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

THF ONTROSEM I R R O

Issue No. 207, Feb. 6 2017

LOCAL COMPANY BRIGHTENS FUTURE WITH SOLAR



Josh Fabian of Dynamic Integration, with a solar panel. Solar energy is a great investment today, he said.

By Caitlin Switzer

MONTROSE-There has never been a better time to go solar! One Montrose company wants you to know that any investment made in a new system today will be returned in the form of energy and cost savings tomorrow.

"Solar power has never been more affordable," Josh Fabian of Dynamic Integration Systems said. "Prices have dropped over the last couple of years, and there are still federal tax credits available—so it is surprisingly affordable compared to ten years ago."

After six years in Montrose, **Dynamic Integration** continues to serve the local market with a team of four electricians certified through NABSEP, the North American Board of Certified Energy Practitioners, he said. "We don't skimp on service or quality."

Continued pg 3

OUTDOOR GUIDE FROM THE SHERIFF'S POSSE ...WHAT YOU NEED TO KNOW ABOUT MT LIONS!

By Mark Rackay REGIONAL-In June of 2016, a five-year-old boy was attacked by a mountain lion while playing outside of his home near Aspen, Colorado. The boy's mother physically removed him from the grasp of the lion. The boy and his mother both suffered serious injuries but were expected to recover.



Mountain lions are very common in western Colorado but few people actually ever see one. Attacks against humans are even more rare. According to Colorado Parks and Wildlife (CPW), there have been less than 12 human fatalities from a lion attack in North America over the last 100 years.

Young lions, which may have been forced to hunt on their own, commit most attacks. The young lion will usually target easy prey such as small pets. Young children, left unsupervised, could be at risk if a lion is in the area.

A mountain lion is a very quiet, stealthy and elusive animal. They live in primitive and rugged country with lots of cover, rarely exposing themselves. Lions are loners and

Continued page 6

Liesl visits a Montrose

Gail Marvel's Houses of Worship!

Art Goodtimes' Up Bear Creek! Inside Outreach Series Kicks off... With Venue Owner Yvonne Meek!

The Montrose Mirror | February 6, 2017 Page 2

HOUSES OF WORSHIP: COVENANT CHRISTIAN FELLOWSHIP



By Gail Marvel

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

Covenant Christian Fellowship take place on Saturday, the Sabbath. The auditorium seating is a semicircle of recliners, rockergliders and conference chairs. A 12-foot tall semblance of a gold Menorah stands against the east wall and colorful freestanding flags serve as the backdrop for the praise team.

About 30 worshippers were present on Dec. 3, 2016 and I was welcomed by Debbie, who recognized me from a previous visit, and Ray, a Jewish man who wore a yarmulke.

Accompaniment for the six-member praise team was a keyboard, two sets of drums and two guitars. Two shofars, rams horn instruments used as a call to worship, were blown by a man and a young boy.

The service began by singing Happy Birthday to 89-year-old Rose, "Since I'm here today the Lord doesn't want me yet!" Announcements were followed by 30 minutes of general discussion, answers to prayers and prayer needs. Similar to a family gathering where everyone chimes

thoughts and ideas, the group not only mentioned a prayer need, but then gave the history and the background associated with the request. For instance, details for a member driving home through a recent snowstorm included the amount of snow, the length of the trip and the arrival time.

A 30-minute song service followed the general prayer discussion. With what appeared to be a blend of traditional, Jewish and contemporary worship some people stood with raised hands and others remained seated while women and young girls danced around the room in a grapevine type choreography. Praise songs included "God is Good All the Time," "I See the Lord," and "Breathe." Pausing to reflect on the song "Breathe," Dillard Griffith said, "Every breath you take; there is no cost to the breath you take..." Without missing a beat Ray quipped, "Don't worry, some Jew will figure that out!"

The Torah Reading for the Week: Toldot (Family History), Torah (Genesis 25:19, 28:9), Haftarah (Malachi 1:1, 2:7), Gospel (Luke 3:1-18). There was no pastor per se, but elders read the bulletin commentary, a lesson titled "History," which was given by Elder Raymond Battalla-Santago.

Battalla-Santago spoke to people of faith being the light of the world, "Do you give

to your family, the church, your friends? Will you help someone who is totally against everything you are? If you give to him, you are a light to him." Asking the audi-

ence to consider what amount is enough he said, "What's your enough? If you have what you need, downsize. Give to those who don't have. Do you give for God, or do you give for self-entitlement?"

Battalla-Santago took a spin around the political landscape lamenting, "We have a government that takes over our heath care, education, welfare, lights, gas and census. It can shut down an airport and decide who can fly. It can control your money and empty your bank account. No President [Obama] has stripped people of their rights like this man has. Will the man coming in [Trump] repeal, or will he build on these laws?"

Following the lesson, Battalla-Santago opened the service up for general discussion and people were free to contribute their thoughts. It was unclear if the opinions stated were based on the Bible, or extra biblical texts. For instance, one man said, "Isaac's descendants will be as numerous as the stars in the sky; Ishmael's descendants will be as numerous as the sand on the sea shore. Isaac's descendants bring light." Other discussion included reading a lengthy Daily Sentinel human interest story and a review of the movie "Hacksaw Ridge."

Contact Information: Covenant Christian Fellowship 62701 E. Jig Rd. Montrose, Co 81401 Saturday 10 a.m. - 12 p.m. Contact person: Penny 240-1111



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LOCAL COMPANY BRIGHTENS FUTURE WITH SOLAR From pg i

Solar isn't just for folks who are concerned about the environment, he said.

"That is a good concern to have," he said,
"but it has become increasingly viable as

Montrose, Colorado 81401

an investment. Obviously you can reduce or eliminate costs associated with electrical use, but solar also increases the value of your home." Though experienced and capable of all types of electrical work, Dynamic Integration emphasizes solar installations that include grid tie, grid tie with battery backup and off grid.

Smaller homeowner projects will receive the same level of professionalism and expertise the company brings to its largest commercial projects. "We are very experienced with large scale projects in Grand Junction and Montrose," Fabian said, "but we actually prefer residential projects, whether the project is solar or electrical." Solar power works very well, and provides strong return on investment, he said.

"We want to let general contractors and homeowners know that we are here," he said. "It makes sense to include solar to improve the resale value of your home; the younger generation really recognizes the value of this."

According to National Geographic, every hour the sun beams onto Earth more than enough energy to satisfy global energy needs for an entire year, though solar energy technology meets less than one tenth of one percent of energy demand across the globe. Still, "solar energy use has surged at about 20 percent a year over the past 15 years...with tax incentives, solar electricity can often pay for itself in five to ten years." By making use of solar energy, homeowners can become part of the solution to our nation's energy needs.

Best of all though, solar installations can also be quick and efficient; "They usually take two to three days at most," Fabian said. "We also do battery backup and grid systems." Learn what Dynamic Integration can do for you by calling 970-249-0836, or by visiting the web site at www.dynamic-integration.com.



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Josh Fabian, President

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The Montrose Mirror | February 6, 2017 Page 4



MONTROSE ELKS LODGE: ELK TRACKS!



Welcome to Elk Tracks, a periodic update the last Game #8 could of what is taking place at our local Mont- reach \$620.00! Whew' rose Elks Lodge, located at 801 So. Hill- we will be busy awardcrest, Montrose CO 81401.

Bingo: The planets and stars may align For an exciting night for an exciting Bingo night on Valentine's be sure to join us to Day February 14th. If no one wins Pro- play Bingo at Montgressive Games #2 & #4 on February 7th, rose Elks Lodge every both will reach "Must Go" status on Feb- Tuesday ruary 14th (cross your fingers). At that time Doors open at 5:15 PM both Jackpots must be given away no and Card sales start at matter how many numbers it takes. Pro- 5:45. An "Early Bird" gressive Game #2 will go at \$500.00 and set of 5 guick games Progressive Game #4 will go at \$1,199.00. begins at 6:30 and the main Bingo session gressive Game #2 is worth \$404.00 and If both Games are awarded February 14th, starts at 7:00 PM. (Open to the Public)

ing all that cool cash.

based on attendance, as an added bonus Bingo February 7, 2017 6:30 PM - Pro-

Progressive Game #4 is worth \$1,087.00. Both can be won in 37 numbers or fewer.

Progressive Game #6 is worth \$8,627.00 and must be won in 53 numbers or fewer or the prize posted will be awarded.

Bingo on January 31, 2017 Seven (7) Games paid \$100.00 to each Winner and the last Game #8 paid \$420.00 to 1 Winner. Jackpots are paying well as the more people that play, the bigger the Jackpots.

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.

Western Slope Soil Health Conference

WHEN

February 23, 2017 / 8:00a-5:00p

February 24, 2017 / 8:00a-1:30p

WHERE

The Delta Center for the Performing Arts and Education

833 Grand Avenue, Delta CO 81416

Featuring: Jon Lundgren & Keith Berns

Local Speakers: Katie Alexander, Steve Woodis, Jerry Allen, Reed Irwin, Patrick O'Neil . Paul Maudlin . Jeff Schwartz . Frank Stonaker . Thomas Cameron . Jim Parker . Lance Swigart . Jenny Beiermann . Ray Ward . Harrison Topp . Gary Maskus . Arlin Geigley . Randy Hines . David Harold . and more speakers are being added.

ADVANCED TICKETS

\$20 College Student w/valid ID

\$40 General (Early registration until Feb 8, 2017)

LATE REGISTRATION

\$20 College Students w/valid ID

\$55 General (After Feb 9, 2017 or at the door)















The Montrose Mirror | February 6, 2017 Page 5

Presented By

- The Market at **Mountain Village**
- David & Gaynelle Mize
- Dawn & Dave Gordon
- The Ridgway Mountain Market



Afternoon Matinee 2:00pm **Evening Performance 6:30pm**

Team 5 - Lisa, Danelle, Lanae



Lisa - Executive Director, Voyager Youth Program Danelle - Program Manager, Voyager Youth Lanae - Vice President, Voyager Board of Directors

Choreographer: Madison Fowler

To have your donation or ticket purchase directly support Voyager Youth Program, call (970) 626-4279.

View the Teams



Dancing for Voyager

Voyager Youth Program (Ouray County Schools Community Resource Consortium) is a substance use preventionfocused organization that is also a Colorado licensed elementary-aged child care facility and teen center, serving youth, ages 5-18. Voyager is committed to developing resiliency, self-confidence, and compassion in youth so that they may reach their full potential, by providing science, nature, music, cultural diversity, art, and sports activities in a yearround, safe, stable, relationship-nurturing environment. . Voyager uses positive, evidence-based support strategies to effect change, increase protective factors, and decrease risk factors in Ouray County.

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Save the Date!

... WHAT YOU NEED TO KNOW ABOUT MT LIONS From page 1

generally prey on deer, elk calves and other small game animals.

Lion encounters have been on the increase in recent years. This is partly because people are encroaching on their territory. As our urban sprawl moves us into lion habitat, their territory overlaps with ours. We have many hiking, biking, ATV and running trails along the fringes of metropolitan areas that pass directly through lion country.

Mountain lion populations seem to be on the increase in recent years. Personally, I have seen more lions in the last four years than in the last 35 combined. The CPW has opened limited hunting seasons on them in recent years because of the increase in numbers.

Prospective hunters must first take a class from CPW before a license can be purchased. The class teaches hunters how to judge a lion's size from his tracks. CPW prefers that only adult males be taken, and teaches hunters how to identify the males from the females.

There are a few things you can do to stay safe in the event of a lion encounter:

*Stay in groups when you walk or hike in lion country. Keep your children close and your pets on a leash. Make noise, like talking, so as not to surprise a lion.

*If you encounter a lion, stay calm. Do not run as it may trigger his attack instincts. Never approach the lion and make sure you leave him an escape route. Back away slowly from the scene.

*Try to appear larger by raising your arms or opening your jacket. Pick up small chil-

Thanks for reading the
Montrose Mirror!
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dren to keep them from running away in fear. Hold your pets close to you.

*If the lion becomes aggressive, fight back. Throw stones; swing a walking stick or jacket. Avoid crouching down or turning your back to him, staying upright at all times. Prey that fights back usually drives off lions.

*After a lion encounter, notify the Colorado Parks and Wildlife office immediately. An aggressive lion needs to be dealt with and it is best to let the professionals handle the situation.

