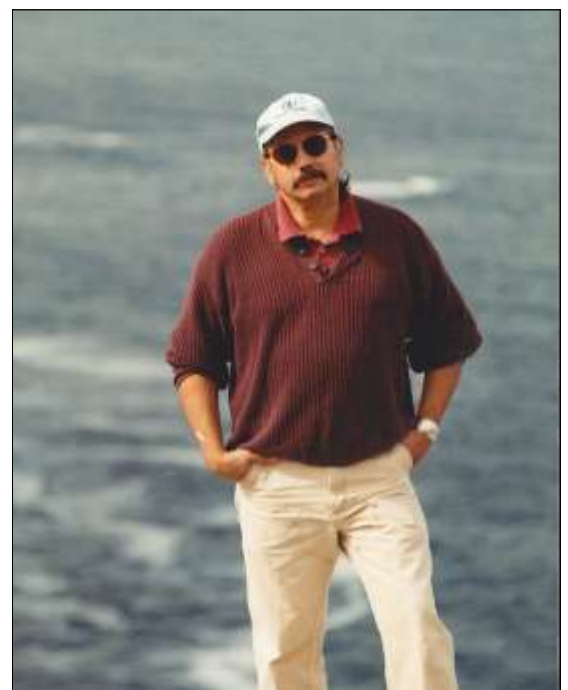
Blaine's formative years were at La Juanta. He graduated from La Juanta High School in 1971.

He served in the U.S. Army as a carpenter and as a percussionist from 1972 through 1975 at Ft. Mead, MD and at Ft. Carson.

Blaine received an associate's degree from Colorado Mountain College, Glenwood Springs. He worked as a carpenter and other phases of construction for over 15 years throughout the Roaring Fork Valley. In the early 1990s he moved to Montrose where he was the owner of Sagebrush Books, with his wife, Alice. He also worked sales at local lumber yards. He retired from Colorado Yurt, working as a carpenter.

Blaine is survived by his wife, Alice, brother Quentin (Donna), sister Sara, nephews Dallas Kelley (Maria), Shawn Kelley (Jodi), Travis Fulton (Tiffany), and Jonathan Fulton, and niece Carole Sutton (Sean).

A memorial service will be held at 11 a.m., Thurs., June 4, 2026, at Crippin Funeral Home Chapel, 802 E. Main, Montrose. Interment will follow at Cedar Creek Cemetery, Montrose.



COMMUNITY OBITUARIES

LARRY GENE HALLER

September 18, 1944 – May 9, 2026



LARRY GENE HALLER was born September 18, 1944 in Grand Junction, Colorado to Owen and Dorothy Haller. He passed on May 9, 2026 at home in Ridgway, Colorado.

Larry met, Markeeta his wife of almost 65 years, when they were teenagers and together they built a life in Ridgway with

their four daughters. He worked as a hard rock miner for 25 years before becoming the co-owner of Truss-Co. and later Haller Trucking.

Larry loved to stay in motion and had a passion for vintage cars, snowmobiles, boating, four-wheeling and the outdoors. Larry was known for his sense of humor and quick wit, but underneath he had a quiet strength and steady presence that made people feel comfortable around him.

Above all, he cherished time with his family, who were the center of his world. Larry was passionate about life and enjoyed spending time with friends and making memories.

Larry is survived by his beloved wife; his daughters, Denean (Grady) Colby, Julie (David) Piatt, Dayna (Ken) Williams, and Gena (Jerry) Wilson; his grandchildren, Graden (Kelsey) Colby, Brooke (Kyle) Easley, Spencer (Renee) Colby, Kristen (Monte) Marchand, Travis (Jennifer) Piatt, Kirk (Sierra) Piatt, Kyle (Mandy) Piatt, Trenton (Estrella) Piatt, Taylor (Reed) Thompson, Trevor Williams, Kienan Haller

and Jeremiah Wilson; his great-grandchildren, Kruz Colby, Teage Colby, Stark Colby, Payton Easley, Jay Easley, Creede Colby, Rhone Colby, Velarri Colby, Korey (Brianna) Marchand, Kylee Marchand, Braxton Marchand, Kapri Marchand, Zach (Rylee) Shank, Austin (Jamie) Shank, Paige (Ty) Sickles, Trevor Piatt, Sophia Warwas, Ethan Piatt, Lyla Piatt, Laelia Piatt, Rowan Piatt, Rhett Piatt and Kane Thompson; his great-great-grandchildren, Lynlee Marchand, Addie Shank, Raelynn Piatt, Jace Shank, Stetson Sickles and Kinley Sickles; his sisters, Sherril Key, Joyce Morris, Sandy Downing along with many nieces and nephews.

He was preceded in death by his parents and his brother Loren.

A graveside service will be held at Dallas Park Cemetery on Saturday, May 23, 2026 at 1 p.m. followed by a reception at the Ridgway Community Church to celebrate Larry's life.

In lieu of flowers, the family asks that donations be made in Larry's name to the PSP foundation or a charity meaningful to you.

