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BY THE TIME IT'S IN PRINT, IT'S HISTORY! FRESH NEWS FOR BUSY PEOPLE...WEEKLY ON MONDAYS!

THE MONTROSE MIRROR

Issue No. 202, Jan. 2 2017

OUTREACH PROS LAUNCH THE COLORADO 100!

By Caitlin Switzer

COLORADO-The name is simple, and the message is clear: 100 word stories, 100-second videos on topics of intrigue. The Colorado 100 is a fledgling news service that highlights thought leader subjects across the state with concise, 100-word stories, photography and video.

"We're looking to fill a gap," Colorado 100's Jane Dvorak said. "The fading of traditional media offers an opportunity for people to elevate the conversation."

Telling an engaging and inspirational story in just 100 words is not a job for amateurs; Dvorak works with fellow public relations pros Sydney Ayers and Lisa Cutter. She also currently serves as chair of the [Public Relations Society of America](#).

After piling up industry awards and honors for many years, the talented Colorado 100 team sees branching out into online journalism as a way of keeping people informed while sharing inspiring new ideas and concepts.

"The format is a little bit unique, just 100 words," Dvorak said. "All three of us



The team behind the new Colorado 100: Public Relations pros Sydney Ayers, Jane Dvorak, and Lisa Cutter. Courtesy photo.

[Continued on page 3](#)

MHS SR TO ATTEND AMERICAN UNIVERSITY OF PARIS

By Caitlin Switzer

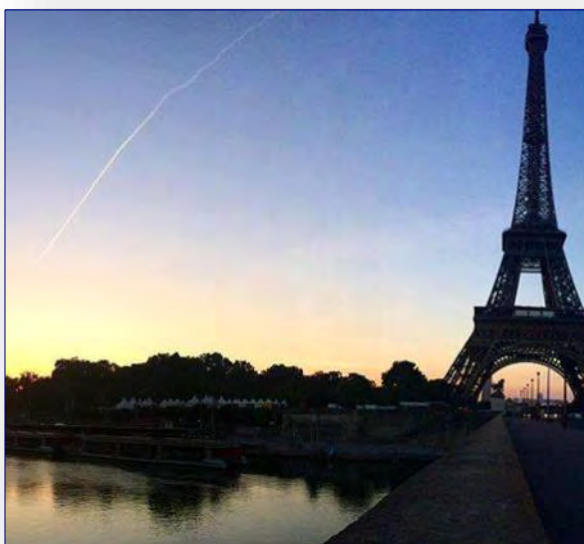
MONTROSE-For students who envision themselves living and working in a global world, the chance to study at the American University of Paris (AUP) is an educational dream come true. Founded in 1962 as a two-year junior college by a member of the U.S. Foreign Service, the AUP now offers four-year and master's degrees, and has more than 16,000 graduates in 142 countries.

In the fall of 2017, a young woman from Montrose will enter the prestigious university. Hannah Arebalos, 18, said she was inspired to apply by her mother Kirsten, who studied in Norway for a year when she was young.

"The summer between eighth and ninth grade, I had an existential crisis," Hannah said. "My brother and sister had their lives figured out. They had goals; I had no motivation.

"And then my mom told

[Continued on page 7](#)



In the fall of 2017, Montrose High School graduate Hannah Arebalos will attend the American University of Paris. Courtesy photo AUP.

in this
issue

[Gail Marvel's
Houses of Worship!](#)

[Art Goodtimes:
Up Bear Creek!](#)

[Montrose City &
County Coverage!](#)

[Gail speaks with the
Candidates for SD 6 and HD 58!](#)

HOUSES OF WORSHIP - LIVING WORD LUTHERAN CHURCH



The Children's Christmas 2016 event, "Something to Sing About," drew about 170 worshippers and set a new attendance record at Living Word Lutheran Church. Courtesy photo.

Jesus said, "For where two or three come together in my name, there am I with them" (Matt 18:20 NIV).

MONTROSE-The welcome mat was out at Living Word Lutheran Church on Dec. 11, 2016 as ushers, church leadership, and Pastor Matthew Frey stood in the foyer and greeted everyone who walked through the doors. Jim Burger said, "We're going to have a packed house today!" And indeed the Children's Christmas 2016 event "Something to Sing About" drew about 170 worshippers, setting a new church attendance record.

Pastor Frey prefaced the service, "This is not a kid's concert, but they will help us repeat the words of Jesus and help sing songs. As usual our service is around God's Word; unusual is that the children will speak those words."

The children's choir interspersed traditional Christmas hymns with reading selected passages of Scripture from the books of *Luke* and *Matthew*. Younger children were particularly zealous when singing familiar Christmas hymns. With dramatic flair they not only emphasized cer-

tain words and phrases, but punctuated the lyrics with appropriate hand gestures and body movement.

Pastor Frey led the congregation in the Apostles Creed and responsive readings from Psalm 148 and Psalm 103.

Some grandmas might say children sing like angels when they're singing their little hearts out. Good naturedly dispelling that idea Frey said, "It's precious to hear little children sing, especially when they sing to our Lord and Savior, but they probably really don't sound like angels." He continued, "Angels don't get distracted. Angels are incredibly moving, powerful, thunderful ...but we don't even get to hear their reverberation."

The only recorded instance in the *Bible* of angels singing in the presence of men on earth was on the night Jesus was born. Frey said, "Angels did appear to men, but in none of those instances did they hear angels sing. Only the shepherds heard them sing. We don't know if it was a melody, or if they sang in unison."

The shepherds were terrified when a great company of heavenly host appeared

praising God and saying, "Glory to God in the highest, and on earth peace to men on whom his favor rests" (Luke 2:14 NIV).

Frey said, "Whatever their initial reaction, the shepherds hurried off and saw Jesus. We don't know what they said to Mary and Joseph when they arrived, but we know what they said when they left. They returned and glorified and praised God for what they had seen and heard."

The miracle of what the shepherds saw and heard was not the crowds of angels singing, but the miracle of Jesus. "The children aren't going to sing Happy Birthday. Jesus doesn't need us to gather around him and thank him for being born." It's unusual to think of being dependent on a baby, "We are the ones who rely on the baby. That baby didn't remain a baby. He grew up. He accomplished what we could not accomplish. That baby is the Savior."

We celebrate the birth of Jesus, but Frey reminded the congregation that we also celebrate his death. "We like to think of baby Jesus during Christmas time in the cradle with his arms stretched out to his mother Mary. But his arms would someday be stretched out on the cross. It's a little gruesome...This baby came to die. He didn't go through all of that pain and torture and misery for himself. He did it for everyone who claims him as Lord and Savior."

Frey continued, "Jesus' birth is the beginning of why we don't have to be afraid of death. We have peace on the earth because we have forgiveness. One day we will join those singing angels, the shepherds and those who've gone before us."

Contact Information:

Living Word Lutheran Church
WI Evangelical Lutheran Synod
2820 Peyton Drive
Montrose, CO
Sunday Worship Service 9 a.m.
Pastor Matthew Frey
970-249-4405



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THE MONTROSE MIRROR

OUTREACH PROS LAUNCH THE COLORADO 100! From pg 1

are Colorado natives, and we are excited to tell the story of our state from a community standpoint. Lisa and Sydney are longtime professionals, and this gives us an opportunity to work together on something a little different."

The synergy between public relations and journalism has always existed--Dvorak is a graduate of Colorado State University, and still credits her strong writing and editing skills to CSU's excellent technical journalism program.

In the ongoing transition from print to online news reporting, Dvorak sees a new-found niche that can help both clients and

communities share real information.

The Colorado 100 is modeled after The Atlanta 100, Dvorak said.

Launched in 2013, The Atlanta 100 team is the flagship of a national public relations publishing network, The 100 Companies, according to its web site, reaching more than 37,000 subscribers each week.

Though focused mainly on the Eastern Slope for now, The Colorado 100 will establish a West Slope presence as the business grows. So far, there are 10 similar "100" sites across the United States and beyond, Dvorak said.

"We are part of the [100 companies net-](http://100companies.net)

[work](#), building story-telling capabilities across the United States."

There is also a franchise outside of the U.S., in Dubai.

The 100 Companies network was created by Chris Schroder in Atlanta, as a national publishing network designed to meet the needs of businesses and readers in today's fast-paced digital world.

According to the company's web site, The 100 Companies added 11 markets in 2016 with more to come in 2017.



CENTENNIAL MIDDLE SCHOOL RECEIVES \$167,000 FROM COLORADO HEALTH FOUNDATION TO IMPROVE THE CENTENNIAL OUTDOOR SPACE

Special to the Mirror

MONTROSE-Centennial Middle School will be improving the outdoor space used for student recess. Centennial Middle School received a grant from the Colorado Health Foundation in the amount of \$167,000. The money will be used to improve the

existing playground area. Improvements may include a full court basketball area, an outdoor climbing wall and bird nest swings. Students have been and will continue to be part of the design process. Construction will be completed during the summer and the area will be open to the

public. A community night to gather local input about the project will be held January 18 at 7 pm in the Centennial Middle School Auxiliary Gym located off of the Main Office. Refreshments will be served. Contact Joe Simo at 970-249-2576 or joseph.simo@mcsd.org.

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REGIONAL NEWS BRIEFS

MONTROSE BROWNFIELD PROJECT PUBLIC UPDATE PLANNED

Special to the Mirror

MONTROSE-An open house and formal presentation on Thursday, Jan. 19, will review the work completed through the Lower Montrose Brownfields Assessment Grant project, an effort aimed at achieving infill on vacant land and underutilized sites in Montrose. The meeting will provide an opportunity for residents to learn about the project, learn about what work was completed since the grant's award in 2014, and provide input for future efforts.