Mountain lions are very beautiful crea-

tures, and witnessing one in the wild is a rare occurrence. If you happen to see one, enjoy the beauty and stealth of the animal, just keep a safe distance.

For more information on Colorado Mountain Lions, check out the CPW website at www.cpw.state.co.us and until next time, enjoy the outdoors.

Mark Rackay is a freelance writer who serves as a Director and Public Information Officer for the Montrose County Sheriff's Posse. For information about the Posse call 970-252-4033 (leave a message) or email info@mcspi.org.



The Montrose Mirror | February 6, 2017 Page 7

REGIONAL NEWS BRIEFS

DRUG TASK FORCE SEIZES MORE THAN 10 POUNDS OF SUSPECTED METH

Special to the Mirror

MONTROSE-On Jan. 26th, the Drug Task Force, in conjunction with the Drug Enforcement Administration and members of the Western Slope Drug Task Force, seized approximately 10 pounds of suspected methamphetamine, firearms, and ammunition during a traffic stop. The joint Sheriff Rick Duneffort is the result of a multi-agency investigation spanning from California to Colorado. A search warrant for a 2001 Buick Century was obtained as part of the investigation. At 7:30 p.m., on the evening of January 26th, a vehicle matching the description was observed on Interstate 70 with California license plates and stopped by members of the Mesa County Sheriff's Office. Following the search, approximately 10 pounds of suspected methamphetamine was seized, as well as ammunition and several firearms, including a semi -automatic AR-15 style rifle. As a result, both Robert Lafond and Alicia Kissell were arrested for charges relating to the transport, importation, and distribution of schedule II narcotics, possession of paraphernalia, possession of weapon by a previous offender, and additional charges.

"The Drug Task Force is a key element of interagency work we do to target drug suppliers," said Montrose County lap. "This is win for the Western Slope and our local community and we are proud of the time and effort the Task Force spent putting the case together." The Drug Task Force is comprised of members of the Montrose County

Sheriff's Office and Montrose Police Department. It is primarily funded by both agencies and serves as the narcotic investigation arm of the community. Since 2015, the Drug Task Force has handled over 100 cases and seized nearly 30



Following the search, approximately 10 pounds of suspected methamphetamine was seized, as well as ammunition and several firearms, including a semi-automatic AR-15 style rifle. Courtesy photo.

pounds of methamphetamine, over 30 ounces of cocaine, 40 grams of heroin, 1,250 marijuana plants, and 2,525 pounds of dried marijuana for distribution, as well as nine firearms and one vehicle used in the commission of crimes.



The Montrose Mirror | February 6, 2017 Page 8

DA RELEASES FINDINGS IN OFFICER-INVOLVED SHOOTING



The pick-up truck driven by MCSO Deputy Bruce Schmalz shows three bullet holes in the hood and three through the windshield.
Courtesy photo.

By Gail Marvel

On Nov. 11, 2016 Montrose County Deputy Bruce Schmalz was on patrol in the remote LaSalle Creek Canyon area of Montrose County. Five miles from the Utah border the deputy had no radio or cell service and although he was on a routine directed patrol, his exact location was unknown to dispatchers.

Driving a marked Montrose County Sheriff's pick-up truck on a single-lane dirt road, Deputy Schmalz came upon a man standing next to a motorcycle. The deputy stopped his truck when the man appeared to be removing a gun from the motorcycle saddle bag.

In a matter of seconds, the attacker came toward the deputy's truck yelling "Put your hands up, put your hands up, put your hands up!" As Deputy Schmalz struggled to get out of his seatbelt and get to his own handgun, the attacker fired directly

Continued next page

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DA RELEASES FINDINGS INOFFICER-INVOLVED SHOOTING From pg 8



MCSO Deputy Bruce Schmalz. Courtesy photo.

at the officer, lodging three bullets in the hood of the truck and three bullets into the windshield. At the time Deputy Schmalz did not realize that he had been shot in his left hand. The assailant turned back toward the motorcycle, released the magazine in the handgun and appeared to be reloading. Deputy Schmalz exited his vehicle and was standing behind the door when the attacker again turned in his direction. The deputy fired several shots hitting the man in the left hand and the head. The assailant collapsed to the

ground.

Unsure of the assailant's condition, or if there were any other threats in the area, Deputy Schmalz got into his pickup and backed down the road until he found a place to turn around. He then drove to Highway 90 where he contacted dispatch on his radio. With a response time of 20 minutes Deputy Coroner Jack Lee arrived on the scene to assist Deputy Schmalz.

Immediately after the shooting the Deputy Schmalz activated the Arbitrator Video System which records the 30 seconds prior to being activated. In this instance the captured images include the assailant approaching the deputy with a gun drawn, the muzzle flash, the man discarding the magazine and then appearing to reload. The last image released to the media shows the assailant turning back toward the deputy just prior to being shot in the head by the deputy. The deceased, William Ray Score Jr., was found to have an AR style .223 caliber short rifle and additional ammunition in the backpack he was wearing. The motive for the ambush is

speculative; however, evidence from incidents that occurred in Larimer County, Colorado demonstrate that Score held views hostile to law enforcement and justice officials. The toxicology report performed as part of the autopsy was positive for THC, the active ingredient in marijuana.

Score, along with self-described common law wife Kathy Allred, were living in a camper in Naturita while he looked for work. Allred confirmed that Score was, "... not happy with the police."

On Jan. 31, 2017, following a two and a half-month investigation, the District Attorney's Office of the Seventh Judicial District released the results of the Officer Involved Shooting (OIS) of William Ray Score Jr. The Seventh Judicial District Critical Incident Investigation Team (CITT), which involved nine separate law enforcement agencies within the Seventh Judicial District, submitted their findings and District Attorney Dan Hotsenpiller concluded, "Because his actions were lawful and justified under Colorado law, no criminal charges will be filed against Deputy Schmalz for any actions taken on November 11, 2016, in this incident."

Hotsenpiller stated, "In short, the threat was real, the threat was immediate, the threat was continuing and the threat was deadly." Sheriff Rick Dunlap said, "We had no official contact with the individual before the incident. This is a tragedy...it's one of those dreaded calls that you hope and pray you'll never get." Deputy Schmalz reportedly followed all the Montrose Sheriff's Policy and Procedures. "What he faced that day could have had an entirely different outcome."

Montrose County Sheriff Rick Dunlap activated the 7th Judicial District Critical Incident Investigative Team (CIIT) who responded and were on scene within hours of the incident. Responding law enforcement agencies were: Montrose Police Department, Delta Sheriff's Office, Colorado Bureau of Investigation (CBI), Delta Police Department, District Attorney's Office 7th Judicial District, Gunnison Police Department, Hinsdale County Sheriff's Office, Mountain Village Police Department, and the Ouray Sheriff's Office. This list does not include the numerous other officers and first responders involved in the incident.



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The Montrose Mirror | February 6, 2017 Page 10

TRI-STATE'S MONTROSE MAINTENANCE CENTER HELPS OUT A NEIGHBOR



With an urgent need to replace drained batteries, Hinsdale County appealed to its neighboring counties Gunnison and Montrose for workers and equipment to assist them. Courtesy photo.

Carolyn Tucker, Tri-State G&T REGIONAL-Chris DePuy is a communityoriented guy. As a communications technician at Tri-State's Montrose Maintenance Center and a 25-year resident of Montrose, Chris has been involved in regional first responder activities for several years. Chris is also a volunteer with the Montrose Sheriff's Posse and keeps up with the latest issues involving the county.

Those relationships came in handy in mid -January when the Hinsdale County communications tower located on top of Hill 71, a 12,305 foot mountain, went dark. The solar battery pack providing energy to the station had drained and there was a problem with the back-up generator. The tower is critical for emergency service response and serves a 30-mile radius for calls including Colorado State Patrol, CDOT snowplows and other first responders in Hinsdale, Gunnison and Mineral Counties.

With an urgent need to replace the drained batteries, Hinsdale County appealed to its neighboring counties Gunnison and Montrose for workers and equipment to assist them. Montrose

County Emergency Manager Don Angell called Chris and asked Tri-State to contact the Hinsdale County Emergency Manager to ask if they would like assistance in reaching the high altitude station. They said "Yes." Chris immediately notified Transmission Maintenance Manager Mac Fellin, who quickly worked through Tri-State's internal channels (Ruth Marks and Joel Bladow) for final approval to provide assistance to the county, setting up a successful neighbor-helping-neighbor situation. At the same time Dave Sayles, Tri-State's Business Resiliency Manager and Crisis Management Manager was coordinating efforts with the Colorado Emergency Operations Center.

Montrose Maintenance Center employees John Verhoeven, Jeff Perkins, Bob Schwab and Keegan Burke were ready. The first problem: how to reach the tower at the top of the mountain through the heavy snow. Mac Fellin and Line Maintenance Supervisor Brad Hauger decided to use Tri-State's newer and larger Tucker snow cat because it could haul heavier loads such as solar batteries or possibly a temporary replacement generator. They sent Jeff on an eight-hour roundtrip

drive to Craig to retrieve the equipment and haul the wide-load, 40-foot long snow cat and trailer back to Montrose. Craigbased Keegan Burke followed Jeff, hauling additional equipment to Montrose. With snow cat in tow, the group left early the next morning for the three-hour drive from Montrose to Lake City with the Commercial Motor Vehicle Chain Law in effect on Highway 50. Upon arrival they met for a safety briefing and project planning session with members of Hinsdale County, including the maintenance, sheriff and emergency responders departments as well as with members of the Gunnison County sheriff's office and Hinsdale County commissioner Stan Whinnery.

Off they went on what became a two-day critical repair project, involving several jurisdictions, multiple trips up and down the mountain, creative problem solving and harsh weather conditions.

Tri-State's snow cat broke the trail to the tower site through six feet of snow, followed by Hinsdale and Gunnison County snow cats and snowmobiles. At the tower site the team, including Tri-State's John Verhoeven, evaluated the generator for repairs and removed the old solar battery bank. Once back down in town John repaired part of the damaged generator at the Hinsdale County shop and even returned to Montrose to get additional parts for the main unit. The next day the group made several more trips up and down the mountain and successfully installed new solar batteries at the station, repaired the generator and restored service to the communications tower.

Strong interagency relationships and a coordinated approach to the plan translated into the project's safe and successful outcome. Chris, John, Bob, Keegan and Jeff embodied the Cooperative Model's Seventh Principle – we are committed to supporting and serving the communities where we live and work - and solidified important relationships for the future.

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PLEASE, TAKE RESPONSIBILITY FOR BACKYARD FRUIT TREES!



Proper pruning while fruit trees are dormant can keep fruit trees healthy.

Story & Photo By Tanya Ishikawa REGIONAL-For a couple decades now, my family has been happily harvesting apples, pears, plums and cherries from four trees behind our house. The original owners of the property kindly planted these sweet-treasure-bearing trees for who knows what reason, since the land around our house is full of poor soil, sagebrush, piñon and juniper. Perhaps that couple wanted the romance of a few fragrant, beautiful blossoms each spring. Perhaps they wanted to sprinkle some red and purple in the green, brown and grey landscape.

Whatever the origin story of these four fruit trees, we have tried to pick at least a bushel or two from each at some point in the fall. Our luck and our harvest varies depending on how good we are at keeping the birds and squirrels away and whether we are too busy with work or travel to miss the ripe picking opportunity.

My family has watched the branches crowd more and more each year, and we have seen most of the fruit get smaller and smaller. Yet, not until recently have I really begun to consider the advantages of actually caring for these generous trees. Especially after the fall harvest is over and as winter is setting in, I begin to ponder what could be if I actually made

the effort to maintain these trees.

Apparently, the organizers of the recent Western Colorado Food and Farm Forum realize that winter is a time for contemplation, regrouping and gathering resources to plan for the next growing cycle. The forum is scheduled at the end of January each year, late enough in the cold season to let us enjoy and recover from the holidays but early enough to be useful as a part of setting a foundation for the spring.

Consequently and fortunately, forum presenter Larry Traubel's slideshow and discussion on "The Four Seasons of a Small Orchard" was well timed. He agreed that winter – the dormant season – is a time for growers to relax, travel and recover, but he cautioned the audience at the Montrose Pavilion not to forget that it is also a time for pruning trees.

Traubel has spent his career involved in production agriculture in Arizona, Idaho, Washington, and Colorado. He operated a 550-acre apple orchard in Arizona for many years, served as horticultural advisor at Hi Quality Packing in Delta, and owns and operates Eckert-based Cropworx, which he advertises as "Western Colorado's largest supplier of conventional and organic agricultural chemicals, seed, and fertilizer."