SUSAN "SUE" EISENHOFFER

SUSAN EISENHOFFER, "Sue," affectionately referred to as "kid" by her husband, passed away surrounded by her loving family on May 10, 2026.

Sue is survived by her loving husband of 46 years Heinz, her daughter Melissa and grandson Archer, her pride and joy.

She is also survived by her sisters Carol (Roger), Nancy, and Jody (Mike), her sisters-in-law Margaret, Elizabeth, Barbara, Veronica (Michael), brother-in-law Peter (Marion), eight nephews and four nieces. She was predeceased by her parents James and Mary Wasson and brothers-in-law George, Martin and Jochen.

Sue worked her entire career in the insurance industry, moving from New Jersey to first New Mexico and then to Colorado and enjoyed traveling to many national parks and Europe, but the Rocky Mountains were her favorite.

An avid bingo player, Sue enjoyed volunteering and playing at the American Legion. She was also an avid gardener, animal lover, bird watcher and crocheted blankets for the local children's hospital.

Sue will be remembered by her laugh, her love of life and as little as she was...her kind and caring personality.

Donations to the [American Cancer Society](#) in her memory will be appreciated.



ISSUE 573 May 18, 2026

ART & SOL

WORD FROM THE WEST: THE THIRSTY SOUL OF THE DESERT WEST



Courtesy photos Wendy Videlock

By Wendy Videlock

PALISADE-I was raised in the strange religion of the American Southwest in a place known as The Sonoran Desert, The Old Pueblo, Homeland of the Hohokam, Scorpion Country, The Sunbelt, Rodeo Town, The Wild West, The Middle of Nowhere, Dry Land, Chuk Shon, or Tucson, Arizona. The tenets of this religion included snaky little creek beds, stones that glow, colored lizards, Palo Verde trees, the many-limbed Saguaro, trails of quail, yucca blooms, cat tracks, Cottonwood and vast, breathtaking vistas.

The landscape surely formed me, though this has really only occurred to me gradually and in retrospect. Time after time I

have found myself compelled toward places a little bit on the edges of things. Growing up in Tucson's valley basin, we looked out toward the Santa Catalinas, with their promises of mountains made of Lemons and a magical thing called snow. My imagination was sparked by the changing landscape and the call of wonder, mystery and quest.

What is pared down in the desert to its essence can sharpen one's concentration, can invite expansion, can conceive the dust devil.

In the open Sonoran Desert were old abandoned refrigerators, abandoned dogs and cats covered in maggots, colonies of tumbleweeds, spent bullet shells and piles

of empty Coors cans alongside delicate arrays of morning glory.

The sublime will find its place among the unthinkable. Carcass, meat, feather, stone. *Welcome to your home*, says the Sonoran, *the elements are spare. There is much to understand. Pay attention.*

Here, all things scoured by heat, thirst, wind and time will be transformed under a light feminine rain.

My father was first generation Lebanese-American, my mother a Roman Catholic from Boston. A rebel with the red hair to prove it, my mother had had enough of school by the end of third grade and was done with Boston at the age of sixteen. A bit of a misanthrope, she was adept at wiping her hands of things. Her power was self-evident. She trusted no institutions, sans the Catholic Church and had no interest in the details. Conversely, my father placed great value in the details. He graduated magna cum laude, was versed in theology, history, the maths and languages. Deeply invested in civics and world events, he wiped his hands of nothing.

Even physically, my parents cut a beautiful figure in contrasts: my mother being pale skinned, freckled and blue-eyed — a sovereign, small-framed being, and my father, dark-skinned, dark eyed, bushy-browed.

They were deeply devoted to one another and settled in what was then the outskirts of Tucson when I was five or six years old.

Each spoke a very different tongue to

Continued next pg

THE THIRSTY SOUL OF THE DESERT WEST From previous pg

deconstruct the world and to carve out their own unique place in it. From an early age, they seemed to me entirely estranged and miraculously aligned.

Though their differences were remarkable, both were inclined toward a kind of communion when walking in the desert wilderness, when exploring new terrain, when collecting large stones, when hiking Sentinel Peak or Picacho or riding old burros down into the Grand Canyon.

With such dramatically disparate influences early on, a child learns a little something about language, religion, education, and story. One learns even more about the quickening of the spirit, the dimming of the sky, the shifting of the sands, the softening of the edges, the sudden gusts of wind.

My natural inclination then, was to grow up and marry a Jewish guy. In retrospect, I suppose some subconscious part of me knew I needed to fully round out my understanding of the Abrahamic religions. In turns, my son married a Hindu and my husband practices Buddhism today. Religion and ancient traditions have taken root in my consciousness.

The desert has clearly taught me something about confluence, has offered some illumination into the limitations of our human kind, about the dangers of ethnocentricity, about the thirst of our collective souls.

So it made sense that that I should eventually make a home at the confluence of two rivers. It made sense that I should find myself, both literally and figuratively, in a dwelling on the very edge of a ravine. It seems perfectly right that I should live out my days at the foot of a mesa in the high desert region of the Uncompagne Plateau, in a place known as Ute country or the Western Slope of the Colorado Rockies.