The project is funded through the U.S. Environmental Protection Agency's (EPA) Brownfields Program, which addresses "brownfield" areas where the expansion, redevelopment, or reuse of real property may be complicated by the presence, or potential presence, of a hazardous sub-

stance, pollutant, or contaminant. Examples include old rail yards, blacksmith shops, obsolete industrial plants, laundry operations, and manufacturing facilities. The program empowers states, communities, and other stakeholders to work together to prevent, assess, safely clean up, and sustainably reuse brownfields. The city can use the grant funds for community outreach and planning and to conduct voluntary Phase-I and Phase-II environmental site assessments. Rewards include:

Enhanced Quality of Place – Improving the vitality of downtown and creating connections to the river trail.

Improved tax base – Putting new businesses on vacant and/or underutilized land.

Economic gain – Increasing property val-

ues in neighborhoods surrounding improved areas.

Increased tourism – Enhancing the aesthetic appeal of the community.

Healthier environment – Cleaning up areas of contamination.

Safer Neighborhoods – Rehabilitating neglected areas deters crime and brings safer neighborhoods.

Community Pride – Establishing a place where people want to be.

The open house will be held on Thursday, Jan. 19 from 4 to 7 p.m. at the Proximity Space (201 E Main). A formal presentation will be given at 4:15 p.m. with the remaining time designated for public input. For more information, contact Program Coordinator Erica Weeks at (970) 497-8525, or visit the project website at www.cityofmontrose.org/

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Sarah - Pediatric Nurse Practitioner and husband Joe

Renee - Pediatric Therapist and husband Shawn



Choreographer: Kayln Bruington

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A Kidz Clinic is a non-profit, school-based health center providing medical, dental, and behavioral/mental healthcare services to children and youth of Delta County, ages 0-21. Since 2014, A Kidz Clinic has been instrumental in providing children with the tools they need to be healthy and at their best. A Kidz Clinic is made possible through a partnership with Delta County School District, as well as other community partners.

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REGIONAL NEWS BRIEFS

MONTROSE CHAMBER OF COMMERCE NOW ACCEPTING NOMINATIONS FOR 2016 BUSINESS OF THE YEAR, CHAMBER BUSINESS OF THE YEAR & COMMUNITY SERVICE MEMBER OF THE YEAR

Special to the Mirror

MONTROSE-The Montrose Chamber of Commerce in partnership with the City of Montrose and Region 10 League for Economic Assistance & Planning is now accepting nominations for the 2016 Business of the Year, Chamber Business of the Year, and Community Service Member of the

Year.

The goal of the 2016 Business of the Year Award is to recognize a Montrose business for their noteworthy accomplishments, long-standing contribution to the community, and significant community efforts.

The Business of the Year Award is presented by the Montrose Chamber of Commerce, Region 10, and the City of Montrose.

Similarly, the Chamber Business of the Year Award will recognize an engaged, passionate and committed Chamber member who goes

above and beyond to actively use their membership and promote the Chamber.

The 2016 Community Service Member of the Year Award was designed to recognize a community volunteer who has demonstrated outstanding participation and leadership in Montrose. Qualified nominees have made contributions in one or more areas such as time donated, leadership, and/or community involvement.

All awards will be presented at the 2017 Chamber of Commerce Gala on January 28th, 2017. Nominations will be accepted until January 7th, 2017. For information on the gala, or to obtain a nomination form, please visit <http://www.montrosechamber.com/198/Annual-Chamber-of-Commerce-Gala>.

For more information, contact Chelsea Rosty, crosty@nuvista.org or 970-250-2189.

MIRROR CLASSIFIED HELP WANTED

VOLUNTEERS SOUGHT FOR MONTROSE LIBRARY BOARD OF TRUSTEES

The Montrose Regional Library District Board of Trustees seeks volunteers interested in joining them in representing the community on the Library Board as a Trustee. Direct any questions to Paul Paladino, Director, 249-9656 Or any of our current Trustees. Please send a letter of interest including qualifications by Jan. 10, 2017 to ATTN: Trustee Applicants, Montrose Regional Library District, 320 S. 2nd St., Montrose, CO 81401



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MHS STUDENT TO ATTEND AMERICAN UNIVERSITY OF PARIS! ***From page 1***

me, 'Don't think that Colorado is your limit for colleges; if you work really hard, you don't have to limit yourself.' And she suggested that I look at the American University of Paris.

"Nobody has a mom like my mom," Hannah said.

And after watching AUP orientation videos and tours, "I felt excitement, and hope for the future."

Hannah has been to Paris before, having visited Europe three times. "I have toured France," she said. "Paris was my favorite part. I just really love Europe—I don't know why."

She even speaks enough French that, "I would not be totally lost."

At first, the idea of being separated from her twin sister Sarah, who will attend the University of Southern California in Los Angeles, caused angst. However, "I have gotten better at being separated," Hannah said, "though we really are best friends."

At the AUP, Hannah intends to study history, her favorite subject, with an emphasis on art. She may eventually pursue a degree in library science, and find a career niche in the arts. Though, "I am definitely not an artist," she said. "I just look forward to learning the story and history of

the arts."

Hannah intends to complete her bachelor's degree in Paris, and return to the United States to earn her Master's. "I know that I won't want to leave Paris," she said. "But I know that I will need to pursue a Master's, and I am okay with that."

"I may spend a semester with my best friend."

For now, her twin is welcome to visit her in Paris, "As long as she is buying the tickets," Hannah said. "If my whole family visits, they can follow me around so they won't look so much like tourists."

CITIZENS' CLIMATE LOBBY MEETS JAN. 11 @ CENTENNIAL PLAZA

Special to the Mirror

MONTROSE-Citizens' Climate Lobby meets on Wednesday, Jan.11, 2017 6:30 p.m. Do your part this new year for Mother Earth to mitigate climate change. Citizens' Climate Lobby is a nonpartisan, national network to influence legislators to pay attention to climate change. Monthly meetings held in Centennial room behind Montrose City Hall, off plaza. Open to all.

REPUBLICAN CANDIDATES FACE OFF TO FILL SENATE DISTRICT 6 & POTENTIAL HOUSE DISTRICT 58 VACANCIES

By Gail Marvel

DOLORES-On Jan. 7, 2017 the Republican Vacancy Committee will convene at 10 a.m. at the Dolores Community Center in Dolores, Colorado to select a replacement for State Senator Ellen Roberts, Senate District 6 (SD6), who turned in her resignation effective Dec. 31, 2016.

Candidates vying for the open Senate seat are House District 58 (HD58) Representative Don Coram and current Montrose County Commissioner David White. If Coram is selected for the SD6 seat his resignation from HD58 becomes effective. However, if White is selected for the SD6 seat Coram will remain as HD58 Representative.

If the HD58 seat becomes open due to Coram's resignation, the Vacancy Committee for HD58 will reconvene after lunch. The three candidates vying for the HD58 seat are Montrose County Water Rights Development Coordinator Marc Catlin; current Assistant Secretary of

Montrose County GOP Central Committee Charli Oswald; and Montrose County Commissioner David White.

The potential vacancies in the Colorado State Legislative Districts are filled by the Republican Vacancy committees since these positions are Republican held seats.

According to Dave Laursen, the Republican Chairman for the committees, once a quorum is reached a simple majority vote of those present will determine the new Senator and/or House Representative. Laursen said, "I'm hoping for about 100 members to attend." The quorum for the Senate vote is 77 and 38 for the House.

Although Republicans in general do not have a vote in the selection, they can lobby members of the Vacancy Committee on behalf of the candidate they support. The chairman of the various central committees has a list of Vacancy Committee members, which is available upon request.

SD6 includes all eight counties listed be-

low:

Archuleta County - Jim Huffman (Chairman) shotin68@gmail.com

La Plata County - Travis Olinger (Chairman) travisolinger@gmail.com

Montezuma County - Danny Wilkin (Chairman & District Vice Chairman) dannywilkin@centurylink.net

San Juan County - Kevin Baldwin (Chairman) shotgunshack@q.com

Dolores County - Samuel Weeks (Chairman) samuelweeks@sbcglobal.net

San Miguel County - Judy Conder (Secretary) comptext@centurytel.net

Ouray County - Susan Watson (Chairman) wats3252@msn.com

Montrose County - Scott Riba (Chairman) scott@mountainwestinsurance.com

HD58 includes the four counties of Montezuma, Dolores, San Miguel, and Montrose.

During the selection process each candidate will have a mere 15 minutes for nomination, a second, a speech and taking questions from the floor. Laursen said, "The chair has the discretion to give candidates more time if it is requested or needed, but each candidate will receive the same amount of time."

Laursen said it is not unusual for the HD58 Representative to come from Montrose because 52 percent of the vote comes from Montrose County. However, it is out of the norm to have a Senator from Montrose County, "La Plata is a larger county and I expect in two years they might have a candidate running for the seat."

Once the Vacancy Committee makes its selection the Secretary of State will be informed and the Senator-Elect will be sworn in on January 11, 2017, the opening day for the General Assembly.

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MEET THE CANDIDATES FOR SD 6 & HD 58

CANDIDATE MARC CATLIN



Marc Catlin. Courtesy photo.

By Gail Marvel

MONTROSE-Marc Catlin is a Montrose native, "I'm not a politician. I never thought about it until this situation turned up. It seemed important for someone to step forward." Catlin feels his community history and involvement speaks to the fact that he cares about people.

Catlin's work history includes Montrose County Water Rights Development Coordinator, General Manager of the Uncompahgre Valley Water Users Association, Mesa County Fairgrounds Manager, and United Banks of Colorado (Montrose-AG loans).

