



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

THE MONTROSE MIRROR

Issue No. 206, Jan. 30 2017

TECHNOLOGY & TEAMWORK SAVE TWO LIVES!

By Caitlin Switzer

MONTROSE- A Colorado Springs couple was flying home from Utah on Jan. 7 when their small plane lost power, crash landing just 300 feet from a snow-packed cliff in rural Rio Blanco County. The temperature was 18 degrees below zero.

It didn't look good. But against all odds the couple, Russ and Sheri Ford, survived their ordeal.

In a television interview with [Channel 9 News on Jan. 16](#), Lt Col Mark Young of Montrose gave a simple explanation for his willingness to drive four hours straight in the dead of winter to meet the Fords at the their home. As a Level One Incident Commander with the Civil Air Patrol, Young is no stranger to tragedy.



Photo of Montrose Pilot Mark Young by Photographer Byron Clarke. Courtesy image.

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END OF AN ERA @ HOLIDAY INN EXPRESS MONTROSE!

By Caitlin Switzer

MONTROSE-Holiday Inn Express of Montrose has been open at for 19 years; for 17 of those, Karen Fox has been part of the team. Now, Fox will step down as hotel "Queen Bee," and will return to her home in Texas to be closer to her children and grandchildren.

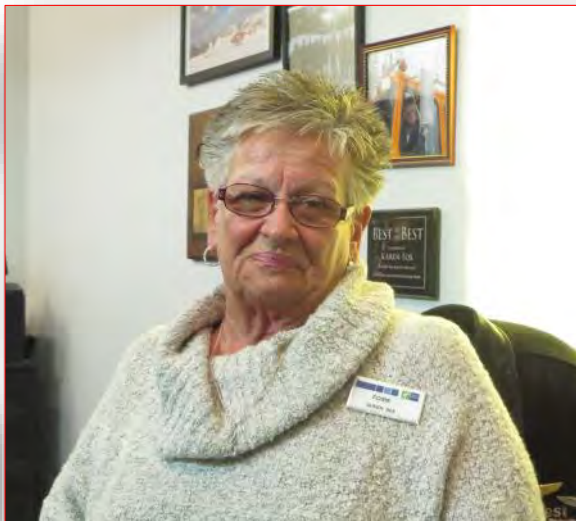
"There comes a point where everyone must step away, and let younger, fresher blood come in," said Fox, who said she has worn many hats over the years.

A native of Texas, Fox had been in the oil business with her late husband. She discovered Montrose in the 1980's, "I thought this would be a great place to retire.

When Fox was widowed, she sold everything and ended up in Montrose. "I have never looked back," she said. "I have not a single regret."

Replacing her in a sales

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"Queen Bee" of the Montrose Holiday Inn Express Karen Fox will retire after 17 years.

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Valentine!](#)

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Coming to Montrose!](#)

HOUSES OF WORSHIP: WEST SLOPE CHURCH

By Gail Marvel

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

Similar to the name change from Saul to Paul and Simon to Peter, the Church of the Covenant (Presbyterian) has changed their name to West Slope Church. This church meets in the Quality Inn conference room which is transformed each Sunday into a place of worship.

On Dec. 18, 2016 there were 12 attendees, with the pastor's family making up the majority. Pastor and Mrs. Michael Elliott have seven children ranging in age from two months to nine years and daughter Preul, the oldest, is outnumbered by six brothers.

The detailed bulletin succinctly explained the order of service; however, those without a church background might find themselves having to step over unfamiliar words and concepts — Assurance of Pardon, Prayer of Supplication, Prayer of Illumination, Profession of Faith.

Following announcements, prayer requests and prayer updates, the Call to Worship began with the reading of Psalm 117:1.

Hymns were sung to prerecorded piano music and selections included, "Psalm 125," "The Son of God Goes Forth to War," and "Psalm 72:16-19."

An expository preacher, Elliott explained what the *Bible* text means, while also interspersing application. The text for the sermon came from Genesis 35:1-5, Jacob's return to Bethel, was titled "Journey Ended Yet Continued."

The pastor said, "We're not sure of the time period, it could be eight years. Some people wonder at the lapse of time. Why did Jacob tarry? Why the delay? Did he become lazy or distracted?" Reminding the audience that God always completes the work he starts in each of us the pastor said, "God sought out Jacob in mercy, but



West Slope Church Pastor Michael Elliott. Photo by Gail Marvel.

with a powerful and gentle reminder [to finish the mission]. God is watching...let that be a warning to us that God does not forget our vows."

Referring to God's interaction with people of faith today Elliott said, "Not a vision or a dream, but likely the inner voice of God that speaks to your conscious. God spoke through his Word then [Old Testament times] and to us today. God brings to our mind what he has already said. Consider that the inner voice might be God directing you."

Explaining that God gives people what they need in order to accomplish what God desires Elliott said, "Does that mean that we think up our own way to repent? Does that mean we keep our voice low and say thee and thou? Does that mean we wear a coat and tie?"

God gave Jacob three specific actions: Get rid of false gods (buried them); bathing (could be ceremonial) and putting on clean clothes (their Sunday best). Elliott equated the three actions to spiritual steps to holiness: Get rid of idols, baptism and justification/sanctification.

The pastor said, "We must not grow tired of hearing God's promises. Jacob had

grown in his knowledge of God and his character was perfected. We too need to return to our first work to see God as faithful."

Communion, which consists of a small glass of wine and a small piece of bread, is served to professed believers. The bread represents the body of Jesus and the wine represents his shed blood. "For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes" (1 Cor 11:26 NIV).

Although unscripted and unintended a portion of the text from the sermon just happened to coincide with the name change. Elliott read, "After Jacob returned from Paddan Aram, God appeared to him again and blessed him. God said to him, 'Your name is Jacob, but you will no longer be called Jacob; your name will be Israel,' So he named him Israel" (Gen 35:9-10 NIV).

Contact information:

West Slope Church
Quality Inn Conference Room
2751 Commercial Way
Montrose, CO
Sunday Worship 10 a.m.
Pastor Michael Elliott



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THE MONTROSE MIRROR
MONTROSE

A.J. FULLERTON HEADED TO NASHVILLE FOR BLUES CHALLENGE

By Liesl Greathouse

MONTROSE-Young Montrose musician A.J. Fullerton continues to grow professionally with performance, recognition and, soon, a new album. I caught up with him to learn more about what's new for him and what he's doing next.

Booked as a 'blues/roots/rock artist,' Fullerton actually plays a bit differently than the norm of those genres. "I play what I call 'alternative blues' or 'progressive roots,'" he said. "It's not consistent with the old variety. I like to keep things new and progressive...I like to take a lot of music like blues, Americana, folk, indie, soul, and R&B and put them together, so it's unique to my worldview."

Having been playing the guitar since the age of 14 and doing various home recordings over the years, he is excited that within a couple weeks he will be creating a studio cut professional album in Denver. "I have been playing so many shows in 2016, around 250-260 shows," he said. "While I try to be focused on all aspects of my career, some aspects get more focus than others. Now the next logical thing to focus on is a solid, professional album as a solid representation of my music."

But why choose to do an album now? "I reached a plateau in my career," Fullerton explained. "I was playing a lot festivals and high profile events, [but] the next logical step was to save up the money and go to a studio. I have all the songs ready and musicians chosen who work well together. It's time to take that leap."

He added, "I love taking the ideas in my head and turning my artistic vision into reality. I'm excited about it all in general."

Early in February, Fullerton will represent the Colorado Blues Society as a solo artist in Memphis, Tennessee at the International Blues Challenge #33, known as the 'Olympics of Blues.' He will be the youngest person to represent in his category and the first person from the Western Slope. "It was a pleasure to win [and be able to represent our district], it's a big honor," he said. "It is a week-long event and I will get to play at least two nights, possibly more if I make it through. It's also one part competition, one part trade show. You get to rub elbows with festival people and others, so it's a huge networking opportunity. The saying goes, 'just to go to the International Blues Challenge is an award.'"

Some of the other forms of recognition he has received so far in his career include being the winner of the 2016 Colorado Blues Society I.B.C. (Solo/Duo); 2016 Colorado Blues Society "Best Young Performer;" 2016 Colorado Blues Society "Best Acoustic Act;" 2016 Colorado Blues Society "Best Slide Guitar;" and the 2016 Westword Music Awards Nominee "Best Colorado Blues Artist."

With all these new opportunities as a musician, Fullerton has also had to deal



Blues/roots/rock artist A.J. Fullerton. Courtesy photo by William Woody.

with some unexpected elements of moving up in his career. "I've had to learn how to act around the people I admire," he said. "In this industry it does not take long to rub elbows with well-known people in the industry, by meeting at festivals or performing as their opening act. It's surreal to know of someone by listening to them on the radio as a kid and then getting to open for them."

"I've learned how to not fan-girl," he added with a laugh.

For any new musician hoping to do music full time Fullerton said, "As with anything in life, if you are passionate about it, pursue it with your whole heart. Anything is possible if you dedicate your time to it. I've met a lot of really talented people, but talent is not the most important in this industry. It's being willing to be humble and learn from your mistakes. Good luck!"

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MONTROSE ELKS LODGE: ELK TRACKS!



Montrose Elks Lodge

MONTROSE-Welcome to Elk Tracks, a periodic update of what is taking place at our local Montrose Elks Lodge, located at 801 So. Hillcrest, Montrose CO 81401.

Bingo Jan. 31, 2017 6:30 PM - Progressive Game #2 is worth \$205.00 and Progressive Game #4 is worth \$838.00. Both can be won in 37 numbers or fewer. Progressive Game #6 is worth \$8,161.00 and must be won in 53 numbers or fewer or the prize posted will be awarded. For good clean fun join us to play Bingo at Montrose Elks Lodge every Tuesday evening. Doors open at 5:30 PM and Card sales start at 5:45. An "Early Bird" set of 5 quick games begins at 6:30 and the main Bingo session starts at 7:00 PM. (Open to the Public)

On January 24, 2017 *Bingo Game #2* paid out \$388.00 to 1 Winner who won at 37 numbers and the last *Game #8* paid \$520.00 to 1 Winner. Jackpots are paying well as the more people that play, the bigger the Jackpots.

Pictured: Bingo \$388 Winner on 1-24-17



MONTROSE GIVING CLUB TO MEET FEB. 6...AND YOU ARE INVITED!

Special to the Mirror

MONTROSE-The first meeting of the Montrose Giving Club will begin at 5:30 p.m., Feb. 6 @ the Bridges of Montrose. Open and inclusive of all. To join, please come ready to donate \$100 and socialize with friends and neighbors old and new! To learn more, contact Sue Hansen @ sue@suehansenspeaks.com or Benziger @ phebenator@hotmail.com.

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WHEN

February 23, 2017 / 8:00a—5:00p

February 24, 2017 / 8:00a—1:30p

WHERE

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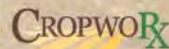
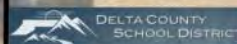
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Mike Mirinkovich**



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Susie Schulz, Case Manager for Partners Mentoring

Choreographer: Madison Fowler

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[View The Teams](#)

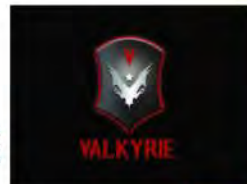
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Partners Mentoring

Partners Mentoring is a nonprofit organization dedicated to building one to one mentoring partnerships between young people and responsible caring adults. Partners serves youth in Delta, Montrose and Ouray counties and is celebrating 30 years of mentoring. Representing Partners Mentoring the Montrose Case Manager Susie Schulz and Partners supporter Ron Black. Susie joined the Partners Staff in the summer of 2016. She supports more than 20 mentoring partnerships and is looking for mentors for 20 others.