"You can prune any month of the year. When growers start depends on their schedules. Most will start in November. Trees are usually pruned in order of their sensitivity to damage. If a grower has all the fruits in their mix they will usually start with pears, then apples, peaches, cherries and apricots," he explained. But, it's not too late to prune anytime between December and February, when trees are still dormant and it's easy to see the cuts needed and labor isn't tied up with growing season activities. "Pruning is not an option; it's a necessity," Traubel said.

It's a necessity for tree health and for the most efficient fruit production, and should be repeated in the spring. And for people like me who are trying to revive a few neglected trees or reclaim a forgotten orchard, proper pruning is essential.

"If the trees are still healthy and actively growing, start pampering them," he said. "Open them back up to sunlight and start encouraging them to do what you want them to do – produce fruit."

However, he cautioned that "A lot of big old trees don't need loppers; they need chainsaws."

Unhealthy trees can get to a point of no return when it is better to remove them and start with new plants. Traubel emphasized this point when talking about trees infested with pests such as moths and worms.

"If you have a fruit tree, you have the moral obligation to keep it clean," he said, explaining that pests are mobile and can easily infest and ruin a neighbor's trees. If fruit growing is that neighbor's business, the damage can affect their livelihood.

"If you are going to put a fruit tree in your backyard, take care of it. If you are going to be a pest factory, please cut it down," he added.

Just in time. It was just the message I needed to hear as I sat considering my aging, uncared-for trees. If I want to continue to harvest those delicious, organic pears, apples, plums and cherries, I must take responsibility for the trees' health.

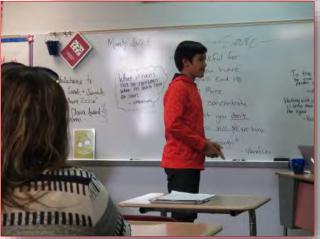
The Montrose Mirror | February 6, 2017 Page 13

MIRROR IMAGES...CENTENNIAL SPELLING FINALISTS



Above, <u>Centennial Middle</u> School eighth grader Dakota Miller correctly spells a word during the CMS finals for the District Spelling Bee on Feb. 1. Congrats to Dakota and the other finalists (at right)—Cullen Masterson, & Valerie Merritt. Watch the RE1J District Spelling Bee on Feb. 8, @ 6 p.m. in the Centennial Middle School Auxiliary Gym.













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CITY TO EXTEND LOAN PERIOD FOR LARGE SCULPTURES BY 1 YEAR

Mirror Staff Report

MONTROSE- **City Council Meeting.** The City of Montrose will acknowledge the Montrose Recreation District at the <u>regular City Council meeting of Feb. 7.</u>

Council will also consider and will hold a public hearing concerning Resolution 2017 -01, making certain legislative findings and approving the Urban Renewal Plan for the Colorado Outdoors Urban Renewal Project. Council will hold a De Novo hearing, to consider a request for a Conditional Use Permit (CUP 16-06) allowing a daycare center with more than eight but less than 16 children in an R-2 zone at 1023 Highland Street.

Council will consider accepting the City of Montrose 2017 Annual Annexation Report and 3- Mile Plan; as well as Ordinance 2411 on first reading, authorizing the sale of real property pursuant to § 1-9-2 of the Official Code of the City of Montrose.

Also at the regular meeting, Council will be asked to approve the following vehicle and equipment purchases: Mack LEU613/ Heil 5000 replacement rear-packer trash truck (pre-owned) from Transwest for

\$127,285.00; a Ford F350 replacement pickup truck from Sill Terhar Motors for \$40,195.00; a John Deere 544K replacement loader from Honnen Equipment for \$151,251.20; a Ford Explorer replacement sport utility vehicle from Sill Terhar Motors for \$34,219.00; a Ford F150 pickup truck from Sill Terhar Motors for \$28,325.00; a Toro Greens Master 3150Q replacement greens mower from LL Johnson for \$30,477.00; three John Deere Gator TX replacement work carts from Potestio Brothers for a total amount of \$23,099.88; and one Bobcat Tool Cat replacement multi-purpose vehicle from Bobcat of the Rockies for \$82,562.00.

Following staff reports Council will adiourn.

City Council Work Session. New City employees to be introduced at the Montrose City Council work session on Feb. 6. include Facilities Maintenance Technician Rex Burr; Parks & Special Projects Division Workers Brandon Owens, Darren Payne, and Travis Gurule; Public Works Environmental Compliance and Safety Coordinator Vanessa Sandoval, Director of Busi-

ness Innovation & Montrose Chamber of Commerce Executive Director Chelsea Rosty; Pavilion Technician Ryan Henderson; Patrol Officer Ryan Hanson and Line Mechanic Jace Cline.

Discussion items will include a Large Sculpture Discussion and Art Loan Extension Agreement that extends by one year the loan period for the large bronze sculptures by Wyoming artist Vic Payne currently on display downtown through a loan from Bill Widger of Ridgway. Contract awards for design of the City's Sanitary Sewer Master Plan Capital Improvement Projects 1 and 2 as well as a sanitary sewer collection system hydrogen sulfide assessment will also be discussed.

Items to be discussed at future work sessions include a Fourth Quarter Budget Review on Feb. 20 and a Western Slope Software Developer's Organization Intro on March 20.

Included in the <u>work session packet</u> are a fourth quarter police department report; a report from the Region 10 League for Economic Assistance & Planning; and a report from the Project 7 Water Authority.

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Work With A Local Mortgage Broker 18 Years Experience

NEIGHBORS ASK ABOUT MAINTENANCE, ROAD CHANGES @ SPECIAL MEETING

By Caitlin Switzer

MONTROSE-Neighbors of the Old Paradox Road took time to address the Montrose Board of County Commissioners at a special meeting Monday, Jan. 30, as the BOC prepared to approve Resolution 9-2017, listing changes, additions or deletions of roads within the Montrose County road maintenance system.

"Usually, every county submits a road inventory list to CDOT," County Engineer Dean Cooper said, noting that the state reimburses counties for maintenance through a formula in state statutes, though, "The Front Range gets the lion's share because they have more lane miles." Roads can also be added to the list on an annual basis, though roads that are not maintained are not eligible for funding.

Of particular focus at the special meeting was a 6/10 mile portion of the Old Paradox Road, recently opened to OHV and ATV traffic. Montrose County recently spent \$12,000 on a one-time effort to bring the road up to county specifications, but neighbors expressed hope that County maintenance efforts would be ongoing. Citizen Phil Booker address the BOCC, pointing out that Old Paradox Road has not been maintained in the past though it serves 35 local families.

"The Old Paradox Road has been neglected for years, and has fallen into disrepair," Booker said, and pointed out that roads serving far fewer people have been maintained as County Roads.

"I understand that we can get a permit and maintain it to County standards," Booker said, "But our homeowners' association has no money, which is why the road is not in great shape...a year ago it was a private road, and now the public is invited to use it...I don't think our members would vote to maintain it when your equipment is out there anyway."

Cooper said that the County will issue permits free of charge to citizens or HOA's wishing to perform maintenance with proof of insurance.

"The Board has the authority to add maintenance at any time," Cooper added. Mark Sorensen, who serves on the Beaver Hill Heights Homeowners' Association,

reminded commissioners that there is an 11 percent grade on Old Paradox Road. Traffic will increase as more people take advantage of the ATV trail, he said. "...If we could get the county in there even just once or twice a year to grade that, I think that would make a tremendous difference. We are very appreciative of the money you have spent repairing that road; they did a remarkable job on it and it held up well through winter." Nick Zappa thanked the BOCC for taking time to discuss the road and hear input from those who live nearby and depend on the road for access. "Frankly I'm thrilled," Zappa said, calling the OHV and ATV trail a great addition to the county. "There will be more traffic because it is such a neat area up there."

Still, additional traffic will cause additional stress to the road, he said.

Before the County opened a portion of the Old Paradox Road and performed some maintenance, "It was in great disarray," Zappa said. "It was dangerous...we were literally dodging each other coming up that hill...now it is a safe road to drive on...we are not asking you to maintain the entire area from Popular Road all the way back to the BLM boundary, only the 6/10 of a mile that you have opened up as access to the BLM. ...it could be part of the continued process of maintenance up there."

David Werden also expressed gratitude. "Thank you guys for finishing the road... it's been great...we appreciate anything you can do."

Many issues of access are created by developments that are not required by State law to undergo County review, Cooper said, attempting to clarify the difference between a true subdivision and a development of tracts that are 35 acres or larger. "Any division that is 35 acres or larger is not defined as a subdivision," Cooper said. "The developer is not required to give the County an opportunity for review."

Mark Wallen questioned why the V62 Trail was being changed from a private road designation to historic designation. "I have lived up there 13 years and it has been a private road...Is this going to be



County residents listen as Montrose County Engineer Dean Cooper answers questions at a special meeting Jan. 30.

part of opening up to some kind of future development for developing historic Happy Canyon?"

Commissioner Glen Davis asked Cooper and Laursen about the change. "I am completely in the dark to address that gentleman's concerns."

Cooper said that the road happens to be located within a 35-acre tract development. "It's very similar to what we did with old Paradox Road last year...almost an identical situation....all of our documents are very old. We don't have fee simple right-of-way; what we do have is basically the historic establishment of that road through use over time and the fact it existed across the public domain." The road had been designated as a private road erroneously, he said. "We felt that this was an opportunity to get that corrected...we were correcting a mapping error."

"The problem is when somebody buys a piece of property and fails to take historic right of way in account," Davis said. "We didn't take anything from you, nor do we intend to maintain it."

BOCC Chair Keith Caddy asked Cooper to present information on the cost of maintaining the portion of Old Paradox Road that has been opened to the public as well as a one to two year plan. "Can you research this and present information in a work session?"

Commissioners voted unanimously to approve Resolution 9-2017.

FLU SEASON MILD SO FAR, BUT PRECAUTIONS URGED

Mirror Staff Report

MONTROSE-According to the <u>Center for Disease Control</u>, flu season begins as early as October and can last through May. In addition to taking such precautions as flu vaccine, how can you best protect yourself and your family? CDC recommends avoiding others who are sick; staying home from work or school if you are ill; washing hands regularly; and covering your mouth or nose when coughing or sneezing. In addition, avoid touching your eyes, nose or mouth and following generally accepted habits of good health, including cleaning shared surfaces regularly, and getting plenty of sleep. Be physically active, manage your stress, drink plenty of fluids, and eat nutritious food, the <u>CDC</u> website recommends.

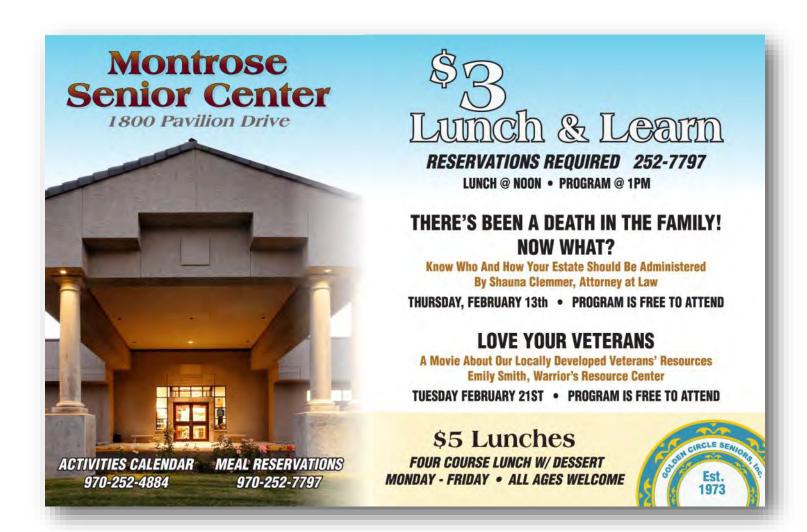
Here in Montrose, flu season has been relatively mild. "We are not seeing a high incidence of flu reported, nothing consistent," said Linda Vandehey of Montrose County Health & Human Services, noting that free clinics offered by local doctors and pharmacies, combined with County efforts to provide flu vaccines, have contributed to keeping the virus under control.