Catlin describes the 58th district as agriculture and natural resource-based, and identified water and transportation as two

major issues facing the district, "There are jealous eyes [across the state] looking at District 58 water. Transportation is critical, we haul everything in and everything we produce has to be hauled out." He cited Hwy 550 as an area of concern.

If appointed to House District 58 Catlin feels the strengths he brings to the table are negotiating skills and his willingness to learn. Catlin, who attends the Montrose County Central Committee meetings on a regular basis, is personally contacting the 76 potential members of the HD58 Vacancy Committee.

Understanding the need for continuity on the political landscape he said, "I think I'm re-electable in two years." Catlin can be reached at 970-209-3436.

CANDIDATE DAVID WHITE

By Gail Marvel

MONTROSE-David White, a Montrose County resident for 17 years, has his hat in the ring for both Senate District 6 (SD6) and House District 58 (HD58).

White has served in some capacity as an elected official for 16 years, "Being an elected official is not a full-time job and it overlaps my work in the private sector." He has served on Montrose City Council and is currently a Montrose County Commissioner.

He is involved in Republican Party politics; however, scheduling conflicts keep him from regular attendance at Central Committee meetings.

While there are some distinct differences between SD6 and HD58, White sees the most pressing issue for Southwest Colorado to be economic distress. "There are pockets of prosperity, but overall it's an

all-out assault on the Western Slope with oil and gas exploration and coal. It's quite evident we have natural resources which are in the ground...and no one can get to them."

White considers his legislative strengths to be his knowledge, his understanding of government in general, and his understanding of the relationship between state and federal government.

"Serving in local municipalities [Colorado Springs and Montrose] and at the county level, I have a perspective that few legislators have."

White is running a full political campaign and attempting to contact all the members of the Republican Vacancy Committee. He laughed and said, "It's just condensed into a week." White can be contacted at 970-596-0689 or dsw77@aol.com.



David White. Courtesy photo.

MEET THE CANDIDATES FOR SD 6 & HD 58

From previous page

CANDIDATE CHARLI OSWALD

By Gail Marvel

MONTROSE-Charli Oswald has lived in Montrose County for a year and a half and has served as the Assistant Secretary of Montrose County GOP Central Committee for 10 months. Although she has never run for an elected position she said, "I've been a long-time activist in Colorado for over 30 years; defending individual rights and fighting against excessive taxation."

Oswald is running for House District 58 (HD58) and feels regulation reform is the most pressing issue in the district, "Starting by keeping the jobs we have and getting government off the backs of small business and keeping beneficial mines in production." Healthcare is another area of reform identified by Oswald and she cited the disparity in choices between the Front

Range and the Western Slope.

Oswald sees her political contacts on the Front Range and the ability to consult with them as a great resource. She describes her legislative strengths as, "My experience, my connections, my motivation, and my ability to commit 100 percent of my time and energy."

If elected Oswald is confident she can hit the ground running and doesn't foresee anything that might cause pause, or hold her back.

While she has worked on campaigns for others, running a campaign this time of year is a challenge. "Basically we've had two weeks during the holidays to make personal contact [with the vacancy committee]." Oswald can be reached at 720-255-5428.



Charli Oswald. Courtesy photo.

CANDIDATE DON CORAM



Don Coram. Courtesy photo.

By Gail Marvel
MONTROSE-Montrose native Don Coram began his political career in the 1980's when he was elected to the school board. Currently Coram is the House District 58 Representative (HD58), but he aspires to

replace resigning State Senator Ellen Roberts in Senate District 6 (SD6).

If Coram is selected for the SD6 seat he will resign from HD58, leaving that position open. "It will be a very comfortable move...but not as nice of an office!"

When his schedule allows he participates in Republican Central Committees that meet throughout the district, "I drive thousands of miles." Coram feels his track record speaks for itself, "I've been an open book from day one. There are no secrets; there's nothing out there that people don't already know." Coram feels that being known statewide and having

institutional knowledge is a plus.

Coram considers the issues in SD6 to be the same as in HD58, "Jobs, the economy, natural resources, and developing our tourism in Southwest Colorado." He believes his ability to work with everyone in the General Assembly is his legislative strength, "We won't agree on every bill, but we can disagree without being disagreeable." With a broad vision of the district Coram touts having passed 60 pieces of legislation while serving as HR58 Representative, "I'm one of the top five with successful legislation." Coram can be reached at 970-596-2425.

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issues and all the fixings.

THE MIRROR ALWAYS SATISFIES

REGIONAL NEWS BRIEFS

COLORADO PARKS & WILDLIFE BRUSH OFFICE CLOSED FOR NOW

Special to the Mirror

DENVER- Colorado Parks and Wildlife's Brush Office will be closed until further notice due to significant damage to the building.

On Dec. 25, a truck went through the front of the building. It appears the driver fell asleep at the wheel however, the official determination has not been released at this time. No one was in the office at the time of the accident and the driver of the truck is okay.

Asbestos has been detected in some of the old building material which was exposed at the time of the accident. Clean up of the site is in progress.

All customer service needs will be handled by the NE Region office at 6060 Broadway in Denver until a temporary location can be established.





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REGIONAL NEWS BRIEFS: COURTS

DRUNK DRIVER: WEEDMAN SENTENCED TO 4 YEARS IN DOC

Seventh Judicial District News Release

MONTROSE-On Dec. 20, Defendant Aaron Weedman was sentenced in Montrose County District Court to serve four years in the Department of Corrections.

Mr. Weedman stands convicted of Vehicular Assault – Under the Influence, a class 4 felony, and Aggravated Motor Vehicle Theft, also a class 4 felony.

On May 7, 2016, Mr. Weedman drove a stolen Hot Water Productions truck into the residence of the Piatt family as they were sleeping, almost hitting their two young daughters and causing serious bodily

injury to Blake Piatt. Mr. Weedman admitted to being under the influence of alcohol. Mr. Weedman's plea agreement involved pleas of guilty to the above two felony crimes, the most serious charged in the criminal complaint.

The plea agreement further provided for open sentencing with a possible prison sentence of up to six (6) years, which is the maximum in the presumptive range for these two class 4 felonies.

Mr. Weedman has been previously convicted of two felonies, Felony Menacing and Burglary.

Mr. Weedman's actions caused extensive property damage to two local businesses, and caused significant injury and trauma to the Piatt family. The Montrose Police Department and other First Responders did a great job dealing with the damage and personal injury caused by the Defendant's conduct at several crime scenes and the follow-up thorough investigation.

The District Attorney's Office stands ready to continue the job of holding DUI offenders accountable and seeking appropriate sentences in all cases.

DRUNK DRIVER: KINSELLA SENTENCED TO 4 YEARS IN DOC

Seventh Judicial District News Release

MONTROSE-On Dec. 20 Kenneth Kinsella was sentenced to serve a six year term in Community Corrections by Montrose County District Court Judge Mary Deganhart. Kinsella pleaded guilty to and is convicted of Vehicular Assault – Under the Influence, a class 4 felony. On September 15, 2015, Kinsella was driving the wrong way on Highway 550 just north of Chipeta Boulevard while under the influence of alcohol when he struck head on a motorcycle driven by Douglas Brannam. Kinsella told officers that he had consumed six shots of vodka and two beers prior to driving, and that he had gotten hungry and was on his way to a local fast food restaurant. Brannam suffered extensive injuries and numerous bone fractures. He had moved with his family to Montrose and had begun practicing as a chiropractor. Due to his injuries, Brannam is now unable

to work as a chiropractor and has been deprived of his ability to repay the costs of his education and provide for his family. In filings with the court, Brannam describes the horrific pain he experiences every day doing the simplest things all of us take for granted. He describes the frustration of being unable to share in his children's activities, and missing the simple pleasures of parenthood like teaching them to ride a bike.

The Brannam family has been truly devastated by the actions of a DUI driver. Kinsella had two prior alcohol-related convictions in Colorado. One in 1992 and one in 2000. He has no other criminal history. He was charged with Vehicular Assault – Under The Influence, and pleaded guilty to this felony charge, which carries with it a possible prison sentence of two to six years. The terms of the plea agreement provided that he could be sentenced to

prison for up to four years. The District Attorney's Office advocated for and recommended a four year prison sentence in this case. This Office has a long-standing policy that prison terms should be imposed in cases involving serious injury or death resulting from drunk driving. In this case, the probation department also recommended a four year prison sentence. As prosecutors, our job is to give the court the appropriate options to impose a sentence based on convictions that reflect that criminal acts by the offender. Judges sentence offenders, not prosecutors.

The District Attorney understands the competing interests involved in choosing sentences in criminal cases.

This Office will continue to advocate for prison sentences in cases of this nature, and will continue the hard work needed to hold DUI offenders accountable in this Judicial District.




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REGIONAL NEWS BRIEFS: COURTS

METH BUST: ROJO AVILA SENTENCED TO 8 YEARS IN DOC

Seventh Judicial District News Release

MONTROSE-On Dec. 20 Defendant Oscar Rojo-Avila was sentenced in Montrose County District Court to serve a prison term of eight years in the Department of Corrections. Mr. Rojo-Avila was sentenced by Montrose County District Court Judge Mary Deganhart after the Defendant pleaded guilty to and was convicted of Distribution of Methamphetamine, a class 2 Drug Felony. Mr. Rojo-Avila was originally charged with a class 1 Drug Felony and a class 2 Drug Felony. The plea agreement in this case provided for open sentencing

with the conviction to the class 2 Drug Felony and provided that the court could impose an aggravated sentence of up to 16 years in prison. In 2015, the Drug Task Force conducted several controlled buys of illegal drugs from Mr. Rojo Avila.

