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FRESH NEWS FOR BUSY PEOPLE...WEEKLY ON MONDAYS!

THE MONTROSE MIRROR

Issue No. 194 Nov. 5 2016

“EVERYBODY NEEDS TO GET AROUND” ***Creativity Sought for Montrose Sidewalk, Access Update***



To address sidewalk improvements in the coming year, the City of Montrose 2017 proposed Budget has \$50,000 allotted to general sidewalk replacement, with costs to be shared by property owners.

By Caitlin Switzer

MONTROSE-Choosing the right place to live and work is an enormous decision for anyone; for someone with a disability, where you live can heavily impact your quality of life. The [National Bureau of Labor Statistics](#) notes that of individuals employed in the U.S., more than five million were categorized as “disabled” in

Continued page 3

NANCY SHANKS LAUNCHES SUMMIT PR IN DURANGO

By Caitlin Switzer

REGIONAL-For entrepreneurs and organizations anywhere, effective communication is a key to success. For businesses and non-profits here on the Western Slope, communications success is now more accessible than ever. Longtime CDOT (Colorado Department of Transportation) PR professional Nancy Shanks has launched her own full-service public relations agency in Durango, [Summit Public Relations](#).

Members of the media know Shanks for her excellent communication skills, strong statewide ties and knowledge, and her ability to assist with coverage needs. Now, she will put those skills to use in the private sector, in an industry that has few major practitioners in the region.

“I was surprised to hear that there are not many firms on the Western Slope,” said Shanks, who



Longtime CDOT regional PR Pro Nancy Shanks has launched Summit Public Relations in Durango, one of the region’s first full-service PR agencies. Courtesy photo.

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issue

*KMSA Student
Radio of CMU!*

*Columbine 8th Graders
Practice Civic duties!*

*Local stories,
Local photos!*

*Rob writes on Music
& Memory!*

*Local govt.
Meetings!*

REFRESH MIND, BODY @ BLUE MESA FLOAT CENTER



Pang and Paul Cooper at Blue Mesa Float Center, located @ 24 North Uncompahgre in Montrose.

By Caitlin Switzer

MONTROSE-Imagine, taking an hour out of your busy day, and returning as re-freshed and rejuvenated as though you had been on a two-week vacation. At Blue Mesa Float Center, a New Floater Special offers three regular floats for just \$120—far more affordable than a week in Fiji!

Owners Paul and Pang Cooper, who met and married in Thailand, chose Montrose for their new home and business after their daughter was born. “Montrose has good schools,” Pang said.

Blue Mesa Float Center opened at 24 North Uncompahgre two months ago after extensive remodeling of the space,

use 10 inches of warm water containing 900 lbs of Epsom salts, removing the impact of gravity.

The idea for a flotation company grew out of Paul’s experience in healing his own chronic pain. “I had tried every treatment, from conventional to alternative therapies,” he said. “Floating is the one of the few things that gave me relief from significant pain and get back to living. “I try to float once a week at least.”

Flotation as a means of relieving chronic pain or stress appeals to many, including those seeking a natural, non-pharmaceutical remedy, he said. “People are looking for natural ways to get those



Waiting areas and float tanks are brand new, and designed for your comfort.

and business has been quietly building. “This is a new type of business for our area,” Pang said.

Invented in the 1950’s, modern flotation tanks

benefits.”

Anecdotal evidence has shown that flotation can relieve post-traumatic stress disorder in veterans, Paul said, adding, “there is good, scientific evidence that floating calms the parts of the brain most active with anxiety, and it is safe, simple, natural and effective.

“it is all about putting yourself in the right environment to achieve full relaxation, which has deep, powerful health benefits that you can’t really get anywhere else.”

Tanks are spacious and well lighted, with music available. All floaters shower and wash prior to entering, water is cleaned through a rigorous four-part system, tested regularly, and filtered three times after each float.

One regular float is \$60, and an extended 90 minute float is \$75.

Discounts are available for senior citizens and military. Contact Blue Mesa Float Center (24 North Uncompahgre) at 970-964-4488, or email them at [in-fo@bluemesafloat.com](mailto:info@bluemesafloat.com).

The Mirror:
Coverage with vision for the future.



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**THE
MONTROSE MIRROR**
MONTROSE

CREATIVITY NEEDED FOR SIDEWALK, ACCESS UPDATES *From page 1*

in 2016. The Centers for Disease Control notes that today, [one out of every five](#) adults has some type of disability.

A key aspect of accessibility for those who live in any community are safe sidewalks; still, many of the sidewalks in Downtown Montrose are crumbling or broken, and impassable to wheelchairs and other mobility devices. Only 5.6 percent of respondents to a recent City survey expressed satisfaction with the maintenance of sidewalks in Montrose; 13.5 percent of respondents expressed that they were very "dissatisfied."

Mayor Rex Swanson refused to answer questions on the subject, but Executive Director Emily Smith of the Warrior Resource Center pointed out that, "Everybody needs to get around." Accessible sidewalks make it possible for veterans and others to get daily exercise without having to drive someplace, she said.

"With safe, useable sidewalks in town,

you can start exercising right in your own neighborhood," Smith said. "You can walk if you don't have to worry about tripping." One veteran's daily walk to his mailbox actually helped him to lose 60 pounds, she said. Smith said that she understands budgetary constraints, but would love to see the Montrose community get creative about improving accessibility for people of all abilities.

"We want our community to come together, so there is not a burden on the taxpayer," she said. "I would love to see new sidewalks and trails, perhaps through a neighborhood initiative or community effort. There are great possibilities out there, especially in the grant world or through corporate donations. "With some out of the box thinking, we can make it better," she said. "We



Portions of Downtown do not have sidewalks at all.

need to be accessible to everyone."

To address sidewalk improvements in the coming year, the [City of Montrose 2017 proposed Budget](#) has \$50,000 allotted to general sidewalk replacement, with costs to be shared by property owners, and \$50,000 for ADA accessible intersection and ramp installation.

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OPINION/EDITORIAL: LETTERS

REDUCE TOTAL COSTS, VOTE YES ON AMENDMENT 69

Dear Editor:

Mathematical certainty that Amendment 69 would reduce total costs

I strongly support Amendment 69 (Colorado Care) because it would greatly reduce the total costs of providing healthcare to all Coloradans. According to the law of large numbers, as the number of identically distributed, randomly generated variables increases, their sample mean (average) approaches their theoretical mean. Therefore, we can assume that the Total Costs (TC) of providing healthcare to all Colorado citizens is equal to Average Cost (AC) times the number of citizens (N), and we can use the following equation to show that Total Cost to insure all Coloradans must be less under Colorado Cares: $TC = AC * N$.

If the State of Colorado were to internalize the entire market for health insurance in the State, then the TC to insure all Coloradans must decrease by the total cost of doing business in Colorado by the entire insurance industry. This would include not only capital and operating costs, but also many multi-million dollar CEO salaries and huge profit margins. So, right off the bat, TC would be reduced by a whopping amount! This reduction in TC would be offset by only the actual costs to provide healthcare for citizens not already insured by the State. Administrative costs for the State to go to a single payer system would not increase because it already has a payment system in place.

Also, the larger the number of persons in a risk pool (N), the lower average risk; and the lower the average risk, the lower AC. A decrease in AC leads to lower TC.

Therefore, it is a mathematical certainty that the Total Cost of providing healthcare to all Coloradans under Colorado Care must be significantly lower than under the present system. This merits a "Yes" on Amendment 69.

Stu Krebs, Montrose

PARIS CLIMATE ACCORD NOW IN EFFECT; 195 COUNTRIES UNITE

Dear Editor:

A really significant event has just taken effect and I want to call attention to it. The Paris Climate Accord has just gone into effect. This agreement, involving 195 countries, last December in Paris was to limit global warming to no more than 2 degrees Celsius, a universally recognized safety limit to catastrophic results to the earth's ecosystem.

How do we know man is having a pronounced effect on our more natural energy balance cycles? First, the warnings of subject matter scientists around the world and the international climate change accord consensus are firm. Second, empirical evidence is clear, as we see unprecedented ecological changes around the world. (E.g. droughts, polar ice melt, hurricanes, massive fires, etc., etc.) Third, conservative climate models are being superseded by on the ground results.


Why should we even risk no action when faced by such catastrophic possibilities? Your kids will feel an accelerated result of what we do or not do now. For those interested in doing something about this problem visit the Citizens' Climate Lobby website: www.citizensclimatelobby.com or visit our own Montrose Chapter of Citizens' Climate Lobby.

Wayne Quade, Montrose

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NANCY SHANKS LAUNCHES SUMMIT PR IN DURANGO From page 1

earned her Masters from CU Boulder prior to starting a 30-year career in public relations. From writing and editing, to media relations, audio/video scripts, public presentations, outreach, media tours and message development, she ranks among Colorado's top PR professionals.

Her decision to base her agency outside the Denver Metropolitan Area may seem unorthodox, but makes perfect sense when you realize that Shanks first arrived in Western Colorado as a sixth grader. "I was born in California, but my parents moved to Dolores when I was in the sixth grade," she said. "They owned a motel. I graduated from Durango High School.

"I never imagined I would end up back

here."

After finishing high school and starting college at Fort Lewis, Shanks moved to the Front Range to complete her college education and begin her career. She met her husband there as well. After breaking into the industry as a writer, editor and communications pro, Shanks joined CDOT in 1997. It was in 2003 that she put together a proposal asking the agency to allow her to establish a satellite office on the Western Slope.

"I had the very first CDOT remote office," she said. "Now, all of their PR reps have offices and reside in their regions."

With her in-depth knowledge of transportation and statewide issues, Shanks

looks forward to working with clients in private business as well as public entities. "No project is too small," she said. "I have written small business briefs, and I have created web sites.

"When it comes to public perception, we want it to be as positive as possible," she said. "Don't assume everyone knows what your organization stands for."

Public relations is not the same as marketing, she said. "They are really quite different. I focus on public relations; media relations and customer service. Customer service was one of my favorite parts of my job with CDOT. I thoroughly enjoyed working on issues and challenges, figuring out who the intended audience is, and what they need to know.

"And as problems arise, I love turning them around into a positive."

Working with stakeholders and those impacted by CDOT projects taught Shanks valuable leadership skills. "You may not be able to change someone's mind about a project and whether it is beneficial to them," she said. "But you can make sure they have all of the information they need to make informed decisions."

Shanks said she is grateful for the many contacts she has established across Colorado throughout her career.

"I love transportation," she said. "I met a lot of great people, including our CDOT contractors. It takes years to build these relationships.

"One of my hopes is that I will be fortunate enough to work with some of those are contracting projects through CDOT, which requires all contractors to have a PR agent. That would be a very fun part of the job."

The best public relations professionals excel in crisis communications, an area that Shanks understands well. "There was no end of excitement at CDOT!" she said. "I enjoy solving problems, and I look forward to doing more writing and editing again."



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REGIONAL NEWS BRIEFS

RE-1J PLANS VETERANS DAY CELEBRATIONS THIS WEEK

Special to the Mirror

MONTROSE - The continuing tradition of Montrose and Olathe Schools annual Veteran's Day Assemblies continues this year with the following schedule:

Wednesday, November 9th - Montrose High School 10 am

Thursday, November 10th - Centennial Middle School 9 am

Friday, November 11th - Olathe Middle/High School 9 am

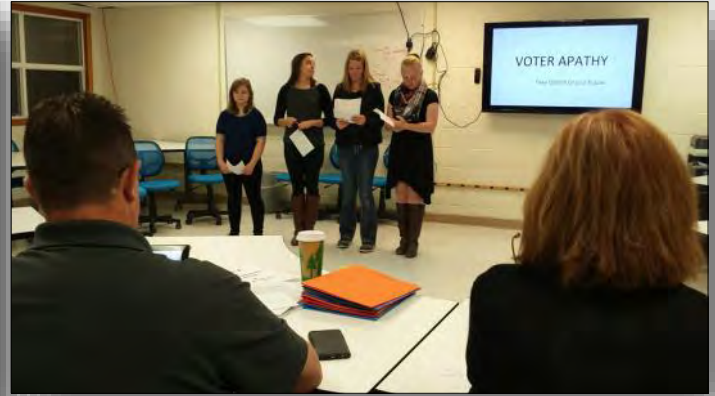
Plan to attend and invite a veteran to one or all of these wonderful celebrations.