Another disease that had been on the rise in recent years, Pertussis, or whooping cough, has also seen a decline here, Vandehey said. "There has been a big push in the schools for the TDAP vaccine," she said. "It is mandated for grades six and up—that has definitely reduced the spread.

"We saw just one case of pertussis last year."

TDAP is a combination vaccine that protects against tetanus, diphtheria, and pertussis.

Circulating locally are anecdotal reports of respiratory and gastrointestinal viruses, but when it comes to serious illness, "So far so good," Vandehey said. "There was a case of mumps reported in Denver—we really encourage people to get vaccinated and to vaccinate their kids, even for the flu—it decreases incidence."



The Montrose Mirror | February 6, 2017 Page 18



Join us for good conversation, coffee, and pastries at The Morning Buzz with DMEA.

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Where?

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2017 SCHOLARSHIP DEADLINE IS FEB. 6

GUNNISON MAN SENTENCED FOR ASSAULT @WSCU

Special to the Mirror

GUNNISON-On Friday, Jan. 27, 2017, Mr. Anthony Kirkpatrick-Rivera was sentenced in Gunnison District Court. Mr. Kirkpatrick-Rivera entered a plea of guilty to Criminal Attempt to Commit Sexual Assault – Overcome Victim's Will, in violation of Colorado Revised Statute section 18-3-402 (1)(a), a class 5 felony.

Mr. Kirkpatrick-Rivera was sentenced to Sex Offender Intensive Supervised Probation for a term of five (5) years. As a condition of probation, Mr. Kirkpatrick-Rivera must serve ninety (90) days in the Gunnison County Jail, must successfully complete sex offender specific treatment, must undergo substance abuse treatment and must register as a sex offender.

This case arose out of a sexual assault in

a residence hall on the campus of Western State Colorado University in Gunnison on November 15, 2015. The victim and Mr. Kirkpatrick-Rivera were friends but had not previously been involved in an intimate relationship. At the time of the sexual assault, Mr. Kirkpatrick-Rivera was highly intoxicated. The victim had not been drinking and was not under the influence of any drugs. She immediately reported the assault to her Resident Advisor, underwent a Sexual Assault examination at Gunnison Valley Hospital, and received follow-up medical care and other assistance.

A Pre-Sentence Investigation Report determined that "a sentence to supervised probation is the most appropriate for this defendant." Mr. Kirkpatrick-Rivera has no

prior criminal history and a strong support system. A psychosexual evaluation placed the Defendant in the low risk range. The People fully support this sentence, and note that strong evidence shows that our communities are the safest when low risk sex offenders are in treatment and being supervised, as will be the case with Mr. Kirkpatrick-Rivera. The District Attorney expresses his thanks to the victim and her family in this case, for her courage and being willing to tell her story without hesitation or shame. The victim suffered significant trauma and injury from this sexual assault, but has remained an active student and athlete at Western State Colorado University. The People are grateful that this case was able to be resolved in a timely manner with an appropriate result.

OPINION/EDITORIAL: LETTERS

AMERICANS, WHO ARE WE?

Dear Editor:

These past few years has brought into question the Meaning of, "I'm an American". How can we be one when there are so many that are trying to break us into parts, rather than working to make America one united country?

We have seen a growth in racism, bigotry, and separation into groups based upon ones ancestral background, life styles and faith. How can we be united when we have a news media looking for the next horror story they can come up with or find, not carrying if it is true or false. We have a new President and as he establishes his management team we keep hearing B.S. like, he does not have enough females or Hispanics or blacks or natives or far easterners, about the only thing left out were those who are left handed or have one big eye in the middle of their forehead. What ever became of the idea of staffing yourself with the best people you know? Then their are those who have come here illegally who believe they should be given special treatment and then carry on with a flag from an other nation and don't attempt to speak the language of the land? Or the drugs and lack of a family unity that has created a down ward spiral in our respect for life, liberty and justice. Life and respect for each other has become a lost art. If we have no respect for ourselves and our bodies how can we respect others and our country. For many centuries religion of all kinds created direction for our lives and family and respect for others is now being lost. What we see today is a population looking only for a god time for themselves and to heck with anything else or other humans. Today I see people who take better care of their dogs than their fellow human beings. We see politicians who don't participate in our change of power because they lost and now no one is kissing up to them like in the last 8 years.

It is time we all improve our respect for each other and reunite as Americans for the one great country in the world that still has a chance to be great.

I call myself an American and I'm damn proud of it, if you don't feel that way, or support it, leave, get out and try it somewhere else Stupid!

Doug Glaspell, Montrose



The Montrose Mirror | February 6, 2017 Page 21



The Mirror

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



CUSTOM SADDLE MAKER STAYS BUSY IN MONTROSE



By Liesl Greathouse

MONTROSE-For horse lovers in the community, the need for well-built saddles and other horse accessories is a must. Luckily, there is a saddle maker and leatherworker in Montrose to provide for those needs, Montrose Saddlery.

Montrose Saddlery is a full service saddlery with quality repairs, custom saddles, made to order tack, boot and shoe repair. They can replace or repair broken zippers and sell high quality used saddles, tack, leather goods, leather purses, repurposed vintage boots, custom purses, chaps, and pulling type breast collars.

Glen Kidder is the owner and saddle maker at Montrose Saddlery. He originally learned about saddle making when he apprenticed in Oklahoma in the 1980s. He ended up coming to Colorado to work as a cowboy, but he kept doing his original work, instead making it 'after hours' work. "I never really stopped," he said. "When I was old enough, this was a way to keep going, so I opened up a full time business."

While Kidder currently has two horses, his history with horses actually inspired his business. "I grew up riding horses and worked as a cowboy for 17 years," he said. "Riding every day, I have an idea of what works and what doesn't work."

As for the need for more saddle makers in general, Kidder said, "I see a lot of ads for saddle making schools and colleges that offer saddle making classes, but not a whole lot of people have done it. There are a lot of people interested in it and who would like to do it, but it's not like going to truck driving school and coming out as a truck driver in six weeks. There is a lifetime of knowledge in this, so it takes a while. It's also not like the 1800s, when there was a big, big call for harnesses and saddle makers, as that was the route of transportation. While there is less [demand for saddler makers], there is still a big niche with pleasure riders, rodeo people, and people who work on ranches and ride horses for a living."

While for many businesses the Internet has benefited them, Kidder sees the Internet as changing his industry for the worse. "It hurt the saddle industry because people who are just starting out looking for

saddles don't understand the differences between a custom-made saddle and a factory-made saddle," he said

One difference between custom-made and factory-made, in Kidder's case, is that Kidder uses screws and nails for his saddles, while factories use a stapler machine.

"You can tell a cheap one is cheaply made because it falls apart," Kidder explained.

"People can see the difference in how I fixed their saddle and the way they originally got it.

Boots are also a realm that shows how the standards have changed. "Some boots are not made to be fixed, they are made to be disposable," Kidder said. "I'm happy to fix them if I can, but sometimes I cannot. Boots show that they are made in China because they fall apart and it costs more for me to fix them than to replace them. When I fix good boots, the owners of those boots say 'I cannot find boots made this good, so I need them repaired.' Those boots after 20 years are still good, compared to other boots that will last six months and then fall apart."

Kidder keeps himself busy with all his work, and he is confident that he will keep busy in the future. "People are still paying for quality, whether that is with a car or with a saddle."

For more information, call 314-6724 or visit montrosesaddlery.com.

GROW WEALTHY...BUILD HEALTH & WELLNESS!



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

Welcome February! To me, February! To me, February is more than Valentine's Day... or Groundhog Day (do we really have a day for that in this country and does anybody still believe an animal's shadow determines how many weeks of winter we have

left?!) February seems like the preamble to spring but more importantly, it is American Heart Month. What better way to usher in spring, cupid and love your heart than to attend the upcoming health fairs in both Montrose and Delta County. There was already an early blood draw in Ridgway and Olathe, thanks to the efforts of Montrose Memorial Hospital. In addition to blood tests, there will be a wealth of vendors and health care professionals at both health fairs to provide you with invaluable information.

You're already on track for a healthy year of eating after reading my last article and now that our new recreation center is open, I am confident you have a great exercise plan in place. Next up on your list - blood work. Blood tests are taken for many different reasons:

Help diagnose certain conditions, or to rule them out if symptoms suggest possible conditions. Monitor the activity and severity of certain conditions. For example, a blood test may help to see if a condition is responding to treatment. Check the body's functions such as liver and kidney function when you are taking certain prescriptions. Check your blood group before receiving a blood transfusion. The most common blood tests are: Full blood count - checks for anemia and other conditions which affect the blood cells Kidney function; Liver function; Blood sugar (glucose) level; Blood clotting tests; Tests for inflammation; Blood cholesterol level; Immunology - such as checking for antibodies to certain viruses

and germs (bacteria)
Blood grouping
Thyroid function

What blood tests do you need? Although the aforementioned are probably the most common blood tests, people are often surprised that there is no "standard set" of blood tests. Every person is different, which means your blood tests will be based on any current health challenges you have, individual risk factors, age, family history and lifestyle. Consulting with your primary care provider will help you determine which tests are right for you. It may also save you some discomfort and money.

You may want to verify with your health insurance provider which tests they do and do not cover. Most likely you will have to cover the costs and submit for reimbursement since most health fairs ask for payment at the time of the blood draw.

Blood draws may require that you fast which means you will refrain from eating or drinking for a 12 hour period prior to the draw. I like making my appointment as early as possible for that reason. Generally, you are able to take your medications (prescription drugs and over the counter vitamims and supplements).

Drinking water is encouraged before a blood draw as being well-hydrated means your veins are full and easier for the phle-botomist (the person who draws your blood) to find. In essence, being well-hydrated could mean a quicker, less painful draw for you. Blood is comprised of blood cells and plasma. Blood cells can be seen under a microscope and comprise approximately 40% of the blood's volume. Blood cells are made in the bone marrow by blood "stem" cells and are divided into three main types.

Red cells (erythrocytes) - These make blood a red color. One drop of blood contains about 5,000,000 red cells. A constant new supply of red blood cells is needed to replace old cells that break down. Millions of red blood cells are made each day. Red cells contain chemical called hemoglobin. This binds to oxy-

gen and takes oxygen from the lungs to all parts of the body.

White cells (leukocytes) - There are different types of white cells which are called neutrophils (polymorphs), lymphocytes, eosinophils, monocytes and basophils. They are part of the immune system. Their main role is to defend the body against infection. Neutrophils engulf germs (bacteria) and destroy them with special chemicals. Eosinophils and monocytes also work by swallowing up foreign particles in the body. Basophils help to intensify inflammation. Inflammation makes blood vessels leaky. This helps specialized white blood cells get to where they are needed. Lymphocytes have a variety of different functions. They attack viruses and other germs (pathogens). They also make antibodies which help to destroy pathogens.

Platelets - These are tiny and help the blood to clot if we cut ourselves. Plasma is the liquid part of blood and accounts for about 60% of the blood's volume. Plasma is mainly made from water but also contains many different proteins and chemicals, such as: Hormones; Antibodies; Enzymes; Glucose; Fat particles Salts. In order to constantly make blood cells, hemoglobin and the constituents of plasma, you need a healthy bone marrow and nutrients from food including iron and certain vitamins. When blood is drawn for a blood test is goes into a plain glass tube. The cells and certain plasma proteins clump together to form a clot. The remaining clear fluid is called serum. It generally takes 7-10 business days for you to receive the results of your blood draw. I encourage you to discuss the results with your health care provider to determine if any additional testing or treatments may be necessary. I will be at the Delta County Health Fair at Bill Heddles Recreation Center on Thursday, March 16th if you would like to stop by and learn more about my FAME (Focus, Attention, Memory Exercises) program or just visit. Please feel free to contact me at michelegad.fame@aol.com or 970-948-5708.

THE MONTROSE MIRROR PRESENTS INSIDE OUTREACH...A SERIES...

BUILDING A LIFE OUT OF MUSIC...YVONNE MEEK



Yvonne performing at the opening of Welcome Home Montrose @ the Montrose Pavilion in 2012 (photo by Dave Bernier)...at home in the Lark & Sparrow Venue today. Mirror file photos.