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REGIONAL NEWS BRIEFS

NEW CUSTOM HOME BUILDER COMING TO MONTROSE

Special to the Mirror

MONTROSE-Lawrence Balerio, a 30 year veteran in the construction industry and Western Slope regional franchise owner of G.J. Gardner Homes, has acquired exclusive rights to build homes priced from \$210,000 to \$260,000 on 29 lots at the established community of Waterfall Canyon, located at 6375 Road and Spring Creek Road, just west of Downtown Montrose. Community amenities include a private RV storage area along with covenants and architectural control to support home values and a pleasing lifestyle for every

home owner. Six floor plans are now offered with open flow living, full stucco exterior, central heating & cooling, over size two and three car garages, covered porches, quality construction and a extended new home warranty. Construction of homes is underway and a model home will be started soon. Gardner Homes offer's full design services with in house CAD design and decorator center for every home buyer. I take pride in building a home that fits the clients individual needs and budget, stated Lawrence Balerio. Whether it is our design, a client's dream



Lawrence Balerio, a 30-year veteran in the construction industry and Western Slope regional franchise owner of G.J. Gardner Homes, has acquired exclusive rights to build homes priced from \$210,000 to \$260,000 on 29 lots at the established community of Waterfall Canyon, located at 6375 Road and Spring Creek Road, just west of Downtown Montrose. Courtesy photo.

plan or something we have created from scratch, our goal is total customer satisfaction at the beginning, during and after completion of their new home. Custom homes can be constructed anywhere within the greater Montrose area. Call Lawrence at 970-245-7542 or Bob Meek, Montrose Valley Real Estate at 970-275-2317. Web site is www.gjgardnergrandjunction.com. Go to Homes for Sale section to see floor plans and additional information.




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CUB SCOUT PINEWOOD DERBY DRAWS 40+ ENTRIES



By Gail Marvel

MONTROSE—On your mark, get set, go! Cub Scout Pack #490, sponsored by St. Mary Catholic Church, held their annual Pinewood Derby on Saturday Jan. 28, 2017.

The wooden block cars, designed and handcrafted by Cub Scouts, are raced in heats on a high-tech computerized track. Prepared for any unforeseen breakdowns, pit-crew pack leaders stand by with glue guns.

Forty some entries raced for bragging rights and the award of Best in Show. Participants determine the Best in Show by putting a penny in the ballot-box cup in front of the most deserving car.

Cub Master Doug Clowers explained the rules and asked if there were any questions. One young man said, "Can we put our penny in our own cup?" Clowers determined that was acceptable. Those in the winner's circle will move on to district competition between the Majestic Mountain District and the Grand Mesa District. The district Pinewood Derby will be held on Saturday, April 8, 2017.



Pictured at left: Once Cub Master Doug Clowers explained the Pinewood Derby rules the race was on. Cars in each heat were selected by Cub Scout Dens (age group) to compete with one another.

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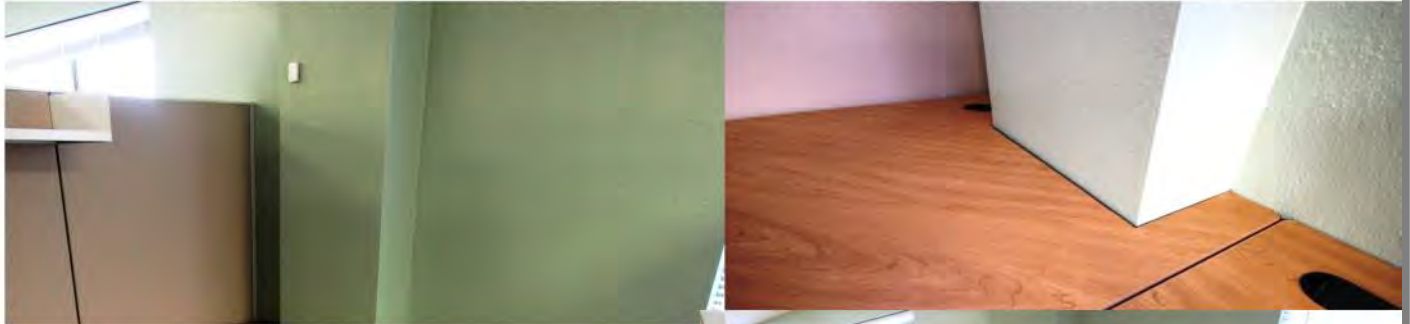
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TECHNOLOGY & TEAMWORK SAVE TWO LIVES! From pg 1

"After Christmas, we did seven missions straight and saw 24 fatalities," he said, as he was introduced on camera to the couple, who had tears in their eyes as they shook Young's hand.

Most plane crashes do not end happily. "We see so many deaths each year," Young later said in an interview with the Mirror. "We probably saw 100 fatalities last year."

"In this particular case, it started out as a radar mission," Young said. "From the radar data I knew the gravity of the situation; this was a very remote area and we didn't know how many passengers there were. It was extremely cold.

"But there was great potential for survivors," he said. "We had to rock and roll."

So Young activated National Guard and Military resources, and along with Rio Blanco Sheriff Anthony Mazzola, set up a

big conference call. "We started making things happen—it was very smooth," he said. "We knew what needed to be done, and we set up and we did it." Medical helicopters and backup were dispatched. "We try to go through all of the scenarios of what could go wrong," Young said. "We didn't know if there were survivors, and then someone on the team told us, 'there are two people and they are out there walking around.'"

Time was of the essence. With just three or four hours of daylight remaining, the Meeker Fire Department brought firefighters and extraction equipment and were standing by.

"You could not have written a more complicated scenario than this one," Young said, "It was an extremely high-risk mission from a lot of standpoints but it all just played out extremely well.

"There were no complications".

And within two and a half hours, the mission was successful. "It was very rewarding that they lived; she had a bruise on her pinky finger, but other than that there were no injuries," Young said.

"It started out as just another mission, but turned into a save," he said. "We gave it a full court press. It took a lot of help. Things typically don't end this well; all of the stars aligned for the rescue to occur and for these people to survive in subzero temperatures."

Though he oversees 55 Civil Air Patrol missions annually, in 2015 Young saw only five saves, and just three saves in 2016. "It gets discouraging after a while," he said, "We're off to a good start this year with only two." A 25-year former paramedic, Young gives full credit to regional search and rescue teams, many of whom are

Continued next page

TECHNOLOGY & TEAMWORK SAVE TWO LIVES! From pg 8

volunteers. Firefighters and EMT's are deserving of greater appreciation, Young said. "They put their lives on the line every day, to serve and protect." He also praised the hard work of dispatch crews. "We could not do the things we do with these people and their support. They get the calls, and they help someone on the other end of the line," he said. "They are not often recognized for what they do, but it is critical."

Radar technology and expertise also save lives. "It is what I am most proud of in our accomplishments with Civil Air Patrol," Young said. "We have 11 members on the team nationwide; most are analysts with the FAA and Western Air Defense Sector (WADS). When an aircraft goes overdue or missing, we sift through the millions of radar targets looking for the missing aircraft. We log about 1 GB of data an hour from more than 1,000 sensors in North America."

Team members typically bring 15 years of radar or radio wave expertise, and the team is the only one its kind in the world, he said. "We only do search and rescue missions, no surveillance or law enforcement. We can usually produce a track of a missing aircraft within about 30 minutes."

"In the case of the Fords, I think it was less than 15 minutes."

The track is then turned into a 3d image and emailed to local contacts, Young said. "We can usually show the point of impact in less than 100 meters where we have good radar coverage."

With 35 years as a pilot and 20 as a paramedic, Young has a well-rounded background of field experience as a search and rescue pro. However, his status as a Level One Incident Commander with Civil Air Patrol tends to keep him busy at the command level. And though he presently earns a living as a Medevac pilot on the Navajo Reservation in Northeastern Arizona, and spent several years flying large aircraft in the Gulf of Mexico, Young once again calls Montrose home. "I was just inducted into the Montrose County Sheriff's Posse as a life member," he said.

At age 53, Young no longer makes the headlines as frequently as he once did, particularly during his controversial stint at Montrose County Coroner. The loss of his oldest son in 2008 was a circumstance

that changed him forever. Young has since found time to reflect on his life and on lessons learned. And while his own career path is one that has shown remarkable bravery, Young believes that courage is a quality we all possess.

"For someone who has a disease or disability, it takes courage to get out of bed every day," he said. "I have been there myself after my loss. Just because one person's courage or courageous act doesn't make the nightly news does not make him or her less important than another. "None of us are perfect and we all have our battles to fight," he said. "We need to be kind to one another regardless of our, or their, situation. You don't know what the person in line in front of you is facing in his life, maybe cancer, a loss, financial problems, etc. I do know that a word of kindness will give him the courage to continue his day. On the other hand, being rude to him because he is slow will ruin his day. "I challenge my fellow citizens to find the courage to bestow kind-

ness to another person every day," Young said, adding that often our disappointment with other people stems from our own high expectations. As a motto, Young has adopted a quote from a favorite snowboarding movie by Red Bull. "It's not the destination but the adventure along the way."

"I think I have learned that life truly is an adventure that has no boundaries except ones we impose on ourselves," he said. "If we focus on living life to the fullest and kindness to others, we need not worry about the destination. It will take care of itself."

For lifelong pilot Mark Young, much of the journey has taken place in the air. "I love search and rescue," he said, "especially being in a helicopter. It is so rewarding, at times it doesn't even matter what the mission is."

"If you were to ask me if I wanted to go out to see a movie or go out on a mission, I would choose the mission every time," he said. "I love to fly."



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BOCC HEARS FROM PUBLIC AT SPECIAL MEETING FRIDAY



Montrose resident Tricia Joy addressed the Montrose Board of County Commissioners (BOCC) on Jan. 27, 2017. The countdown clock displayed in front of speakers reminds each person how much time remains of the three-minute maximum time allowed. Photo by Gail Marvel.

By Gail Marvel

MONTROSE-A Special Meeting of the Board of Montrose County Commissioners (BOCC) was held on Friday, Jan. 27, 2017. Following the Invocation, the Pledge of Allegiance and roll call BBOC Chairman Keith Caddy opened the meeting for public comment. Caddy began "I have had a lot of direct contact with the public today [concerning the events center]."

Referencing the last BOCC meeting in which time limits on speakers were lifted and accusations and name-calling ensued, Caddy said, "It will never be like it was at the last one. We are going to stick with what is written here..." Caddy read instructions stipulating a maximum of three minutes for each speaker and enunciated, "The Board will NOT engage with any speaker during this Public Comment period."

Of the two dozen community members present, four people went to the podium to address the commissioners.