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REGIONAL NEWS BRIEFS

COLUMBINE MIDDLE SCHOOL 8TH GRADERS PRACTICE CIVIC RIGHTS & RESPONSIBILITIES THROUGH KIDS VOTING AND EDUCATION!



Above, Columbine Middle School 8th graders use math and graphing skills to design a human persuasive message – VOTE! and right, CMS 8th graders presenting PBL project to an “authentic” panel of experts about voter apathy. Courtesy photos.

By Kerri Catlin

8th Grade Teacher,
Columbine Middle School

MONTROSE-The problem - voter apathy. The solution – Montrose County voters being called to action by Columbine Middle School eighth-graders. Over the past month CMS students have been learning about their civic responsibility and Constitutional right to vote. Though too young to vote, they aren't too young to delve into the importance of exercising their voices to get citizens to vote.

The community will be able to hear these voices through local media. Students have created messages to share with Montrose residents about getting informed on the issues and candidates, explaining how to register, where to vote, and being reminded that their vote does count. Putting state standards into practice with its first problem-based learning unit, CMS teachers and students used the 2016 election-cycle to demonstrate their knowledge of civics and persuasive techniques using local radio, newspaper, and social media. Teachers brought in local experts to discuss the political and election process, as well as using persuasive techniques through various media.

Another aspect of the PBL was kids' voting. A mock election was put together by CMS, along with the Montrose High School Student Council and two community organizations. With education as part of their mission statements, the Montrose

Chamber of Commerce and Montrose County Republican Women, in regard to their 80th year anniversary, brought this idea to the school district. CMS created an electronic ballot and conducted its mock election for the entire school. MHS Student Council took the reigns and conducted the kids' vote for the rest of the District schools, elementary kids through high school

students. This was an opportunity for students to experience the value of voting in



Above, CMS Mock Election – 8th graders casting their votes in the 2016 General Election. and below, Columbine Middle School 8th graders learn about the voting process at the Montrose County Courthouse. Courtesy photos.

the American system and this precious civic responsibility.



ALTERNATIVE MUSIC AT ITS BEST: KMSA 91.3 FM!

By Liesl Greathouse

GRAND JUNCTION-Since 1975, student operated radio station KMSA 91.3 FM out of Colorado Mesa University(CMU) has been providing the Grand Valley and surrounding area with some of the best Alternative music out there, while giving students experience for their future careers.

"The station has for the last 41 years been playing a wide variety of music that is alternative to mainstream songs," explained KMSA 91.3 General Manager, Tyler Fransen. "We are student-run and operated, with an adviser. We also do sports coverage. We are a broad, wide station overall."

In addition, from Friday nights at 7 p.m. until 1 a.m. Sunday Mornings, The Metal Authority brings new and old metal to a large fan base locally and abroad.

Fransen joined the team after transferring from Wayne, Nebraska, where he was part of the college radio there. "I've always wanted to be on TV or radio," he said. "After I transferred, I wanted to keep going and keep maturing, and I saw a great opportunity here, so I've been here for two years."

The importance of having a local college radio station is two-fold, according to Fransen: it provides students who want to work in media and communications an opportunity to hone their craft and have fun doing it. It also offers an opportunity for people to listen to up and coming artists instead of just mainstream music. "We have nothing against corporate radio," Fransen said. Of course one of our goals is to learn so that we can get hired and be on air in corporate media. But college radio is really what radio is all about: connecting with our audience in an organic way."

Fransen's ultimate goal for the station is for students to know that they exist and that they can join in. "It gives students a voice, a channel," he said. "I would like for them to hear it and think 'that belongs to me, I'm connected to this.'"

The best part of being able to work at the



For the past 41 years, student-run Colorado Mesa University radio station KMSA 91.3 has been bringing the best of alternative radio to the Grand Valley and the surrounding region. The current staff are pictured above. Courtesy photo.

radio station for Fransen is doing what he loves while learning more for the future. "I get to host with my two best friends and we get to talk about sports," he said. "What person who loves sports wouldn't want to do this? I'm living the dream basically. I also like that we are a student run organization, not beholden to any corporations. We own the station and get to make our own creative decisions about how we want to run things."

The comments from listeners of the station reflect the core of what the station offers. "We get a lot of people asking, 'what was this song? It's really good and I'm interested in their album,'" Fransen explained. "I think it shows our eclectic music library. We get a lot of feedback and critique, and we listen and always try to improve. I like to say that we take the clay that we have here and are always mending it to make something new."

One thing that Fransen wants to remind people is the obvious, but still important

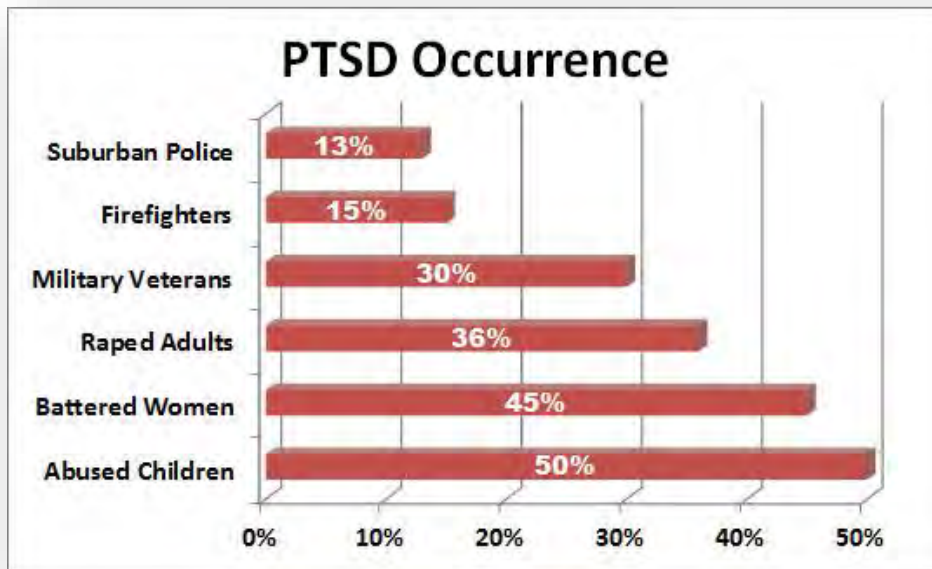
point: "We're students. Most of us are not getting paid to be on air...we are still students who live full lives and we do not always get it right. But we are taking time to be on air and are having a good time. We are always learning, trying to be better."

The best way for people to support the station is to listen to it and tell others about it. People can listen to the station locally or online through their website from anywhere in the world. Fransen added, "I'm very grateful to the manager staff and the DJ staff. I'm very proud and happy to everyone for making this station great and helping one another."

"Overall, I'm just grateful to the students and our listeners, who support small, local college radio, that are there when we are good and when we are not so good. I'm excited for the future, to see how we grow."

For more information, call 248-1240 or visit kmsa913.com

Health Wellness = Wealth



By Michele Gad
(FAME) Focus. Attention.
Memory Exercises

MONTROSE-November is one of my favorite months. Harvest time is over and soon the election will be too. I will be relieved to finally be past the presidential debates, political headlines and endless candidates' advertisements. I am also relieved it's Indian Summer and Thanksgiving is right around the corner. For me, being thankful starts on Nov. 11th, the day our country has designated as Veteran's Day.

World War I aka "The Great War" officially ended when the Treaty of Versailles was signed on June 28, 1919.

However, fighting ceased seven months earlier when an armistice between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. Therefore, November 11, 1918, is generally regarded as the end of "the war to end all wars."

In November 1919, President Wilson proclaimed Nov. 11 as the first commemoration of Armistice Day with the following words: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing

from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..."

Hopefully, all of us are grateful and proud of the vast numbers of men and women who have served in our armed forces throughout the history of our country...almost 1/3 of whom endure some form of post-traumatic stress disorder (PTSD). This disorder is not unique to those who have served in the military and can impact even children quite seriously also. Below is a chart which gives an overview of current statistics of this growing mental health challenge.

Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event — either experiencing it directly or witnessing it. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event.

Many people who go through traumatic events have difficulty adjusting and coping for a while, but they don't have PTSD — with time and good self-care, they can heal from the event. If the symptoms get worse or last for months or even years and interfere with daily/routine functioning, it may be PTSD. Getting effective treatment after PTSD symptoms develop

can be critical to reduce symptoms, improve function and in some instances prevent suicide.

Post-traumatic stress disorder symptoms may start within three months of the traumatic event, but sometimes symptoms may not appear until years after the event. These symptoms can cause significant problems in social or work situations and in relationships.

PTSD symptoms are generally grouped into four types: intrusive memories, avoidance, negative changes in thinking and mood, or changes in emotional reactions. Symptoms of intrusive memories may include the following:

- Recurrent, unwanted distressing memories of the traumatic event
- Reliving the traumatic event as if it were happening again (flashbacks)
- Upsetting dreams about the traumatic event

- Severe emotional distress or physical reactions to something that reminds you of the event which may lead to self-destructive behavior or harming others

PTSD symptoms can vary in intensity over time. Symptoms may occur/increase with stress, or with reminders of the traumatic event.

If you, or somebody you know, have disturbing thoughts/feelings about a traumatic event for more than a month, talk to your healthcare professional(s). Treatment can help prevent PTSD symptoms (including suicidal thoughts) from getting worse.

Questions, comments or suggestions? Feel free to contact me at michel-egad.fame@aol.com.



Michele Gad is a Certified DelGiacco Neuro Art Therapist and runs a business, Focus, Attention, Memory Exercises (F.A.M.E.)

REGIONAL NEWS BRIEFS

SAN MIGUEL COUNTY WORKS WITH PARTNERSHIP TO PRESERVE CRITICAL WEST END WILDLIFE HABITAT

Special to the Mirror

SAN MIGUEL COUNTY=Critical wildlife habitat in San Miguel County's West End will be preserved forever, thanks to a co-operative effort between the Marsh Family, the Montezuma Land Conservancy and San Miguel County. The acreage traditionally encompassed a cattle ranch owned by the Washburn family. In addition to providing winter habitat for Elk, the southern portion is home to the endangered Gunnison Sage Grouse. "The Washburn land conservation easement, consisting of four parcels totaling 1,680 acres, is an important step in securing and preserving Gunnison Sage Grouse habitat," San Miguel County Parks and Open Space Direc-

tor Janet Kask said. "This project has been a multi-year process and it's gratifying to see it finally come to fruition." The acquisition guarantees that Gunnison Sage Grouse Habitat will be protected in perpetuity, while consolidating easement properties on both sides of the San Miguel and Dolores county lines, Kask said.

Located just east of Egnar, the land was recently purchased by the Marsh family and placed under conservation easement through a partnership with Montezuma Land Conservancy. The acquisition is the second phase of a multi-year deal that protects more than 3,000 acres of land split between Dolores and San Miguel counties. "It's wonderful to be working

with the Montezuma Land Conservancy and Dolores County to help preserve Gunnison Sage-Grouse habitat on both sides of our county boundaries out in the Egnar area," San Miguel County Commissioner Art Goodtimes said.

"San Miguel County remains committed to protecting land occupied by the Gunnison Sage Grouse, which has been listed as a threatened species by the US Fish and Wildlife Service," San Miguel County Commissioner Amy Levek said. "Through our partnership with the Montezuma Land Conservancy, we're able to work with private land owners to provide critical protection to the sage grouse's habitat in a way that works for all of us."

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MAYOR VOTES AGAINST LIQUOR LICENSE RENEWAL FOR SAM'S TAVERN: "I HOLD A STRONG BELIEF THAT ALL BARS SHOULD CLOSE DOWN AT MIDNIGHT"



Montrose City Council Dave Bowman, Roy Anderson, David Romero, Rex Swanson (mayor) and Judy Ann Flies (mayor pro-tem). Also seated at the dais are City Attorney Stephen Alcorn and City Manager Bill Bell. City Clerk Lisa DelPiccolo is seated far right. Photo by Gail Marvel.