Here, we are offered daily sacraments, from the silent, sacred pause to the turn in the weather to the subtle invitation, to the invariable awareness of transformation.

Here, it appears, everything is windswept, river dependent, fire inclined — and written and unwritten in stone.

This place in the high desert has been our home for thirty-five years now, and though we arrived in an old Chevy Blazer,

were broke, witless, jobless and had set out from the bowels of Las Vegas, it was a childhood in the Sonoran Desert that seems to have brought me here.

The crossroads, the backroads, the road trip, the practice of returning—there are just a few of the sacraments here in the religious sect of the American Southwest.

From our backyard here in Western Colorado I've encountered the high desert at her most strange and her most intimate. I've witnessed a massive slab of sandstone fall with a dark thud from a canyon wall.

During summer monsoons, contrasted against a dark mesa, I've watched double rainbows stretch across the sky—rainbows so bright it seemed I'd opened up a picture book and stepped inside.

I've endured lightning storms so intense I was sure I wouldn't survive. Storms in this part of the world feature 360-degree lightning displays that pierce one's consciousness and go on for hours. The Ute did not call this great mesa, *Thunder Mountain* for nothing.

I've watched, transfixed, as a powerful dust devil scooped up a table-umbrella, and floated it, slow-motion halfway down into the draw. And I've seen that same dust devil turn around and gather up that same umbrella—lift it back onto the air and dump it in a crumpled heap back where it began on our back deck.

Here on the edge of things, one becomes pretty familiar with the cosmic joke, with the universal wink, with the notion that one really ought to take another look.

I've stood before 3000-year-old petroglyphs along narrow rim trails and on outcroppings in Escalante Canyon.

On my knees I've uncovered the lost language of clam and oyster shell issuing forth from the softly-spoken stories living in the Mancos Shale.

I have seen lenticular clouds stacked like apparitions over Windgate spirals.

I have been silenced in the woodlands of the red rocks to the south of us.

I have watched a luminous Milky Way spiral across the night sky, its galactic center appearing as a detailed form of architecture. *If design govern in a thing so sublime!*

I have survived thick blankets of smoke from surrounding wildfires— smoke that

hung heavy in the air for months. I have seen burn scars that would break your heart into pieces.

I have seen The Round Mountain and the palisades at end of day become a revolution of color: salmon, apricot, bruised plum, copper, rose, crimson. I have seen the stones mirror the sky and the sky blush even deeper.

I have seen, on bright winter afternoons, the sky grow suddenly dark— just before the ambush of a snow squall.

I have stood in gusts of wind that knocked me off my feet.

If one listens, one hears all kinds of languages spoken here in this irrigated desert, here in this place where time burns down to its essence, here in this place which was once an ancient sea.

Here in this particular place, one becomes a bewildered passenger on the ship of deep time. Here we survive in the belly of drought and climate change, in the stories of dramatic weather, in the poetry of the long, unfolding horizon. The earth has known these things before.

Here in this place, gratitude is a wise old grandmother —and grace her twin sister, on whose door one quietly knocks. She does not always answer.

Here I have bent to listen. From here I have taken notes, made inquiry, taught in correctional facilities, elementary schools, high schools, universities, spiritual centers, churches and river-side. I've written a few books, painted a whole bunch of canvases, scribbled a hundred notebooks and raised a few metaphoric barns.

I've also raised a couple of beautiful kids with my beautiful man, all of whom have become my greatest teachers. I have tried to control the winds and have surrendered to the winds. I have made a few profoundly dear friends, have practiced my chosen crafts, have worn a whole bunch of hats, have shed a few skins, have enjoyed myself and suffered my sins.

Other people's too.

And I have encountered all manner of animal life moving through these dusty backroads. I have been in turns, quieted, charmed, frightened, astonished and humbled.

Through it all, I remain a wide-eyed child of the desert, a child of confusion and difficulty, a curious disciple of the great

THE THIRSTY SOUL OF THE DESERT WEST From previous pg

mystery, an aspirant of wisdom and wonder.

The existential crisis of our time blows through the desert like a faded, half-told story.

Like Keats, and I suspect, Annie Dillard, I believe ours is a world of weeping and a place of soul-making.

Just this evening, here on the fringes of East Orchard Mesa, we were offered a long, leisurely dusk, followed by a slow sea of stars finding their way into our shared field of vision.

Soon after, the voices of coyote filled the air, pale, potent and familiar.

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

Need an X-Ray?

Try Imaging at River Landing



- Quick, in-and-out experience
- Less expensive than hospital visit
- State-of-the-art technology



Imaging at River Landing

Ambulatory Care Center
3330 S. Rio Grande Ave.
Montrose, CO 81401

970-497-5976

montrosehealth.com/imaging

OPEN
for Business

It's Your Business!

Let's Grow Together. Advertise with The Mirror!

970-275-0646

COMMUNITY NEWS BRIEFS

HONORING NATIONAL THERAPY ANIMAL DAY



Proclamation photo by Gunnison Clamp.