Reflecting on the last meeting Mike Wilson said, "I learned almost nothing. There was a lot of false news." Wilson asserted that media reports of "overwhelming new opposition" to the event center were inaccurate. "It was the same small group that expressed opposition." In meeting with people in the community Wilson has found more support than opposition for the event center. "I take the commission at their word that they want to be servants of the community." Wilson received a round of applause for his comments.

Speaker Jody Sauer was born in Montrose and moved back in 1988. Her interest in the event center is mostly for the equine and shows, "I can't begin to tell you the amount of money I spend on the expenses. I usually come out with a 10 cent ribbon. It would be really sad if this didn't happen

because of issues we couldn't resolve."

Nine-year Montrose resident Tim Putnam said, "In the State of Colorado the median income is \$60,000, in Montrose County is \$43,000. We need to bring jobs here so the county doesn't stagnate." Noting that most people who attend county meetings are older and on a fixed income he said, "Take into consideration how we can grow

the community." Putnam received a round of applause for this comments.

Tricia Joy reminded the commissioners that five or six public meetings on the event center have taken place, "Our county is deeply interested in this. You [as candidates] ran on transparency. I believe your heart, Mr. Caddy, is in the right place." Joy cautioned there would be a community outcry if the commissioners chose to pull out of the contract.

The county staff received two emails of support for the event center, one from Dawn Harrison and the other from Marie Fouche. The emails were read into the record. No one spoke to the commissioners in opposition to the event center, or in opposition to honoring the contract.

The BOCC voted to go into Executive session, "...for the purpose of receiving legal advice on contract matters." It was unclear whether other contracts, such as employee contracts, would also be discussed. The board voted not to record the Executive Session.

The BOCC made no decisions following the Executive Session.

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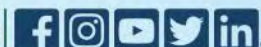
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OPINION/EDITORIAL: COMMENTARY

TIME TO REPEAL THE DURBIN AMENDMENT

By Tom Kenning

CARBONDALE—On a cold January day back in 1973, a ribbon-cutting ceremony occurred in Carbondale. The ribbon, made from 50 silver dollars attached to a string of tape and donated to Mt. Sopris Park, marked the beginnings of Alpine Bank's tradition of involvement in the community. Over 40 years later, Alpine Bank remains committed to the greater Colorado community.

Serving more than 130,000 customers, Alpine Bank is owned and operated by its employees. Though still growing, the bank remains proud of its Colorado roots and is dedicated to directly supporting and being involved in the local communities it serves. Not only does this come in the form of traditional banking support, such as loans and banking accounts, but this also means looking out for the local community and speaking out when overreaching government regulations stifle the bank's customers on Main Street.

In 2010, a provision was stuffed into a financial services bill by Sen. Richard Durbin (D-IL) that required the Federal Reserve to set price controls on interchange fees—the cost that merchants pay to process transactions—on debit cards issued by financial institutions with assets totaling more than \$10 billion. Even though small financial institutions like community banks were supposed to be exempt, this last minute government regulation has proven to be detrimental for small banks and their customers. Lobbying groups representing retailers fought for the Durbin Amendment and successfully got it passed without a single congressional hearing or study of its possible impact.

These groups promised that their members, primarily multinational big box retailers, would pass their savings from the price controls on to the Americans that shopped at their stores. Six years later, there is scant evidence that has happened. In fact, according to a study from the [Richmond Federal Reserve](#), just one percent of retailers have cut consumer prices. What's more, according to George Mason University, retailers actually have pocketed between [\\$6 billion and \\$8 billion a year](#)—now totaling \$42 billion—as a result of the Durbin price controls. Consumers have suffered because losses from the Durbin price controls have forced many financial institutions to eliminate services and benefits, like free checking and debit card rewards. George Mason University Foundation law professor [Todd Zywicki](#) described how this outcome has impacted low-income consumers in particular. At a U.S. Senate Banking Committee hearing last year, Zywicki said the Durbin price controls present “one of the leading obstacles to the development of a low-cost, highly functional mobile banking platform that could provide not only essential financial services for millions of low-income and young consumers, but also their first step toward full financial inclusion.”

As if that were not enough, the Durbin Amendment also forced financial institutions to implement new and costly routing provisions that have done nothing to improve customers' payments experience, while creating more paperwork and increasing compliance costs—both of which take away from Alpine Bank's mission to serve its customers and the community.

The most bizarre twist in the Durbin story is that, while it has helped big box retailers, it has hurt merchants that rely mostly on sales of smaller-ticket items, including mom and pop stores in our community. According to data reported to the Federal Reserve, 31 percent of merchants have seen a rise in interchange fees post-Durbin. That is because, along with getting rid of important consumer benefits, financial institutions were forced to cut back on the significant discounts they once offered for small-ticket purchases.

Finally, Alpine Bank gives away nearly \$1 million a year to local communities through the Loyalty Card program, where the bank donates 10 cents every time a customer swipes their Loyalty Debit Card.

Over the years, Colorado communities have come to appreciate and value this program and Alpine Bank would like to ensure the continued legacy of these donations without the cloud of the Durbin Amendment.

Congress never should have allowed the federal government to intervene in the functioning free market. The Durbin price controls are a disaster and must be repealed.

Alpine Bank is committed to remaining the true community bank it has always been, by serving its customers faithfully. This is why I am calling on Congress to recognize the failures of the Durbin Amendment and end this failed policy this year.

Tom Kenning is chief administration officer of Alpine Bank, member FDIC. Part of the Colorado community since 1973, Alpine Bank serves over 130,000 customers in 38 locations across the state.

CELEBRATING LOCAL BEAUTY.



#montrosemirror

END OF AN ERA @ HOLIDAY INN EXPRESS MONTROSE

From page 1

capacity at Holiday Inn Express will be Ashley Pietak, and taking on event coordination will be Marcie Williams. "They will both do a great job," Fox said. "Both of them grew up here, and they are going to work beautifully together."

The hotel has become one of Montrose's most appealing meeting and event venues over the years, thanks to the annex addition added in 2003.

Fox gave a year's notice so that the hotel, which is owned by a partnership, could find the right management team. "I didn't want to just walk away," Fox said. "I wanted to be sure our guests would have the same great service; this is more than a job to me."

There is always room for improvement in anything we do, she said, adding, "I want nothing but the best for this hotel. To me, it already is the best. We have guests who stay with us now who stayed with us when I first started here."

"I want to see the growth continue, and it will under these girls."

At left, Holiday Inn Express Event Coordinator Marcie Williams and Director of Sales Ashley Pietak.



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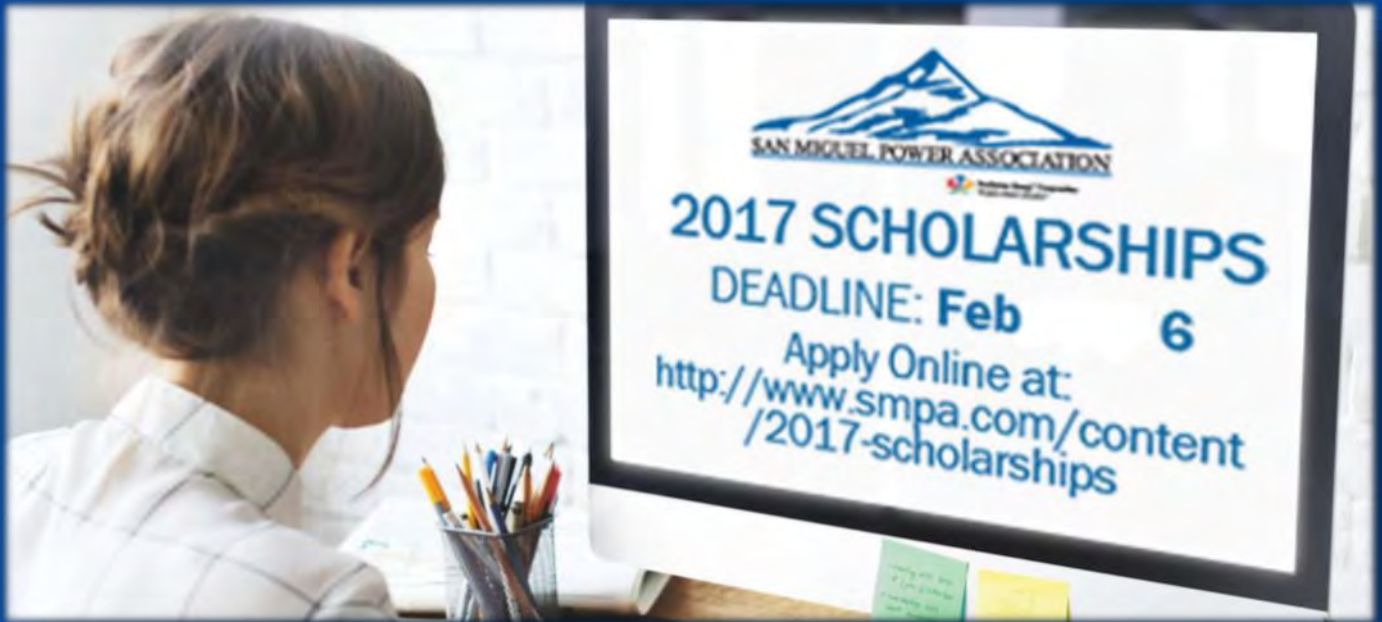
- Stroke Survivors
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- Alzheimers & Dementia
- Depression & Anxiety
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- PTSD

Michele Gad is a **Certified DelGiacco Neuro Art Therapist**, who passionately and compassionately assists individuals with cognitive or mental health challenges to live life as fully and independently as possible. With an eclectic background in business, art, yoga, meditation and education, she developed **FAME** in 2010 to better assist her clients. Each session is specifically designed to meet client's individual needs, goals, abilities and level of commitment...and have fun! Therapeutic drawing exercises using line, design and color can help form new connections that can improve focus, attention and memory. This is the foundation of **FAME**.

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Michele Gad
970-948-5708

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This year, San Miguel Power will award up to \$27,000 in college scholarships to students who are dependents of SMPA members. We award up to 16 scholarships to deserving graduating seniors seeking a college degree or vocational certification.

2017 SCHOLARSHIP DEADLINE IS FEB. 6

REGIONAL NEWS BRIEFS

ONE DAY LEFT TO ENROLL: WHAT COLORADANS NEED TO KNOW TO GET COVERED BY THE DEADLINE *Tuesday, January 31 is the final deadline to enroll in coverage on the Health Insurance Marketplace*

Special to the Mirror

REGIONAL- Tuesday, Jan. 31 is the final deadline for Open Enrollment for Coloradans to enroll in health coverage through the Health Insurance Marketplace, Connect for Health Colorado. So far, more than 158,000 Coloradans have enrolled in coverage during this open enrollment period. There are still many who stand to benefit and need to take action before this Tuesday, Jan. 31. Everyone's needs and financial situations are different, and plans and prices change every year, so all Colorado residents should shop the options available to them. Quality protection comes at an affordable price for most Coloradans thanks to the financial assistance available to lower the cost of plans. In fact, almost 60% of Coloradans who have signed up so far are receiving financial help. Connect for Health Colorado is the only place where individuals may lower their premiums and out-of-pocket costs. Local in-person enrollment assistance is available across Colorado. In Montrose and Delta Counties Volunteers of America is providing this free support at their local offices. Call 970-252-0660 or visit www.ConnectforHealthCO.com for more information.