When he was arrested during one such operation, he was found in possession of approximately two pounds of methamphetamine and a large amount of cocaine. The Office of the District Attorney is grateful for the on-going hard work of the Delta/Montrose Drug Task Force. At the sentencing hearing, the People presented

testimony from Drug Task Force Officers, including evidence related to the effects of distributing another two pounds of methamphetamine to local drug users.


Methamphetamine remains a scourge in our community, destroying families and robbing children of parents. Illegal drug use is far from victim-less and it drives many of the property and violent crimes in our communities.

This District Attorney will continue to vigorously pursue prison sentences in all cases involving methamphetamine dealers.

Regulate with Comfort

Missions in the mountains can be frigid, but the exertion that gets us to the top can often make the body hot. How to battle the constant push-and-pull nature of getting after it? You've heard it time and time again: Layers build the foundation for staying comfortable in the mountains, especially when those layers employ Polartec fleece. From breathable baselayer to versatile mid layers, what lies under the hood works harder so you can work smarter.



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CITY TO DISCUSS HILLCREST EXTENSION, MIAMI-HILLCREST ROUNDABOUT JAN. 3

Mirror Staff Report

MONTROSE-The first Montrose City Council Work Session of 2017, set for Jan. 2, has been cancelled. At the [first City Council meeting of 2017](#) on Jan. 3, Council will hear a proclamation in support of Crime Stoppers Awareness Month. Montrose Police Chief Tom Chinn will present new Police Commander Blaine Hall.

Council will consider a liquor license for La Familia Gardens LLC, dba Vine Market Bistro, as well as an Intergovernmental

Agreement with the Montrose Recreation District for shared services (see related article).

A list of city-owned property to be disposed of at auction will be presented to Council for consideration, by Public Works Director John Harris.

Council will consider Ordinance 2410 on first reading, an ordinance of the City of Montrose, Colorado, to allow liquor tasting permits; and will consider SUB16-18, the Northside Park Subdivision Prelimi-

nary Plat and SUB16-21, the Northside Park Subdivision Final Plat.

Also to be considered are SUB16-17, the Stargate Subdivision Filing No. 2 Preliminary Plat.

Discussion items include the Black Canyon Golf Course Driving Range net replacement; the Hillcrest Extension Engineering Design Project; and the new Miami-Hillcrest Roundabout Design Project. Following staff reports, Council will adjourn.

MONTROSE COUNTY CELEBRATES WITH GROUND BREAKING @ NEW ROAD & BRIDGE FACILITY



Photos by Gail Marvel

MONTROSE-On Dec. 29, outgoing Montrose County Commissioner Ron Henderson, above, acknowledged and thanked the many people who helped bring the Road and Bridge Facility to the point of groundbreaking, "This is a monumental day for Montrose County. Money from sales tax gave us the lifting ability to move forward."

At right, officials break ground on the new Road & Bridge facility.



CITY, REC DISTRICT CREATE INTERGOVERNMENTAL AGREEMENT



As the new Community Recreation Center (CRC) prepares to open its doors this month, the Montrose Recreation District & the City of Montrose enter an IGA for shared services. Courtesy photo CRC.

Mirror Staff Synopsis-to read the complete IGA visit the [City web site](#).

MONTROSE-Starting Jan. 1, the City of Montrose and the Montrose Recreation District will enter into an [Intergovernmental Agreement for shared services](#).

General information: According to the IGA, the City's finance department "shall work with District staff and board in budget preparation and reporting (including general, capital, reserve, conservation trust, capital improvement and sales tax funds), and mill certification." Monthly budget reports will be provided by the City to the District so that the District has up-to-date knowledge of its finances.

The Rec District will still handle revenue receipts, and perform accounts payable and payroll services in-house. They will provide cash receipt, accounts payable and payroll summary data to the City on a monthly basis, and will bear all expenses related to Rec District finances and accounting.

Use of City Attorney: The City Attorney may provide general legal services to the Rec District, to be determined on a case by case basis and paid for by the District, although the IGA specifically states that the City Attorney represents the City. The City Council may terminate the provision of the City Attorney's services to the District at any time in general or for specific matters

Other services: Other services to be provided by the City to the Rec District include chemical herbicide application for non-irrigated turf areas and sweeping services for facility parking lot areas and at

the Community Recreation Center. The Rec District is responsible for all expenses related to facilities services provided by the City.

Cerise Fields: At the 10-acre Cerise Fields, the City grants the Rec District the right to use the Cerise Fields to conduct day to day programs and activities of the District. City Park use fees will be exempted for all district activities that are scheduled. The City will perform all Cerise Fields' scheduling and related tasks and shall bear all related expenses. Under the terms of the IGA, master scheduling for the use of the fields at Cerise Park will occur on a yearly basis prior to March 31 of each year, at a meeting called by the District. The Rec District will have priority in scheduling at the master scheduling meeting. The City has priority in scheduling events thereafter, with the Rec District having secondary scheduling priority after both the City and the District have scheduled their initial events. The City and the District will cooperate to schedule any special events that become known after the Master Scheduling Meeting has taken place. However, the City will schedule events on Memorial Day, the Fourth of July and Labor Day.

The Rec District is responsible for maintaining Cerise Fields during the growing season and when the District is sponsoring programs there. Maintaining Cerise Fields after the District has ceased using the fields for programs, and during the non-growing season, will be the responsibility of the City.

Two acres of the multi-purpose fields must remain unscheduled and available to the public for use.

Information Services: The City of Montrose will provide tech support to the staff and board of the Montrose Recreation District. The City will connect the District phone system at the Field House and the Community Recreation Center to the City and will meet the information services needs at the Community Recreation Center (CRC) as well. Included are the moving of the information services infrastructure in the existing administrative offices to the Community Recreation Center, and equipping the new offices with the necessary information services capabilities. The City

will set up wireless networks for the District and for the public at the CRC as well. The Rec District will provide City staff with orientation and training by the audiovisual equipment installers or manufacturers for routine support and maintenance of all installed products and will provide a copy of operations and maintenance manuals and as-built diagrams for all District audiovisual equipment which the City will maintain. City staff will have a say in future planning and upgrades of audiovisual equipment prior to ordering and installation, and the Rec District will pay expenses related to its information services systems.

Fleet Management: The City's Fleet Department will provide fleet management support for Rec District vehicles and the City will be responsible for fleet management. The Rec District will pay maintenance expenses.

City Employee and Council Access to the Community Recreation Center: The District shall waive the Tier 3 Corporate Membership fee for the City. The District shall offer the Participant Membership Fees (equivalent to a 15 percent discount) to City employees and Council for the family and adult annual passes at the effective rate at time of purchase.

Rec District Employee and Board Access to the Black Canyon Golf Course: Rec District employees and board members will get a 15 percent discount on the individual pass and couples pass at the effective rate at time of purchase, including cart and golf range privileges.

Utility Service & Recycling: The City will provide sanitation utility and recycling services to the Rec District for both the Field House and Community Recreation Center locations at no cost (\$4,692.96 annual value). In return the Rec District will give the City \$4,692.96 in credit annually to be used towards the annual pass payment for City Employees and Council.

Term: The IGA is effective through Dec. 31, 2017 and will automatically renew every year.

Payment: The District will provide payment in cash or its equivalent; if actual labor hours for a specific task differ from agreed upon rates, the Rec District will reimburse the City for the difference.

MONTROSE COUNTY SHERIFF'S POSSE, INC.

P.O. Box 717

Montrose, CO 81402



2017 ANNUAL FUND DRIVE

Dear Montrose County Resident,

The Montrose County Sheriff's Posse is made up of volunteers from our community, who donate their time and equipment, to help make Montrose County a better place to live. Our members spend many hours training so they may respond at a moments notice to any type of emergency. We maintain a fleet of rescue vehicles, ATVs and other equipment at our rescue facility. In addition, many member us their personal vehicles, ATVs and other equipment for emergency call outs.

On call 24 hours a day, seven days a week, our members are trained in many specialties such as first aid & CPR, AED, wild land firefighting, ropes & water rescue, ATV riding, tracking, GPS and radio operation, and survival skills. Aside from rescue work, the Posse also performs various community services, such as security and traffic control. Perhaps you have seen them at the Montrose County Fair, Flu clinic, Ranch Rodeo or during a parade or event. We also assist the Sheriff's Office and Police Department with crime scenes, disasters and many other duties. The services of the posse save the taxpayers of Montrose County thousands of dollars each year.

Most of us live in Montrose County because of the availability of many outdoor activities. Whether it is hunting, fishing, hiking, cycling, photography, ATV or 4-wheeling, there is something for everyone. Enjoying the great outdoors is a year round activity. But what if the unthinkable happens? What if you fall while out hiking and are injured? Maybe you are out hunting and lose your way. Perhaps you have an ATV accident on one of our many trails. Rapidly changing weather conditions can complicate any outdoor emergency. Maybe a wildfire is threatening your home or property. Unfortunately these things happen but fortunately the Posse is always there to help.

Training and keeping up with the new technology is an ongoing task that requires a large time and financial commitment. Members are required to take National Incident Management and Incident Command System classes and be certified in first responder, and first aid, CPR and AED.

All of this training, technology and equipment come with a very high price tag. We did receive a grant to help purchase a new side-by-side 4 wheeler in 2016, but it still cost us money to match the grant. We must maintain equipment and replace items such as first aid supplies, replace damaged equipment and general maintenance. Without your help, the Posse could not exist, and cannot provide these much needed services to the community.