Special to the Mirror

MONTROSE-April 30 was National Therapy Animal Day—a day celebrating the handlers and the companion animals in our lives who volunteer in our community and help make Montrose, Colorado a wonderful place to live. Montrose Mayor, Michael Badagliacco, officially proclaimed April 30th as National Therapy Animal Day in Montrose, CO.

Therapy animals and their handlers visit hospitals, nursing homes, schools, libraries, airports, and more. Visits from therapy animals have been scientifically proven to lower blood pressure, improve mood, and even help struggling readers gain proficiency. Therapy animals positively impact the lives of many people throughout the community; they are different from the service animals that provide specific services for just one person.

Morningstar Therapy Dogs, a non-profit organization founded in 2003 in Montrose, Colorado, is made up of nationally certified dog/handler teams joining together to promote therapy dog programs and visits in the Montrose community. Each team meets the highest standards for client safety and animal welfare. We volunteer at hospitals, nursing homes, Hope West, Community Options, Veterans’ hospital, Haven House, local schools (regular & crisis visits), libraries, airports, first-responders at Black Canyon wildfire, private in-home visits, various local community activities and fairs, and much more. It is incredibly gratifying volunteer work that we enjoy doing together.

We would enjoy the opportunity to speak with you and tell you more about our volunteering and the benefits of therapy animals for our community.

On April 30, please take a moment to thank a therapy animal, or consider if you and your pet would enjoy this volunteer activity. Morningstar Therapy Dogs is a 501c3 nonprofit group and we rely on community support and donations. Please visit our website, <https://morningstartherapydogs.org/> It has a link (Therapy Dogs 101) that offers information on whether your dog might be the right fit as a therapy animal. We encourage everyone to check it out. We want them to enjoy their “job” as much as we do.



Morning star Therapy Dogs Group photo. Courtesy image.



COMMUNITY NEWS BRIEFS

SOUTHERN AVENUE TO PLAY PALISADE BLUEGRASS & ROOTS FESTIVAL JUNE 7

Special to Art & Sol

PALISADE-Memphis-based roots, blues and soul band Southern Avenue will perform at the Palisade Bluegrass & Roots Festival in Palisade on Sunday, June 7 (Riverbend Park, 451 Pendleton St., 3pm, \$65.22-\$191.04, kids 12 & under free w/ paid adult, www.palisademusic.com).

Their latest release is their GRAMMY-nominated Alligator Records debut, FAMILY. Southern Avenue's music is a blend of soulful, warm sister harmonies, funky Memphis grooves and tough, blues-infused guitars, all wrapped in positive, feel-good vibes. They've shared bills with Tedeschi-Trucks, Sheryl Crow, Jason Mraz and more, and in 2024, they were invited to tour with Willie Nelson, Bob Dylan, and John Mellencamp for eight dates on the Outlaw Music Tour, as well as to play at Farm Aid, where they joined Nelson, Mellencamp, Neil Young, and Dave Matthews. In addition, lead vocalist Tierinii Jackson appears on two songs on the soundtrack of the blockbuster film *Sinners*. Also, *Living Blues* magazine's readers chose Southern Avenue as the 2025 Band Of The Year.

Southern Avenue's [sound](#) overflows with thick grooves, memorable melodies, positive messages and hair-raising harmonies that would make the Staple Singers proud. The band is unlike any other on the scene today, featuring three Memphis-born sister singers who perfected their vocals in church before embracing their own sonic identity: lead vocalist/songwriter Tierinii Jackson backed by her two harmonizing musician sisters, Tiky-



Southern Avenue courtesy photo.

ra (TK) on drums and Ava on percussion and violin. Tierinii's husband, Israel-born and bred guitarist/songwriter Ori Naftaly, provides gritty Memphis guitar.

Southern Avenue has cut three previous albums, but FAMILY is the first one that has captured the raw, unvarnished sound that the band has been reaching for. The songs range from infectious, gospel-styled shout-outs to melodic, straight-from-the-soul ballads to inspiring, energy-filled an-

them. Constant touring has brought them to destinations across North America, Europe and Australia, and earned them non-stop accolades from fans, press and fellow musicians. *Rolling Stone* says, "Southern Avenue showcases the soul of Memphis...they continue to evolve and inspire. They take listeners into a world filled with stories that resonate long after the last note fades....unforgettable music [and] electric performances."

CELEBRATING LOCAL BEAUTY.



#montrosemirror

CENTURY 21

BUYER-FOCUSED REPRESENTATION WITH INTEGRITY AND EXPERTISE



LESLIE GORE, CRS

Associate Broker

C: 970-275-3195

O: 970-249-7653

LeslieGoreRealtor@gmail.com

DIANE HAYNES, CRS

Associate Broker

C: 970-596-3521

O: 970-249-7653

DianeHaynes@outlook.com
DianeHaynesRealtor@gmail.com



Choosing a real estate agent with the Accredited Buyer's Representative (ABR) designation offers several advantages:

Specialized Training: ABR agents have received advanced training focused on representing buyers, giving them a deep understanding of the buying process and strategies to advocate for your best interests.