REGIONAL NEWS BRIEFS

OHS STUDENT JESUS YEE TO ATTEND CCEI 2017 LEADERSHIP CAMP

Special to the Mirror

MONTROSE- Congratulations to Jesus Yee. He has been selected to represent Olathe High School at the Delta Montrose Electrical Association (DMEA) CCEI Cooperative Youth Leadership camp in Steamboat Springs this summer. Each year, DMEA sends five students from our local high schools to attend the CCEI Coop-

erative Youth Leadership Camp.

The camp offers a great opportunity for high school students to learn about the cooperative business model, tour a generation facility, learn about government, and build their communication and leadership skills.

While at camp, students set up a cooperative and learn how power is generated

when visiting a mine and coal plant. They learn leadership skills and the importance of protecting the environment. They also float the Colorado River, hike to Fish Creek Falls, and ride the gondola to the top of Mt. Werner.

For additional information, please contact Olathe High School Counselor Terri Clark at (970) 252-7957.

WINTER RIM ROMP AT THE BLACK CANYON

Special to the Mirror

MONTROSE-The San Juan Mountain Runners are excited to present the **7th Annual Winter Rim Romp** at the South Rim of the Black Canyon of the Gunnison National Park on Saturday, Feb. 4th, @ 10:00 a.m. The Park Service grooms the South Rim Road from the Visitor's Center to Warner Point providing first class conditions for snowshoeing, classic and freestyle skiing. Three options: 5 mile snowshoe race (8K), 10 mile classic / freestyle ski race (16K), or 5 mile non-competitive fun ski. Don't miss the snowy magic of our local National Park in winter. The cost is \$20 thru Feb. 3rd at www.sjmr.club and \$25 on race day and includes post-race brews and food, awards and prizes. All proceeds benefit Mended Little Hearts of Western CO, a non-profit providing support to parents of children with congenital heart defects. For more info check in with Jan at jbridgway@msn.com.

ROB JOSEPH NAMED 2016 ASSISTANT CITY MANAGER OF THE YEAR



Rob Joseph.
Courtesy photo.

Special to the Mirror
MONTROSE—The Colorado City and County Management Association (CCCMA) named City of Montrose Assistant City Manager, Rob Joseph, the 2016 Assistant City Manager of the Year at the 2017

Winter Conference

in Glenwood Springs, Colorado. The award was made in recognition of and honor to Joseph's significant contributions to local government in Colorado. Joseph has served as Assistant City Manager and Director of the Office of Business and Tourism (OBT) since 2013. Regarding the award, City Manager Bell stated, "I am very proud to have Rob Joseph on our city's management team. Rob has accomplished great things for both the city organization and for the Montrose commu-

nity over the past several years. Rob's efforts have helped to establish a foundation of excellence here at the city and it is especially rewarding to see that he is now being recognized by his peers across the state for his hard work and dedication to the field of public administration."

2016 represents yet another year of tremendous success, marked in part by the OBT's successful designation as a Destination Marketing Association International (DMAI) organization under his leadership. In August 2016, DMAI and tourism professionals worldwide recognized his leadership, vision, and inspiration by electing him to join the prestigious DMAI Board of Directors. Rob now sits next to tourism powerhouses Brand USA and NYC & Company, representing Visit Montrose, the City of Montrose, and the State of Colorado, internationally.

Rob has built strong relationships within Montrose and with industry partners, including the Colorado Tourism Office (CTO), the Colorado Association of Desti-

nation Marketing Associations (CADMO), Destination Marketing Association International (DMAI), and Miles Media, among others. Regional partners include the Bureau of Land Management (BLM), History Colorado's Ute Indian Museum (UIM), the Museum of the Mountain West (MMW), and the Black Canyon National Park Service (NPS).

Rob has directed creation and publication of the Official Montrose Visitor Guide (OMVG), now in its fourth year.

In August 2016, Rob championed a new effort for Montrose to develop its own air marketing program and to work with the Colorado Flights Alliance (CFA) in a new capacity.

While CFA's marketing programs have proven successful and Montrose fully supports them, Rob's vision is to employ the Visit Montrose marketing apparatus to present Montrose as the target travel destination. The OMVG is one avenue through which this vision is to be accomplished.

REGIONAL NEWS BRIEFS

SUSTAINABLE AG CONFERENCE ATTENDANCE GROWS

Special to the Mirror

REGIONAL-The 5th anniversary of the Western Colorado Food and Farm Forum saw record attendance with sessions at the Montrose County Fairgrounds and the Pavilion at near capacity levels Jan 20-21. With close to 275 people in attendance from Colorado, New Mexico, and Utah, the conference brought organic and conventional producers of crops and livestock together for two days of learning and networking. Keynote speaker Ray Archuleta commented that, "The energy, enthusiasm, diversity and high number of young people attending this conference is unique."

Nearly twenty beginning farmers attended on scholarships provided by Montrose County. Michael McMillan of Cortez remarked, "From learning best agricultural practices from some of the nation's most successful agronomists, making connections with other local growers, and learning about funding opportunities for new producers, the conference was an all around great value. I feel more confident and encouraged moving forward to pursue my dreams of becoming an ecological

farmer and inspiring educator."

Brendon Rockey of Rocky Farms provided an advanced but very interactive session on soil health called Carbon to Cash in which participants enacted their learning via role-play. The Hemp Rising breakout session filled with people wanting the latest information industrial hemp production from a local grower, Colorado Department of Agriculture and CSU. Soil health, multi-species grazing, grant resources, food safety regulations, the pros and cons of organic certification, water law, berry farming, livestock marketing and many other topics provided a large field of options for attendees to pick among.

Organizer Carol Parker of the Valley Food



Valley Food Partnership Executive Director Abbie Brewer at the 2017 Food & Farm Forum. Courtesy photo.

Partnership noted that, "We wanted to deliver a special experience for our 5th anniversary and we met that goal with outstanding presenters and new additions to the conference such as the farmer-to-farmer Invention Convention. "

For more information and session postings in mid-February visit foodfarmforum.org.

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REGIONAL NEWS BRIEFS

MONTROSE HIGH SCHOOL HONOR ROLL

Special to the Mirror

MONTROSE - The following students were named to the Honor Roll for the 1st Semester 2016-2017 School year at Montrose High School. To be eligible for the Honor Roll, students must be enrolled in at least five classes, excluding pass/fail classes and earn a grade point average of 3.5 to 3.74.

MHS Honor Roll Grade 12 - 1st Semester 2016-2017

Sydney Anders, Hannah Arebalos, Cecilia Barnhill, Matthew Bayley, Isabella Benitez, Clara Beshoar, Elizabeth Browning, Nicole Byrd, Lauren Cook, Kaci Drye, Allison Fields, Cameron Garcia, Katherine Garner, Macy Gurule, Baily Howe, Sarah Jackett, Teresa Johnson, Nicholas Jones, Kayla Luce, Shayla Lugard, Cinthya Luna-Ramos, Tasha Maliszewski, Tayler McBee, Paige McCracken, Ian Meek, Glen-Michael Mihaletz, Kendra Montoya, Rebekah Morris, Emily Nevarez, Leann Northup, Logan Porter, Talon Reed, Yvonne Rosales, Bradley Sawyer, Adriannah Segura, Timber Serr, Ashton Staley, Kendra Ten Napel, McKenzie Trembly, Skylar Tubbs, Joseph Warren, Grace White and Natasha Zepeda.

MHS Honor Roll Grade 11 - 1st Semester 2016-2017

Jessica Alvarado, Abigail Antonowitsch, Derrick Archuleta, Cameron Avirett, Allen Bachmann, Brooke Bailey, Emani Baltazar,

Reed Barney, Breanna Bjorge, Melissa Bray, Gabrielle Brown, Jordan Budagher, Loveann Cox, Darren Culmer, Jadyn Davis, Delaney Dukart, Garrett Foyil, Everett Gregory, Christopher Hemenway, Keigen Huffer, Wyatt Hughes, Desiree Meiners, Idania Moreno-Garcia, Kaitlyn Neubaum, Megan Nichols, Haley Northrup, Morgan Omer, Alexis Parsons, Natalie Patrick, Cristobal Rodriguez, Madeline Ross, Michael Silva, Melissa Smolin, Benjamin Spiess, Charles Terrell, Charley Trujillo, Anna White, Hallie Yergenson and Joseph Young.

MHS Honor Roll Grade 10 - 1st Semester 2016-2017

Angeline Alcaraz, Arturo Arellano-Villegas, Litzy Banda, Dyllon Barker, Anna Burdick, Jayden Cassidy, Angela Comstock, Jacqueline Cortez-Suarez, Drew Erin Dela Cruz, Elle Edeker, Janessa Franklin, Tyler Franklin, Kinzey Gill, Candra Gurney, Jenna Holyfield, Jeremy Iverson, Jacqueline Jaime Mayorga, Tyler Lake, Monserrat Lopez, Samantha Major, Maria Martinez-Jaramillo, Alli McLaughlin, Jared Millsap, Cicilia Lupe Molina, Anahi Navarrete, Haley Nevarez, Rosario Parra, Ricardo Ruiz-Baltazar, Katherine Sherwood, Maricela Silva-DelaTorre, Yousef Torrero, Madison Vandehey, Jessa Wilson and Lucille Wittenberg.

MHS Honor Roll Grade 9 - 1st Semester

2016-2017

Sean Alex, Jan Matthew Amurao, Sage Areman, Macy Boulden, Daniel Bynum, Gabrielle Chandler, Zoe Cleckler, Yoana Coronado, Shelbi Dearing, Andrew Deisig, Beau Duncan, Josephine Eccher, Marissa Esquibel, Dominick Gauthreaux, Yuliana Granillo-Marquez, Dasha Green, Brian Grijalva, Shelby Gross, Eric Gutierrez-Camacho, Connor Imus, Matthew King, Ellie Krull, Natalee Luis, Ashlyn Manuel, Garrett Marken, Tatum McHugh, Calvin Merritt, Alexis Petranovich, Jacky Salazar, Isabel, Stollsteimer, Mandi Trujillo, Sophia Tucker, Alexis Waltrip, Erika Westbrook and Eric Yergenson. The following students were named to the Principal's Honor Roll for the 1st Semester 2016-2017 school year at Montrose High School. To be eligible for the Principal's Honor Roll, students must be enrolled in at least five classes, excluding pass/fail classes, and earn a grade point average of 3.75 and above. An asterisk denotes all A's.