By Yvonne Meek Lark Media, Montrose

MONTROSE-I always say that I cannot remember a time when I didn't sing. But sooner or later childhood dreams should take steps to become reality. My approach has been more passionate than educated so I've learned much the hard way. I was a singer, only. I didn't play an instrument, I couldn't dance, I was a dork in P.E. class, and I was terrible in math. Combine those shortcomings and I was obviously terrified of college. I had it in my head that I'd have to do all the things I was terrified of and be an utter failure ... so I didn't even try. In high school, my friend Dave Murdy talked me into auditioning for the "Young Americans," a nationally touring performance group. I thought I wowed them with my voice, at least that's how I remember it, until the dance part ... that didn't go so well and I was completely embarrassed when they asked me to leave. But Dave, well he was and still is an awesome guitar player (a studio musician today) ... he made it, even though he couldn't dance. I'd begun to think my only chance would be to join a band. I joined a wedding/dance band, a Latin band. I

played percussion and sang. The band

got paid ... about \$50 to \$100 a gig. In

played top 40, R&B, Latin, Disco ... and I

1980, that was a lot of money, and who



would've imagined that I would still be making that much or less in 2017 ... regardless of education.

Between 1980 and my move to Colorado in 1993, I sang and played percussion in several bands from rock and roll to country to punk rock to contemporary Christian praise and worship music. I performed with those bands in clubs in Southern California, played plenty of private backyard parties, and did my share of weddings, too. I kept my voice in shape with ongoing vocal training in jazz and classical music. But I never attempted musical theater again.

By the time I moved to Colorado in 1993 I had put aside performing in nightclubs and rock bands for occasionally singing with a church worship band and raising a family. Not long after moving to Montrose in 1996, Coffee Trader opened and soon Main in Motion was launched. I attended a few of those early garden jazz concerts at Coffee Trader and was hooked; I needed to perform again. My previous experience as a performer before crowds rang-

ing from four to 4000, gave me the confidence to believe I could return. So, I headed to Hart Music (Grand Junction) and purchased a keyboard.

A Montrose Musician

A few years later, about 2005, during a visit to Starr's Guitars (Cedaredge) my husband convinced me to sing for the owner David Starr, and like a trained little monkey I blushingly obliged. Starr told me on the spot that I was "pretty good," and "maybe I should consider recording sometime." I left feeling encouraged and a bit embarrassed about the experience. Within a few weeks, Starr called and asked me to sing and play keys with his band; I did. Wow, if that wasn't a crash course in keyboarding and learning new material, nothing could compare. Within a month the whirlwind of gigs across the western slope and a few in Denver began. We generally played three hour gigs of two sets with the lead singing divided up between Starr, Roy Martin, and myself. We covered mostly southern rock, blues and original tunes by the likes of

Continued next page

The Montrose Mirror | February 6, 2017 Page 25

THE MONTROSE MIRROR PRESENTS INSIDE OUTREACH...A SERIES...

BUILDING A LIFE OUT OF MUSIC...YVONNE MEEK continued

The Eagles, Allman Brothers, Bonnie Raitt, Neil Young, Tina Turner, Tracy Chapman, U2.

As a band member I booked our gigs. I called all the local venues (bars, restaurants, clubs, golf courses, etc.) to secure paying gigs. We'd work in private and corporate gigs which were plenty. My day job as an administrative assistant came in handy as I took us into the first social media platform, MySpace. I had a personal page and managed our band page. I also created, posted, and distributed flyers/posters via email and hard copy.

In 2008, I took a challenge and started writing songs ... again. What I was putting out wasn't quite DSB material so in 2009 I decided to break out on my own, recording a project of original music with a producer and studio in Nashville, TN. Singing and playing in such a high profile regional band made me recognizable as a competent vocalist/keyboardist so I used that as leverage when forming my own band and gigging around the area. I had a website through CDBaby/HostBaby and a presence on Reverbnation and SonicBids and had a personal Facebook page and a business page for my music, Yvonne Meek Music (Whyld Honey Music). I sold on Amazon and iTunes. Again, I produced flyers/posters for my gigs and distributed via email, social media, and hard copy.

Nashville Songwriter Association International (NSAI)

Meeting Bernie Nelson got me connected with NSAI to start a local chapter. But believe it or not, I learned that the local mu-

sicians weren't interested in formal organizations regardless of the contacts and opportunities their investment might provide. The reality is that most local musicians would be classified as amateurs or hobbyists because they aren't interested in making that jump to the competition of a large market.

Starry Night Concerts & MusicWest Magazine

Over the years, I've hosted house concerts, first in my backyard in Montrose, then the Cobble Creek Club House, and the Montrose Pavilion Courtyard. I worked "back of house" at a local restaurant booking music and providing bookkeeping services, and did a six-month stint at the Montrose Pavilion learning about small-market venue management.

Communication is vital to getting the message out that you/your band have a gig! Ticket sales and cover charges generally helped both the venue and you/your band.

Converting those sales into fans who purchase your CDs or merchandise, who sign up on your mailing list so they can attend when you return is critical to future success.

MusicWest was simply a tool to help musicians grow their audiences. I published bios on local musicians and gig calendars for local venues, free of charge. This was an online and print publication.

The Lark & Sparrow Venue

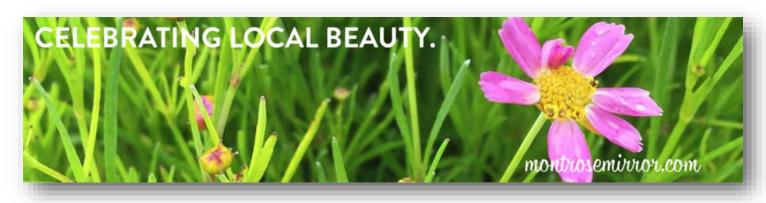
As a kid, I dreamt of owning a music venue. An old-style nightclub where a sultry girl singer (picture me) fronting a swinging

jazz band. I hadn't figured out the details but I knew the venue would be unique and beautiful; just like an old black and white movie colorized in full and living technicolor. A throwback from another timeless era. Classic cocktails served in vintage stemware. My husband and I purchased the Masonic Temple Building on Main St in Montrose in 2014 and began a renovation that would take me into the heart of that dream. We opened The Lark & Sparrow Venue in 2015. Our first year was focused on two concert series; Skylight Jazz and a Songwriters. We also donated rental of the venue to a few artsrelated nonprofits including a music school which is now our tenant. And of course, wedding-related rentals are quite popular as well.

On the flipside of the dream, a venue is much more work than four volunteer family members and few paid staff can handle. We've scaled it back quite a bit until we can find a more profitable use of our space.

It was fun to envision and remodel, to design the interiors and acquire the accoutrements, to hand select the furnishing and vintage china and stemware. It was exciting to book some of the artists and watch them perform in an elegant atmosphere that I'd always dreamed of but ... it's a lot of work and required a huge financial investment.

We've watched several businesses open and close on Main St in the same span of time that we've struggled with the same idea.



REGIONAL NEWS BRIEFS

DON PAULSON TO LEAD HISTORIC SNOWSHOE TOUR TO YANKEE GIRL MINE

Special to Art & Sol

OURAY-Take part in a historical snowshoe tour to Yankee Girl Mine guided by Local Historian & Author Don Paulson on Saturday, Feb. 18, 2017 from 9:30 a.m. to 2:30 p.m. at the Ouray Visitor Center, 1230 Main St., Ouray, (from there we will carpool to CR 31). Registration: spaces are

limited to 20. Do not delay, sign up now! \$25 donation kindly requested to support the host organizations: Uncompangre Watershed Partnership and Ouray County Historical Society. Go

to uncompangrewatershed.org/event/ snowshoe-tour-yankee-girl-mine-2017 Questions: Contact Judi

at UWPcoordinator@gmail.com or 970-325-3010. What to Bring: snowshoes, cross country or touring gear, appropriate clothing & accessories to keep you comfy & happy, lunch, water, sunscreen, friends, kids, but please leave your furry friends at home. We'll bring refreshments and cookies to complement your lunch.

RUSTLERS, MINERS, INDIANS, AND ROCK ART: A HISTORY OF GATEWAY, COLORADO



7eh Miracle Courtesy photo

Special to Art & Sol MONTROSE-Zeb Miracle will speak Wednesday, Feb. 15, at the Colorado Archaeological Society Chipeta Chapter's meeting in Montrose.

a place that not only captures the idea that most people have of

the American West (cattle rustling, outlaws, mining, Native American cultures) but is a place where the traditional West is still very much alive.

In this program, we will examine the sto-

ry of the isolated communities of Gateway, Unaweep Canyon, and the Paradox Valley.

Thousands of years of human history, cattle thieves, bank and train robberies, and unsolved mysteries will be highlighted as well as the area's fascinating and puzzling geology and uranium heritage.

A western Colorado native, Zebulon Mir-Gateway, Colorado is acle is the Curator of Curiosity for Gateway Canyons Resort and Spa located in the beautiful canyon-country at the foot of the Uncompangre Plateau.

After graduating from the University of Colorado at Boulder with degrees in history and anthropology, Zebulon was been fortunate enough to move back to the region that has long inspired him.

After serving numerous positions at the Museum of Western Colorado including Curator of Anthropology, Collections Manager, and Curator of Cross Orchards Historic Site, Zeb was honored with the opportunity to start a new position and department for Gateway Canyons.

Zebulon's true passion is connecting people with the lands, cultures, history, and heritage of the American Southwest.

Zebulon has offered numerous tours around the American Southwest as well as Mexico and France that have allowed hundreds to marvel at the cultural history of places such as Chaco Culture National Historical Park, Mesa Verde National Monument, Canyon de Chelly National Monument, and dozens of rock art sites.

MONTROSE MEMORIAL HOSPITAL



) Mammograph

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Feb 3



dZi Presents MOUNTAIN FILM

ON TOUR (info: mountainfilm.org)
Doors @ 6. Films 7-10. \$10.

Wednesday Feb 8

ART BAR DOUBLE THE CANVAS, DOUBLE THE FUN DOUBLE THE CANVAS, DOUBLE THE FUN

6-8 pm. \$70 for two people includes all supplies and 2 drinks!



Thursday
Feb 9

SHERB TRAVEL TALKS

Doors @ 6:30. Talks @ 7. \$5 at the door.

Saturday Feb 11

LIVE MUSIC: GYPSY JAZZ SOCIAL CLUB

Doors @ 7:30. Music @ 8. \$12 @ door



Thursday Feb 16



LIVE MUSIC: DIRTY REVIVAL

Doors @ 7:00 pm. Music @ 7:30 pm. \$10 in advance at 970.318.0892 / \$12 at the door.

Friday & Sat Feb 17, 18

THE VAGINA MONOLOGUES

V-DAY RIDGWAY PRESENTS BENEFIT PERFORMANCES

Doors @ 6:30. Performances @ 7. \$10.



Wednesday Feb 22



SHERB NERDS TRIVIA NIGHT

Doors @ 6:30 pm. Trivia @ 7. \$5 adult/\$3 students

Thursday
Feb 23

OPEN MIC NIGHT
Doors @ 6:30. Open Mic @ 7. \$5 donation.



Friday
Feb 24



SHERB TALK IMPOSSIBLE DREAMS -EVEREST & ERADICATING BLINDNESS with Dr. Geoffery Tabin

Doors @ 7. Talk @ 7:30. \$10 at the door.



COMMUNITY NEWS BRIEFS: ARTS & CULTURE

DELTA-MONTROSE TECHNICAL COLLEGE CELEBRATES SKILLSUSA WEEK

Special to Art & Sol

DELTA-Students and faculty at Delta-Montrose Technical College (DMTC) will join others across the nation to celebrate SkillsUSA Week, Feb. 5-11, 2017. The annual celebration, presented by Carhartt, represents over 300,000 SkillsUSA members nationwide and promotes career and technical education (CTE). The week highlights the benefits of the SkillsUSA program in developing personal, workplace and technical skills grounded in academics. It also provides schools with an opportunity to demonstrate how CTE helps prepare local students for college and highwage, high-demand career fields. More than 4,000 SkillsUSA schools are expected to participate this year.

Among the special activities scheduled are daily classroom activities to celebrate and grow awareness of SkillsUSA. Students will also sell breakfast burritos for \$3.00 each in support of DMTC SkillsUSA.

DMTC SkillsUSA programs are: Secondary Automotive: Advisor Jim Pittsenbarger ext. 511

Technical Drafting (AutoCad): Advisor

Doug Cannon ext. 551

Cosmetology: Advisor Marielle

Chavez ext. 564

"The activities planned over the next week will illustrate the rigor and relevance CTE courses offer our students," said John Jones, director of the school. "By partnering with the business community, CTE programs are investing in students and providing them with the latest technology and skills that will prepare them to become successful employees and future leaders."