Expert Negotiation Skills: They are equipped with the skills to negotiate better terms, prices, and contingencies, helping you secure a more favorable deal.

Market Knowledge: ABR agents are well-versed in local market conditions, giving you insights into pricing trends, property values, and neighborhood information.

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

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

In short, working with an ABR-certified agent provides specialized expertise, better representation, and a smoother home-buying experience.

Call for an appointment today!

The Satisfied Self

THE SATISFIED SELF: WHEN STRESS BECOMES YOUR PERSONALITY

Most people think stress is something that happens occasionally.

A deadline.

A difficult conversation.

A crisis.

But for many people, stress is no longer an event. It's a baseline.

The body becomes so accustomed to tension, urgency, hypervigilance, or emotional shutdown that dysregulation starts to feel normal. Familiar. Even productive.

And once that happens, many people stop recognizing it in themselves altogether.

One of the most influential frameworks for understanding this is called **Polyvagal Theory**, developed by neuroscientist Dr. Stephen Porges.

At its simplest, Polyvagal Theory explains how the nervous system constantly scans for cues of safety or danger—not just physically, but emotionally and socially. Your body is always asking: “Am I safe right now?” And depending on the answer, the nervous system shifts into different states.

The Three Primary States

1. Ventral Vagal — Regulation & Connection

This is the state where you feel:

- calm
- connected
- focused
- emotionally flexible
- socially engaged

Your breathing is steady.

Your body feels open rather than guarded.

You can think clearly and respond appropriately to stress.

This is where most people function best.

2. Sympathetic Activation — Fight or Flight

This is the stress response most people recognize.

The body prepares for action:

- heart rate increases
- muscles tighten
- thoughts speed up
- anxiety rises

This can look like:

- overworking
- irritability
- perfectionism
- inability to rest
- feeling “wired but tired”

In modern life, many high-functioning people live here almost constantly.

And because productivity is rewarded, this state is often mistaken for ambition or drive.

3. Dorsal Vagal — Shutdown & Disconnection

When stress becomes overwhelming or prolonged, the nervous system may shift into a protective shutdown state.

This can feel like:

- exhaustion
- numbness
- disconnection
- lack of motivation
- brain fog
- emotional withdrawal

People often interpret this as laziness or depression when, biologically, it is the nervous system conserving energy.

Why Dysregulation Becomes Normal

So why does dysregulation begin to feel normal? The nervous system learns through repetition and environment.

So, for example, if someone grows up around:

- chronic stress
- unpredictability
- emotional instability
- criticism
- conflict
- lack of emotional safety

their system adapts.

Hypervigilance becomes intelligence.

People-pleasing becomes safety.

Overachievement becomes protection.

Emotional shutdown becomes survival.

These patterns are not character flaws.

They are adaptations. And because they develop early, many people mistake them for personality traits. And those “traits” are the result of constant conditioning.

Women, in particular, are often socialized into nervous system patterns that appear

functional from the outside.

Does this sound familiar? Many women learn (and adapt) to:

- anticipate everyone's needs
- overextend themselves
- stay emotionally available at all times
- suppress anger

-maintain harmony at personal cost

Externally, this can look highly capable.

Internally, the nervous system may be operating under constant strain. This is one reason so many women feel exhausted despite “doing everything right.” This is not a state of being we were designed to maintain.

What makes this even more important is that women's nervous systems were historically underrepresented in research. For decades, most medical and psychological studies were conducted primarily on men. Male hormonal patterns were treated as the default model for stress, recovery, behavior, and performance. Yep. You read that right.

Women's cyclical hormonal fluctuations—and the way they influence the nervous system—were often ignored or minimized. It wasn't until the early 2000s that more serious attention began shifting toward understanding how women uniquely experience stress, recovery, emotional processing, nervous system regulation.

And what researchers continue to find is significant:

women often regulate through connection, safety, emotional attunement, and relational support—not just achievement and stimulation. Which means many modern environments are unintentionally working against the female nervous system. For example, many antidepressants are designed to increase dopamine levels. But increased dopamine, in women, can suppress emotional processing and actually inhibit the nervous system. This can also be generally applied to recreational drugs as well, since those dramatically increase dopamine. (It's why they call it “dope.”)

WHEN STRESS BECOMES YOUR PERSONALITY *From previous spg*

The significance can't be overstated. Understanding your nervous system changes not only the conversation, it changes your life. Instead of asking: "What's wrong with me?" You begin asking: "What state is my system in right now?" That shift creates space for compassion, awareness, and more effective action. Because you cannot regulate a system you don't recognize. And you can't think your way out of a nervous system state. You feel your way out. Quite literally. The nervous system lives in the body, therefore, that's how you access it: felt experience.

Obviously you can't run around doing things that "feel good" all the time. That's neither realistic nor healthy. And stress will materialize, life happens and difficult situations are just a part of life. The goal isn't constant calm. The goal is flexibility. And you do that by recognizing your state, by responding intentionally, by returning to regulation more efficiently.