By Gail Marvel

MONTROSE-Joining the dozen or so attendees for the Nov. 2, 2016 Montrose City Council meeting were three uniformed Boy Scouts. Taking notes for their communication merit badges were Life Scouts Reece Wolfe and Daniel Wittenberg (working on Eagle Scout) and First Class Scout Jake Peterson (working on Star). The young scouts stayed for the entire meeting.

A summary report of the meeting:

Tavern Liquor License Renewal – City Attorney Stephen Alcorn.

Sam's Tavern owner Jim Bridges presented council with a petition of 202 signatures in support of the renewal of his liquor license, "I've had overwhelming support." Alcorn gave the council options of approving, denying or placing restrictions on the renewal. Of the suggested restrictions offered at previous meetings by

Chief of Police Tom Chinn, each councilperson seemed to focus on various aspects of the suggestions.

Councilwoman Judy Ann Files placed emphasis on server training and Councilman Roy Anderson focused on safety, "I ask you to take extra effort to keep things under control."

Councilman David Romero said, "At the heart of it you have unruly patrons. I'm going to suggest you have a private security company between the hours of midnight and 2 a.m."

Mayor Rex Swanson said, "I hold a strong belief that all bars should close down at midnight." Councilman Dave Bowman made the motion to renew the liquor licenses with, "...no restrictions."

Prior to the vote Swanson made it clear that his vote was not a reflection on Sam's Tavern, but rather his belief that all bars should close midnight. The liquor license

renewal was approved in a 4-1 vote, with Swanson having the dissenting vote.

Request for Waiver – Director of Innovation and Citizen Engagement Virgil Turner.

In order to build out the Elevate Fiber system DMEA approached the city for a waiver to allow new aerial construction on existing aerial structures. Recommending approval Turner said that in this situation the city may actually see a reduction in aerial lines since decommissioned lines may be removed. The waiver was approved.

Ordinance 2393, second reading - City Attorney Stephen Alcorn.

Ordinance 2394, second reading – Senior Planner Garry Baker.

Ordinances 2393/2394 pertain to the King Parcel and reflect a commitment of the city to transfer property and make the zoning match up with the existing zoning of the RV park. Both ordinances were approved.

Ordinance 2395, first reading – Finance Director Shani Wittenberg.

Wittenberg gave an overview PowerPoint presentation on the 2017 budget. The PowerPoint and the proposed budget can be found on the city website: cityofmontrose.org. The 2017 budget, which reflects 45 hours' worth of work from department heads, is adopted on a fund basis. The total appropriation for 2017 is \$41,944,716 and the second reading is scheduled for November 15, 2016.

Staff Reports, Public Information Report – City Manager Bill Bell. Bell encouraged citizens to become involved and join committees, "The Budget Advisory Committee now has four members and there are openings. Seven members would be a good number. The Planning Commission has two openings."



VETERANS HONORED WITH EAGLE HEAD CANES



By Gail Marvel

MONTROSE-The Eagle Cane Project, a combined effort of the Montrose Area Woodturners, the Black Canyon Carvers and Woodworkers Guild of Western Colorado, is open for all Veterans. Applications to receive an engraved Eagle Head Cane can be made through the Veterans Resource Center, 11 South Park Avenue, Montrose. Presentations are made on the first Thursday of each month and the November 3rd presentation honored four veterans: Douglas Sechinger (Army); David Weber (Army); Rick Bresette (Army/National Guard); and Rich Larson (Air Force).

Woodturner and Army Veteran Bob Hampton (left); and woodcarver and Marine Veteran Gary Gratton (right) made the presentations.

Photo a – Bob Hampton, David Weber and Gary Gratton.

Photo b – Bob Hampton, Rick Bresette and Gary Gratton.

Photo c – Bob Hampton, Rich Larson and Gary Gratton.

Photo unavailable for Douglas Sechinger.

Solutions Welcomes Karen Dunn Pritchard, LPC, CHT

Karen Dunn Pritchard, Licensed Professional Counselor, joined Solutions in November and brings a wealth of experience and training to the team. As a Certified Hakomi Therapist (CHT) she uses the body-centered and mindfulness-based approach of the Hakomi Method to help a wide range of clients. She is effective in delivering holistic, innovative, culturally-sensitive and person-centered care. Karen works with adults as well as children and adolescents who are dealing with trauma.

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Washington D.C Rural Electric Youth Tour **JUNE 8 - 15**

DMEA will send one student to attend the Washington D.C. Rural Electric Youth Tour. You'll spend a week in the nation's capitol seeing government in action, shaking hands with senators and members of congress, and making lifelong memories. You'll also experience history outside of a textbook by visiting the many memorials and historical monuments. Plus, you'll rock it with 1,400 other students from across America on a dinner and dance cruise down the Potomac River.

Cooperative Youth Leadership Camp **July 15 - 20**

DMEA will send three students, from area highschools, to the CEEI Cooperative Youth Leadership camp in Clark CO, near Steamboat Springs. At camp you'll set up a camp cooperative, learn about power when you visit a mine and coal plant, and participate in hands-on leadership and communication workshops. Plus, you'll float the Colorado River, hike to Fish Creek Falls, and ride the gondola to the top of Mt. Werner.



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OPINION/EDITORIAL: LETTERS

DISAGREES WITH COUNTY SPENDING, VOTING FOR LUCERO

Dear Editor:

It seems the 1.75% County Sales Tax is not being used for the purposes intended. My understanding is that 1.00% of this tax was for Road & Bridge, and 0.75% was a Public Safety Tax for the Sheriff.

Road & Bridge seems to be using the 1% Road & Bridge Tax to purchase equipment that it is using to compete with the private sector instead of paving, repairing, and maintaining our roads, as intended.

The 0.75% Public Safety Tax does not seem to be enough for the Sheriff. Based on the budget proposed by the Montrose County Manager to the Commissioners, the County's Fleet Services Fund is spending \$285,381 to purchase a Bear Cat SWAT vehicle and \$23,765 for one light vehicle, totaling \$309,146, for the Sheriff's Department. It seems to me that the Sheriff's Department needs to be managed so as to stay within its budget.

I am concerned that this summer the County purchased substandard asphalt that failed compaction tests from Rocky Mountain Aggregate & Construction. Although the County paid less than the contracted price, the asphalt is, nevertheless, substandard, so the roads that it was used on are also substandard and will have to be repaired sooner than anticipated. Why the asphalt was not rejected altogether is beyond me. Instead, RMA&C was allowed to remain in serious violation of opacity regulations, posing health problems for neighbors, and obstructing all of our views of the San Juan Mountains long enough to fulfill its contracts with bad asphalt. Meanwhile, the Nucla Power Plant is being shut down because of its effect on haze (bad opacity) in our National Parks.

These are among the many reasons why I am voting for Beatrice Lucero for Montrose County Commissioner.

Noalani Terry, Montrose

BOCC CHAIR SHOULD RECUSE HIMSELF FROM ARENA DECISIONS

Dear Editor:

The October 27 Daily Press' article, "Arena decision to be made after election" seems like just another ploy of the current Commissioners to try to convince us that they are actually listening to anyone who disagrees. This is deceptive. "After the election" can be anywhere from November 9, 2016, through the swearing in of the new Commissioners in 2017. No matter who wins the election they really have no power to make decisions until they are sworn in. The article clearly states that the Commissioners have decided to construct the arena without a vote, unless Amendment 69 passes. They have ignored demands from the public that the decision be left up to the new Board of County Commissioners, and that their legal rights under Colorado Revised Statute §30-11-104.1 and TABOR be respected.

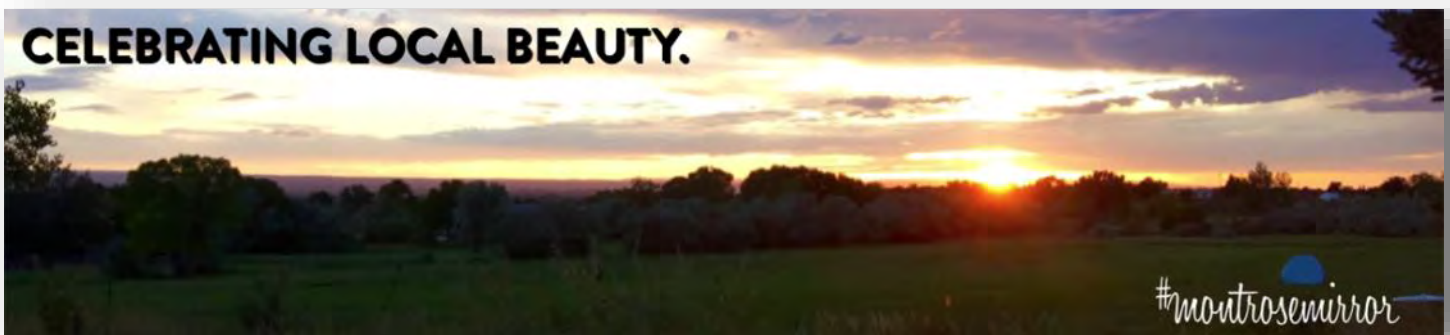
The Commissioners claim they are required to sign a contract by March or lose a DOLA grant. However, County Commissioner Candidate Beatrice Lucero advised them on May 2, 2016, that they did not have legal authority to build the arena using certificates of participation, and that TABOR required a vote. She requested that they either let the incoming Board address the arena or get it on the ballot. They had plenty of time to get it on November's ballot. We should not have to pay \$20,000 for a special election or forfeit our rights just because they chose to ignore their duty.

I also agree with Bob Nicholson that Glen Davis is the Commissioner pushing for the arena, that his doing so represents a serious conflict of interest, and that he has a legal obligation to recuse himself from decisions regarding the arena.

The only way to change business as usual is to vote for Beatrice Lucero and Derrick Ferguson.

Madaline Lake, Montrose

CELEBRATING LOCAL BEAUTY.



CITY EYES URBAN RENEWAL AUTHORITY, TIF!

By Gail Marvel

MONTROSE-Summary Report on the Montrose City Council Work Session, Oct. 31, 2016

2017 Montrose Community Foundation Funding Presentation (MCF) – Executive Director Sara Plumhoff.

Plumhoff thanked the city for their formal partnership which began in 2013. She noted that one of the benefits of working through MCF lessens the number of organizations who approach the city for assistance, “We [MCF] get money out into the community.”

The foundation generally gives to organizations rather than individuals and in the past the contributions from the city have been channeled to local non-profits and earmarked for housing, basic human services and youth related services. Plumhoff described MCF as, “...a collaborative for the community which is non-political and non-religious.”

It has been determined by MCF that the focus of their Impact Grants for 2016-2017 will be on Education and/or Recreation and one suggestion is to offer scholarships through the Rec District for kids who can't afford to enroll in the Rec Center. Plumhoff said, “There are so many basic needs...We might get some pushback on grants going for Recreation and Education.” The city proposed \$20,000 to be budgeted to MCF for 2017.

Applications for 2016-2017 Impact Grants have a deadline of November 30, 2016 and can be found online on the MCF web site.

Waiver of Underground Ordinance – Director of Innovation and Citizen Engagement Virgil Turner.

The waiver will allow DMEA/Elevate Fiber to move forward with broadband by using the aerial construction that is already in place, rather than being required to put cable underground. Turner said, “We think this is good for the city and the citizens. DMEA owns the aerial structure now and there will be no new aerial structure.” In some instances, Elevate Fiber will be able to remove abandoned lines, which will



Senior Planner Garry Baker (far right) explains city annexations during the Oct. 31st city council work session. Photo by Gail Marvel.

cleanup some infrastructure.

Councilman Roy Anderson asked if the city had any plans to put existing (downtown) cable underground. Turner said, “Beautification of alleys happens on a small scale, discreet projects. If we were doing it for appearance it would be at our [city] cost.” Councilwoman Judy Ann Files wanted assurance the waiver was clear and that no new aerial structures are allowed.

Revisions to the Municipal Code Provisions for Alcoholic Beverages. – City Attorney Stephen Alcorn.