Every year we make a single appeal to you, our neighbors, for donations to support us in providing these services. Thank you in advance for your donation, large or small. As a 501(c)(3) charitable, non-profit corporation, all donations are deductible for income tax purposes. Please mail your gift today in the envelope provided.

Thank you for your help in the past!

Sincerely,

Montrose County Sheriff's Posse

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<http://www.montrosecchamber.com/DocumentCenter/View/290>

Chamber Business of the Year Nominations:

<http://www.montrosecchamber.com/DocumentCenter/View/288>

Community Service Member of the Year Nominations:

<http://www.montrosecchamber.com/DocumentCenter/View/289>

AWARD TO BE PRESENTED AT THE 2017 CHAMBER OF COMMERCE GALA ON JAN. 28!

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REGIONAL NEWS BRIEFS

OTTER ROAD BRIDGE REPLACEMENT CONSTRUCTION STARTS JAN. 3

Special to the Mirror

MONTROSE – Contractors working for the City of Montrose are scheduled to begin construction on the Otter Road Bridge Replacement project, Jan. 3, 2017.

This project will replace an existing narrow and deteriorating bridge where Otter Road crosses the Loutsenhizer Canal, east of Townsend Avenue. Construction is scheduled to be complete May 1, 2017.

Otter Road will be closed between Townsend Avenue and Riverview Court throughout construction. Motorists and pedestrians may detour around the project area using Williams and Oxbow Drive.

Residents are asked to please respect all coned-off areas and posted speed limits along detour routes during this closure. Questions regarding the project may be directed to Scott Murphy, City Engineer at [\(970\) 901-1792](tel:9709011792).

EAT HEALTHY, BE ACTIVE COMMUNITY WORKSHOPS

Special to the Mirror

MONTROSE-Colorado State University Extension is bringing you The Eat Healthy, Be Active Community Workshops! The workshops were developed based on the Dietary Guidelines for Americans and the Physical Activity Guidelines for Americans. In this series, you will learn and apply the key nutrition and physical activity components that are needed to live a healthful life and to decrease the risk of chronic diseases. The series is made up of six workshops that will cover a variety of topics including: enjoying healthy food that

tastes great, quick healthy meals and snacks, tips for losing weight and keeping it off, making healthy eating part of your total lifestyle and physical activity is a key to living well. Join us to learn more about these topics and other real life practices that will help you live a healthful life! To benefit the most from these classes, we encourage the series of six workshops to be taken together. Preregistration is required and closes a week before each class. Pricing for the class is \$50 per individual for all six workshops, \$60 for individual+friend for all six workshops, or \$15

per workshop per individual. Financial assistance is available on a first come basis.

Please contact the Montrose County CSU Extension office at 970-249-3935 to register and feel free to contact Ann Duncan MS, RDN with any specific questions about classes and programs offered.

Colorado State University Extension programs are available to all without discrimination.

To find out more about Extension learning opportunities in your area, please visit: <http://tra.extension.colostate.edu/>



*Struggling to care for a loved one
with dementia or Alzheimer's?*

**Dementia Care – Validation Support Group
Meets the 2nd Thursday of every month
2:00 – 3:00 pm**

Bring your loved one and activities will be provided while we meet.

Our group is open to anyone wanting to learn more about dementia or Alzheimer's disease, caregivers taking care of a loved one at home, or friends and family members who want to lend extra help from time to time.

Valley Manor Care Center Memory Care Community
1401 South Cascade Ave., Montrose

Led by Brandi Garcia
Certified Dementia Care Validation Instructor
970-249-9634 or 970-275-6115

Email: bgarcia@voa.org



ISSUE 78 Jan. 2, 2017

ART & SOL

**BRIDGER, PAULSON AND WRIGHT ARE
TALKING GOURDS TOUR POETS FOR JANUARY!**

Samantha Tisdal Wright. Courtesy photo.

Special to Art & Sol

TELLURIDE – Following on the heels of a standing-room-only performance last month by Telluride poetry sensation Elissa Dickson, the Telluride Institute's Traveling Gourds Tour will be kicking off its fifth-year winter/spring performance schedule with three renowned poets from the San Juan Mountains -- Kierstin Bridger, Beth Paulson and Samantha Tisdal Wright.

"After much discussion, we've decided to move the tour dates near the end of each month, instead of the beginning," explained Talking Gourds co-director Art Goodtimes, "particularly since we ran into significant problems with spring break early in April."

Bridger will solo the first night for the Talking Gourds Poetry Club monthly -- Tuesday Jan. 24 at 6 p.m. in the Telluride Arts office gallery, across the street from the entrance to the Wilkinson Library. Wednesday Jan. 25th all three women will rock La Zona Colona's coffee-house (and lone commercial establishment) at 5 p.m.

Thursday Jan. 26 Paulson and Wright will be the two featured readers at Cimarron Books & Coffee in Ridgway at 5:30 p.m. And finally Bridger will travel solo to perform at the Lithic Bookstore & Gallery in Fruita Friday Jan. 27 at 7 p.m. Lithic is located at 138 South Park Square #202 in Fruita (Upstairs -- enter through lobby door on the east side of the building on Mesa Street).

Bridger is a Colorado writer and author of *Demimonde* (Lithic Press 2016) and the just released *All Ember* (Urban Farmhouse Press). She has won the Mark Fischer Poetry Prize, the 2015 ACC Writer's Studio award, an Anne LaBastille Poetry residency and was short-listed for the Manchester Poetry Competition in the UK.

Kierstin is editor of Ridgway Alley Poems and Co-Director of Open Bard Poetry Se-

ries. You can listen to her new podcast *Poetry Voice* together with Uche Ogbuji and find both current and upcoming work in *December*, *Contrary*, *Painted Bride Quarterly* and *Prairie Schooner*. She earned her MFA at Pacific University. Find her website at Kierstinbridger.com

Paulson has been widely published over the last fifteen years in well over a hundred national literary journals and anthologies. Her poems have been four times nominated for Pushcart Prizes as well as Best of the Net. She has also been awarded prizes from West Side Books, Mesa State Festival, Mark Fischer Poetry Prize, *Cloudbank*, *The Eleventh Muse*, *Pas-sager*, and the *Naugatuck River Review*. Her poetry has appeared in *Crazy Woman Creek: Women Rewrite the American West* (Houghton Mifflin, 2004), *What Wildness is This: Women Write About the Southwest* (University of Texas Press, 2007), *What's Nature Got To Do With Me?* (Native West Press, 2011), and *Going Down Grand: Poems from the Canyon* (Lithic Press, 2015).

Beth's most recent book is *Immensity* (Aldrich Press, 2016). Her four previous collections are *The Truth*

Continued next page

TALKING GOURDS TOUR POETS FOR JANUARY *from previous page*



Pictured above Kierstin Bridger, at right Beth Paulson.
Courtesy photos.



She currently lives in Ouray County, Colorado where she leads *Poetica*, a workshop for area writers, and co-directs the Open Bard Poetry Series.

Independent journalist and poet, Wright divides her time between Silverton and Ouray. She has won numerous awards for her writing, including the Sigma Delta Chi Award for Excellence in

Journalism from the Society of Professional Journalists, and is a two-time finalist for the Mark Fischer Poetry Prize.

To fill out the rest of the winter/spring

Gourds schedule, Feb. 21-24 will feature Wild Rose & McRedeye (alias Rosemerry Wahtola Trommer of Placerville and Art Goodtimes of Wrights Mesa); March 21-24 will be Frank H. Coons of Grand Junction and April 25-28 -- National Poetry Month -- will be Danny Rosen of Fruita and Jack Mueller of Log Hill Village.

In Telluride, following Club announcements and the featured performances, there will be a short intermission, after which the gourd will be passed around the room to give Club members and attendees a chance to read a poem or two.

"Yin/yang" will be the theme for those bringing poems to share at the gourds circle or open readings after the featureds perform.

For info on the Ridgway stop, contact Sara Doeberman at saradoeberman@gmail.com or 970-708-4027. For info on the Colona reading, contact Craig Jackman at cj@jackmanoffice.com or 970-249-4214. For info on the Fruita performance, contact Kyle Harvey or Danny Rosen at (970) 858-3636.

About Thunder (Ponderosa Press, 2001), *The Company of Trees* (Ponderosa Press, 2004), *Wild Raspberries* (Plain View Press, 2009), and *Canyon Notes* (Mount Sneffels Press, 2012). Beth taught English at California State University Los Angeles for over 20 years.

The Center for Mental Health welcomes Jennifer Murdock!



Jen is an Advanced Nurse Practitioner who specializes in psychiatric mental health. She completed her Bachelor of Science in Nursing at the University of Wisconsin at Green Bay and then earned her Master of Science degree at Alverno College in Milwaukee, WI. She is board certified with the American Nurses Credentialing Center (ANCC) as a psychiatric mental health nurse practitioner.

Jen has a passion for psychiatric mental health care and recognizes the need for sensitivity, compassion, and understanding that is essential when working with clients across the lifespan. Jen enjoys the outdoors and moved to the Montrose area to take advantage of Colorado's sunny days so she has better opportunities to experience long hikes, disc golfing, biking, rafting, and spending quality time with her partner, new friends, and her dog.

We are very excited to welcome Jen to our team!