This is where practices like breathwork, yoga, mindfulness, and sound become powerful. They teach the nervous system how to move out of survival states more effectively—and how to spend more time in regulation. Over time, calm stops feeling unfamiliar. It's like taking a path through the woods. The first time you take that path, it may be overgrown, unfamiliar and require some effort to find your way. Each time you travel that path it becomes easier and there are fewer obstacles. Eventually that path becomes well-worn and familiar. Your brain works in the same way. That's how we develop habits. They're just patterns we run.

Once you understand these patterns, you begin seeing them everywhere: the inability to rest without guilt, emotional reactivity under pressure. compulsive busyness, shutting down after prolonged stress, needing constant stimulation to feel "normal." Scrolling when you can't sleep, or first thing in the morning.

These are not random habits.

They are nervous system patterns.

And patterns can change.

In next week's article, we'll explore one of the biggest drivers behind modern dysregulation: dopamine—and why the constant pursuit of stimulation, productivity, and reward affects women differently than we've been taught.

Because what modern culture rewards is not always what the nervous system needs.

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>



COMMUNITY NEWS BRIEFS

FRUITA'S DANNY ROSEN TO BE FEATURED AT STORIES & POEMS

Special to Art & Sol
 TELLURIDE- Poet, publisher, sculptor, Lithic bookshop and press owner Danny Rosen of Fruita will read poems at the May 19 Stories & Poems live sharing circle at the Wilkinson Public Library in Telluride at 5:15 pm MST.

Danny Rosen started out in Philadelphia and lived there until 1980. In Wyoming he studied geology, the high cliffs and the long road. Over time all things stone and otherwise coalesced in Fruita to become Lithic Press then Bookstore. Previous publications include: *The Tuscan Journals* (Cuneiform Press) *Primate Poems* (Lithic) and *Ghosts of Giant Kudu* (Kattywompus).

Of his serial poem, *Suspended Erosion*, he says, "It's from the point of view of one who hangs rocks - looks at rocks hanging above the horizon - their silhouettes shifting against something far away - or - from the view of the rocks themselves looking out at the situation - mineral memories when the rock was young tumbling burning and sentenced to be a victim of gravity - how it feels at the moment of cracking - solidarity before redemption to say nothing of suspension."

Co-sponsored by the Wilkinson Public Library and the Telluride Institute, the literary event is free and open to the public of all ages. Attendees are encouraged to bring a story or poem of their own, or of someone they like, to read aloud.

For those that like prompts, this month's will be "Hanging Rocks" although stories or poems on any subject are welcome. T



Danny Rosen of Fruita will read poems at the May 19 Stories & Poems live sharing circle at the Wilkinson Public Library in Telluride at 5:15 pm MST. Courtesy photo.

In June San Miguel County Poet Laureate Paulo Munguía of Montrose heads up the evening.

The **West End Stories & Poems** series continues at the Naturita Community Library on the second Thursday of each month at 6 pm MST. Writers and reciters are also invited to share stories and poems of their own -- or of their favorite poets/authors -- with facilitators Leslie Ament and Goodtimes. The May 13th discussion will focus on Drought.

The **Bardic Trails** virtual zoom series continues on the first Tuesday of each month at 7 pm with town support from the Telluride Institute, the Wilkinson Public Library and the Commission for Community Assistance, Arts & Special Events.

To get on our zoom link, participants not on our Bardic Trails mailing list need to visit <<https://www.tellurideinstitute.org/>

<[western-slope-calendar.com](https://www.western-slope-calendar.com)>

The national Fischer and state Cantor poetry prize contests start up again April 1 for 2026. Go to our website to see photos, bios and poems of our winners and finalists. We will be accepting 2026 entries on April 1, 2026. In addition to being eligible for over \$4000 in prize awards, participants are a primary means of support for all the projects of the Talking Gourds poetry program.

Thanks to the Cantor Family, the Guttman Family Foundation, CCAASE, several local and regional donors and our Fischer and Cantor contest participants for financially supporting our program and all our projects.

For more information, visit the Telluride Institute Talking Gourds website: [tellurideinstitute.org/talking-gourds](https://www.tellurideinstitute.org/talking-gourds).



FINANCING AVAILABLE!

**5 1/2%
INTEREST**

ON THESE BRAND NEW MOVE-IN READY HOMES

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



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



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



**Monthly payment includes
estimated mortgage plus lot rent.**

**Call Today
For
More
Information:**

(970) 615-9412

WAC. ESTIMATED PAYMENT, RATES AND TERMS MAY VARY
BASED ON CREDIT HISTORY. NOT ALL APPLICANTS WILL
QUALIFY. SUBJECT TO LENDER TERMS & CONDITIONS. ACTUAL
TERM, RATE, APR, AND LOAN AMOUNT MAY VARY.



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

Call me for all your Real Estate Questions and Information



Diane Haynes,
GRI, ABR, CRS

Century 21 Elevated Real Estate

dianehaynes@outlook.com

dianehaynerealtor@gmail.com

970-596-3521



COMMUNITY NEWS BRIEFS

SNHU ANNOUNCES SPRING 2026 PRESIDENT'S LIST-INCLUDES MONTROSE STUDENTS

Special to the Mirror

MANCHESTER, NH-- It is with great pleasure that [Southern New Hampshire University](#) (SNHU) congratulates the following students on being named to the Spring 2026 President's List. The spring terms run from January to May.

Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above for the reporting term are named to the President's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Lillian Hamilton of Montrose (81403)

Timothy Pruitt of Montrose (81401)

THE ALPINE CLUB ANNOUNCES RANDY HOUSER BENEFIT CONCERT SUPPORTING THE TELLURIDE FOUNDATION'S GOOD NEIGHBOR FUND

Special to the Mirror

TELLURIDE— [The Alpine Club](#), Telluride's first fully private, on-mountain club, is proud to announce a benefit concert featuring country music artist **Randy Houser** with opening act by Colorado-based, indie-folk duo **LVDY** on **Friday, July 17, 2026**, in support of the [Telluride Foundation](#). Held at the iconic Sheridan Opera House, the intimate performance will raise money for the foundation's Good Neighbor Fund, a critical resource supporting local residents facing financial hardship. The one-night-only concert will mark Houser's first time taking the stage in Telluride, bringing together community, philanthropy and world-class entertainment, including hits such as *How Country Feels*, *Runnin' Outta Moonlight* and *Like A Cowboy*.

"The Alpine Club is committed to being a long-term partner to the community and we're honored to partner with the Telluride Foundation on an initiative that directly supports the people who make this destination so special," said Tommy Southworth, president of Southworth. "Being a good neighbor and active member of the community is a core value of Southworth, and this concert hosted by The Alpine Club will bring together great music and real impact, helping ensure our neighbors facing hardship can access immediate, essential assistance."

Tickets go on sale Friday, May 15, starting at \$100 for general admission. More information and tickets are available [here](#).

For additional information on The Alpine Club, visit [TheAlpineClub.com](#) and Telluride Foundation, visit [TellurideFoundation.org](#).



8TH ANNUAL
BOOT STOMP

SUPPORTING THE CARING FRIENDS FUND
 FOR THE SAN JUAN CANCER CENTER

FRIDAY, JUNE 5, 2026
 5:30PM TO 10:30PM

STORM KING MOUNTAIN RANCH,
 70777 BUCKHORN RD,
 MONTROSE, CO 81403

GET YOUR TICKETS:
bootstomp.org

MONTROSE REGIONAL HEALTH Foundation

BOOT STOMP



SEE SOMETHING - SAY SOMETHING

970-249-8500
 ANONYMOUS CALL

MONTROSE REGIONAL
CRIME STOPPERS

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

COVENANT HEBRAIC FELLOWSHIP

Denomination affiliation. No affiliation
Address Office hours N/A
Contact: 720-951-9941,
office@ccfmontrose.net,
www.ccfmontrose.net

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

FIRST PRESBYTERIAN CHURCH MONTROSE

Affiliation: Presbyterian
Address: 1840 E Niagara Rd. Montrose CO. 81401 **Office Hours:** M-Thu 9AM - 12PM

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:

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, [mont-](http://montroseumc.org)

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

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

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

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

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

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

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

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.

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.

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.

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.

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.

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.

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's desire is to passionately bring people face-to-face with the life-changing power of Jesus Christ.
 We are a multigenerational church from different walks of life who love Jesus, love each other, and love our community. Everyone comes dressed in whatever is comfortable.
 We love meeting new people no matter where they are at in life .

MIRROR CHURCH DIRECTORY *From previous pg*

ST. STEPHEN'S ANGLICAN CHURCH

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

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

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

VICTORY BAPTIST CHURCH OF MONTROSE

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

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

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

Church Directory Mirror Editorial Staff

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

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

Please give a one sentence description of your church and its mission in the Montrose community.
 Brief description of your current church demographics (predominately family, youth, seniors, singles).
 Do your church services include Sunday School and childcare?

Premier Sponsor:
 Montrose Farmers Market
 970-249-0705

Horsefly Brewing
 970-249-6889

Jimmer's BBQ,
 Burgers & Beer
 970-252-1227

Fiesta Guadalajara
 Re-Opening 2026
 970-249-2460

El Jimador
 970-249-8990

Busy Corner White Kitchen
 970-323-6215

Delta: CB's Tavern
 970-399-3570



Lighthouse Eatery
 970-964-7570

Ray's Corner Cafe
 970-417-4340

Rib City
 970-249-7427

Stone House
 970-240-8899

Sidelines Sports Bar
 970-765-0129

Delta: Pour Ernie's
 970-546-0074



Alpen Confections
 970-648-0609

Crash Burger
 970-249-0825

Coffee Trader
 970-249-6295
 970-787-9021

Tacos & Beer
 970-964-4448

Tacos & Beer on Main
 970-964-4999

Pahgre's
 970-249-6442



Rock Painting at Endless Pastabilities



Thr., May 21st 5:30-8 pm



Make your outdoor and indoor plants happy with a friendly, fun rock to keep them company.