Proposed revisions to the code include removing a grandfather clause that no longer applies, removing words and terms which are no longer used and being specific in what is considered “public.”

Some people in the community asked the city to look at the code and Alcorn said, “It does not give businesses everything they want because what they want is not allowed by State law.” The revision will allow alcohol to be served in a closed event (art gallery/invitation), but it cannot be served to someone who walks in off the street. Alcorn said, “This will address the Proximity Center’s problem because it is a closed business.” A business open to the public would need to have a special event

license.

Annexation of Four City-Owned Properties – Senior Planner Garry Baker.

Four city-owned properties are slated for annexation into the city: 2096 Miami Rd.; approximately 14600 Marine Drive; 804 Chipeta Rd; and Chipeta Lakes.

Unlike annexations for privately owned land, property owned by the city does not require a public hearing, but can be annexed through an ordinance. City Manager Bill Bell said of the Marine Drive property, “It’s mostly wetlands...it’s a good piece for us to have in the River Way Master Plan.”

Baker referred to 804 Chipeta Rd. as, “...the entrance to the Sunset Mesa Sports Complex.” Referring to the annexation of Chipeta Lakes Councilman Roy Anderson said, “It will help with the River Master Plan.”

Mayor Rex Swanson identified the 2096 Miami Rd property as the possible entrance to the golf course; however, city staff was quick to say that while that idea had been discussed no decision has been made.

Official Montrose Visitor Guide 2017 Printing RFP – Assistant City Manager Rob Joseph and OBT Operations Manager David Spear.

Since 2013 the city has worked with the

Continued next page

CITY EYES URBAN RENEWAL AUTHORITY, TIF

From previous page

the *Montrose Daily Press* to produce three visitor guides. Joseph said, "We need more control in the printing process." After three years the city wants to see how other printers would respond to an RFP.

Spear said, "We've had 11 proposals; two were non-conforming. We have nine strong vendor proposals." Award recommendation and budget staff recommendation is that CPC Solutions (Grand Junction) be awarded the printing service contract.

Support for the National Parks Deferred Maintenance - Assistant City Manager Rob Joseph.

The Uncompahgre ATV club asked the city to formally weigh in on the issue of "Restoring America's Parks" and the issue of access to public lands.

A hard deadline for written submissions loomed and the city staff, trying to maintain their relationship between the local ATV enthusiasts, BLM and the Parks Ser-

vice, wrote a draft resolution and a letter to elected officials.

Mayor Swanson signed and submitted the letter on behalf of council. However, Councilman Dave Bowman took exception to this particular letter being sent without the full knowledge of the council and that the letter referenced economic development. Bowman said, "We haven't had anything close to a discussion on economic development [gas and oil]."

Also of concern was the perceived weak content of the letter. Bowman said, "I don't like to send out letters that don't say anything." Councilman Anderson said, "This letter here is baby-talk...it isn't strong enough."

Discussion ensued and the letter in question, with recommended changes, will be resubmitted.

General City Council Discussion:

Discussion included the upcoming ribbon cutting for the Hillcrest/South 12th round-

about and the Nov. 14 open house (4-7 p.m.) at the Proximity Space with the Way-Finding design consultants.

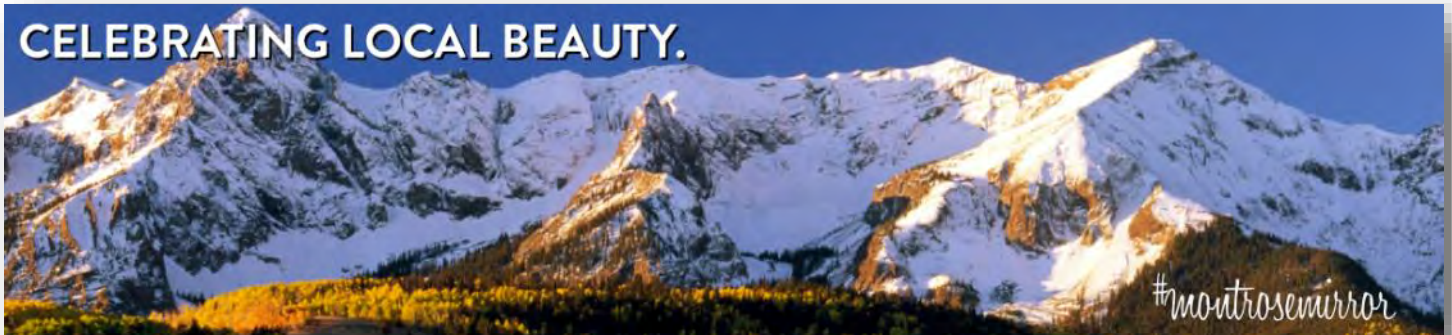
City Manager Bill Bell noted that on Nov. 14th the council would hear a presentation from professionals on an Urban Renewal Authority (URA). Following the council meeting the URA group is scheduled to meet with county representatives and then MEDC Executive Director Sandy Head will host a third meeting between the URA professionals and special district entities.

Urban renewal is a strategy used by communities to replace, rejuvenate and rehabilitate blighted areas that have been badly neglected or contaminated (slums).

A funding mechanism for an URA is Tax Increment Financing (TIF), which can take away future revenues from other taxing districts, such as school, fire and library districts.

Bell did not state what area of the city was being considered for a URA.


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REGIONAL NEWS BRIEFS

VETERANS DAY TRASH COLLECTION SERVICE AND CITY OFFICE CLOSURES

Special to the Mirror

MONTROSE-The City of Montrose will observe Veterans Day on Thursday, Nov. 10. Residential trash collections falling on a city-observed holiday will be rescheduled to occur on another day of the same week.

Trash collection regularly scheduled to occur Thursday, Nov. 10 will be picked up Tuesday, Nov. 8 for all residences west of Townsend and Highway 550. Trash collection for residences east of Townsend and Highway 550 will occur Wednesday, Nov. 9.

Alternative trash collection days apply

only to customers whose normal collection day falls on Veterans Day. All non-holiday collection days will not be affected.

Due to two city observed holidays occurring in November, an additional collection day for recycle customers with scheduled collections falling on the observed holidays has been scheduled. Recycling pickups regularly scheduled to occur Thursday, Nov. 10, and Thursday, Nov. 24 will be picked up Thursday, Nov. 17.

City offices to be closed in observance of the holiday include City Hall, Elks Civic Building, Visitor Center, Montrose Pavilion,

Animal Shelter and City Shop. Police Department offices will also be closed; however, officers will be on duty and responding to calls. Remaining 2016 city-observed holidays include: Thanksgiving (Thursday, Nov. 24) and Christmas (Monday, Dec. 26).

To view the "Holiday Schedule and Routes Map" document for information about holiday collection schedules and for additional information about the city's sanitation and recycling services, please visit CityofMontrose.org/trash. Customers with questions about holiday collection schedules may call (970) 240-1480.

Congratulations



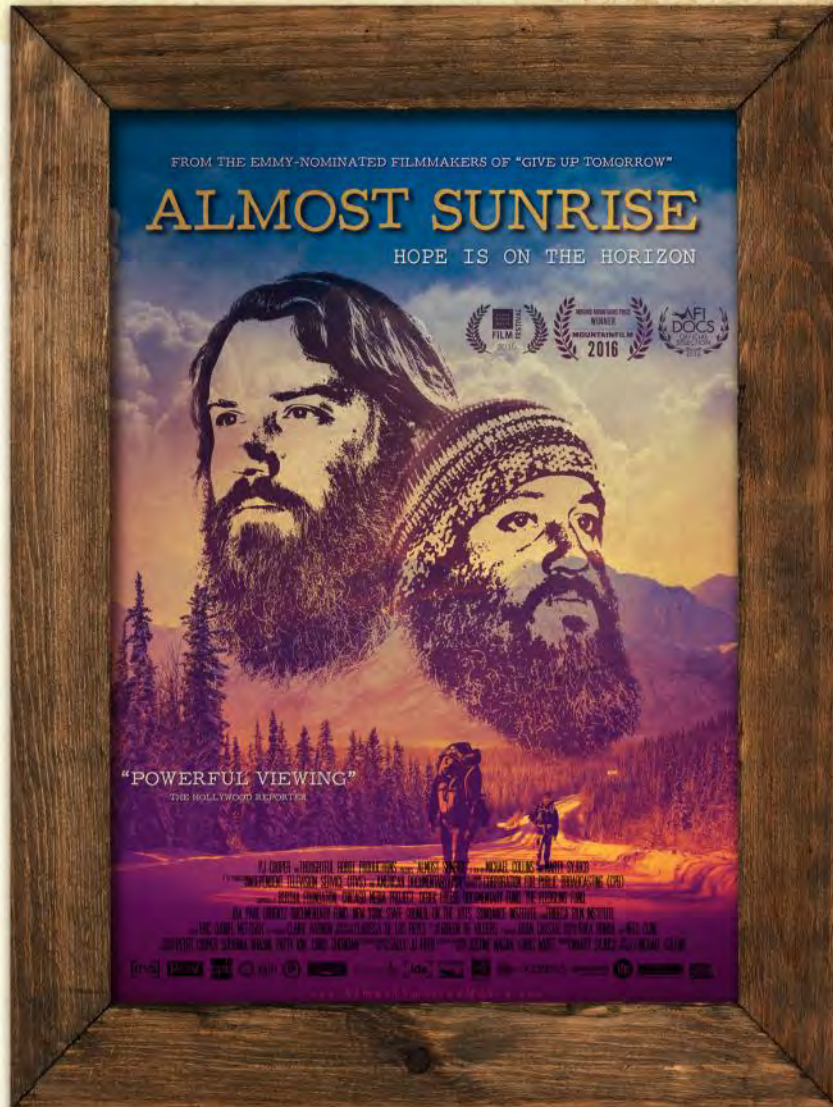
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REGIONAL NEWS BRIEFS

TELLURIDE HOSPITAL DISTRICT WITHDRAWS WETLAND PERMIT, STILL SEEKS FUTURE HOME FOR HEALTH CARE

Special to the Mirror

TELLURIDE—After a process spanning more than 18 months, the Telluride Hospital District, upon consultation with the Town of Mountain Village, has withdrawn its wetlands permit application to the United States Army Corps of Engineers and will begin anew the search for a future home for the region's healthcare. If granted, the permit would have allowed the hospital district to impact and mitigate 0.44 acres of wetlands in Mountain Village for a new medical facility to replace the Telluride Regional Medical Center. In August, the Army Corps mandated extensive additional requirements of the hospital district to continue with the application. The hospital district's request for an extension to comply was declined and the district was unable to fully address the extent of the requests by the Oct. 15 deadline. "These requirements would be costly and time consuming with no assurance that all of Army Corps' informational needs

would be fulfilled," said Telluride Regional Medical Center CEO John Gardner.

"Consequently, the board of the Telluride Hospital District, in consultation with the Mountain Village officials, has decided to end the application process." By withdrawing the application the hospital district will transfer the parcel—which was conveyed to the hospital district at no cost in January 2015—back to the Town of Mountain Village, per the requirements of the original purchase agreement.

Mountain Village Mayor, Dan Jansen stated, "Mountain Village became involved in the process to help accelerate the creation of a much needed new medical center for the entire region, in a fiscally responsible way, by offering its assets to the community to foster the health and well-being of our citizens. We'll continue to support the hospital district in its pursuit of this critical community asset." Telluride Hospital District Chairman, Richard Betts said, "Our board is most appreciative of the Mountain Village community and government. Their support of our plans and the generous offer of the land would have significantly reduced the cost of our project."

Gardner contends the goal of the hospital district remains the same: secure a building site for the new facility to serve the growing needs of the community. And likewise, the criteria the hospital district seeks for the future home of a medical center remains unchanged.

"We're continuing the search for a site that is accessible for patients, ambulance and helicopter; suitable for current and projected needs; available for future expansion; financially feasible with funding mechanisms; and with a minimal environmental impact," said Gardner.

"We appreciate the support and patience of the community as we continue the serious work of ensuring the future of health care for tomorrow and fifty years into the future," Betts said.