SkillsUSA Week activities nationwide include presentations to administrators, business leaders and legislators; school tours and open houses; service events that benefit local charities and organizations; interviews with the news media; student-led rallies and campus outreach; and industry partnership development. SkillsUSA Week is held the second full week of February each year in conjunction with Career and Technical Education Month.

"SkillsUSA Week is a time for us to spread the positive message of our organization and bolster support for local programs that define student excellence. The reach of SkillsUSA is of utmost importance as we work toward our goal of graduating 100,000 SkillsUSA students each year who are workforce-ready on Day One of their job," said SkillsUSA executive director, Timothy Lawrence. "This is one of the most important weeks of the year."

One of America's most respected workwear brands, Carhartt Inc., is the official sponsor of SkillsUSA Week and supports these efforts to showcase SkillsUSA and CTE.

"SkillsUSA is one the largest career and technical student organizations in the United States and a proven talent pipeline for career-ready employees," said Tony Ambroza, senior vice president of marketing at Carhartt. "We are proud to support a student-driven organization like SkillsUSA that promotes individual achievement and ongoing community involvement. SkillsUSA is essential to addressing the skilled trades job gap with the hands-on expertise and talent these careers require."

For more information on SkillsUSA Week events at DMTC contact Jim Pittsenbarger, Secondary Automotive Instructor, 970-874 -7671 ext. 511

or jpittsenbarger@DMTC.edu.



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



COMMUNITY NEWS BRIEFS: ARTS & NATURE

PARKS & WILDLIFE RESEARCHER TO PRESENT TALK ON MULE DEER POPULATION

Special to Art & Sol

RIDGWAY-Colorado Parks and Wildlife (CPW) Mammals Research Leader Chuck Anderson will visit Ridgway to present information about mule deer population dynamics, responses to recent energy development activities, and historic changes in deer demographics in Colorado's Piceance Basin. The presentation will be Feb. 7 from 6:30-8 p.m. at the Ridgway Community Center. The basin covers an area of several hundred square miles including parts of Moffat, Rio Blanco, Garfield, Pitkin, Mesa, Gunnison, and Delta counties. It is one of two areas of the state, the other being the Upper Arkansas River Basin, where the CPW is proposing to conduct a study* of how removing predators, specifically mountain lions and black bear, impacts mule deer populations.

The predator reduction study is informed by a long-term research project (http://cpw.state.co.us/muledeer) that Anderson will discuss during his presentation at the Ridgway Community Center on Tuesday, Feb. 7 from 6:30 to 8 p.m. The project was initiated in 2008, to address mule deer and energy development interactions, identify improved approaches for development planning and evaluate habitat treatments as a mitigation option to benefit mule deer.

The Piceance Basin supports the largest migratory mule deer population in Colora-

do. "Comparing data collected since 2008 to similar data collected during the 1980s to early 1990s provided interesting comparisons to better understand how mule deer population dynamics in this area have changed over the past few decades," said Anderson. "In my presentation, I will address changes in mule deer demographic parameters since the 1980s, and address potential factors currently limiting this population."

According to the CPW website, the government agency's "population objective for mule deer is approximately 560,000 statewide; the latest estimate puts the statewide population at under 450,000. CPW is not suggesting that the removal of predators is the solution to increasing statewide deer numbers to 560,000. These two research projects [the longterm project started in 2008 and the not-yet implemented predator reduction project] are designed to evaluate the extent to which predation is limiting deer population size in the two specific study areas."

In a letter during the CPW Commission's public comment period before the predator reduction study was approved, Colorado State University Cox-Anthony Chair of Wildlife Conservation Joel Berger and two colleagues wrote that they "strongly oppose" the study because it runs "counter to prior scientific evidence." Another letter of opposition was co-signed by leaders from the Humane Society, the Center

for Biological Diversity, the Cougar Fund, the Endangered Species Coalition, the Arkansas Valley Audubon Society, the Rocky Mountain Chapter of the Sierra Club, WildEarth Guardians, the Mountain Lion Foundation, and the Boulder Bear Coalition.

"Our broadband members expressed interest in and concern about the predator reduction proposal and requested more information (before the CPW Commission voted in favor of the experiment in December.) When the Montrose office of the CPW recommended Chuck, we invited him to speak to us," said Robyn Cascade of the Northern San Juan Broadband, a local group that participates in "boots on the ground" monitoring and advocacy on behalf of public lands.

"We welcome anyone and everyone from the public to attend the talk to learn what CPW is doing to protect our diverse wildlife across the state, and in particular, to look at the mule deer population decline," Cascade added.

About the event: Predator Reduction Mule Deer Population Study Presentation, Feb. 7, 2017, 6:30-8 p.m.; Ridgway Community Center/Town Hall, 201 N. Railroad St., Ridgway, Colorado 81432. Organized by Northern San Juan Broadband, a chapter of the Great Old Broads for Wilderness. Contact: Robyn

at $\underline{northernsanjuanbroadband@gmail.co}$ \underline{m} .

CLOSURES AT BEAVER CREEK PICNIC AREA, EAST ELK CREEK AREA, AND DRY GULCH CAMPGROUND

Special to Art & Sol

GUNNISON- In order to support Colorado Parks and Wildlife (CPW) efforts to bait deer and elk away from U.S. Highway 50, the National Park Service (NPS) will be closing Beaver Creek Picnic Area, the East Elk Creek area, and the Dry Gulch Campground area to public use. These areas allow CPW staff and volunteers the most efficient access to baiting sites that are beyond the boundaries of Curecanti National Recreation Area. Significant snowfall in the Gunnison Basin began the first week in January and at least 50 inches have accumulated in the lower elevations

near U.S. Highway 50. A recent spike in road-kill along this route has prompted CPW to bait wildlife away from the highway for public safety. Travelers and recreationists are asked to give wildlife a break. Keep your distance – if they change their behavior because of you, you are too close. Avoid making long stops and getting out of your car or approaching animals. Avoid recreating in areas where wildlife is congregating. Keep pets on a leash. Respect area closures. Deer and elk, as well as other animals rely on stored fat to make it through the winter. Disturbing animals on their winter range causes them

to burn stored fat that they rely on to make it through the season.

Curecanti National Recreation Area is enforcing the Temporary Emergency Order effective January 22-May 15, 2017 for the Gunnison Basin. This order closes areas in the Basin below 9,500' to all recreational hunting of small game, predators, furbearers, and mountain lions.

The collection/possession of shed deer and elk antlers, bighorn sheep skulls and/or horns, and pronghorn skulls and/or horns is always prohibited in Curecanti National Recreation Area under 36 CFR, 2.1a1i.

COMMUNITY NEWS BRIEFS: ARTS & EDUCATION



Montrose High School Division Awards left to right:
Quinn Schrick, Salvador Jaime, Sarajane Washington, Zeth Reed, Brian Quintero-Carreno, Kevin Montoya, Allison Burwell, Triton Warren, Valentin Jimenez, Oscar Coronado, Annais Gonzalez-Perez, Kylie Younger and Christopher Padilla-Romo.



COMMUNITY NEWS BRIEFS: ARTS & RECREATION

DELTA KIWANIS INVITES PLAYERS TO 6TH ANNUAL POKER TOURNAMENT

Special to Art & Sol

DELTA- The Kiwanis Club of Delta invites players and sponsors to join in the fun for the club's 6th Annual Poker Tournament on March 18, 2017, at the Bill Heddles Recreation Center.

Registration for players begins at 4 p.m. with tournament play scheduled from 5 to 8 p.m.

The annual event is the service club's top fundraiser, thanks to the numerous businesses and organizations that come together in support of the tournament as table sponsors and prize donors.

Area businesses can sponsor a \$200 ta-

ble, and employees are invited to try their luck at Texas Hold-em, all in the name of helping to fund community projects that benefit local children.

The Western Slope Poker Tour LCC will donate dealers and chips for the tournament, with seats available to the general public on a first come, first served basis. As a thank-you for attending, players will receive their first \$20 in poker chips for free, with additional chips available for purchase throughout the evening.

The fun-filled event includes raffle prizes valued at more than \$1000, food at a nominal cost served by Delta High

School's Key Club, and micro-brew beer sponsored by TK Mining.

Funds raised by Delta Kiwanis stay in Delta County and are used to establish and maintain youth programs and activities, including college scholarships, sponsorships for Key Club members to attend leadership conferences, grants to numerous youth-related activities in the community, and signature projects like the 2016 remodel of the children's library in Delta.

To pre-register for the poker tournament, or for more information on table sponsorships or prize donations, contact Clay Speas, 970-361-2950.

WHY WOULD A MOTHER ABANDON HER CHILD?

Local author Diane Winger explores this question in her 6th novel

Special to Art & Sol

MONTROSE-In her newest novel, *The Abandoned Girl*, Montrose author Diane Winger tackles contemporary issues of abandonment and abuse, along with the challenges – particularly for young people – of overcoming such difficult circumstances in their lives.

Winger was inspired to write this book because she's known people who experienced difficult childhood circumstances similar to those described in her novel. She says that she is encouraged to realize that more resources and protections seem to be in place today for children than there were decades ago. "Every child deserves a loving home. Sadly, some don't get what they deserve," she says. For each sale of The Abandoned Girl between February 10, 2017 and March 10, 2017, Winger will donate 50% of royalties to Hilltop's Zimmer House. According to Kaye Hotsenpiller, Senior Director for Regional Services at Hilltop, Zimmer House is a safe place for young people (ages 18+) to live until permanent housing can be found. The Hilltop Transitional Living Program (TLP) is a highly individualized, community-oriented program

that works with adolescent clients who are in the process of emancipating from circumstances such as foster care or from a parent or legal guardian. While an individual lives at the Zimmer House they must have a job, pay for utilities, and put savings aside toward obtaining their own housing. The client also receives support and assistance from Hilltop in the form of resource navigation and

life skills classes.

The book's story revolves around two characters – Robin, abandoned at age ten by her single mother and shipped off to be raised by relatives who are strangers to her; and Katharine, who runs away from home at sixteen, pregnant and terrified of her abusive parents.

"I wanted to show that these two girls, despite their different situations, shared a number of similar experiences and reactions to the obstacles in their lives," Wing-



er explains. "When their paths intersect, the repercussions shape both of their worlds in ways neither could imagine." In addition to writing fiction, Diane Winger is the co-author, along with her husband Charlie, of several guidebooks related to outdoor recreation. Settings of hiking, climbing, and cross-country skiing in Colorado play a part in each of her six novels. The Abandoned Girl is currently available in paperback and as a ebook from Amazon. http://bit.do/Winger





FEB. 6
THE BUSINESS OF
ART: HOW TO
HASHTAG AND
OTHER
INSTAGRAM

FUNDAMENTALS 6-8 pm at the Sherbino in Ridgway. Registration is \$10.

MONTHLY KARATE in PRIDE IN PRI

Ouray on Mondays @ 5 pm Ridgway on Thursdays @ 5pm Montrose on Saturdays @ 10:30 am





OPEN FIGURE DRAWING

Ist & 3rd Saturday in Ridgway from I-4 pm. \$20 cash or check.

FEB. 8 ARTBAR:
DOUBLETHE CANVAS,
DOUBLETHE FUN
WITH ALLISON WOFFORD



6-8 pm at the Sherbino Theater in Ridgway. \$70 for 2 people. Includes all supplies.



FEB. II WHERE IN THE WORLD HAVE YOU BEEN? WRITING POEMS ABOUT PLACES WITH BETH PAULSON

9:00 a.m. to 1:00 p.m. \$60. Class will be held in Ridgway.



(All Genre, All Levels) 9am -2:30 pm in Montrose. \$75.





FEB 23 OR 25: JUMP START SPANISH! CLASSES IN BOTH RIDGWAY AND IN MONTROSE WITH CHRISTI BERRY A four-week class

In Montrose: Thursdays, starting Feb 23 from 6 pm - 7:45 pm . In Ridgway: Saturdays,

starting Feb 25 from 10 am - Noon. \$130 for the 4 weeks, for ages 13 thorugh adult.

FEB. 26 ALL EYES ON YOU: IMPROVING YOUR PERFORMANCE ON STAGE WITH



12-4 pm at Sherbino Theater in Ridgway. \$85.