MHS Principal's Honor Roll Grade 12 1st Semester 2016-2017

Brenda Archibeque, Isabella Baas, Ann Bailey, Rhiannon Bergman, Arielle Bustin, Katie Casebier*, Makura Casias, Alexia Cervantes, Mackenzie Chappell, Joshua Cooper, Casey Crawford*, Daniel Culver, Jessica Ennis, Tobias Farnese, Joseph Farnese, Mariam Figueroa-Hernandez, Allie

Continued next page



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



REGIONAL NEWS BRIEFS

MONTROSE HIGH SCHOOL HONOR ROLL Continued from previous pg

Allie Freeburg, Riley Freeland, Karlee Freismuth*, Bryce Gatt, Darren Gleason, Danielle Go*, Isaiah Gonzalez, Jennifer Granberg*, Sierra Gray, Hunter Hagins*, Zachary Hammond*, Adrianna Hanley*, Skye Harman, Justin Hawkins, Bethany Haynes, Joshua Hemenway, Austin Justman, Hadyn Kersen, Jonathan Kloke, Moriah Leuthauser*, Gavriel Lightsey*, Rose Lords, Kaileigh Lyons*, Alexa Madden, Samantha Monroy*, Kevin Montoya, Caitlin Murray, Micaiah Nichols, Megan Parker*, Sierra Perkins*, Izzylen Peterman-Stewart, Lauren Peterson*, Adriana Pino-Gomez*, Tayllor Pittman, Stephen Rash, Sierra Reich*, Austin, Richardson, Trae Rigler, Jeannine Rodriguez, Jalayne Russell, Isabel Russo, Grace Sanburg, Sierra Sanders-Vigil*, Jason Schneider, Quinn Schrick, Ang Sherpa, Lydia Silva, McKenna Sjoden, Matthew Smolin, Noah Stangebye, Mariah Trujillo, Kaela Trujillo, Jeremy Trujillo*, Vanessa Tucker, Kael VanBuskirk*, Sydney Warner*, Kylie Younger* and Jaden Zunich.

MHS Principal's Honor Roll Grade 11 - 1st

Semester 2016-2017

Jane Alex*, Seth Allen, Bryanna Alvarado,

Cameron Baird, Angelica Barajas, Lauren Brady, Allison Burwell*, Karla Carreon, Briar Cary*, Madeline Chandler, Prajwol Chaudhary, Nicole Cherry, Melia Cleckler, Lee Congour*, Olivia Cooper, Erin Cooper*, Ashley Cox, Allyssa Dixon, Caleb Egbert, Lauren Franz, Jacob Fuller, Cory Gallegos, Aylin Marsella Garcia, Benjamin Gibson, Bryce Gladding*, Jonathan Goodwin, Evan Graff, Jared Gray*, Amani Green, Isabel Haga, Jacklynn Hanley, Triston Harrison, Anna Hartman*, Kennitha Hawley, Mesa Herder, Salvador Jaime, Colby Kennedy, Taylor Kettell, Camerin Lanphier, Genevieve Lesniewski, Kristi MacFarlane, Cinthya Magallanes, Kaylin McBride, Aubree McCullough*, Jared Miller*, Ellie Miller, Madisyn Minerich, Rocio Mireles-Rodales, Shannon O'Meara*, Christopher Padilla-Romo, Tyler Quinn, Peyton Quon, Elena Ramirez, Kendrick Richardson*, Dominique Ridgel, Katelyn Rycenga, Zaira Salgado-Medina, Liam Singh*, Macaria Yoselin Soto, Emerald Spindler*, Micah Thole, Esteban Viqueira Vidal and Mason Weig.

MHS Principal's Honor Roll Grade 10 - 1st

Semester 2016-2017

Olivia Beshoar, Ashley Bollinger*, Paul Burke*, Thomas Cenicerros, William Edgar*, Kallie Farra*, Johnna Freeland, Abbey Heide, Dylan James*, Danita Jones, Ryan King, Maggie MacHale, Margaret McHugh*, Samantha Morris, Amber Mosher*, Brenna Moss*, Zoe Motley, Tanner Oman, Lisa Peterson*, Abigail Rizzo, Landon Ruiz-Diaz, Addison Saunders*, Taylor Ullmann* and Alexa Yanosky.

MHS Principal's Honor Roll Grade 9 - 1st

Semester 2016-2017

Emily Alcaraz*, Lyndsey Anderson*, Karla Andrade-Saenz*, Perrin Barrett, Riley Barnhill, Zachary Barrett, Mia Bartschi*, Amanda Beaver, Alexis Beller*, Catherine Borner*, Clara Carrasco*, Dillon Crim*, Orion Davis*, Kelsee Dixon*, Stockton Evensen, Ryann Fife*, Sean Graff*, Caroline Graham*, Hadley Greiner*, Olivia Haga*, Emily Hartman*, Mariah Hokit*, Jonah Lamprecht, Kira Lanphier, Jasmine Lownes*, Ashley Medina-Guzman, Mark Metheny, Kennadie Minerich*, Allison Nichols*, Heather Prosser, Kelsey Rycenga*, Violet Tubbs, Katelin Whitcomb* and Claire Wilson*.

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REGIONAL NEWS BRIEFS

NEW SPIROMETRY TEST AT TELLURIDE REGIONAL MED CENTER HELPS IDENTIFY BREATHING ISSUES EARLY

Special to the Mirror

REGIONAL-How well do your lungs work? Your primary care provider may now be able to answer that question for you at your next check-up.

Thanks to a collaboration with the Tri-County Health Network and National Jewish Hospital, the Telluride Regional Medical Center now offers spirometry testing, a simple, noninvasive method of measuring lung function and diagnosing respiratory conditions, such as, asthma and chronic obstructive pulmonary disease (COPD).

According to National Jewish Hospital, 25 percent of smokers over the age of 45 are living with an undiagnosed respiratory

condition. "Most people aren't aware, but COPD is the third leading cause of death in the United States, behind heart disease and cancer," said Dr. Sharon Grundy, primary care director at the medical center.

"Early detection and intervention is essential for improving a patient's quality of life over time." In November, Tri-County Health Network dispatched their educational partners from Southwestern Colorado Area Health Education Center to the Placerville firehouse to conduct a one-day spirometry training for surrounding clinics. Spirometry testing measures how much air a patient can inhale and forcibly exhale over a given period of time to make judge-

ments about current lung function. According to Dr. Grundy, "millions of smokers are living with COPD and don't know it. We can now work to identify those patients in the early stages of the disease so we can make proactive adjustments to their care plan." Smokers, reformed smokers, or anyone exhibiting respiratory symptoms are likely to benefit from spirometry testing. Already, providers at the medical center have detected an asthmatic patient and another with early stages of COPD since they initiated the testing. Patients interested in spirometry should call the medical center to make an appointment with a primary care provider.



FAME

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FAME is a series of customized exercises, designed to develop new neural pathways in the brain (referred to as neuroplasticity), which can improve focus, attention and memory. The program embraces a holistic approach to brain health, provided in the client's home.

Benefits healthy aging adults and effectively treats:

- Stroke Survivors
- Depression & Anxiety
- Youth & Adult ADD/ADHD
- PTSD & Traumatic Brain Injuries
- Alzheimers & Dementia

Michele Gad is a Certified DeGiaccio Neuro Art Therapist, who assists individuals with cognitive or mental health challenges to live life as fully and independently as possible. She developed FAME in 2010 to better assist her clients. Sessions are specifically designed to meet client's individual needs, goals, abilities, and level of commitment...and have fun!

CARPENTER'S COLUMN: DRYWALL TEXTURES AND TIPS



Beau Graham and Chris Larsen.

By Christopher Larsen

There is one constant in this universe that is immutable; change. Still, many homes built in the 1970's and 1980's continue to have "acoustic" style ceilings. This type of ceiling texture has gone the way of the dodo bird; people are now opting for a less drastic and more timeless ceiling texture.

I recently had the distinct pleasure of working with Beau Graham of St. George Utah, a master carpenter and master drywall technician. I went with Beau on a re-texture job and was amazed at the result! So it's time again to roll up our sleeves and get to work.

As always, preparation for the job is all important. Beau used a set of stilts to first put up a line of 1 1/2 inch tape in the corners of the wall. He only pressed the edge of the tape closest to the ceiling. When this was complete he had me roll out almost an entire huge roll of half mil plastic, leaving a couple of feet at the end where we end up back at the original corner of the room. He then went along and affixed the plastic to the remaining tape not stuck to the wall. Would you believe this process only took ten minutes? Truly ingenious! Ten minutes to preserve your walls is a small price to pay for such a messy endeavor.

Speaking of mess, if you plan on scraping the job yourself keep in mind there is going to be water involved. If you were to rate this project on a 1 to 10 on the messy scale this job would rank a 13! Beau suggests plastic on the floors and walls with tarps too. Believe me when I tell you an ounce of prevention is worth a pound of



Beau is showing off his talents with cross hatching. He uses this process to get the texture perfect.

cure on this project.

If you are going to scrape the ceilings, remember to lightly mist them first with a garden hose... that's right, a garden hose! Let the water sit on the ceiling for approximately 15 to 20 minutes, then lightly scrape the surface with a 10 inch drywall trowel. Take special care not to gouge the paper on the drywall or disturb the joints. Follow by lightly scraping with a smaller blade. The old texture should peel right off.

It's a good idea to clean up after this step to avoid any problems further down the line. Beau suggests using a sponge after this step. Just remember the smoother you get the ceiling the better. Every man-made blemish will show through if you don't get it right so really take your time. Once you are done with this step it's time to "skim coat". It is very important to remove all the debris, or this detritus will streak your skim coat.

To skim coat, we fill a metal drywall pan with drywall mud of a creamy consistency. To get this consistency we dump a box of dry wall topping compound in an empty five gallon bucket, add 20 to 35 ounces of water and mix thoroughly with a "Whip" and stout drill. Now it is time to start at a



Beau using a wet sponge instead of making the absolute rookie mistake of using power tools. There is a time and place for such measures according to beau and nine times out of ten a sponge will do.

corner and "skim" the ceiling with a light fresh coat of mud. This process produces a wonderful base to apply a beautiful new texture. Do not worry about small lines produced by the 12-inch drywall trowel as these will be erased when you wet sponge again upon finishing the skim coat.

Now it's time to "shoot" your texture. We used a medium sized Campbell Housend texture spraying "hopper." This job is not for the meek or small in stature. Expect a couple of hours with this contraption above your head.

Beau taught me a new concept called "cross hatching" that is absolutely amazing for laying down a perfectly random pattern of texture. Start in one corner of the room and make 24 to 30 inch straight passes with the hopper. Go about six feet and repeat the process, except this time turn 90 degrees and go the other direction. Remember to keep moving and try to only go over the same spot while cross hatching to avoid mushrooming," an unsightly build-up of drywall mud that can be disastrous to your project. Proceed until the end of your surface and let dry!

Lightly go over the surface with your 12-inch drywall knife and you are done! You will love the new texture! Now, you are ready to prime paint and clean up.



MAGIC CIRCLE THEATRE BENEFIT: MY FUN, FUNNY VALENTINE!



'My Fun, Funny Valentine' Directors Jill Vincent and April Martinez.

By Caitlin Switzer

MONTROSE—Might as well make it a date night! Magic Circle Theater's 2017 fundraiser is just around the corner, and this year brings a focus on humor. Entertainers of all ages will take the stage, including all 15 orphans from the theater's recent production of *Annie* and amazing Montrose Altrusa "The Voice" winner Tiera Ila.

Magic Circle Players volunteers Jill Vincent and April Martinez first met on the set of *Annie*. Now, they are working together on the Feb. 11 production of *My Fun, Funny Valentine*. The annual benefit is in its fourth year and will take place [Feb.](#)

[11 at the Montrose Pavilion](#), beginning at 6 p.m.

"This year, we really tried to focus on being funny," Vincent said. "It will be a wonderful production to bring your significant other to! It's about love and the things we do to screw it up."