REGIONAL NEWS BRIEFS

NATIONAL PARK SERVICE COMMEMORATES VETERANS DAY WITH SPECIAL PROGRAMS AND FREE ADMISSION ON NOV. 11

Special to the Mirror

WASHINGTON – In honor of [Veterans Day](#), many national parks across the country are hosting special events, displays, and ceremonies to commemorate the service and sacrifice of the U.S. Armed Forces. The National Park Service will waive [entrance fees](#) on November 11.

“It’s a special responsibility to be the stewards of the memorials, battlefields, and historic sites that tell the story of the honor, courage, and sacrifice of our veterans,” said National Park Service Director Jonathan B. Jarvis. “All 413 of our parks nationwide offer the chance to reflect on what our veterans fought to protect, and may also provide opportunities for veterans and their families to find peace and healing.”

National parks and other public lands can be used to facilitate healing and reflection, physical and mental challenges, and rest and recuperation for veterans, active duty service members, and their families. Rivers of Recovery, one of the nonprofit organizations that uses national parks for this purpose, partnered with Saint Croix National Scenic Riverway to create the “[Vets on the River](#)” program, which offers

multi-day trips on the park’s rivers to combat veterans suffering from physical or psychological injuries.

“Vets on the River is an amazing program that provides a great opportunity for veterans suffering from PTSD, an opportunity to gain another support group,” said Rob Boss, a participant who [shared his experience in a video](#). “Just being with nature and being outdoors, being on the relaxing river, it allows us to open up with each other, which we so need.”

The National Park Service cares for many sites across the country related to the military experience, including more than 25 battlefields, 14 national cemeteries, and hundreds of memorials and monuments. Port Chicago Naval Magazine National Memorial, Manhattan Project National Historical Park, and other historic sites tell greater story of contributions, sacrifice, and consequences of conflict off the battlefield.

A few ways to commemorate Veterans Day at national parks include: Meeting some of the women who contributed to the war effort at [Rosie the Riveter WWII Home Front National Historical Park](#);

Listening to a special recital of the stories of veterans buried in the cemetery at [St. Paul’s Church National Historic Site](#);

Attending an Oath of Enlistment Ceremony for new military recruits at [Valley Forge National Historical Park](#);

Joining a discussion on the story of an African American U.S. Army regiment nicknamed the “Buffalo Soldiers” at [Fort Vancouver National Historic Site](#);

Watching a firing demonstration at [Saratoga National Historical Park](#) from the Revolutionary War through present day; or

Taking a train ride through [Cuyahoga Valley National Park](#), free to all past and present military, first responders, and their families.

Active duty military members and their dependents can pick up a free military annual pass at any national park that usually charges a fee. A free lifetime pass is also available to disabled veterans. These passes provide free entrance to more than 2,000 national parks, wildlife refuges, national forests, and other federal recreational areas. More information about the passes can be found at www.nps.gov/findapark/passes.htm.

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REGIONAL NEWS BRIEFS

MONTROSE HIGH SCHOOL HONORS WINNERS OF DIVISION AWARDS



Special to the Mirror

MONTROSE-Montrose High School Division Awards Honorees are L-R: Melanie Gonzalez, Stephanie Perez, Sarah Fish, Courtney Cook, Teresa Johnson, Zaira Salgado-Medina, Danielle Go, Dylan Catalano and Bryanna Alvarado.


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CITY-WIDE WAYFINDING SIGN CONCEPTS PLAN OPEN HOUSE

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The November 14 Open House is designed to further explain the wayfinding sign process and allow those interested to comment on the final designs before the steering committee, comprised of city staff and key community stakeholders, selects the final designs and begins the work of coordinating the project to completion, which includes elements such as assisting with request for proposal formulation, selection, implementation priority, and timeframe.

REGIONAL NEWS BRIEFS

HOPEWEST HONORED AS TOP HEALTHCARE COMPANY IN THE NATION



HopeWest has been recognized as one of Modern Healthcare's Top 100 Best Places to Work in Healthcare nationwide. Courtesy photo.

Special to the Mirror

MONTROSE-HopeWest has been recognized as one of Modern Healthcare's Top 100 Best Places to Work in Healthcare nationwide, ranked number 54, among hundreds of organizations that participated across the country.

Modern Healthcare, a national trade publication, honors workplaces throughout the healthcare industry that empower employees to provide patients and customers with the best possible care, prod-

ucts and services. Of the criteria used to determine rank in the Best Places to Work in Healthcare assessment, 75% is the result of anonymous employee surveys.

HopeWest was also ranked #21 in the category of Healthcare Providers and was the highest ranking hospice of the hospice organizations represented.

This is the second consecutive year HopeWest has received this award.

"The commitment we have to our mission of helping patients and families across the Western Slope is what drives our dedication to our employees and to creating a great place to work," said Christy Whitney Borchard, President and CEO of HopeWest. "It's very inspiring to be associated with other dynamic healthcare companies across the nation."

Modern Healthcare revealed the ranked order of the 100 Best Places to Work in Healthcare for 2016 at a banquet in Octo-

ber in New Orleans during Modern Healthcare's "Workplace of the Future" conference. Borchard joined three other CEOs participating in a panel "Best Workplace Secrets: Tips from All-Stars." The panel provided a peek behind the curtain at some of the organizations on Modern Healthcare's Best Places to Work list.

Company leaders shared their insights on creating standout workplace cultures and discussed what works and what to avoid.

"I wasn't surprised that HopeWest was recognized for being a great place to work," said Holly Howell, Director of Palliative Care and employee of HopeWest for more than 8 years. "HopeWest is an amazing organization and the people who work here are passionate about the mission. It is so much more than a workplace, you feel like you're part of a family."

"In order to provide the best care to our community we want to have employees that are happy, feel valued and are fulfilled from what they do," said Borchard. "We truly care about our employees and believe in wellness for the whole person - providing support to employees mentally, physically, socially, emotionally and spiritually - through a multitude of programs, services and education available to employees."



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REGIONAL NEWS BRIEFS

TRI-STATE NAMES RICK THOMPSON TRANSITION MANAGER

Special to the Mirror

REGIONAL- Tri-State Generation and Transmission Association has announced that Rick Thompson will serve as transition team manager for the retirement of Nucla Station, New Horizon Mine and Craig Station Unit 1. Thompson will lead transition teams, support affected employees and local communities, and evaluate options for decommissioning the facilities.

"Selecting Rick as our transition manager is a meaningful step forward to fulfill our commitment to our employees and the communities affected by the retirements," said Mike McInnes, Tri-State CEO. "Rick will report directly to me and be responsible for developing a transition plan and serving as a liaison between the employees, community and other stakeholders. "Throughout his career, Rick has shown effective leadership, organizational and project management skills, which will be an incredible asset to our employees, communities and the association," said McInnes.

Thompson, who currently serves as Tri-

State's senior manager for transmission land rights and permitting, has more than 25 years of experience in the utility industry and a long and successful track record of managing projects.

"We have a great responsibility to those who have served Tri-State so well over many years," said Thompson. "I'm eager to work with our employees and the communities to plan for the future."

In the coming weeks, Thompson, who currently serves as Tri-State's senior manager for transmission land rights and permitting, will transition into his new role and will begin meeting with employees and community leaders. "Even though we have a long lead time before the retirements, there is much work to be done," added Thompson.

Thompson is currently responsible for siting, conducting permitting activities, acquiring and managing land rights and conducting environmental compliance activities for electric transmission lines, substations and related utility facilities.



Tri-State Team Manager Rick Thompson. Courtesy photo.

Prior to joining Tri-State, Rick spent 20 years with Xcel Energy and its predecessor companies in varying capacities. Rick is a Colorado native and graduate of Colorado State University.

In September, Tri-State and the other owners of Craig Station Unit 1 announced the generating unit will be retired by Dec. 31, 2025, and that Nucla Station will be retired by December 31, 2022.

New Horizon Mine, which supplies coal to Nucla Station, will also retire and will shift from production to reclamation efforts in the near future.

The Mirror:

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REGIONAL NEWS BRIEFS

MAKING A DIFFERENCE EVERY DAY ON THE WESTERN SLOPE...



At left, a citizen shared this photo of Montrose Police Officer Georgette Stroud helping her community on Halloween! Thank you Officer Stroud!



Above and right, Vietnam era Veteran Gail Marvel took time to snap these photos at the VA Hospital in Grand Junction, a place where veterans from across the region come together.



HEALTHCARE PROS TO LEARN FROM PALLIATIVE MEDICINE PIONEERS

Special to the Mirror

MONTROSE -- More than 100 regional healthcare professionals will be attending a Palliative Medicine Conference, the third of its kind, hosted in Montrose, Colorado and featuring internationally-renown palliative medicine pioneers.

The conference will be held on Nov. 11 at Montrose Memorial Hospital on 800 S. Third St. from 7:30 a.m. to 4:30 p.m. The intent of the conference is to enhance knowledge of treating patients for pain and symptom management across all disciplines of healthcare. More than 20 regional healthcare organizations have come together to sponsor this educational opportunity for local healthcare professionals and due to their generosity the conference is free to attend.

"Montrose Memorial Hospital and our medical staff are excited to partner with HopeWest to bring these internationally known speakers to our community to share their knowledge and expertise," said Leann Tobin, Director of Marketing & Public Relations at Montrose Memorial Hospital. "This collaboration helps strengthen

everyone's ability to care and support those with serious, life limiting illnesses."

Engaging presentations will be given by Dr. Charles F. von Gunten, Vice President of Medical Affairs and Hospice & Palliative Medicine and Dr. Frank Ferris, Executive Director of Palliative Medicine, Research & Education both of Ohio Health in Columbus, Ohio.

Building on content they have delivered in two prior conferences, Dr. von Gunten and Dr. Ferris will be covering the following points at the upcoming conference: Opioid pharmaceuticals, changing opioids and changing routes of administration Advance care planning: how to have the conversation, compare & contrast different forms

Physiology of normal bowel function and ways to treat constipation and bowel obstruction

Distinguish Anorexia from cachexia and identify treatments

Therapeutic wound care and managing wound pain

"It's the patient's choice – what does this mean?" ethical practice standards

Palliative care is specialized medical care for people with serious illnesses. It focuses on providing patients with relief from the symptoms and stress of a serious illness. The goal is to improve quality of life for both the patient and the family.

"Not only do palliative practices increase the quality of care for individuals receiving medical services, it also reduces the costs of providing care," said Darleen White, Vice President of Medical Services and Palliative Care at HopeWest. "This is a tremendous opportunity for local healthcare professionals to receive expert training in a location close to home. We have spearheaded the collaborative effort to bring these experts to western Colorado because we know enhancing knowledge on palliative care will benefit the individuals receiving care and healthcare organizations alike." Presentations will also be given from 7:30 a.m. to 4:30 p.m. in Grand Junction, Colorado on Wednesday, Nov. 9 at the DoubleTree by Hilton on 743 Horizon Drive, as well as, in Placerville, Colorado on Thursday, Nov. 10 at the Old School House on Front Street.

REGIONAL NEWS BRIEFS

ENDING DAYLIGHT SAVING TIME MEANS INCREASED WILDLIFE COLLISION DANGER



Image courtesy Colorado Parks and Wildlife.

Special to the Mirror

COLORADO - Colorado Parks and Wildlife reminds drivers that with dusk arriving earlier due to the time change on Nov. 6, the chances increase for collisions with wildlife on the roads.

"The changing season coincides with peak mating time for much of Colorado wildlife, particularly deer," said Jason Duetsch, CPW district wildlife manager. "Visibility is poor when many of our big

game animals are most active. Right now deer, moose, elk and other wildlife are more mobile, easily distracted and more likely to be crossing roads and highways."

When drivers do see wildlife on or near the road, the best response is to slow down or stop, honk and/or flash headlights. This not only warns the animal to avoid the road, it helps point out the danger to other motorists.

The average property damage cost of ani-

mal-vehicle collisions is estimated at \$3,103, according to the Colorado Department of Transportation. Motorists can reduce the likelihood of an accident by taking the following precautions:

Slow down. Swerving at high speeds increases the danger of an accident. Moderate speeds increase reaction time and allow drivers to react appropriately to animals in the road.