MARCH II & 12 The THREE RINGS PROJECT: LEARNING TO SOLDER AND BEZEL-SET STONES

\$162 includes most supplies. Ages 14 - Adult. Class will be held in Ridgway each day from 10 am - 4 pm with a break for lunch.

Please Register in Advance with Weehawken!

Complete Details are available online and at facebook.com/weehawkenarts

A minimum number of enrollments must be met prior to the class in order to make each class "go". More details and online registration available

at www.weehawkenwits.org or by phone at 970.318.0150

weehawken creative ARTS centers*

COMMUNITY NEWS BRIEFS: ARTS & PHILANTHROPY

ALPINE BANK PROGRAM BENEFITS LOCAL NON-PROFITS

Special to Art & Sol

GLENWOOD SPRINGS – In 2016, Alpine Bank donated \$989,719.76 to local non-profit groups and projects through funds generated from the Loyalty Debit Card program. Alpine Bank is a true local bank—giving where its employees live, together strengthening communities. Alpine Bank launched the Loyalty Debit Card program in 1997, and it has become a unique and easy way for customers to give back to their communities. When an Alpine Bank customer uses their Loyalty Debit Card, Alpine Bank donates 10 cents to benefit local nonprofit organizations and community projects within each

card's respective focus and customer's geographical location. The six areas supported by the program are: Arts - provides a unique opportunity to help fund arts and culture in the community. Community – benefits organizations that meet, support and strengthen human needs. Education – offers support to local, school -related programs. Environment – helps local groups restore, preserve and protect the ecosystems that are important to our daily lives. Colorado Mountain College benefits the CMC Foundation's general scholarships fund for nontraditional students. Americas – partners with Latin American community projects to support,

integrate and celebrate their heritage. "We're excited that, thanks to customer support of our Loyalty Debit Card program, Alpine Bank was able to donate nearly a million dollars back to our communities in 2016," said Alpine Bank President Glen Jammaron. "I know that by continuing to work together, we'll be able to top this significant milestone next year." The 2016 donation summaries for each category are as follows: \$75,495.05 for Arts, \$347,699.57 for Community, \$298,149.46 for Education, \$171,600.48 for Environment, \$40,000.00 for Colorado Mountain College and \$56,775.20 for Americas.

BENEFIT READING OF THE VAGINA MONOLOGUES WITH LOCAL CAST MEMBERS

Special to Art & Sol

RIDGWAY-On Feb. 17 & 18, 2017 at 7 pm, V-Day Ridgway will present a two-night only benefit reading of Eve Ensler's award winning play *The Vagina Monologues* at the Sherbino in Ridgway.

Last year more than 5,800 V-Day benefits were held around the world raising funds and awareness towards ending violence against women. These highly successful events raised more than \$5 million through performances of *The Vagina Monologues* and *A Memory, A Monologue, A Rant* as part of the V-Day 2016 College and Community Campaigns.

This special benefit performance is presented this year as part of V-Day's campaign ONE BIL-LION RISING: REVOLUTION, a global initiative that began three years ago as a call for women survivors of violence to Rise and demand an end to violence. What is a V-Day Campaign? A V-Day Campaign is a catalyst for mobilizing women and men to heighten awareness about violence against women and girls. To learn more about V-Day Ridgway, call the volunteer Director of the production, Sara Doehrman at 970-708-4027 or e-mail the Sherbino at info@sherbino.org. To learn more about V-Day and its campaigns visit www.vday.org.

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Up Bear Creek by Art Goodtimes

EXPLORING THE VERBOTEN FOR MENTAL HEALTH



MICRODOSING ... You know, I've never understood the mainstream's fear of entheogens. It seems like a manufac-

tured concern. True, I'm a San Franciscoborn paleohippie who cut his adolescent teeth in the Sixties. So, things that "unleashed the god within," as the word "entheogen" suggests, were a great help to me in transitioning from medieval Roman Catholic seminary asceticism to modern American societal excess. First-hand experience taught me to respect entheogens and eschew the opiates & stimulants & sundry synthetic pharmaceutical eccentricities offered about ... That said, the entheogenic experience can, on occasion, be terrifying, which is why it's wise to have a guide -- a designated driver, so to speak, in case the road gets bumpy ... It's also true these are substances that DO take you away. Under their influence, you probably won't have executive control over your body anymore. Or your thoughts. You may not be able to function normally, if at all. The Telluride Mushroom Festival's Dr. Andy Weil always emphasized the power of set & setting when crafting an entheogenic experience. Tripping in tranquil safety ought to be a prime directive for psychonauts ... But I'm getting into the weeds here ... Suffice to say, entheogens have been classified as dangerous drugs out of fear, not scientific study. But it's coming to light, as research starts to gear up, that entheogens have amazing medical, therapeutic and life-enhancing properties ... It seems that West Coast psychonauts have pioneered using small doses of enthogens like Psilocybe spp., LSD, DMT and others. Small doses taken repeatedly over a period of time appear to enlarge the activity of the brains engaged in the same tasks, when measured against study subjects not microdosing. And the



word is Silicon Valley entrepreneurs are encouraging microdosing for engineers and programmers searching for the latest tech innovation ... There's even a new book

about it, making the rounds of all the national media: A Really Good Day: How Microdosing Made a Mega Difference in My Mood, My Marriage, and My Life by Ayelet Waldman (Knopf, 2017). Highly recommended.

shoot-out at the cashin Mine ... It seems to have taken long enough for the particulars of this Bundy-esque West End gun battle to surface. And even after a D.A. investigation, the details remain murky ... Apparently, it was an ambush where a loner "took on the law and the law won" ... Seems like the perfect magazine tale for some enterprising investigative journalist.

BAJA STORIES ... Of course I spent an entire day just walking the endless beach coastline of Baja California Sur. And revisiting the beach several times. To watch the sunset. To see the whales. Humpbacks. Grays. Spy-hopping. Spouting sometimes as close as the breakers, just a rock's throw offshore. The surf was dangerous. The drop-off steep. The water suddenly deep. So, no wading. I watched one turista try, and the wave knocked her down and her companions had to pull/ drag her up the sand ... There were albatross in squads, skimming the sea. Gulls on patrol ... I took the road from Todos Santos (up on the hill) down to the huerta's gardens and out the road to Playa La Cachora. Often in the evenings they will release a batch of baby turtles - having em-



A deserted beach, crashing waves and a whale spouting at Playa La Cachora. Photos by Art Goodtimes.

braced the tourist value of a tortuga hatchery along the coast. I didn't get to see that. But I did find a baby turtle lying on the beach early one morning. To my surprise it was alive. So I tossed it back into the surf ... Ended up I walked that road several times, as I hooked up with a Todos Santos drummer, Rosario, who'd taught in Telluride and was holding classes out towards the beach. It was a lovely group of folks. Three sessions over the two weeks I was there, and I was rocking along with my slaps and tones. And it was a lovely, if dusty, walk past small fincas, palm trees, evidence of scattered debris from Hurricane Odile (2014), exotic flowers, walled yards, epidemic litter, decaying concrete, fancy iron grillwork ... But for a mountain person, the ultimate treat was an entire day, sun-up to sun down, trudging through sand, wetting my feet, watching unusually big waves pound the littoral. That ebb and flow are the watery lungs of the planet. I drank it in. The Pacific Rim, of which our Western Slope, is the farthest inland reach.

INNER TRUMP ... I don't think we have to get all Jungian and see into current events as playing out on the national stage one of our shadow identities – the Big Apple Yankee Doodle Bullyboy. But there's a part of the American psyche that reveres a trickster. A wild card. The crusading nonconformist ...

Up Bear Creek from previous page

Take the recent passing of Debbie Reynolds – one of the clean-cut Fifties icons of young womanhood (Sadly, coming a few days after her daughter Carrie Fisher's death). One of the songs that she made famous (#3 on the charts in '51) and that made it into the obit I read was "Aba Daba Honeymoon." A silly nonsense song on the surface. But actually it dates back to 1914, pre-World War I – from a genre called "coon songs" made popular by

whites in blackface and sometimes blacks themselves. It's only when you start examining the "monkey business" lyrics do you realize how demeaning the song actually is. For it to remain popular into the Fifties is disturbing. I call it crypto-racist. It's almost hidden from us. A half-unconscious acceptance of the "mildly offensive" public performance that was flat out inappropriate ... I think having a president who demonstrates a catalogue

of traits unusual for one of his office is a teachable moment for us all.

WEEKLY QUOTA ... "The purpose of poetry is to take over a life and make it generate incandescent language, which moves then to awaken a glow in other lives, to rouse in them feelings so deep and daring that no return to ignorant sleep is possible." — Will Baker, in *Gary Snyder: Dimensions of a Life* edited by Jon Halper (Sierra Club Books, San Francisco, 1991).

THE TALKING GOURD

To be longing for belonging is worth much more than belongings...

-Kirk Lumpkin from his 2017 Solstice broadside The North Coast of California



COMMUNITY NEWS BRIEFS: ARTS & RECREATION

CYCLISTS WILL TURN MILES INTO MEMORIES DURING THE 32nd ANNUAL RIDE THE ROCKIES BICYCLE TOUR

Special to Art & Sol

DENVER-The Denver Post Ride The Rockies Bicycle Tour presented by ViaWest is excited to announce the route for its annual summer event.

The 2017 ride will take place over seven days from Sunday, June 11 to Saturday, June 17. 2,000 cyclists from across the country, chosen through a lottery registration, will be treated to the majestic views and challenging terrain of some of the best miles Colorado has to offer to the cycling community. The 32nd Tour will showcase the communities of Alamosa, Pagosa Springs, Durango, Ridgway, Montrose, Gunnison, and Salida. Beginning in Alamosa, the 'Gateway to Colorado's Great Sand Dunes,' cyclists will ride through some of the same mountain passes made famous by the historic Denver and Rio Grande Western Railroad, From Alamosa, cyclists will cover 447 miles and ascend over 32,000' vertical feet, all the way to the 'Heart of the Rockies' in Salida. Keeping to tradition, the course will feature some of Colorado's most scenic and breathtaking views.

Highlights of the route include: Wolf Creek Pass, Pagosa Hot Springs, Yellowjacket Pass, the Durango-Silverton Narrow Gauge Railroad, Hesperus Hill, Coal Bank Pass, Molas Pass, Red Mountain Pass, Ouray Hot Springs, Cerro Summit, Blue Mesa Reservoir, and Monarch Pass. Cyclists will be treated to some of Colorado's finest mountain towns that host the Tour and the introduction of a new host community, Ridgway.

"There is a reason why Ride The Rockies is no stranger to the majority of the communities highlighted on this year's Tour; the routes between each town are spectacular and the charming hosts do an exceptional job of welcoming everyone associated with the event," said Renee Wheelock. Tour Director.

"We're ecstatic to revisit this region and thrilled to introduce Ridgway as a new overnight community." New this year, Ride The Rockies has added a "Government Springs Challenge" option to day five. Cyclists may choose to take the regular 32-mile route from Ridgway to Montrose, which will serve as a nice recovery ride, or they may opt in for some elevation while exploring an out-and back route highlighted in the Official Montrose Visitors Guide in 2016, for a stage total of 51 miles

"Ride The Rockies is an unforgettable

experience for the participants, volunteers and host towns across the state," said Jason Carolan, Chief Technology Officer of ViaWest.

"We are proud to be a part of a tradition that gives athletes the opportunity to experience the beauty of our state and the hospitality of our people, all while giving back to the community. This year, we will see some unforgettable landscapes and really highlight what makes Colorado such a special place. We're excited to be in our fourth year of our partnership with Ride The Rockies and look forward to continuing our commitment to Colorado and Cycling!"

Local hotels, restaurants and retailers in each host community benefit from an estimated \$250,000 in economic impact each day of the tour.

Increasing this impact, The Denver Post Community Foundation will award a \$5,000 grant to a nonprofit organization in each host town.

For more than three decades, Ride The Rockies has showcased some of the state's most beautiful regions, a steward-ship made possible by countless volunteers, loyal sponsors, dedicated partners and gracious host communities.





NOTES FOR THE JOURNEY...

Exploring Classical Music With Rob Brethouwer

THE BUILDING BLOCKS OF MUSIC...