Though they are not experienced playwrights, "We just have a passion for the theater," Martinez said. "Kathy Murdoch is the producer, and she asked us to take on the show portion. Annie was ending, and we were sad. This is a fun way for us to continue doing something together."

Because the annual fundraiser is always a hot ticket, purchase tickets early at the [Magic Circle box office](#) at 420 South 12th Street or [online](#). "This showcases what the theater is capable of, and the talent in our community—writing, directing, and acting talent. For a small community, Magic Circle is a wonderful theater," Martinez said. "And this is a way to see a montage of Magic Circle talent." Co-emcees will include "Cupid," (Bob Allyn) and Zach Motley. "This is a great event," Vincent said. "It's not just a play, and not just a musical. We have a nice mix of songs, from Hamil-

ton, from *Wicked*, even one from *Les Miserable*."

Singers range from age six through 60, and there will be a few songs from some lesser known musicals as well; "We've tried to be hip." Besides being a fun and entertaining event, *My Fun, Funny Valentine* gives community members a chance to support live theater in Montrose. In return, Magic Circle brings not only entertainment but excellent children's programming to the community. "We have drama camp every summer, and theater for children every year," Martinez said. "The professionalism of the kids is so cool! In *Annie*, the kids knew their own lines, but they knew everyone else's lines as well. "That's why we included some kids' numbers in *My Fun, Funny Valentine*."

Producer Kathy Murdoch said the program will be fabulous, energetic and fun.

"This celebrates live theater, and creates opportunities to showcase performers who might never get to be in a play," she said. "The relationship between audience and performers on stage is really thrilling; Magic Circle Theater has brought 55 years of community theater to Montrose.

"We don't even realize how wonderful that is, with all of the talent and energy here."

COMMUNITY NEWS BRIEFS: ARTS & CULTURE

WEEHAWKEN CREATIVE ARTS PRESENTS THE HEDONIST'S NOTEBOOK WITH KIERSTIN BRIDGER ON FEB. 15

Special to Art & Sol

RIDGWAY-Feed the writer, fuel the reader! In Weehawken's upcoming workshop, "The Hedonist's Notebook", teaching artist Kierstin Bridger offers the idea that when we engage our senses we allow experience to transfer to our readers.

Bridger says, "Sensory designed prompts and examples will lush writing about food, art and music. When our metaphors are ripe our writing becomes alive with rich detail. This is a generative writing class inspired by prompts that trigger our senses in deep and unexpected ways."

Bridger encourages that "if you haven't written in a while, or simply want to add a fresh approach to your writing practice, this workshop offers a supportive and encouraging place to experiment and receive

positive, engaging feedback about your work.

Whether you write fiction, non-fiction or poetry this class will enliven your practice and sustain you as you continue on your writing path. All genres and levels are welcome."

Kierstin Bridger is a Colorado writer and author of *Demimonde* (Lithic Press 2016) and *All Ember* (Urban Farmhouse Press). Winner of the Mark Fischer Poetry Prize, the 2015 ACC Writer's Studio award, an Anne La Bastille Poetry residency, She was recently short-listed for the Manchester Poetry Competition in the UK and finalist for the Jeff Marks Memorial Prize. Bridger is editor of *Ridgway Alley Poems* and Co-Director of Open Bard Poetry Series. She also co-hosts the podcast, *Poetry Voice* with Kierstin Bridger and Uche Ogbuji.

Find her current work in December, *Contrary*, *Hawaii Review* and *Painted Bride Quarterly*. She earned her MFA at Pacific University.

You can read more about her on her website: Kierstinbridger.com

Weehawken Creative Arts invites you to join Kierstin Bridger for this writing workshop in Montrose on Wednesday, February 15th from 9 am to 1 pm. Registration is just \$75. A minimum number of students must be met in advance in order to guarantee the class, so those interested are highly encouraged to register in advance.

For more information or to save your spot and register in advance, head to Weehawken's website at www.weehawkenarts.org or call Weehawken at [970.318.0150](tel:970.318.0150).

THE SHERBINO NEEDS YOUR TRAVEL STORIES, ADVENTURES, AND KNOWLEDGE!

Special to Art & Sol

RIDGWAY-In a world filled with unique cultures and stunning destinations, you can hear and share in the experiences of your friends and community members who have traveled to such far-off places and exotic destinations. With the *Sherb Travel Talks Series*, travel enthusiasts in the community will get the "inside scoop" of what was learned and experienced during travels to different areas of the world. In order to make the *Sherb Travel Talk Series* a special and 'worldly' event, the Sherbino Theater is looking for individuals to present on the Sherbino stage. Individuals presenting will have 10-15 minutes to share their travels with their choice of using a template of auto-advancing power point slides OR can craft their own power point presentation. If you are interested in presenting, please email, music@sherbinotheater.com. The next installment of *Sherb Travel Talks* will take place on Thursday, Feb. 9th. Doors open at 6:30 pm with talks starting at 7 pm. Entry by donation.

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COMMUNITY NEWS BRIEFS: ARTS & RECREATION

MAKE CAMPING RESERVATIONS NOW FOR MEMORIAL DAY, JULY 4



Courtesy photo Colorado Parks & Wildlife.

Special to Art & Sol

DENVER - Colorado Parks and Wildlife reminds campers that now is the time to make reservations for popular camping locations in the spring and summer. Many state park camping locations are already booked over Memorial Day but

expeditious campers can still snag some prime locations for the May or July 4 holidays. "Camping spots in parks near Denver are often booked six months in advance, so planning ahead is the best way to secure a prime spot," said Margaret Taylor, CPW assistant director for capital, parks and trails. "Cabins and yurts are typically booked first, followed by sites with electrical and water hookups and then tent camping sites."

Make your campsite, cabin, yurt or RV site reservations online at the CPW website or by calling 303-470-1144 (Denver) or 1-800-678-2267 Monday through Friday 8 a.m. to 5 p.m. M.T. Knowledgeable agents can help you find the right spot for your getaway or you can use

the park finder online.

Any sites not reserved within this window are available on a first-come, first-serve basis. You'll find more options on weekdays during the summer if you are reserving less than six months in advance. Many of our sites are ADA accessible. Many of our campsites are open year-round. A nonrefundable reservation fee applies to bookings.

Visitors must purchase a daily or annual entrance pass in addition to paying camping and reservation fees. Colorado has 42 state parks with multiple options for RV hookups, camp sites, cabins and yurts. Download the state parks brochure on the CPW website for more information.

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COMMUNITY NEWS BRIEFS: ARTS & CULTURE

GABRIELLE LOUISE TO PERFORM: A CONCERT FOR THE HEART

Special to Art & Sol

MONTROSE- Healthy Rhythm Music Services (HRMS) is pleased to announce "Gabrielle Louise: A Concert for the Heart," Live at Healthy Rhythm Community Art Gallery (HRCAG), 68 S Grand Ave, Montrose, Colorado, Saturday evening, Feb. 11th, 2017. Gabrielle Louise is a nationally touring troubadour noted for her poignant lyrics and lush voice.

Gabrielle Louise is the daughter of two vagabond musicians. Gabrielle inherited the predisposition to wanderlust and song. Her music is anchored deeply in folk and Americana, but undeniably drawn to rich harmonies and melodic adventurism. Her sound has the earthy feel of early Joni Mitchell while also veering into the spirited and versatile delivery of fellow genre-hopping artist Eva Cassidy. Unafraid to take a musical escapade in the name of inspiration, Gabrielle is at one moment

folkie and ethereal, the next a smoky jazz chanteuse.

Louise has been entrusted to share the stage with greats such as Richie Havens, Tom Paxton, Patty Larkin, Eliza Gilkyson, and Guy Clark. A poet, painter, prose writer and orator, Gabrielle has also presented a talk on autobiographical expression at TEDx, an independently organized TED (Technology, Entertainment, Design) event. Her talk, "[The Breath of Experience](#)," stresses the importance of making time to both "inhale" what others tell us and mindfully "exhale" our own creative impressions of those stories.

In the original songwriting realm, Louise has released a handful of records, the most recent of which were *Mirror the Branches* (2010), *The Bird in My Chest* (2014), and *If the Static Clears* (2016).

Advance GA (standing) \$15 and VIP (seated) \$20 at the Gallery. Or purchase



Artist Gabrielle Louise. Courtesy photo.

online at www.healthyrhythm.net. A private after show Meet and Greet with Gabrielle is included with each VIP purchase. Space is limited. Doors open at 7 pm. Show starts at 7:45 pm. This is a ticketless show. The Gallery and intimate Live Performance Venue are located at historic Sampler Square, 68 S Grand Ave, Montrose, CO 81401.

see • think • believe™

Up Bear Creek by Art Goodtimes

MAKING LYRIC MUD IN TODOS SANTOS



Todos Santos church steeple on the Plaza

BAJA CALIFORNIA SUR ... It was he late great Hobo bard Utah Phillips -- made me do it. Go back with me to Marin County. North of San Francisco. 1976. When California's children, post-Sixties, were still flowering. It was at a Bicentennial Folk Festival that Phillips told the crowd a rousing tale between Wobbly songs. And the story's punch-line went: "Every so often you have to wake up, and jump off a cliff" ... Damn right, I thought! Been following that sage advice -- to grand affect -- ever since ... So, it seemed fitting, or at least psychologically appropriate, after 20 years indentured public service, that I do something wild. Irrational. Out of my comfort zone ... So, on a lark, I signed up last spring for a five-day architectural ceramics workshop north of Cabo San Lucas in Baja California Sur (donnabillickart.com). Not far from La Paz where my Aspen poet, pianoplayer and ace essayist Bruce Berger spends his winters. I'd heard about Donna Billick's *Heaven on Earth* event at a Community Built Association gathering in Manitou Springs -- Colorado Springs' liberal tourist twin -- thanks mainly to my amazing community artist activist buddy Steve Wood, who has a ceramic bench in Telluride and another in Todos Santos ... Mud design people. Here was a whole different

crowd of artist types -- not makers of verse but makers of sculptural clay art. Murals, fireplaces, gates and doorways. This was a cliff to jump off of at 71. Upsetting as travel always is (the cliff). Exciting as epiphanies can be (the leap). So I made travel plans to give me a week alone after the workshop in this magical Mexican pueblo village. More relax-in-place adventureville than busy tourist tour chase. Lots of introspection. Chance to be a foreigner. A stranger making friends. I walked a lot. Through town with its prosperous plaza hotels and upscale restaurants. Around the sides streets of rebar adobe and stacked cinder block. Bougainvillea and palm trees -- some still stripped from Hurricane Odile (2014). Out to the beach. Ate some great meals. Downed many a margarita (my fav alcoholic). Met great new people and a few old Telluride friends. And came home with lots of stories. Some of which I hope to inflict on you as we head deep into our Rocky Mountain winter.