Stay alert particularly while driving at dusk and dawn. This is when deer and other common wildlife are most

active.

Scan ahead and watch for movement along roadsides. If you see one animal, expect it to be accompanied by others.

Obey traffic signs and watch for wildlife warning signs. Transportation authorities often attempt to reduce the number of incidents by lowering nighttime speeds in areas where collisions are common.

For more information on avoiding wildlife collisions, [visit the CPW website](#).

CITY TO HOST WAYFINDING SIGN CONCEPTS PLAN OPEN HOUSE

Special to the Mirror

MONTROSE— The City of Montrose invites the public to attend a follow up open house regarding wayfinding signage concepts on Nov. 14 from 4 to 7 p.m. at the Proximity Space (210 E. Main Street).

The open house is designed to further explain the wayfinding signage project process and invite citizen input on the final design concepts.

Following the open house, a steering committee will select the final designs and begin to coordinate the implementation phase of the project.

The wayfinding project commenced in May 2015 when the city signed a Memorandum of Understanding (MOU) with

Colorado Department of Local Affairs, the University of Colorado Denver, and the Colorado Center for Community Development to enhance the wayfinding experience throughout town by envisioning an updated and consistent wayfinding plan. Work under the MOU includes the design and preparation of wayfinding and signage options for better coordination of pedestrian, bicycle, and vehicular traffic to key attractions and locations in the city.

"Some wayfinding signage exists around town, but with growth and change over the years there are gaps in the directional signage and a need to unify the aesthetic quality of the program," said Assistant City

Manager and Office of Business and Tourism Director Rob Joseph.

"Understanding the community identity and character will influence the look and feel of the signage options and so we're urging all who care about Montrose to attend the upcoming informal open house. Attendees will gain an overview of the process and have an opportunity to comment on design options before the steering committee selects the final design," he added.

The City of Montrose warmly invites interested members of the public to attend the Nov. 14 open house in preparation for completion of the wayfinding signage project.



**Always digging for
spot on news.**

The Mirror

now weekly

Making sure readers don't bury their heads in the sand.

REGIONAL NEWS BRIEFS

INVESTMENT GROUP ACQUIRES RIVER CORRIDOR PROPERTIES, PLANS OUTDOOR INDUSTRY BUSINESS PARK

Special to the Mirror

MONTROSE -- Mayfly Outdoors, a Colorado-based outdoor industry investment company, has acquired multiple new properties totaling over 150 acres around the Uncompahgre River. The acquisitions are part of a plan by company founders to forever change a section of the river into a world-renowned business park, attracting outdoor-focused industries to relocate to Montrose that will include river restoration and high-end commercial, industrial, and residential development.

Like the recent Montrose Whitewater Park, the *Colorado Outdoors* project will expand Uncompahgre River access opening it up for many more water recreation enthusiasts. In addition, the new project will protect and sustain fish and wildlife areas along the river for more than 1.5 miles near Grand Avenue. Preliminary plans are to completely restore the river into a renowned fly fishing habitat. "This is an exciting project because it means building a future for Montrose that will attract great businesses and fly-fishing enthusiasts from all over the world while helping sustain one of our greatest assets: the Uncompahgre River," said David Dragoo, President of Mayfly Outdoors.

John Renfrow with Renfrow Realty said, "Montrose transformed the Whitewater Park of the Uncompahgre River into a water-sports destination. The City is ready for that momentum to continue further down the stream."

The project has been studied for months by an independent economist, and their preliminary economic impact to the region is notable: over a 10 year development period, estimates show an additional 1,266 ongoing jobs would be created within the project, plus an additional 593 indirect and induced jobs in the local economy, bringing the total ongoing annual economic impact to 1,859 jobs. The total an-



Architectural rendering. Courtesy image.

nual payroll impact is estimated \$81 million and total annual ongoing economic impact (output) is \$297 million. Craig Baker, VP of Mayfly, added, "Our goal is to build something everyone is proud of, that people will want to come be a part of. We want to help attract more businesses, create jobs, and improve the river. It will be a win for everyone." To put things in perspective, the State of Colorado estimated total employment in Montrose County at just over 14,000 jobs in 2015. The estimated new ongoing employment generated by the project would represent a 13% increase in that employment total. Mayfly cited the project as a good example of what happens when government and private business work together, in this case the City of Montrose, Montrose County, the State of Colorado, and MEDC.

"All parties are actively collaborating, and it's good to see," said Dragoo. Mayfly intends to build the first phase of the project by breaking ground on a new site sold to recently relocated Abel Automatics, Inc. and Ross Reels.

Facilities include a state-of-the-art,

35,000 square foot headquarters, future home to all high-precision manufacturing equipment, all research and development and a majority administration while giving room for some expansion. Construction is expected to begin in 2017. "The facility will be eye-catching, but built around operational performance. We expect a lot more visitors for factory tours," said Dragoo.

Phase two of the development will be the strategic expansion of infrastructure within the development, including upgrading roads and expanding fiber optic along while recruiting additional outdoor-businesses. Phase three includes a retail development with a riverwalk area featuring restaurants, coffee shops and other local enterprises.

"The property is large, so growth can occur in several phases based on what the market needs," added Baker.

"Thus, our construction plans will be flexible to what individual businesses want and what the region may require, including a mix of industrial, commercial, flex-space and potentially residential build-outs."

ISSUE 70 Nov. 7, 2016

ART & SOL

WWII VETERAN HONORED WITH QUILT OF VALOR!

Special to Art & Sol

FRUITA—On Oct. 25, 2016, a special presentation was made to Robert Smith at his home at the Willows in Fruita.

Robert is a five-year veteran who served in Paris and London during World War II.

Sue Schore, presented a beautiful hand-made quilt to Robert on behalf of the Grand Valley Valor Quilters, a local branch of the Quilts of Valor Foundation.

The quilts made by the Foundation's volunteer members are awarded to U.S. military service members and veterans, as a way of honoring them for their service and dedication to our country.

The Quilts of Valor Foundation is a 100% volunteer non-profit organization established by Blue Star Mom Catherine Roberts in 2003.

The Foundation's mission is to "cover service members and veterans touched by war with comforting and healing Quilts of Valor."

Requests for Quilts of Valor are sometimes referred to as "nominations" and any individual may request a Quilt of Valor for an active service member or veteran.

A Quilt of Valor has to be a quality-made quilt, not a "charity quilt." Many view a Quilts of Valor as the civilian equivalent of a Purple Heart award. A Quilt of Valor



The Quilts of Valor Foundation is a 100 percent volunteer non-profit organization established by Blue Star Mom Catherine Roberts in 2003. Quilts made by the Foundation's volunteer members are awarded to U.S. military service members and veterans, as a way of honoring them for their service and dedication to our country. Courtesy photo.

says unequivocally, "Thank you for your service, sacrifice, and valor" in serving our nation.

If you are interested in learning more

about the Quilts of Valor organization, please contact Sue Schore at 970-241-7457 or check out its national website: www.QOVF.org.

COMMUNITY NEWS BRIEFS: ARTS & CULTURE

VOLUNTEER WITH MONTROSE COMMUNITY DINNERS THIS THANKSGIVING!

Special to Art & Sol

MONTROSE-The Montrose Community Dinners, Inc. Board is busy preparing for another all-out great day of food and festivities...and, of course, it is the amazing members of the community who make it all possible.

The community is once again invited to enjoy the great Thanksgiving tradition of a true Thanksgiving meal with all the trimmings, locally baked pies, entertainment and games – plus a variety of door prizes. All these activities will take place at the Montrose County Fairgrounds Friendship Hall from 12 to 3 PM, Nov. 24, 2016.

Thanks to this generous community, and supportive businesses and realtors, the meal and activities continue to be free of charge. The MCD Board has gone through some reorganization this year, so they want the community to be aware of some changes. The phone number for requesting delivered meals has changed to 240-1699. The phone number for volunteers remains at 240-4350.

You are asked to make your calls between 1 and 6 PM, weekdays. We will begin taking calls after Nov. 1, 2016

Also new this year is calls will NOT be taken AFTER Nov. 22. Most of the board

will be at Friendship Hall preparing for our guests the following day. Please remember, call BEFORE Nov. 22.

The great Thanksgiving tradition has been a part of the community for more than 23 years.

This tradition continues because you are willing to make a gift of yourself, your talent, your funds, and your time so that you and your neighbor can give thanks together.

Donations – money or in-kind Send to: Montrose Community Dinners, Inc. P O Box 3540 Montrose CO 81402 or Contact – 240-1699.



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COMMUNITY NEWS BRIEFS: ARTS & CULTURE

RIDGWAY FILM FEST MOONWALK WILL BE NOV. 12



Special to Art & Sol

RIDGWAY-On Saturday, Nov. 12 the Ridgway Film Fest Moonwalk will take place from 6 pm - 9 pm. We are proud to be bringing back our Film Fest MoonWalk this year, in collaboration with Ridgway Creative District and the Four Corners Film Office. We will be showcasing the work and creativity of Colorado independent filmmakers at our November MoonWalk this year. This is a FREE (though donations are welcome) public showing at the historic Sherbino. Each film is no longer than 20 minutes in length and appropriate for family viewing. Some filmmakers will be present to give a 5-minute presentation about the inspiration for the film and anecdotes in the making of the film.

*Thanks for reading the Montrose Mirror!
Fresh News for Busy People!
Weekly on Mondays!*

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NOTES FOR THE JOURNEY...

Exploring Classical Music With Rob Brethouwer

MUSIC AND MEMORY ARE FOREVER LINKED...

You are minding your own business doing anything from homework to chores around the house. Music plays in the background and up to this point has been heard merely as either a distraction as a way to focus concentration. The song changes and you are suddenly and randomly transported to another place and time. The randomness of this occurrence is only briefly acknowledged as your thoughts return to something that has not been thought of in years. The music, the simple sounds coming through a speaker have transported you in a way that only music can. Thoughts flood your head and bring about a smile, a frown, or laughter as a memory plays out before your eyes.

Life's situations come and go with varying levels of impact and severity. One situation can appear to be very benign and even fleeting. Years later this exact situation comes back with a vengeance with only the prompt of music to usher it back into our world. Memories that we think will have a huge impact may disappear from our thoughts for good. Those that come back with the assistance of hearing music were somehow lodged in our subconscious for unknown reasons. Memories of various situations in our life appear like gifts to us.

Memories brought back by music often originate in childhood. A song played in a grade school music class, the song played during the first junior high dance, a favorite song when you played in band, or a selection from the soundtrack of your high school years. Childhood memories

pushed back into our minds simply from hearing music can have origins from many different areas. The hope is that music is tied to ecstatic and fun memories and not something more traumatic. If the thoughts are on the bad side of the equation it can only be hoped that music in general will be therapeutic on some other level and that thoughts can go towards other music that have more positive memories attached to them.

The simple act of hearing a song that has not been heard in a long time can bring about renewed interest in a type of music, a certain artist, or the desire to once again produce music on your own. From personal experience, this happened simply by hearing an old Willie Nelson song. Finding enjoyment in what this artist produced had somehow been lost. Hearing a song brought back not only fond memories but also a desire to focus once again on this artist's music. This is the power of music and the act of simply hearing sounds. It can bring new things and even people back into our lives.

A sense of renewal can come from this new interest that might not have been found otherwise. The connection between music and memory is not always



Music and memory are linked: A caregiver works with a patient in a still from Alive Inside: The Story of Music and Memory. Courtesy Photo credit: Michael Rossato-Bennett, 2012.

perfectly clear. We may not go directly back to a certain situation or to a very specific and detailed memory. The hearing of music can stir up something that is familiar, connected, and yet still somehow vague. The hearing of music only cleared off one corner of a memory and leads to personal reflection in order to uncover the rest of the memory. Music has the power to focus our thoughts and to ignite memories from our distant and recent past. Music is a catalyst that propels us not only backwards but also forwards towards new things, people, and places. Not even taste and smell are able to have such immediate and dramatic effects on our memories. Music will forever be a part of our lives whether or not it is a singular passion. Music can stimulate us, relax us, and provide us with a level of therapy that is difficult to match in other ways. Memory is music and music is memory. The two are forever linked.