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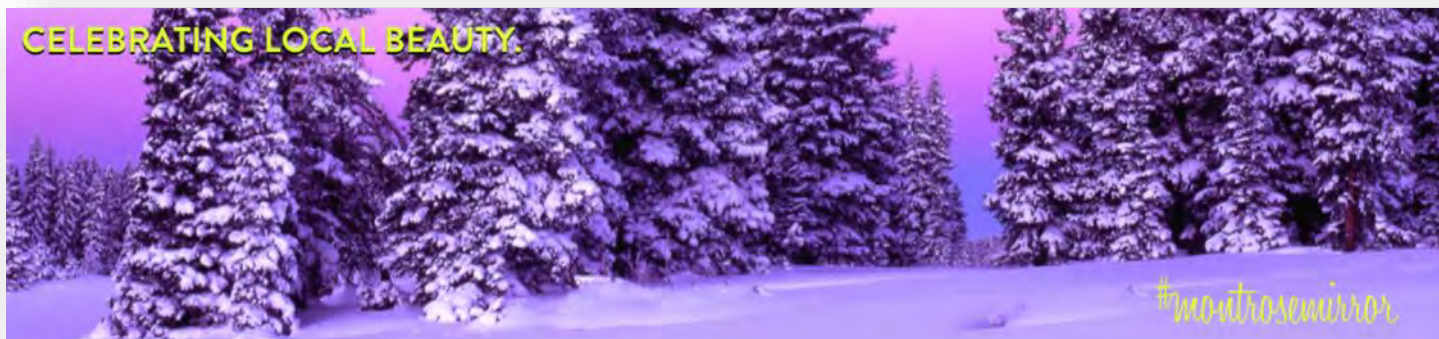
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COMMUNITY NEWS: ARTS & CULTURE

ARCHAEOLOGIST & AUTHOR STEVEN BAKER TO SPEAK JAN. 18 @ METHODIST CHURCH

Special to Art & Sol

MONTROSE-On Wednesday, Jan.18, local archaeologist and author Steven Baker will trace the 1765 Spanish exploring expedition of Diego Rivera through Southwest Colorado, in an illustrated talk on the route of this historic visit across Montrose and Delta county. Drawing from the translated journals of the expedition, he will present the highlights of the trip and Rivera's observations on the archaeology of the area, as well as research into the location of Roubidoux's 1828 trading post on the Gunnison river near present day Delta. The meeting is at 7 p.m. at United Methodist Church, Baldrige Hall, 19 S. Park Street, Montrose. The public is invited (no charge/donation accepted); new members are always welcome.



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COMMUNITY NEWS BRIEFS: ARTS & CULTURE

ALPINE PHOTOGRAPHY CLUB MEETS JAN. 10 @ ST. MARY CATHOLIC CHURCH

Special to Art & Sol

MONTROSE- Alpine Photography Club meets Tuesday, Jan. 10, 7 p.m. @ St. Mary Catholic Church, 1855 St. Mary's Drive, Montrose, St. Paul Room. Presentation: Photography Gadget/Gear Show & Tell. All are welcome to attend.

HISTORICAL SOCIETY PRESENTATION @ FAIRGROUNDS JAN. 4

Special to Art & Sol

MONTROSE-On Jan. 4 Montrose Historical Society presents, "The History of the Montrose Mouse" by Jack Rairden starting at 7 pm in the Pioneer room (Montrose County Fairgrounds). These meetings are open to the public, so be sure to invite a friend or two. Also the winter newsletter will be out during the 2nd week of January and please remember your membership renewal. Save the date for the Annual Pioneer social Feb. 18th at 2 pm, featuring the Galloway family at the United Methodist Church.



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COMMUNITY NEWS BRIEFS: ARTS & RECREATION

LEARN TO TRAP AT MONTROSE WORKSHOP JAN. 11

Special to Art & Sol

MONTROSE-If you've ever wanted to learn the basics of live-trapping small animals or if you want to improve your trapping technique, plan to attend an informational workshop sponsored by Colorado Parks and Wildlife in Montrose, 6-8 p.m., Jan. 11. The class will be held at the CPW office in Montrose, 2300 S. Townsend Ave.

This is an introductory course for participants to learn the basics of successfully setting cage traps.

Small game and furbearer populations are healthy in western Colorado, providing trappers unique opportunities for capturing animals. The workshop will also be helpful for landowners who may want to know more about how to use traps to help protect their property from nuisance animals.

Wildlife officers will lead the presentation on cage trapping. They'll discuss animal biology, trap location, trap sets, use of lure/bait/attractants, skinning, fleshing, stretching and more.

The class is free but will be limited to 25 people. Registration is required. To register, call the Montrose CPW office at 970-252-6000.



The Mirror: many views, one newspaper.

MAKE A DIFFERENCE, VOLUNTEER IN THE NEW YEAR!

Special to Art & Sol

REGIONAL-During a time when most people are reflecting on their previous year and considering what they want to do differently for the year to come, HopeWest is offering an opportunity for people to find meaning and joy in the New Year by becoming a HopeWest volunteer.

Bonnie Ball, a Patient and Family Support Volunteer, shared what her experience volunteering at HopeWest for the last few years has been like. "Volunteering is so rewarding, I can't even describe it, it just touches your heart," said Ball. "At one time I thought I was volunteering to help other people. Then I realized I was the one getting so much in return."

The local non-profit hospice, palliative care and grief support organization said its mission – to profoundly change the way

the community experiences serious illness, aging and grief one family at a time – wouldn't be possible without the volunteers that support them.

"Our volunteers really make everything possible at HopeWest," said Jennifer Allen, Director of Volunteer Resources. "Whether they're working with patients directly, or behind the scenes in other ways, they make an incredible difference in the lives of many families in our community and they do it by giving the most valuable gift a person could ever give, their time." There is a variety of unique volunteer opportunities available at HopeWest. Immediate needs for volunteers include: Patient and Family Support. Provide companionship to patients by visiting with them, sharing stories, supporting hobbies, reading to them, running

small errands, relieving a caregiver for appointments or providing transportation. Heirlooms for Hospice. Help creatively display merchandise, greet and assist customers, run the cash register, sorting and repurposing items. Professional Support. Use individual talents as a licensed professional to provide services for patients including: massage therapy, acupuncture therapy, pet therapy, music therapy, dietician services, styling cutting hair, or notary services. Along with the rewards of getting back more than you give, Ball said, "The beauty of volunteering at HopeWest is that you can always fit volunteering in because they will always adjust to your schedule." For more information about volunteering at HopeWest call 970-623-8816 or visit HopeWestCO.org.

COMMUNITY NEWS BRIEFS: ARTS & RECREATION

SUBARU SHARE THE LOVE EVENT HELPS DELIVER NUTRITIOUS MEALS AND COMPASSION TO MONTROSE, DELTA AND WEST END SENIORS

Special to Art & Sol

REGIONAL-Senior CommUnity Meals, a Meals on Wheels America member, is proud to announce its partnership with Subaru this holiday season to help fight senior isolation and hunger, one Subaru at a time.

This local effort is part of Meals on Wheels America's annual participation in Subaru's national year-end Share the Love Event. For every new Subaru vehicle sold or leased from Nov. 19, 2015, through Jan. 2, 2016, Subaru will donate \$250 to the purchaser's choice of participating charity

— one of which being Meals on Wheels. By the end of this year, Subaru and its retailers will have donated more than \$65 million to charity through the Share the Love Event.

Local Meals on Wheels America Member programs, like Senior CommUnity Meals that partner with Subaru retailers to raise awareness for the Share the Love Event are eligible to earn grants of up to \$20,000.

This can provide an extra layer of support to help deliver nutritious meals and other important services to seniors in Montrose,

Delta and West End communities.

"Subaru and Meals on Wheels have worked together since 2008, helping deliver more than 1.2 million meals, friendly visits and safety checks to America's seniors," said Ellie Hollander, President and CEO, Meals on Wheels America.

"We are truly honored to be one of Subaru's long-standing national charities for the eighth consecutive year. The substantial support generated through the Share the Love Event ensures that our seniors are not forgotten." For more information, visit www.subaru.com/share.

CPW: PROOF OF OWNERSHIP REQUIRED TO REGISTER BOATS, OHV'S AND SNOWMOBILES

Special to Art & Sol

DENVER - Colorado Parks and Wildlife reminds resident owners of boats, OHVs and snowmobiles that after Jan. 1 they must provide proof of ownership before they can register their vehicles.

Providing proof of ownership is a new regulation enacted by the Colorado State Legislature. The purpose of the regulation is to assure that stolen vehicles are not being bought and sold.

The following can be used for proof of ownership:

- A bill that includes the date of sale, the names of the seller and buyer – printed and signed
- The vessel/vehicle identification number – if known
- The vessel/vehicle make, model and year – if known
- Previous registration certificate issued by a governmental entity that lists the applicant as registered owner
- Manufacturer's Certificate of Origin (MCO)/Manufacturer's Statement of Origin (MSO)
- Certificate of title
- Any court-issued document proving own-



Providing proof of ownership for snowmobiles, boats and OHV's is a new regulation enacted by the Colorado State Legislature. Courtesy photo.

ership

If an owner does not have any of these documents, the boat or vehicle can be taken to any CPW office where it will be inspected. A law enforcement officer will check the identification number to make sure it hasn't been altered in a way that might indicate the vehicle or boat had been stolen. Documentation of the inspection will be provided to the state and the owner.

If you need an inspection, please, call the CPW location first to make sure that a law enforcement officer is available. An officer is usually available at park offices, but

officers are not always available at wildlife offices.

If you are planning to make a purchase this year from a private party, CPW recommends that you obtain a bill of sale with the appropriate information. For convenience, CPW provides a template for a bill of sale on its website.

Dealers are required to complete the registration application for customers and to collect the registration fee.

For additional details, go to CPW's registration web site, cpw.state.co.us. You can also call CPW's registration office at 1-303-791-1920.

Happy New Year!

THANK YOU FOR A GREAT 2016.



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MIRROR IMAGES...HAPPY NEW YEAR!