LA POLICIA ... I love exploding stereotypes. And the disastrous way my trip to Mexico began helped me do just that ... Getting to the Los Cabos International Airport later than I should have, I found myself encountering some unsettling surprises. Taxis from the airport up to the village of Todos Santos, where my Heaven on Earth workshop was located, were not affordable as I'd hoped -- instead, they would have cost more than my flight from Montrose. So I took a cheap taxi to the local bus station. Or so I thought. It was more a jitney than a taxi, spending almost an hour dropping off tourists at luxury beach hotels before dumping me and two bags at a darkened barrio in San Jose de Cabo. A bus logo was visible and several folks were waiting out front. It only took a few minutes of sign language and pidgin Spanish to learn that the bus station was closed, and a bus to Todos Santos wouldn't leave until the next morning ... Voilà! A traveler's nightmare. Alone. Late at night. In a foreign country. Carrying bags. More money with me than I should have had (to pay in cash for the workshop). With no sense of direction. No reservations. Unable to understand any of

the little Spanish I barely spoke ... Later I thought of all the things I could have done. But I just started wandering up a busy street. Got some vague directions to a "hotel" that only had expensive "suites" way beyond my means. Then out on the street again, wandering. When, who should come to my rescue, but two Mexican policia? They motioned me over to their squad car. A flustered gringo obviously lost. The cop riding shotgun stumbled his way through my tortured, two-year-old's explanation of my plight. He was good-natured. Told me to get in ... He had me a tad worried as he broke into a moderately lewd monologue about young Mexican women. The driver was mute, taking us on a ride somewhere. I couldn't tell if Shotgun was engaging in some kind of suggestive entrapment or a crude cross-cultural attempt at camaraderie. Luckily, it turned out to apparently have been the latter, as the uniformed duo took me to a marvelously unassuming storefront hotel in the town's historic district, a couple miles from where they'd picked me up. Shotgun parlayed with the owner, told me a room only cost \$26 dólares a night, and made sure to tell the owner not to charge me more. And then the two cops left. Still a bit dazed from my evening nightmare, but sudden turn, this was a happy ending. I was rescued by the Mexican police!

How's that for an anecdotal antidote for the Mexican-baiting infecting our nation? **BAJA STORIES** ... More to come.

APOLOGY TO PRINT ... Guess I was a little hard on print media when I changed my column horses after a falling out with a *Watch* editor last month. My first column here at the on-line *Mirror* spoke of the "dysfunctional sensationalism of the old paradigm print tabloids" -- which I don't think applies locally so much, and "cash cow advertising rags pretending to be community papers". I had made up with the editor and was negotiating a new column by the time the *Watch* folks finally saw that last slam. They took it personally. And they have a point. Noting how expensive it is to keep the Montrose presses rolling. Maintaining a staff to churn out

Continued next page

Up Bear Creek from previous page

local and regional copy every couple days. How much in advertising they give back to the communities they serve ... Journalism has rarely been a cash cow in any community. I have to agree. My apologies for demeaning a tough profession, especially as they are under increasing presidential threat ... Print media and advertising information still plays an important place in our local, regional and national communities, and we're better off for it, even as the journalism paradigm is changing.



Todos Santos sunset; Women's March on the plaza of Todos Santos, Jan. 2017

THE TALKING GOURD

Dove Creek

"Hey friend," Ernie asks
He wants a favor

We're pols in adjoining counties
& we've helped each other out
more than once

"Write me a poem about
odd friends," he asks

& McRedeye laughs
He knows you don't always dance
with the one you come with

"No bull, Ernie"
I chime in

And it's true
some of the most virulent
opinionated hardcore issue opponents
& even a few half-soused jock talk
bigmouths I've met at conferences
hotel bars or hospitality suites
can turn out to be
quite charming souls

Not opposed to goodness

Maybe a little twisted
Like a grain elevator
gone to seed
Or yellow tractors
chained to their rusts

So, why is it
McRedeye wonders
the people you fast friend
can be crazy bi-polar opposites
you never would have
expected to nod to
on the street

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REGIONAL NEWS BRIEFS

KATE JOYCE JOINS UTE INDIAN MUSEUM AS EDUCATION COORDINATOR

Special to Art & Sol

MONTROSE The renovation and expansion of the Ute Indian Museum included an addition to the staff to provide education programming and support for the expanded facility.

The Ute Indian Museum is excited to announce the hiring of the new education coordinator, Kate Joyce.

"I am excited to have this opportunity to provide students in the community engaging, hands-on learning experiences about the Ute history and culture through school tours, classroom programs and camps," said Joyce.

Joyce brings experience to the Ute Indian Museum in education, marketing, special

events and visual arts. She will be providing outreach to schools on the Western Slope, working to increase school visitation to the museum and matching educational tours to state standards. The new education programs will help educators to connect Ute history, culture, art and way of life to their curriculum.

"The Ute Indian Museum is fortunate to have Kate join our team with her enthusiasm for the community, education and Ute history," said museum Director CJ Brafford.

"She is a great asset to the museum and her programs will enhance the educational experience for students and the community."

The renovated and expanded Ute Indian Museum will be open to the public in June 2017 with new exhibits that will help make connections between past and contemporary Ute life and culture and the Ute peoples' history of adaptation and persistence.

Prior to the museum reopening, Joyce will be offering history take-out lessons in classrooms around the Western Slope.

For more information on reserving a school tour or history take-out, contact Kate at kate.joyce@state.co.us. The community can make contributions to support education programs and the development of new exhibits at h-co.org/uteindianmuseum.



NOTES FOR THE JOURNEY...

Exploring Classical Music With Rob Brethouwer

WHY I DON'T WRITE ABOUT COUNTRY. OR WESTERN.

It seems that after every four or five articles, questions pop up from people asking me about what I am writing about. The most reasonable comments and questions have been centered around the question, "Why don't you write about music that people actually like?" I of course ask them what kind of music this might be and the majority has responded with country or western (is there a difference between the two?) with classic rock and bluegrass rounding out the remainder of the comments. I find this a little baffling because after 81 continuous articles about classical music, why would somebody expect me to write about something else?

The main reason I do not write about these genres of music is because I know very little about them. My editor has an expectation that I produce a certain amount of words per article and has an expectation that I at least make the attempt to make some sense. If I were to write about country music my weekly offering would max out at about 83 words and each article would be some variation of Kenny and Dolly's "Islands in the

Stream" and I'm not sure that even counts as country. Throw in a touch of Alabama and a hint of Willie Nelson and my well of knowledge of country music has been milked for all it is worth.

The other reason that I do not write about country, western, or bluegrass music is that I cannot bear to listen to them on any level. I would rather watch white paint dry or be forced to watch reality television than listen to country music. The twangy sounds and the good ole' boy/girl voices make my ears bleed. Tales of unemployment, divorce, abuse, troubling times, and Grandma's famous moonshine make me want to seek immediate and extensive therapy.

These are the reasons I do not write about the ever-popular country music. If someone out there can explain to me the difference between country and western I would be forever grateful. I am thinking that western music involves some sort of outfit with rhinestones and a sidekick named Elba Mae, but I could be mistaken.

The purpose of this weekly article is to write about something that I know very

well and that is something a bit different than you usually see in this community. It is an outlet for the writer and is designed to offer basic information to interested readers. Another person asked me when I was going to run out of information and stop writing these articles.

I informed them that I have barely scratched the surface and I can keep this up for a very very long time. Once I have to actually look things up and not write based on what is in my head I know I will be reaching a point where I simply need more education myself and to expand my own music exploration.

For the time being, there is enough information readily available upstairs to go on for another 100 articles without really breaking a sweat.

To all the country and western fans out there I wish you the best. I am thinking that there are resources out there for you. If you are not finding what you need, perhaps you can think of starting to write something on your own. Sharing a musical passion feels wonderful and there is always an audience, no matter how small.

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COMMUNITY NEWS BRIEFS: ARTS & EDUCATION

CURECANTI MEDICAL SOCIETY AWARDS FOUR SCHOLARSHIPS



Special to the Mirror

MONTROSE-The Curecanti Medical Society (CMS) proudly announces that four area students have been awarded scholarships in honor of the late Doctor George G. Balderston. The CMS Scholarship program originated over thirty years ago to assist students in pursuing a career in the medical field. The Montrose area physicians of the CMS fund the scholarships, which are awarded annually. Each student was awarded between \$500 and \$2,000 to further their education. *Pictured from left: Bev Roth, RN, pursuing a Master's in Public Health degree at Concordia University, Jennifer Halbach, pursuing a Bachelor's of Science in Nursing Degree at Colorado Mesa University, Dr. Gayle Frazzetta, Curecanti Medical Society, and Mirella Zavala, pursuing a degree in Medical Lab Technology at Colorado Mesa University. Not pictured: Dylan Trujillo, pursuing a Doctor of Osteopathy at A.T. Still University in Kirksville, Missouri.*

WEEHAWKEN KICKS OFF 'THE BUSINESS OF ART'

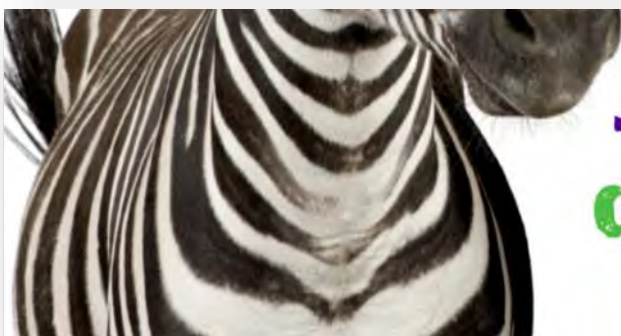
Special to Art & Sol

RIDGWAY-Weehawken Creative Arts has kicked off 2017 with a new series for artists and creatives looking to enhance their business knowledge and career prospect. "The Business of Art" will be presented throughout the year on a variety of business-building topics in partnership with the Ridgway Creative District, the Ridgway Chamber of Commerce and Region10.

Part two of Weehawken's 2017 series is "How to Hashtag and other Instagram Fundamentals", which will offer an basic overview of how to use the Instagram social media platform as a business marketing tool. This class, co-hosted by John Clark, Ashley King and Trisha Oakland, offers introductory skills for using Instagram to market their business and products, enhance brand recognition and create a unique voice for within their industry. A more advanced workshop may be offered later in the year, with more in depth and advanced techniques to all those interested.

Join Weehawken Creative Arts on Monday February 6 at the Sherbino in Ridgway (604 Clinton Street, Ridgway) from 6-8 pm. Registration is just \$10. All attendees should bring a smart phone or tablet with an Instagram account set up on it, and encourage all to have pictures available on their device to upload and use during the class.

For more information or to save your spot and register in advance, head to Weehawken's website at www.weehawkenarts.org or call Weehawken at [970.318.0150](tel:970.318.0150).



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COMMUNITY NEWS BRIEFS: ARTS & CULTURE

ROCC DINNER TO FEATURE ROLAND MCCOOK, HONOR LYNN PADGETT

Special to Art & Sol

RIDGWAY--The annual ROCC Spaghetti Dinner will feature a visit with Ute Elder Roland McCook, Sr., performances by Ute musicians and plenty of home-cooked fare Saturday, Feb. 4 at the Ouray Community Center.

Offered by the nonprofit Ridgway-Ouray Community Council (ROCC), the dinner begins at 6 p.m. followed by an awards presentation and McCook's keynote presentation. The Ute Mountain Ute Tribe Drum Group with Alfred Wall and flute player Eldean Ketchum will celebrate Ute culture with traditional music.