INK TO MAKE YOU THINK.

COMMUNITY NEWS BRIEFS: ARTS & CULTURE!

WHISKERMAN TO PLAY @ RADIO ROOM

Special to Art & Sol

GRAND JUNCTION-The Radio Room Proudly Presents Whiskerman on Saturday, Nov. 12 at 7:30 p.m.

"When they're revved up, Whiskerman sounds like a gospel and soul band that can make you feel like raising your hands in the air in praise of its talent. In their quieter songs, there's a storytelling vibe with intricate melodies." — Tony DuShane, SF Chronicle Known in the Bay Area for their often raucous shows, Whiskerman has taken to lush string arrangements framing bold prophetic lyricism in their most recent effort. Fronted by Singer/songwriter and multi-instrumentalist Graham Patzner, Whiskerman utilizes the structure of a classic rock band to convey a timeless familiarity, luring the listener into a new mythological landscape with a story for our time. The songs of NOMAD were written through the anxiety and uncertainty constantly revealing itself in our society towards the collapse of industrial civilization. Somehow they manage to make it all sound so catchy.

Tickets are \$18 in advance and \$20 at the door \$12 student with ID and may be purchased by calling (970) 241-8801,

Ext. 0 or online at www.kafmradio.org. The Radio Room is located at 1310 Ute Avenue, Grand

Junction, CO 81501. Doors open at 7 p.m.



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COMMUNITY NEWS BRIEFS: ARTS & CULTURE!

MONTROSE MEMORIAL HOSPITAL CELEBRATES NEW LIVES WITH BIRTHDAY PARTY!

Special to Art & Sol

MONTROSE-Montrose Memorial Hospital recently threw a party to celebrate one of the most important events in many Montrose mothers' lives: the birth of their child. An annual event at MMH to reconnect with families after the birth experience, the party provides a platform for attendees to meet with staff and enjoy prizes, crafts, and most importantly—a time to share dialogue.

"We get really close to many of our patients—and after they have their babies, we won't have the chance to see them again. It's a great way to follow up and see how they're doing," said Tina Wilson, Licensed Practical Nurse and certified lactation consultant at Montrose Memorial Hospital. "It's an event that epitomizes what we're all about—Friends and Family Caring for Friends & Family."

The birth of a child is a special time in the life of a mother. According to the Organization for Economic Cooperation and Development, each woman in the U.S. lives to approximately 81 years of age; yet in that lifespan each mother will only experience birth twice, according to the Population Reference Bureau.

"We're thankful to be the healthcare provider of choice for mothers' in our region," said Steve Hannah, MHA, CEO of

Montrose Memorial Hospital. "We strive to provide our mothers clinical excellence and an experience that reflects the high value we place on them and their family."

The event was coordinated by Registered Nurse Rainy Tieman, DNP, who described it as an opportunity to say thank you. "We know mothers have a choice on where to deliver their babies, and we're honored they continue to choose Montrose Memorial Hospital."

Prize donations were provided by local businesses including Just Like New Kids Consignment, Fabula, SheShe Boutique, Daily Bread, Pollux, Colorado Boy and Nina Suzanne's.

About Montrose Memorial Hospital (www.MontroseHospital.com)

Montrose Memorial Hospital is a 501(c)3 nonprofit healthcare system serving Montrose, San Miguel, Ouray, Gunnison, Delta, Hinsdale and San Juan counties. The health system offers a 75-bed hospital and an extensive range of inpatient & outpatient health care services, including cardiology, oncology, minimally invasive surgery, laboratory, medical imaging/radiology, Mountain View Therapy, Level III Trauma Center, Acute Rehab Unit and the family birthing center. The health system partners with regional providers on joint ventures to meet local healthcare



Jonna Houge, LPN at Montrose Memorial Hospital, dressed as a clown to bring smiles to young attendees at the MMH Birthday Party. Courtesy photo.

needs, including CareFlight air ambulance service, San Juan Cancer Center and Black Canyon Surgical Center. Montrose Memorial is the second-largest employer in Montrose County, with more than 600 employees and 100 physicians who represent 23 medical specialties. The hospital has received patient satisfaction ratings exceeding 90 percent since 2010.

SIGNUP DEADLINE FOR TRI RIVER AREA EXTENSION MASTER GARDENER CLASSES IS NOV. 23

Special to Art & Sol

GRAND JUNCTION-Colorado State University Tri-River Area Extension invites you to apply for their Master Gardener Program. Apprentices receive approximately 66 hours of training by Colorado State University Extension agents, local and regional specialists.

The classes include information in Botany, Soils, Irrigation, Plant Pathology, Entomology, Trees & Shrubs, Soils, Fertilization, Soil Amendments, Fruit Growing,

Turf Care, Vegetable Gardening, Weed and Pest Management, Xeriscape, Native Plants, Perennials and more.

Training takes place in Grand Junction. Classes are once a week January through March, from 9 am to 4 pm.

Following the training, an Apprentice Master Gardener works a minimum of 50 volunteer hours through Extension, assisting clients at their local county offices. The Deadline for applications is Wednesday Nov. 23, 2016.

A non-volunteer option is also available, for an additional charge.

Our mission is to provide information, education and to encourage the application of research-based knowledge to the communities of Delta, Mesa, Montrose, and Ouray Counties. For more information or application, please contact CSU Master Gardener Coordinator, Susan Honea at Colorado States University Tri River Extension Office, 2775 Hwy 50, Grand Junction, 970-244-1834.

COMMUNITY NEWS BRIEFS: ARTS & CULTURE

THE NATURE CONNECTION TO HOST BACKCOUNTRY WINTER FILM FEST IN DELTA NOV. 11 & 12

Special to Art & Sol

DELTA-Come out to support [The Nature Connection](#) Nov. 11&12 from 7 to 9p.m. as we present the 2017 [Backcountry Film Festival](#) in Delta, Colorado! All proceeds made from this event will help The Nature Connection offer outdoor experiences to Montrose and Delta County youth. Through this event we hope to add more outdoor gear to The Nature Connection Gear Library and offer inspiring outdoor education to our local youth.

Bring your family to enjoy a night of films that capture the spirit of winter. These films have something for everyone, adventure, beauty, and education. Come enjoy this awesome lineup and support our communities initiative to get our youth back outside! The Delta Family Center, 822 Grand Ave, Delta Colorado Admission is \$3-Children, \$5- Adults, \$10- Family.

WEEHAWKEN & RIDGWAY CREATIVE DISTRICT PRESENT 2ND INDEPENDENT FILM FEST

Special to Art & Sol

RIDGWAY-Please join the Ridgway Creative District and Weehawken Creative Arts for the second Independent Film Fest at the Sherbino Theater (604 Clinton St.) on Saturday, Nov. 12 from 6 – 9PM.

We will be rolling out the red carpet for 8

short films from Colorado filmmakers, both professional and amateur. Come watch all of them and then vote for your favorite for the People's Choice Award! Awards will also be given for First Place Professional Category and First Place Amateur Category.

years after it was built for the Florence & Cripple Creek railway. Amateur filmmaker Olaf Rasmussen.

Ben Hunter, amateur filmmaker, described his film as: "Creativity is with us from the beginning. We simply choose when to embrace it."

Some films include adult content; parental discretion advised. Films to be shown include:

A view into the work of sculptor Emmett Culligan as he prepares large sculptures for an exhibit. Professional filmmaker Dana Forsberg.

A look at the Rio Grande 315 which is pulling special trains in Southwest Colorado more than 120

The story of Alejandro, who always knew deep down inside she was a chola, not a cholo. Brenda Avila and Dana Forsberg, professional filmmakers.

Two mini-documentaries, one about a sculptor and community organizer in Denver and Joes, CO named Maureen Hearty, and one about Francisco Nevarez-Burgueño, the director of Aspen Santa Fe Ballet's Folklórico program, based in Carbondale. Professional filmmaker Zach Wolfson.

An amalgamation of four short motion-art films. Heidi and Richard Eversley, professional filmmakers. A short documentary telling the story of Roxanne Mena, diagnosed with Multiple Sclerosis, as she comes to terms with her diagnosis and newly changed life. Amateur filmmaker Natalie Villa. For more information, go to www.ridgwaycreativedistrict.com, the Ridgway Creative District Facebook page, or contact John

Clark, macdokter@gmail.com, or Diedra Silbert, dsilbert@town.ridgway.co.us or 970-626-5308, x. 215.



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COMMUNITY NEWS BRIEFS: ARTS & CULTURE

COLORADO STATE FOREST SERVICE NOW ACCEPTING SEEDLING TREE ORDERS

Special to the Mirror

GRAND JUNCTION- The Colorado State Forest Service is now accepting Tri-River area orders on a first-come, first-serve basis for low-cost seedling trees, shrubs and perennials grown at its Fort Collins nursery. More than 100 species/size options are available, with seedlings ordered now to be distributed next spring.

Coloradans interested in conservation goals such as creating natural windbreaks, improving wildlife habitat or reforesting properties impacted by wildfire or floods are eligible to purchase the seedlings. CSFS Nursery Manager Josh Stolz says Colorado-grown species are adaptable and ideal for a variety of conservation uses, and that the nursery's selection has increased over the past few years.

The CSFS seedling tree program is designed to encourage Colorado landowners to plant seedling trees and shrubs for conservation purposes.

Through a cooperative effort with Colorado State University Extension offices and county conservation districts throughout the state, approximately 5,000 Coloradans obtain CSFS seedling trees each year.

Conservation seedlings have many uses and benefits, including:

Wind/snow control to protect roadways and livestock
Enhanced wildlife habitat/forage
Reforestation and reclamation
Increased property values
Energy conservation through reduced

utility bills

Reduced soil erosion

Creating habitat for honeybees and other pollinators

There is no minimum acreage requirement for landowners to purchase CSFS seedling trees for conservation, reclamation and reforestation goals.

Tri-River area seedling orders should be placed in the county where they will be picked up in May 2017, with information available at the following contact numbers: Mesa County 970-244-1834, Delta County 970-874-2195 and Montrose County 970-249-3935.

More information about the CSFS Nursery is available at www.csfs.colostate.edu/seedling-tree-nursery.

HEAR STORIES OF PEACE CORPS VOLUNTEERS

Special to Art & Sol

GRAND JUNCTION-2016 marks the 55th year of the Peace Corps. As a way to commemorate the anniversary of the establishment of the program as well as to celebrate the experiences of those who have participated, the World Affairs Council of Western Colorado will be hosting a panel discussion involving former Peace Corps volunteers. The Grand Valley Returned Peace Corps volunteers will discuss their experiences overseas and how it changed their lives as well as the loves of those people they served in foreign countries.

The community is invited to attend the event at the Grand Junction City Hall Auditorium at 6:30 in the evening of Thursday, November 10 at 6:30 P.M.

Be our guest and come out to learn more about the history of this fascinating program from those volunteers who have lived it

Many Older Adults Need Our Help... *in the most fundamental ways.*

- **FOOD:** In the most affluent country on earth, seniors have to choose between food and medicine.
- **SHELTER:** Imagine having to find a decent, secure place to live on an income of \$800 per month.
- **SAFETY:** For older adults, home can often become a dangerous place without proper repairs.
- **SUPPORT:** Sometimes we all need a little help from our friends.
- **CARE:** When living at home is no longer an option, we can help.
- **CONNECTIONS:** When you outlive all of your friends and family, who do you turn to?

We provide a connected network of services that make a significant difference in our part of the world.

Join us in supporting our vision to enrich and uplift the lives of our local older adults.



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REGIONAL NEWS BRIEFS

CHRISTMAS TREE PERMITS AVAILABLE SOON FOR THE GMUG NATIONAL FORESTS

Special to Art & Sol

DELTA - Christmas tree permits will be available for purchase at Grand Mesa, Uncompahgre and Gunnison National Forests (GMUG) office locations beginning Nov. 14, for personal use. The cost per permit is \$8 and may be purchased with cash, check or credit card at National Forest office locations. There is a maximum of five tree permits per person. Permits will be sold starting Nov. 14, 2016 through Dec. 31, 2016 at the Forest Service office locations listed at the end of this press release.