Yvonne and Harris Meek welcomed friends to the lovingly restored Lark & Sparrow building on Main Street for a private New Year's Eve Celebration Saturday night. Above, beautiful "bartenders" Sonja Endreson and Yvonne Meek greet friends and mix cocktails.

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Up Bear Creek by Art Goodtimes

SLOUCHING INTO THE NEW YEAR



An eerie Christmas Halloween Biker Real Estate Mash-up at a Fall Creek snowbank on the state highway from Placerville to Telluride. Photo by Art Goodtimes.

AÑO NUEVO ... As a Haight-Ashbury throwback who migrated to the wilds of Western Colorado almost four decades ago, I've always walked to a different drummer. I don't celebrate Christmas, and I mark my New Year in the spring, when things start growing again after winter. I don't like fireworks (neither did my dad when we were younger — I couldn't understand that then) ... Not that I'm a holiday fuddy-duddy. I chant and drum at Solstice and Equinox. Light fires. I just look to older traditions than the ones my neighbors celebrate ... As my teacher, the deep ecologist Dolores LaChapelle of Silverton would always say, "Don't trust the wisdom literature of the last 7-8,000 years." She would point out that humans have had culture, tradition, and the wisdom of ancient stories for 50-100,000 years. Our Paleolithic roots go far deeper than Egypt or Mesopotamia ... The annual dropped ball in New York City seems terribly artificial to one who looks for conjunctions in the sky for a belief system's objective cor-

relatives. But to each her own. It's what I love about the idea of America, imperfect as its practice has been from our earliest founding. Tolerance. We are a diverse nation -- at our best when we respect each other's differences and figure out ways to live side by side while thinking far apart ... How's that for a New Year's intention?

JEN JACKSON QUINTANO ... Meant to credit this marvelous writer and photographer for that photo of the Cashin Mine last week, but it got lost as I'm still working out protocols here at the *Mirror* ... Check out her writings at jenjacksonquintano.com ... She used to live in Moab but has relocated to Idaho. Highly recommended.

LIVE THEATER ... Was leafing through my dad's senior yearbook from Galileo High in San Francisco. His two older brothers made him graduate after their father, my grandfather Alberto, got up one day, shaved, and went back to Italy, leaving his wife and six kids to fend for themselves ...

Vincenzo changed his name to Vincent, and caught the acting bug. His classmates singled him out for his "voice" and projected his future as "John Barrymore." He didn't make it that far, but worked his way up community theater leads to ads and voiceovers by the end of his life ... Made me a life-long fan of live theater. So I was surprised I so much enjoyed London's National Theatre filmed version of Bertolt Brecht's dark comedy satire *Threepenny Opera* adapted by British playwright Simon Stephens. It was a smashing production. I missed the immediacy of live action, but the filming was sensitive and clever, the acting superb, the play a dazzler with meanings within meanings ... Kudos to SPARKy Productions for bringing this to the Palm Theater in Telluride.

ZIPPER REPAIR ... Got a favorite jacket that won't zip closed anymore? Check out rainypass.com ... Let them fix it, so you can re-use what you like too much to toss.

CIGGIE DAMAGE ... A November issue of *Science News* (one of my favorite magazines -- published by the non-profit Society for Science & the Public) reported on a new study from Los Alamos National Laboratory in New Mexico that reveals how smoking tobacco contributes to different cancers, enhancing several kinds of DNA damage ... "We are doing a sort of molecular archaeology," said head researcher Ludmil Alexandrov, a cancer geneticist. While folks have long known of the increased risk of cancer for smokers, it was unclear why that risk extended to bladder and kidney cancer where tissues aren't exposed to smoke ... The study was able to calculate the average number of mutations caused by smoking in each cell by tissue type. Expect 150 mutations on average in each lung cell for those who do a pack a day for a year, 97 mutations in each larynx cell, 39 in each pharynx cell, 23 in each oral cavity cell, 18 in each bladder cell and six in each liver cell ... "Tobacco smoking leaves permanent mutations; it erodes the genetic material of most cells in your body," says Alexandrov. "Even if

Up Bear Creek from previous page

you are just a social smoker who occasionally has one or two or five cigarettes, there is still a cumulative effect."

IN AN INSTANT ... "The moment I saw the black widow spider so close to my bare foot my actions were instinctual. Now, looking at the crushed wad of legs and oozing body, only now I think of the Buddha and salient beings. All of us. And what right had I, and whether my karma was lessened ... All academic questions. No real doubts, answers ... For I was still here with a healthy but cold foot. For this moment. And she was there crumpled and black with what used to be a bright orange spot, now very, very dead. For this moment ... And I was alive and safe and warm while the snows outside melted and the sun kept bright. And my body breathed in, breathed out. For the moment. For a moment. For just this one moment more." -Phil Ward

THE TALKING GOURD



Of Dawns & Rainbows

What a joy to get DR's anti-yule greetings
with Robinson Jeffer's granite resolve
instead of Hallmark vaporisms

Coming on a day of many expressed
gratitudes. Going out proud at the end
of 20 years in local politics

And less than a week since my eldest
humbled us all with Aurora
Born in the hospital of my own birth

Our ninth-generation Californian
As my Rainbow arc & shine
slips past. Goes dark

And the elders move on. Make way
As awe is reborn as a grandbaby
in a day awirl with dawn

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GROW WEALTHY...BUILD HEALTH & WELLNESS!

By Michele Gad

Happy New Year! For the sake of my sanity, finances and cholesterol, I am thankful to have another season of merriment and cheer behind me. I resolved long ago not to make New Year's resolutions because I don't think it's necessary to wait for Jan. 1st to turn over a new leaf. I do however, try to be mindful throughout the year and especially at holiday time of what and how much gets past my lips and not onto my hips.

Truth be known, studies show that most people don't put on more than one or two pounds during the holiday season. Sometimes extra pounds are from additional salt in holiday foods and snacks and the weight may drop off once the celebrating comes to an end.

All of the food and drink this time of year has catalyzed a number of my clients to inquire about nutrition as related to brain health. Over the years it seems what we should or shouldn't eat changes periodically.

Most of us probably can think of at least one instance of hearing how a certain food is bad for us this year but next year the same food holds miracle nutrients our bodies must have. In particular, I recall when eggs were labeled "bad for us" but now they are on the list of good brain food.

On the nutritional naughty list for years, egg yolks are finally experiencing their well-deserved day in the sun. If you've been eating only egg whites it may be time to go for the whole egg again. Yolks contain large amounts of choline, which helps in fetal brain development for pregnant women. It also breaks down bethane, a chemical that produces hormones related to happiness. That's right, eggs can make you happy!

What you eat has a definite impact on your brain. The right foods and combina-

tions of foods may even enhance memory, build new brain cells and help ward off Alzheimer's.

Recent studies at Rush University in Chicago found that people who ate 1-2 servings of green leafy vegetables a day were cognitively 11 years younger than those who ate fewer greens. Studies also indicate that blueberries may have the best cognitive benefits.

Johns Hopkins Medicine in Baltimore recommends the following for eating your way to brain health...Olive oil, green tea and leafy greens all fight inflammation... even in your brain.

Beets, tomatoes and avocados ensure that your brain receives the blood it needs to stay sharp. Increased blood flow to the brain promotes neuron growth in the hippocampus (the area of the brain associated with learning and memory).

Nuts, curcumin and pomegranates work deep in the brain to fight amyloid plaques which in excess can kill neurons and create inflammation which kills neurons.

Fish, blueberries, grapes, coffee and dark chocolate have been shown to increase a brain protein that supports the growth of neurons. Hurrah for dark chocolate!!!

Be sure to also consider the following when you are compiling your next shopping list:

Cranberries - identified as an excellent dietary source of high quality antioxidants, which have been shown to help maintain healthy cognitive functioning.

Oats - supply energy to the brain, which may improve learning. They are also rich in selenium, an antioxidant that has been shown to have protective effects in brain disorders and age-related cognitive problems.

Almonds - one of the most concentrated sources of vitamin E available which at a high daily dose has been shown to delay the progression of Alzheimer's disease.

Asparagus - is full of vitamin A, which contributes to adult brain plasticity.

Walnuts and Berries - Only a quarter cup of walnuts provides nearly the entire suggested daily intake for Omega 3 fatty acids.

Recent studies found the polyphenols in berries can slow down age-related mental decline.

Split Peas - and other legumes are rich in folic acid, which in research studies has been shown to improve verbal and memory performance and may delay the onset of Alzheimer's disease.

Eggs and chicken - are both high in choline which is linked to long-term memory development. **Asparagus and Onions** - contain vitamin A, which helps your brain learn and grow as you age. Onions can also protect you against stroke and may improve impaired memory.

Shrimp - contains brain boosting DHA (docosahexaenoic acids) and vitamin B12, which is proven to be one of the most important vitamins for cognitive health.

Bananas - while not necessarily a major brain food, offer significant doses of vitamin B6 and C (both which may promote brain health).

Dark Chocolate - the darker the better when it comes to chocolate and your brain because the darker the chocolate the higher the flavonol content which may improve blood vessel function that in turn may extend to the brain... and could have important implications for learning and memory. Questions, comments or suggestions? Feel free to contact me at michellegad.fame@aol.com or 970-948-5708.



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

REACH MICHELE GAD @970-948-5708



NOTES FOR THE JOURNEY...