The building or house where you are currently sitting provides you with form and function. The benefits of a dwelling are not always at the forefront of your thinking but they are nonetheless very important. If someone were to describe to you in detail how the structure was built, it is likely that you will not understand every step in the process. There is math involved that prevents walls and ceilings from crashing down on your head. Floors are supported in ways that are not thought about yet are vitally important. One part of the structure fails and it is likely to take some or all of the structure along with it. The same goes for the individual building blocks and construction of

Prior discussions have dealt with the structure of music with note names, major and minor scales, key signatures, and the circle of fifths. Once again we will build on this foundation with a discussion of inversions in major, minor, and possibly seventh chords. A decision on the inclusion of seventh chords in this article will be made a bit further down on the page. This is for informational purposes and is not something that should be mastered or even remembered after a first read. This information is provided so that you are aware that it exists and that inversions are a key part of most songs and the chord structures within that piece of music. A quick review of major and minor chords within a major scale will tell us a lot of needed information. We will begin with C major for reasons of simplicity. The notes of the scale are C-D-E-F-G-A-B-C with no flats or sharps within the scale. In terms of intervals within the major scale the pattern does not change from major scale to major scale and is I, ii, iii, IV, V, vi, vii and back to the root C of I. We know this because each chord is a triad made of up three notes each either a major or minor third apart. Our Roman numerals are taken from the interval between the root (1st note) and the 3rd (2nd note). In the case of C major that is a Major 3rd from C-E and then a minor 3rd from E-G. A minor (small Roman numeral) has the opposite structure. Look at the iii within C major which starts on the third note of the scale E. A triad built from this note is E-G and then from G-B. Counting ½ steps we see that this is a minor third on top of a major third.

This is a very basic inversion and is important to keep in mind. Now that we have this reminder we will look at true inversions very specifically begin with a basic triad once again in C.

As we continue we will once again work with C major since its structure is in our heads. The I chord is C-E-G. Staying on this chord we will look at our first inversion. Any inversion uses the same notes of the chord. The first inversion of I chord is notated as I-6 (the 6 will be a superscript to the side and above the I). Instead of starting on C we begin our first inversion

on E followed by the next note G and then on top will be our C. I-6 is E-G-C. We get the 6 begin the interval between the E and C is a minor 6th. This is a way to self-check your work. If the same notes of the chord are used in the inversion and the interval between your root note (1st note) and the last note is a 6th then you know you have properly inverted your chord. We can invert a triad one more time. The next inversion is the I-6-4 chord. Again, properly noted this would be I with the 6 above the 4 to the right of the chord symbol. Think of a fraction without the line between the numerator and the denominator.

We invert again by start on the top note of the I chord which is G. That is now our root and then we invert by making our next note E with the final note being C. Our I chord of C-E-G has been inverted the first time to E-G-C and once again to G-C-F

It is noted as a 6-4 chord because the interval between the new root of G to E is a 6th and the interval between the root and the second note of the chord C is a 4th. This is the first and second inversions of a I chord in a major scale. As stated at the beginning of the article, this is for informational purposes only and a full understanding is not expected or even likely. You now have an additional set of building blocks in music theory.

Taking a look of what we have discussed it will be best if the discussion of seventh chord inversions is left for next week.

The Mirror: many views, one newspaper.

COMMUNITY NEWS BRIEFS: ARTS & EDUCATION!

THE STORY BEHIND THE SWITCH COMES TO RIDGWAY





Tri-State Senior Education Program Advisor Michelle Pastor traveled from Denver to deliver the presentation to Ridgway students. Courtesy photo.

Special to the Mirror

RIDGWAY-Isn't it amazing that when you flip a light switch you instantly have light? Behind that switch, there's a whole story waiting to be told. Tri-State Generation and Transmission (Tri-State) and San Miguel Power Association (SMPA) are two not-for-profit electric cooperatives that want to tell that story to help local students understand and respect electricity.

On Friday, Jan. 27th, the two cooperatives got their chance at Ridgway Elementary School. "The timing was perfect!" said Ridgway 4thgrade teacher, Krista Javoronok. "We're teaching a unit on sources of energy and electrical circuits. Also, the kids are still excited from the live electricity demonstration that SMPA brought to us last week." The SMPA "Hot Line Safety Demonstration" includes a live power line that displays how electricity can arc through the air to reach a grounded source. The primary

message is one of safety.

The purpose of Friday's demonstration, entitled "The Story Behind the Switch," was to enhance students' understanding of where electricity comes from and how it comes to power the modern lives to which we are all accustomed. "I absolutely love bringing the presentation to the schools," said Tri-State Senior Education Program Advisor, Michelle Pastor, who traveled from Denver to deliver the presentation. "Our industry is constantly in need of fresh talent and new perspectives. When students see the presentation, they immediately start asking questions. That's what makes it all worth it."

"The Story Behind the Switch" is a professionally crafted, integrated lesson that employs cool gadgets like the colorful plasma ball and the hair-raising (literally) Van de Graff machine to engage students and explain the often-overlooked electric power grid, and the industry that keeps it running.

"We're really appreciative of San Miguel Power and Tri-State for bringing these lessons to our kids," said Javoronok "When professionals come in from the outside, I think it really shows the kids how important these topics are in the world beyond their classroom."

San Miguel Power Association, Inc. is a member-owned, locally-controlled rural electric cooperative with offices in Nucla and Ridgway, Colo. It is the mission of San Miguel Power Association to demonstrate corporate responsibility and community service while providing our members safe, reliable, cost effective and environmentally responsible electrical service. SMPA serves approximately 9,600 members and 13,300 meters and supports local communities with \$300,000 annually in property taxes and \$400,000 in energy efficiency and renewable energy rebates. SMPA is an equal opportunity provider and employer.

ALANA LIN RECEIVES DEGREE FROM GEORGIA TECH

Special to Art & Sol

ATLANTA, GA-- Alana Lin of Montrose has earned a Bachelor of Science in Computer Science from the Georgia Institute of Technology in Atlanta. Lin was among approximately 3,200 undergraduate and graduate students who received degrees during Georgia Tech's 252nd Commencement exercises on Dec. 16-17, 2016, at the McCamish Pavilion. More than 25,000

undergraduate and graduate students are enrolled, and Georgia Tech is ranked in the nation's top 10 public universities by *U.S. News and World Report*. For information visit www.gatech.edu.

COMMUNITY NEWS BRIEFS: ARTS & CULTURE

MOORS & MCCUMBER TO PLAY THE RADIO ROOM FEB. 24

Special to Art & Sol

GRAND JUNCTION-The Radio Room Proudly Presents Moors & McCumber on Friday Feb. 24, 2017 at 7:30 PM. James Moors and Kort McCumber are an acoustic duo specializing in Americana, folk, melody, and stories. While both men are successful solo songwriters, Moors being an official recipient of the McKnight Foundation Emerging Artist Grant and McCumber having won the Flat Rock Festival Songwriting Competition, when they come together their sound becomes larger than life.

Moors & McCumber are on tour now supporting their new album, *Pandemonium*. Having collectively sold 15,000 albums independently from the stage, the duo is now releasing their fourth full-length studio album, showing that this Americana duo never stops creating.

"If you're usually thinking of Americana as some kind of jangly folk music or the David Rawlings Machine, this is probably not the album for you. But if, instead, you like a wide range of country and rock stylings with an overall chill



The Radio Room Proudly Presents Moors & McCumber on Friday Feb. 24, 2017 at 7:30 p.m. Courtesy photo.

feeling, you'll find a lot to like on this Moors and McCumber album. That opening vocal tag on "Pandemonium" is worth the price of admission." *Admin <u>EarToTheGroundMusic</u>*

Check out Moors & McCumber at their website http://www.moorsandmccumber.com/

Tickets are \$18 in advance and \$20 at the door and may be purchased by calling (970) 241-8801, Ext 211 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.

THE AIR FORCE ACADEMY BAND TO PERFORM AT THE MONTROSE PAVILION

Special to Art & Sol

MONTROSE-The United States Air Force Academy Concert Band from Colorado Springs will perform a free concert at the Montrose Pavilion in Montrose, Colorado on Thursday, Feb. 16 at 7 PM. Admission is free of charge and is part of the group's week-long tour through Utah and Western Colorado. The concert is open to the public; free tickets for this event can be picked up at the Montrose Daily Press. The evening will feature a diverse repertoire that celebrates our Air Force's 70th anniversary, the patriotic spirit of the American people, and also pays special tribute to our veterans. The United States Air Force Academy Concert Band proudly represents the Air Force Academy, the leading institution for educating, training, and inspiring men and women to become officers of character. The Concert Band is

composed of 50 active-duty Air Force professionals and is one of nine Academy Band ensembles. In addition to performing for Air Force troop morale, recruiting, and community outreach events, the group often appears on radio and television broadcasts and presents educational performances and clinics at national music conferences. For more than 60 years, the Academy Band has used the

power of music to honor our nation's heroes, inspire Air Force personnel and the nation they serve, produce innovative musical programs and products, and communicate Air Force excellence to millions around the world. For more information, please write, call, click, or follow:

The United States Air Force Academy



Band 520 W. Otis Street Peterson AFB, CO 80914-1620 (719) 556-9916 www.usafacademyband.af.mil https://www.facebook.com/ usafacademyband @USAFA_Band The Montrose Mirror | February 6, 2017 Page 40

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 Feb. 13 and Feb. 21 @ 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 Uncompangre 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-

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 @ phebena-tor@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. 8-RE1J District Spelling Bee on Feb. 8, @ 6 p.m. in the Centennial Middle School Auxiliary Gym.

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. 11-Canyon Creek B&B Comedy Night @ Bridges, 7 to 9 p.m.

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, <u>970-626-2970</u>.

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. 16-The United States Air Force Academy Concert Band from Colorado Springs will perform a free concert at the Montrose Pavilion in Montrose, Colorado on Thursday, Feb. 16 at 7 PM. Admission is free of charge and is part of the group's week-long tour through Utah and Western Colorado. The concert is open to the public; free tickets for this event can be picked up at the Montrose Daily Press.

Feb. 18-Take part in a historical snowshoe tour to Yankee Girl Mine guided by Local Historian & Author Don Paulson on Saturday, Feb. 18, 2017 from 9:30 a.m. to 2:30 p.m. at the Ouray Visitor Center, 1230 Main St., Ouray, (from there we will carpool to CR 31). Registration: spaces are limited to 20.! \$25 donation kindly requested to support the host organizations: Uncompahgre Watershed Partnership and Ouray County Historical Society. Go to uncompahgrewatershed.org/event/snowshoe-tour-yankee-girl-mine-2017 Questions: Contact Judi at UWPcoordinator@gmail.com or 970-325-3010.

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, 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.

Feb. 24-The RADIO ROOM Proudly Presents Moors & McCumber on Friday Feb. 24th, 2017 at 7:30 PM. Tickets are \$18 in advance and \$20 at the door and may be purchased by calling (970) 241-8801, Ext 211 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.

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). <u>For tickets visit https://tickets.montrosepress.com/.</u>

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.

*Coupon must be present

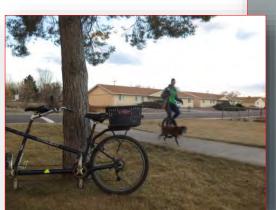
Mi Mexico Restaurant 1706 E Main St (Hwy 50) Montrose, CO 81401 (970) 252-1000 (970) 252-1111 Fax

MONTROSEM I R R O R

Contact the Montrose Mirror: 970-275-0646

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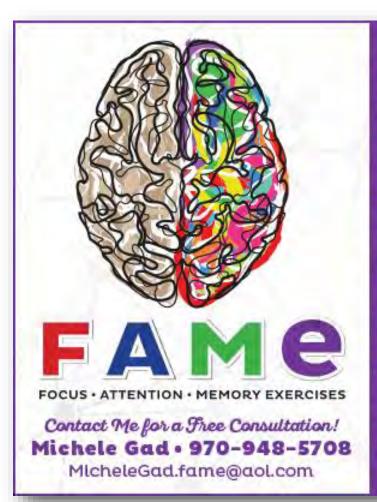
www.montrosemirror.com



A unicyclist braves chilly temperatures to take his dog out for a run Friday.



Above, Richard and Mark of the <u>Sears Hometown Store</u> delivery team...we took their photo making a delivery downtown at The Lark & Sparrow, but they have delivered super heavy things all over town. Montrose heroes! Thanks guys!



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 hollstic approach to brain health, provided in the client's home.

Benefits healthy aging adults and effectively treats:

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Michele Gad is a Certified DelGlacco 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!