Decorations provided include paint, decals, acrylic pens, and bright ideas. Bring TWO SMALL FLAT rocks (washed first, please) to decorate. (We'll bring a few extra rocks.) Class includes adult or NA beverage and Italian small bites. Instructor Kate Burke



Adults ages 18 & up. No kids.
\$45/pp, \$80 couple. Register online
<https://kathrynrburke.com/product/052126pasta>



COMMUNITY NEWS BRIEFS

REDEEMER LUTHERAN SCHOOL ANNOUNCES EXPANSION TO INCLUDE 9TH GRADE, MARKING THE BEGINNING OF A FULL FOUR-YEAR HIGH SCHOOL

Special to the Mirror

DELTA— Redeemer Lutheran School is excited to announce a major milestone in its mission to provide Christ-centered, academically excellent education for families in Delta and Montrose Counties, and the surrounding areas. In the upcoming school year, Redeemer will add **9th grade** to its current **Preschool through 8th grade** program—an important first step toward developing a **full four-year high school**.

This expansion comes in response to strong community interest and the growing desire among parents for a consistent, faith-based educational option that continues through the high school years. Redeemer Lutheran Preschool has faithfully served Delta families for **25 years**, and the K–8 program—now in its **fifth year**—has experienced steady growth as more families seek a nurturing, academically rigorous environment grounded in Christian values.

“Parents have been asking for a way to keep their children in the Redeemer community beyond eighth grade,” said Paul Althaus, Redeemer Administrator. “We are thrilled to take this next step and begin building a high school program that reflects the same commitment to faith, excellence, and personal growth that families have come to trust.”

The addition of 9th grade marks the beginning of a phased expansion, with plans to add one grade level each year until Redeemer Lutheran School offers a complete 9th–12th-grade high school experience. The school is currently preparing its curriculum, staffing, and facilities to support this growth while maintaining small class sizes and individualized attention.

Redeemer Lutheran School invites families and community members to learn more about the new high school program, enrollment opportunities, and the vision for the future.

About Redeemer Lutheran School- Redeemer Lutheran School in Delta, Colorado, provides Christ-centered education for students in Preschool through 8th grade, with 9th grade launching in the upcoming school year. For 25 years, Redeemer’s preschool has served local families, and its K–8 program has grown steadily over the past five years. The school is committed to academic excellence, character development, and nurturing students in a caring Christian environment.

Contact: Redeemer Lutheran School, 970 874-3052
principal@redeemerlutherschool.org
www.redeemerlutherschool.org

The graphic features the Redeemer Rams logo on the left, which includes a ram's head and the text 'REDEEMER RAMS'. To the right, the words 'OPEN ENROLLMENT' are written in large, bold, white letters. Below this, it says 'REDEEMER LUTHERAN SCHOOL' and 'KINDERGARTEN THROUGH 9TH GRADE'. At the bottom, there are two call-to-action boxes: one with a phone icon and the text 'CONTACT PAUL ALTHAUS 970-874-3052', and another with a globe icon and the text 'SIGN UP ON OUR WEBSITE www.redeemerlutherschool.org'. The entire graphic is set against a dark blue background with a pattern of small white dots.

Christian Faith Christian Family Christian Future

The advertisement has a blue background with a subtle pattern. On the left, there is a white-outlined box containing the text 'Yes, WE'RE OPEN' in a mix of cursive and bold sans-serif fonts. To the right of this box, the text 'It's Your Business! Let's Grow Together. Advertise with The Montrose Mirror' is written in a clean, white, sans-serif font.

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 19-Poet, publisher, sculptor, Lithic bookshop and press owner Danny Rosen of Fruita will read poems at the May 19 Stories & Poems live sharing circle at the Wilkinson Public Library in Telluride at 5:15 pm MST.

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.

May 30-11 am – 4 pm, Friends of Youth and Nature presents the Bring on the Summer Youth Festival! Join Friends of Youth and Nature at Riverbottom Park and get a taste of summer programs offered in our community for kids and families. We also have a very special guest...**Wilder!** Meet your kids amazing outdoor friend – half yeti and half mountain goat. Wilder is on a mission to help children discover all the magic awaiting them just outside the door! There will be pie and watermelon eating contest, gelly ball games, relay races, paddles on the river, duck races, yard games, bubbles, and a nature mystery box. MRD is hosting soccer and basketball skills clinics, strider bike instruction and more! Finesse is providing free youth haircuts (more info/schedule of events at www.foyan.org).

June 2-Enjoy an evening of free entertainment as your fellow community members present fast-paced five-minute presentations on their ideas, hobbies, travels, interests, passions and curiosities Tuesday, June 2. Ignite begins at 7:30 pm at the Canyon Creek Bed and Breakfast (Backyard patio, 820 East Main). Beverages will be available. Check ignitemontrose.org for a list of topics and presenters.

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.

MONTROSE VETERANS MEMORIAL BREAKS GROUND



Thank you, People of Montrose city, county and surrounding communities!
 Montrose Veterans Memorial ground-breaking ceremony
 Solemn, historic moment: May 15, 2026
 Montrose Veterans Memorial Coalition www.montrosemvc.org

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

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

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