Exploring Classical Music With Rob Brethouwer

SHAKESPEARE COMES TO LIFE IN CLASSICAL MUSIC

The works of William Shakespeare and classical music. Two things that many view as boring, highbrow, or simply too difficult to comprehend. On the surface these two things can appear to be daunting and really not worth the effort to fully understand and appreciate. Finding beauty should be a challenge and does not always come easily. It often takes time and study to fully realize the deeper layers of something that on the surface is unappealing. This is true in the all areas of life and not just music and poetry. The joy of discovering something new is one of the great aspects of exploring new music. Taking the plunge into a world that may be a bit scary and unfamiliar. It is here where treasures are waiting and new paths of discovery open up to the reader and/or the listener.

The combination of Shakespeare and classical music will be the focus of several articles in the next few months. This will not be a continuous series week after week but a random introduction to the works in the genre that pay homage to Shakespeare and how his words and themes make excellent platforms for classical compositions. To those new to either Shakespeare or classical music, one of them can make an introduction to the other. This back and forth only enhances the experience and the depth of knowledge about our two topics.

Shakespeare's *A Midsummer Night's Dream* was completed in 1595 and brings pure fantasy and mysticism to the stage. Woodland creatures, the moon, nymphs, sprites, and all things mysterious in the forest come to life through the spoken word. The verses found within the play bring to mind music, and it is because of these elegant words that many composers have fallen in love with this play and enlivened it through musical composition. One such composer was Felix Mendelssohn whose composition of the same name from 1843 is a fine example and will be the example that will briefly be discussed. The work in its entirety exceeds an hour in

length. For our purposes, the overture and the scherzo will be looked at as they set the theme for the larger work. The brief analysis will feature time markings from a recording. This recording also features spoken word from members of The Oxford Shakespeare Company and the music is from the Ensemble Orchestra of Paris.

The overture begins with long chords that sound like early morning when the forest is just coming to life. The stirring of life is very evident at the 1:00 mark and we hear our first theme begin at 1:13. This theme sets the tone and brings our attention immediately to the sound of the orchestra. It is very clear that a story will be told with not only words but largely with music. The most familiar melody in the entire work makes its appearance as 3:08 and this is a melody that those unfamiliar with classical music will have heard at some point and it is just catchy enough that it sticks to the ears in a way that is difficult to forget. This familiar melody lasts a very short time and by 4:12 we are back into the early dawn of the forest and the stirring of life. At this point things that are stirring are both obvious and mysterious. The soft humming of the strings represents the mysterious and the louder bleating tones from the horns represent something more ominous that may be yet to come. Rising tension begins to build very subtly at the 7:00 mark. The orchestra sounds anxious and as if it is about to burst from the restraints imposed on it by the forest theme. 8:08 brings us back to our catchy theme from the 3:08 mark but this time it is louder and more ambitious in its styling and overall feel. The volume has been turned up within the orchestra and a statement is truly being made. The feel of things changes at 9:24 and the new theme is introduced without warning in the brass. The strings and high woodwinds are still keeping true to the flighty awakening forest sound from the first few notes. Two themes overlapped perfectly on top of each other as if they



were themselves speaking characters on the theatrical stage. Our third theme and melody is introduced at 10:38 and brings us along towards the end of the overture. A work exceeding 69 minutes in length has been introduced and placed in the listeners lap. These melodies will of course be heard again and again during the piece. It is at this point that we have a good foundation for what is to come.

The scherzo is a fast moving section that pulsates with life and rises and falls gallantly throughout the orchestra. By definition a scherzo is a light and playful composition and this is exactly what we are hearing. At the 1:31 mark this is very clear and the orchestra accelerates and grows louder towards 2:04 before it briefly falls back on itself and easy into a constant movement of vigorous notes. The main theme is in the woodwinds that are evident at the 3:00 mark. The melodies falling on top of each other sound as if this scherzo can and should go on forever. It is only at the 4:14 mark that the listener begins to feel as if the end is near and sure enough the light and airy tones of the flute bring us to a sudden and satisfying conclusion at 4:26.

Classical music, chamber music, and opera are absolutely made for the works of William Shakespeare. All three areas bring stunningly beautiful music on the themes and stories of perhaps the greatest poet of all time.

Hold the Date! Upcoming Business and Cultural Events

DECEMBER ONGOING-

MONTROSE SENIOR CENTER LUNCH & LEARN: \$3 lunch & Learn, admission to program, is free. Lunch \$5. Programs are Dec. 8 and Dec. 12 @ Noon.

FRIENDSHIP FORCE INTERNATIONAL, non-profit organization, was founded and introduced to the world at a ceremony held at the White House on March 1, 1977. FFI provides opportunities to explore new cultures by bringing people together at the personal level. Friendship Force of western Colorado's regular monthly meetings are scheduled for the 3rd Thursday of the month. Meeting location - Red Cross Training Center, 5th and Gunnison in Grand Junction, 6:15 p.m.

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-

Jan. 4-Montrose Historical Society welcomes, "The History of the Montrose Mouse" by Jack Rairden starting at 7 pm in the Pioneer room (Montrose County Fairgrounds). These meetings are open to the public, so be sure to invite a friend or two. Also, Save the date for the Annual Pioneer social Feb. 18th at 2 pm, featuring the Galloway family at the United Methodist Church.

Jan. 5-Uncle Reed's Steakhouse (123 E Main St, Naturita, CO 81422) from 4-6pm: Farewell Party for Montrose County Commissioners White and Henderson. Appetizers and soft drinks provided, cash bar available.

Jan. 6-Bridges Montrose (2500 Bridges Circle, Montrose) from 4-6pm: Farewell Party for Montrose County Commissioners White and Henderson. Appetizers and soft drinks provided, cash bar available.

Jan. 9-Groundbreaking Indoor Arena and Events Center (northeast end of Montrose County Fairgrounds) 11 am--luncheon following in the Pioneer Room at the Fairgrounds.

Jan. 10-, 11:30 am Montrose County Commissioners-elect Rash and Caddy swearing-in ceremony; followed by a brief BOCC meeting at 12:15 pm and a luncheon in the County Administration Office.

Jan. 10- Alpine Photography Club meets Tuesday, Jan. 10, 7 p.m. @: St. Mary Catholic Church, 1855 St. Mary's Drive, Montrose, St. Paul Room. Presentation: Photography Gadget/Gear Show & Tell. All are welcome to attend.

Jan. 11-The CSU Ag outlook and strategy forum will be held in Montrose at Friendship Hall from 11 am to 2:30 pm and lunch will be provided.

Registration is required and fees are \$30 online and \$35 by phone. To register online go to <https://2017agoutlook.eventbrite.com> by phone call (970) 522-7207 and ask for Rebecca.

Jan. 11-Learn to Trap: Attend an informational workshop sponsored by Colorado Parks and Wildlife in Montrose, 6-8 p.m., Jan. 11. The class will be held at the CPW office in Montrose, 2300 S. Townsend Ave. This is an introductory course for participants to learn the basics of successfully setting cage traps. The class is free but will be limited to 25 people. Registration is required. To register, call the Montrose CPW office at 970-252-6000.

Jan. 11—Citizens' Climate Lobby meets @ 6:30 p.m. Do your part this New Year for Mother Earth to mitigate climate change. Citizens' Climate Lobby is a nonpartisan, national network to influence legislators to pay attention to climate change. Monthly meetings held in Centennial room behind Montrose City Hall, off plaza. Open to all.

Jan 18-On Wednesday, Jan.18, local archaeologist and author Steven Baker will trace the 1765 Spanish exploring expedition of Diego Rivera through Southwest Colorado, in an illustrated talk on the route of this historic visit across Montrose and Delta county. Drawing from the translated journals of the expedition, he will present the highlights of the trip and Rivera's observations on the archaeology of the area, as well as research into the location of Roubidoux's 1828 trading post on the Gunnison river near present day Delta. The meeting is at 7 p.m. at United Methodist Church, Baldrige Hall, 19 S. Park Street, Montrose. The public is invited (no charge/donation accepted); new members are always welcome.

Jan. 19-An open house and formal presentation on Thursday, Jan. 19, will review the work completed through the Lower Montrose Brownfields Assessment Grant project. The open house will be from 4 to 7 p.m. at the Proximity Space (201 E Main). A formal presentation will be given at 4:15 p.m. with the remaining time designated for public input. For more information, contact Program Coordinator Erica Weeks at (970) 497-8525, or visit the project website at www.cityofmontrose.org/LoMo.

Jan. 20-21-Please join us for the 5th Annual Western Colorado Food and Farm Forum: Healthy Land, Food, People at the Montrose County Fairgrounds on Jan. 20 and the Montrose Pavilion on Jan. 21, 2017. The Food and Farm Forum has a wide array of breakout sessions which convey vital, regionally specific agricultural information in areas including maximizing crop and livestock production, innovative agricultural marketing and management strategies, and specialty crops.

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

Jan. 27-29-Grand Opening Weekend [Montrose Community Recreation Center](http://MontroseCommunityRecreationCenter.com).

Jan. 28-Montrose Chamber of Commerce Annual Gala, Montrose Pavilion, Cocktail reception @ 6 p.m., Dinner & award presentation @ 7:15p.m., After Party, gaming & Dancing @ 8:30 p.m.

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At Mi Mexico Mexican Restaurant

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2nd Wednesday: All Points Transit

3rd Wednesday: Black Canyon Boys & Girls Club

4th Wednesday: Valley Manor Care Center

5th Wednesday: Community Options Inc.

(Note: 5th Wed dates are: Mar. 29, May 31, Aug. 30, Nov 29th, 2017)

*After dining, attach the coupon to the bill
and deposit it in the box labeled
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designated charity.*

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(970) 252-1111 Fax**

*Coupon must be present

Contact the Montrose Mirror:

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Puppetree Theatre drew an appreciative, all ages crowd to the Montrose Regional Library for puppet show performances on Thursday, Dec. 29.

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