McCook, former Northern Ute Tribal Chairman and current chair of Native American Cultural Programs, will speak on "The Utes Then and Now: Connecting Nature, their Land, and Spirituality."

Born on the Uintah and Ouray Reservation in Utah, McCook is the next likely descendant of Chief Ouray and his wife, Chipeta. Now living in Montrose, he served eight years on the Smithsonian Institution's Native American Repatriation Review Committee, which returns Indian artifacts and human remains to native peoples of the Americas. As chair of the Native American Cultural Programs, McCook shares his people's connection to the land and oral traditions through educational talks and cultural events.

Another highlight of the dinner will be

presentation of ROCC's annual Outstanding Citizen Award. This year the award goes to former Ouray County Commissioner Lynn Padgett for her eight years of exceptional public service to the county. The award honors and thanks those who have made sustained contributions to Ouray County's quality of life.

Throughout her two terms as county commissioner, Padgett offered innovative ideas that increased efficiencies for the county. She credits county staff for their hard work in implementing redesign of the IT department, which saved taxpayers money and cut Internet and phone bills in half. She initiated energy efficiency projects for the courthouse and 4-H Center and replacement of the fairgrounds' aging grandstands. She worked for improvements in the Road and Bridge Department such as the department's audit and strategic plan development.

Padgett, a geologist and wetland scientist, is passionate about water quality in the San Juan Mountains and protection of natural resources. She has advocated for more expansive Good Samaritan legislation that would limit liability for citizens who take on water quality improvement at abandoned mines. She fought for wildfire mitigation funding and for completion of the Ridgway Area Trails process by the Bureau of Land Management.

Working with her fellow commissioners

and county planners, she was instrumental in crafting and negotiating High-Country Residential Development regulations. The regulations, which apply to patented mining claims and mill sites in the county's high alpine zone, protect the critical tundra ecosystem and watershed health as well as scenic beauty and mining heritage.

In 2015, Padgett testified before Congress on behalf of Ouray County for continuation of the federal Payment in Lieu of Taxes (PLT) program. PLT was designed to compensate counties that include non-taxable federal lands for loss of property tax revenue. At the state level, she advocated for changes to off-highway vehicle regulations that would allow local governments to impose safety regulations and driver's license requirements on OHV operators.

She also spearheaded a public access project in which the county commissioners updated the county road map for the first time in 50 years. The map eliminates confusion about which trails and routes are designated as historic public access routes.

Padgett pursued solutions to the county's need for better broadband capability, which is critical for economic development. She created and donated the online Ouray County Community Calendar that promotes county events and encourages nonprofit collaboration.

WEEHAWKEN CREATIVE ARTS TO OFFER 'WHERE IN THE WORLD HAVE YOU BEEN: WRITING POEMS ABOUT PLACES WITH BETH PAULSON' ON FEB. 11

Special to Art & Sol

MONTROSE-In Weehawken's upcoming workshop "Where in the World Have You Been: Writing Poems About Places" students will work with instructor, Beth Paulson to focus on significant places in their lives and compose a few short poems about them. "Come prepared to have your memory stretched as you play with all five senses to create effective word images while leaving room for mystery and surprise, too," encouraged Paulson.

Instructor Beth Paulson writes and leads poetry and creativity workshops in Colora-

do where she has lived since 1999. Before that she taught English at California State University for over twenty years. She has also been a columnist for the Ouray County Plaindealer. Beth currently leads, Poetica, a bimonthly poetry workshop for Ridgway-Ouray area writers and co-directs the monthly Open Bard Poetry Series in Ridgway.

Beth's poems have appeared widely in over a hundred literary magazines, including most recently Front Range Review, Innisfree, and Off the Coast. You can read more about her poetry on the web-

site www.wordcatcher.com. An avid hiker and nordic skier, Beth lives with her husband Don in Ouray County in the shadow of Whitehouse Mountain.

Join join Beth Paulson for this poetry class in Ridgway on Saturday, February 11th at the Sherbino in Ridgway (604 Clinton Street, Ridgway) from 9 am to 1 pm. Registration is just \$60. Please register in advance. For more information or to save your spot and register in advance, head to Weehawken's website at www.weehawkenarts.org or call Weehawken at 970.318.0150.

Hold the Date! Upcoming Business and Cultural Events

JANUARY ONGOING-

AWANA EVERY WEDNESDAY: @ Rosemont Church 1598 E Niagara Rd Montrose CO. FREE Awana Clubs for Preschool—6th Grade. EVERY WEDNESDAY beginning January 18, 2017. We will have snacks/meal, certified teachers & tutors. 2:15- 3:30 pm - Homework/Tutoring/Study Time. Middle and High school students are welcome! 3:30- 5: pm - AWANA for Grades Preschool - 6th grade. 5- 5:30 pm - Meal provided for all Awana kids & adults present. Register/more info at 970.249.4887, email: office@rosemontbaptist.org or at www.RosemontBaptist/Awana.

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. 31-The KAFM Radio Room proudly presents Outer Vibe Jan. 31 @ 7:30 p.m. Tickets are \$18 in advance and \$20 at the door \$12 for students with ID (must be purchased in person) 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.

Feb. 2-March 23-Great Decisions, America's largest discussion program on world affairs, will meet Thursday evenings Feb. 2 through March 23, from 6:30-8:30 pm in the Montrose Library Meeting Room. Participants will view a related DVD and then participate in a discussion, led by Barbara Krebs of the League of Women Voters. A briefing book is available at the library for check out or purchase. Call the library at 249-9656 (ext. 3) to register or for more information.

Feb. 4-The San Juan Mountain Runners are excited to present the 7th Annual Winter Rim Romp at the South Rim of the Black Canyon of the Gunnison National Park on Saturday, Feb. 4th, @ 10:00 a.m. All proceeds benefit Mended Little Hearts of Western CO, a non-profit providing support to parents of children with congenital heart defects. For more info check in with Jan at jbridgway@msn.com.

Feb. 6— Montrose Giving Club at the Bridges of Montrose, 5:30 p.m. Quarterly Giving Club meetings for 2017 are scheduled for Feb. 6, May 1, Aug. 7, and Nov. 6, and are open and inclusive to all. For more information contact Hansen @ sue@suehansenspeaks.com or Benziger @ phebenator@hotmail.com.

Feb. 7-6:30-8 p.m. Predator Reduction Mule Deer Population Study Presentation at Ridgway Community Center/Town Hall, 201 N. Railroad St. Ridgway. For more information please contact northernsanjuanbroadband@gmail.com.

Feb. 8-Citizens Climate Lobby meets on Wednesday Feb. 8,@ 6:30 Centennial Room, behind Montrose City Hall 433 S 1st.Our community corresponds with legislators on importance of sustainable environment. Come get involved.

Feb. 11-Cerro Summit Winter Carnival 9:30 a.m. to 2:30 p.m.

Feb. 11-Boy Scouts of America will hold the Klondike Derby at the Black Canyon National Park campground. Events include fire building, wooden snake races and Klondike sled races. Scout representative Gary Davis said, "The Klondike Derby is a Boy Scout's introduction to winter camping." The public is invited and events begin at 9 a.m.

Feb 11-HRMS Presents "Gabrielle Louise: A Concert for The Heart", Live at Healthy Rhythm Art Gallery (Montrose) 7pm, more information and tickets here • <https://www.facebook.com/events/179631289179722/>.

Feb. 12-'Heartbeat' Acapella Valentine's Salon Concert - Sunday, Feb. 12, 3 p.m., Centennial Ranch, Colona. Presented by the Ouray County Performing Arts Guild. Tickets \$35 members/ \$40 nonmembers, by reservation only. Call Sue Hillhouse, [970-626-2970](tel:970-626-2970).

Feb 14-Alpine Photography Club Meets on Tuesday, Feb. 14 @ 7 p.m. @ Colorado Mesa University, 245 S. Cascade Ave., Montrose in Room: 203 (second floor). Presentation: Horse/Western Photography by Barb Young. All are welcome to attend.

Feb. 22-The City of Montrose Youth Council "Teen Opportunity Expo" (TOE) 2:30 to 4 p.m. in the Montrose High School cafeteria. Area youth ages 13 to 19 are invited to attend this free event to visit with local business and organization representatives for summer jobs, volunteering, and internships. Interested local businesses and organizations can obtain more information or reserve booth space by contacting the City of Montrose Youth Council Coordinator Tina Woodrum at [970-240-1415](tel:970-240-1415), or by accessing forms at the following links: CityofMontrose.org/YouthCouncil.

Feb. 23-24-Western Slope Soil Health Conference, Delta Center for the Performing Arts & Education 833 Grand Ave.

March 5-CASA of the Seventh Judicial District Dancing with the Stars 2017. Montrose Pavilion, 2 p.m. (tickets \$15) and 6 p.m. (tickets \$35). **For tickets visit** <https://tickets.montrosepress.com/>.

Mar 31-HRMS Presents "Nathan McEuen: Live at The Gallery", Healthy Rhythm Art Gallery (Montrose) 7p, more information and tickets here • <https://www.facebook.com/events/362656074100817/>

Apr 1-HRMS Presents "Nathan McEuen: Live at The Gallery", Healthy Rhythm Art Gallery (Montrose) 7p, more information and tickets here • <https://www.facebook.com/events/1141509805965527/>

Give Back Days

At Mi Mexico Mexican Restaurant

Come enjoy a delicious meal and we'll donate 20% *
of your total check to a local non-profit.

Every Wednesday...Every Month...All Day (11 am - 10 pm)

Over 200 entrees to choose from!

1st Wednesday: The Homestead at Montrose

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
"Give Back Days." 20% of your total
bill will be donated to the
designated charity.*

**SUPPORTING IS
NOW DELICIOUSLY
REWARDING.**



**Mi Mexico Restaurant
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Montrose, CO 81401
(970) 252-1000
(970) 252-1111 Fax**

*Coupon must be present

Contact the Montrose Mirror:

970-275-0646

Editor@montrosemirror.com

www.montrosemirror.com



Sculptor Lee Baxter's Colorado Trash Fish, displayed in front of City Hall, is part of the City of Montrose's permanent Art collection and was acquired through Montrose Public Art eXperience, or PAX.

2017 Health Fair

Early Blood Draws

Montrose Pavilion
February 1, 2, 3, & 4
6:30-9:30 a.m.

Additional Locations for Early Blood Draws

January 28th
4H Event Center in Ridgway 7:00 - 10:00 a.m.

January 30th
American Legion Hall in Olathe 6:30 - 9:30 a.m.

Blood Tests Offered

- Chemistry & Lipid Profile ~ \$45
(includes iron binding and TSH)
- Hemoglobin A1C ~ \$35
(additional screening for diabetes)
- PSA for Prostate Health ~ \$30
 - CBC ~ \$20
(complete blood count)
- Vitamin D Screening ~ \$40
- Vitamin B-12 ~ \$40
- Male Testosterone ~ \$45

Appointments may be made online for all three locations at
www.MontroseHospital.com
January 15-26

Health Fair 2017 is
Saturday, February 25

The lines are long, so MMH offers early blood draws to make it more convenient for you.

12 hour fast required. Drink lots of water!
We will NOT bill your insurance. Checks and cash only.

Co-Sponsors



Montrose Memorial Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.