Christmas tree cutting is allowed in most areas on the GMUG National Forests with the following exceptions: Wilderness, scenic pullouts, commercial timber sales areas, recreation and ski areas, campgrounds, trailheads, developed sites and administrative areas and otherwise as detailed in the package provided with your permit. Trees may not be cut within 100 feet of any road or trail. Maps showing where Christmas tree cutting is allowed are available at all offices where permits are sold, and will be provided with permits along with a regulations list.

Trees must be less than 20 feet tall from the stump, may not be greater than 6 inches in diameter at the base of the tree and the stump height should be no greater than 6 inches high.

Topping trees is not allowed (i.e. cutting only the top of the tree and leaving the bottom with limbs attached) Trees are for personal use only and cannot be resold. The tags must be attached to the tree at

the cutting location and must be left on the tree until it arrives at its final destination.

The GMUG is pleased to continue the 4th Grade Free Christmas Tree Program again this holiday season. Fourth graders are eligible for a free Christmas tree permit through the Every Kid in a Park ("Every Kid") Initiative. Every Kid is a nationwide call to action to build the next generation of conservationists. All fourth graders are eligible to receive a fourth grade pass that allows free access to federal lands and waters across the country for a full year. In support of this initiative, the Forest Service will make available a free Christmas tree permit to every interested fourth grader who presents a Fourth Grade Pass or paper voucher at a GMUG National Forest office location.

Instructions on how to obtain a pass and collect a free tree permit: In order for students to receive a free Christmas tree permit, they must present a valid 4th Grade Pass or paper voucher printed from the Every Kid in a Park website: <https://everykidinapark.gov/>. To earn the voucher, simply visit the website, click on the "Get Your Pass" button and follow the instructions to obtain the voucher.

Print out the paper voucher and bring it with you to a District Office or the Supervisor's Office on the Grand Mesa, Uncompahgre and Gunnison National Forests.

The Forest Travel Management Plans and or weather may close various forest roads prior to or on November 30. As a reminder, Motor Vehicle Use Maps (MVUMs)

have been produced for the entire Forest and show forest roads, trails and areas that have been designated for seasonal closures.

Motorized users are responsible for obtaining an MVUM to determine where one can drive, ride and recreate. These maps are free and are available at Ranger Stations or on the Forest website: <http://www.fs.usda.gov/gmug>. Snow and winter conditions will dictate road access for Christmas tree harvesting. Conditions associated with winter travel on forest roads may include, but are not limited to, heavy snow, ice, soft shoulders and constantly changing road conditions.

Permit Sale Locations:

Forest Supervisor's Office, 8 AM to 5 PM, excluding weekends and holidays.

2250 Highway 50

Delta, CO 970-874-6600

Grand Valley Ranger District, 8 AM to 5 PM, excluding weekends and holidays

2777 Crossroads Blvd, Suite 1

Grand Junction, CO 81506 970-242-8211

Ouray Ranger District, 8 AM to 4:30 PM, excluding weekends and holidays

2505 S. Townsend

Montrose, CO 970-240-5300

Gunnison Ranger District, 7:30 AM to 4:30 PM, excluding weekends and holidays

216 N. Colorado

Gunnison, CO 970-641-0471

Norwood Ranger District, 8 AM to 12 PM

and 1 PM to 5 PM, excluding weekends and holidays

1150 Forest

Norwood, CO 970-327-4261

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Hold the Date! Upcoming Business and Cultural Events

ONGOING-

SATURDAY NIGHT LIVE @ THE GALLERY • MUSIC BY YOUTH, Second Saturdays from 7 to 9 p.m. at Healthy Rhythm Community Art Gallery in Sampler Square.

THE ALPINE PHOTOGRAPHY CLUB meets every second Tuesday at St. Mary Catholic Church in the St Paul Room, 1855 St Mary's Drive, Montrose. The Public is welcome to attend. For more information, email alpinephotoclub@aol.com.

FREE FAMILY LAW CLINIC-LAST WEDNESDAY OF EVERY MONTH, Montrose County Courthouse (Leslie German self-help center) at 1200 North Grand, Noon to 1:30 p.m. Sponsored by Uncompahgre Volunteer Legal Aid and the 7th Judicial District Bar Association. Call 970-249-7202 for information.

FREE JAM SESSION AND SING ALONG, Mondays from 4 to 6 p.m. at the Montrose Pavilion Senior Center.

MONTROSE HISTORICAL MUSEUM-"Montrose County Historical Society Presents" is held at 7 pm on the first Wednesday of each month in the Pioneer Room of Friendship Hall, 1001 N. 2nd St. The public is invited to free programs based on topics of regional history. For more information please call 249-2085.

SNOWSHADOW GYM-Zumba classes with Maria Gonzalez week nights 5:30 to 7:30; Swing dance with Kevin Mears Mondays 7:30 to 9:30 p.m. 535 S. First St. Snowshadowgymnastics@yahoo.com.

MONTHLY-

Nov. 7-9-Community Spirit UCC in Montrose is responding to rising fears and anxieties this election season by opening its doors November 7-9 from 4-8 PM so that those in the community might seek peace by silently walking the canvas labyrinth set out on their sanctuary floor. Community Spirit UCC is located in the St Paul Episcopal Church building at 2900 Sunnyside (at 6700 Road). More information can be provided by calling 970-275-1725.

Nov. 9-11--The continuing tradition of Montrose and Olathe Schools annual Veteran's Day Assemblies continues this year with the following schedule:

Wednesday, November 9th - Montrose High School 10 am

Thursday, November 10th - Centennial Middle School 9 am

Friday, November 11th - Olathe Middle/High School 9 am

Plan to attend and invite a veteran to one or all of these wonderful celebrations.

Nov. 10-Montrose Pavilion Senior Center: \$3 Lunch and Learn on Thursday Nov. 10, 1 pm: Understanding the changes to Medicare for 2017; 'Having the right questions will give you the right answers,' Prescription Drug Coverage support with Marilyn Huseby of Senior Awareness Programs. Program is free. Reservations required for lunch (252-7787) \$5.

Nov. 10-World Affairs Council of Western Colorado will be hosting a panel discussion involving former Peace Corps volunteers to mark the 55th Anniversary of the Peace Corps. The Grand Valley Returned Peace Corps volunteers will discuss their experiences overseas and how it changed their lives as well as the lives of those people they served in foreign countries. The community is invited to attend the event at the Grand Junction City Hall Auditorium at 6:30 in the evening of Thursday, Nov. 10 at 6:30 P.M.

Nov. 11-12-Magestic Pointe at Eagle Landing, Open House and BBQ. 11 a.m. to 3 p.m.

Nov. 11-12-Come out to support The Nature Connection Nov. 11&12 from 7 to 9p.m. as we present the 2017 Backcountry Film Festival in Delta, Colorado! All proceeds made from this event will help The Nature Connection offer outdoor experiences to Montrose and Delta County youth. Through this event we hope to add more outdoor gear to The Nature Connection Gear Library and offer inspiring outdoor education to our local youth. The Delta Family Center, 822 Grand Ave, Delta Colorado Admission is \$3-Children, \$5- Adults, \$10- Family.

Nov. 11-Eleventh Annual Benefit for Community Options and Uncompahgre Valley Association.Montrose Pavilion, Friday, Nov. 11, 6:30pm. Doors open at 5:30. The event has typically filled the Pavilion to capacity, so come early.FREE event, no tickets required, but donations are gratefully accepted at the show. Cash bar, coffee and free cookies at intermission. Drawings for free giveaways at intermission.

Nov. 12-Montrose United Methodist Church Down Home Country Bazaar, 8 a.m. to 3 p.m. Craft tables, bake shop, coffee shop, Grannie's Attic. Join us from 11 a.m. to 1 p.m. for a Homemade hamburger soup luncheon \$5. Now accepting credit cards.

Nov. 12-The Radio Room Proudly Presents Whiskerman on Saturday, Nov. 12 at 7:30 p.m. Tickets are \$18 in advance and \$20 at the door \$12 student with ID and may be purchased by calling (970) 241-8801, Ext. 0 or online at www.kafmradio.org. The Radio Room is located at 1310 Ute Avenue, Grand Junction, CO 81501. Doors open at 7 p.m.

Nov. 12-Ridgway Moonwalk Film Fest, 6 to 9 p.m. @ the historic Sherbino Theater.

Nov. 12-My Name is Pacomio, Montrose author Steven Baker book signing at Barnes & Noble, Grand Junction. 2 p.m.

Nov. 14-City of Montrose Wayfinding Sign Concepts Plan Open House. Proximity Space, 210 East Main, from 4 to 7 p.m.

Nov. 16-The Chipeta Archaeology Society presents Mark D Mitchell and Archaeology of the San Juan High Country on Wednesday Nov. 16th at 7pm at United Methodist Church, South 1st and Park Ave, Baldridge Hall, Montrose Colorado. Dr. Mark D. Mitchell, Research Director, Paleocultural Research Group, presents Archaeology of the San Juan High Country.

Nov. 17-At 6:30 p.m. the Citizens' Climate Lobby meets in the Centennial room behind Montrose City Hall. All are welcome, 970-240-9146.

Nov. 17-Montrose Pavilion Senior Center: \$3 Lunch and Learn on Thursday, Nov. 17th. 1 p.m. "Tai Chi Chih," presented by Dan Mohr.

Nov. 18-19-Blue Sage Center Concert Series, 7:30 PM, 226 Grand Avenue, Paonia. Tickets \$10-25 at (970) 527-7243 or online at bluesage.org <<http://bluesage.org/>>. A weekend with Blue Sage Concert Series Director Susan Ellinger performing works for solo piano by Haydn, Mozart and Beethoven.

Nov. 18-The 2016 Crab Crack benefiting Black Canyon Boys & Girls Club will be Friday, Nov. 18, from 6 pm - 9 pm @ the Montrose Pavilion Event Center, 1800 Pavilion Drive. Enjoy dinner and live music. Price: \$50 to \$5,000 —\$50 General Admission, private & sponsor tables available. Dinner is followed by a special dessert and dancing to a live band. Unique fundraising opportunities will be available .TICKETS ON SALE NOW bcbgc.org/tickets or (970) 249-5168.

Nov. 19-Blue Gators Band CD Release Party! Turn of the Century Saloon. Doors open at 7 p.m.!

Nov. 21- Thanksgiving stories with Allen Beck, Montrose Pavilion Senior Center, Monday Nov. 21, 1p.m.

Nov. 21-Alpine Bank presents the film, "Almost Sunrise," at the Montrose Pavilion @ 6 p.m. \$10 suggested donation; benefit for Welcome Home Alliance for Veterans.

Nov. 24-Montrose Community Dinners Thanksgiving meal Noon to 3 p.m. @ Friendship Hall.

Nov. 25-26-42nd Annual Basement Boutique Craft Show & Sale @ the Montrose Pavilion. 8 a.m. to 5 p.m. Friday, 8 a.m. to 4 p.m. Saturday.

Dec. 1-Holiday Craft Fair at Homestead of Montrose, 1819 Pavilion Drive, 1 to 7 p.m.!

Dec. 7-Volunteers of America Homestead Art Show, 5:30 to 7 p.m. @ Amazing Glaze, 209 East Main Street in Montrose.

Dec. 11-Free Christmas Concert — Montrose Community Band...Get ready for Christmas with a heart-warming selection of Christmas songs.

Dec. 28-Ari Hest Holiday Concert @ Healthy Rhythm Gallery, 68 Grand Avenue. 7to 11 p.m.

Jan. 20-22-Telluride Fire Festival, Telluride.

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5th Wed: Community Options Inc.

(Note: 5th Wed dates are: March 30, June 29, Aug 31, Nov 30, 2016)

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The team of the "Solar Warrior" project at Standing Rock Reservation is powering the high speed internet access and the area around the Wellness tent for pipeline protesters. Helping to implement the project are Fort Lewis College alumni Dave Hollister, at center, and Scott Golder, at left. Courtesy photo.



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