



THE MONTROSE MIRROR

Issue No. 209, Feb. 20 2017

HOPE FOR THE HIVE...PAONIA CO-WORKING SPACE CONTINUES TO BUZZ DESPITE FOUNDER'S TROUBLES

By Caitlin Switzer

PAONIA-Despite some uncertainty about the premises, Paonia's [The Hive](#) Co-working space continues to buzz, for now. Though Hive Founder and real estate investor Chris Yates filed for bankruptcy recently, the popular Paonia co-working space remains open and serving its growing membership.

"It is business as usual at the Hive," Hive Manager Heidi Hudek said last week. "Things are maintaining."

Yate's Facebook page describes him as "a serial entrepreneur, real estate investor, private money expert, social and spiritual activist, speaker, yogi, vegetarian, and wanna-be organic farmer." Though he has left Paonia, Yates and his family remain in Western Colorado.

[Continued on pg 10](#)



This photo by Lehman images is from The Hive Facebook page. The future of the Paonia business remains uncertain following a bankruptcy filing by Founder Chris Yates.

LEARNING IS THE MAGIC KEY TO TAKE YOU WHERE YOU WANT TO BE

By Gail Marvel

MONTROSE-"Yes Sir! No Sir!" The Sir in this case is Fifth Degree Black Belt Master Tae Kwon Do Instructor Ed Ulibarri. Ed said "I really don't like titles and the class calls me Mr. Ulibarri, or Sir."

Although Ulibarri has taught Tae Kwon Do for 37 years, it was two years ago that he began teaching a class through the rec center. The class, which costs \$30 a month, meets at the Warrior Resource Center on Tuesday and Thursday, 4:45 - 6 p.m. Beginner and advanced students are offered additional training at a different time for no additional charge. Classes are free to Veterans.

Class size runs between 16-25 and students range in age from five to 50.



Students run through various Tae Kwon Do techniques prior to class. Photo by Gail Marvel.

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HOUSES OF WORSHIP: TRINITY REFORMED PRESBYTERIAN CHURCH



Communion trays of bread and grape juice, representing the body and blood of Jesus, sit on the table below the podium as Pastor Jeremy Cheezum presents his sermon to Trinity Reformed Presbyterian Church. Photo by Gail Marvel.

By Gail Marvel

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

MONTROSE-Of the 80 assembled for worship at Trinity Reformed Presbyterian Church on Jan. 22, 2017 the majority were young families with children.

The service began with announcements which included upcoming Bible studies, volunteers needed for child care and the availability of the end-of-the-year contribution statements. Two new Sunday school classes are scheduled; however, teacher Frank first needs to finish his series on the book of Romans. Laughter rippled through the auditorium when Pastor Jeremy Cheezum quipped, "We'll all be in glory before Frank finishes Romans!"

Songs from the hymnal included all verses of, "The God of Abraham Praise," "Fairest Lord Jesus," and from a bulletin insert, "My Worth is Not in What I Own." Accompanists played a baby grand piano and a violin. Offering plates were passed and prayer requests taken from the floor included missionaries, the country in tran-

sition and health. The sermon text, John 11:45-57, concerns the plot to kill Jesus. Pastor Cheezum read the Scripture and said, "Verse 47 is the heart of the passage. What are we [the Sanhedrin] to do?" The Pharisees ultimate concern was for their place and their nation, "The Pharisees did not want to lose their base of power. Jesus was taking their power; he was confronting their idol."

The high priest Caiaphas has said that one man should die for the people, rather than put the nation in jeopardy. Cheezum said, "A better line...he wanted Jesus dead. Here were the religious leaders of the day, they didn't just want to stop Jesus, they wanted Jesus dead."

Cheezum explained God working through Caiaphas, "God is sovereign. Caiaphas didn't say this on his own. It is God declaring that one man should die for the people. From God's point of view it is better for Jesus to die so his nation could live. Because God loves us, Jesus died so his people could be redeemed."

Noting that we too are afraid of losing our idols Cheezum said, "We don't like it

when our idols are messed with! Idolatry, one of many sins, is a powerful sin. You are lying to yourself if you say you have no idols...there you go, it's another idol, the idol of pride." Idols can include sports, relationships and jobs. Cheezum said, "An idol is anything we put before God; anything that rules us other than God. I just went over my goals with the leaders. They need to hold me accountable and make sure that my goals are not an idol. Wanting the largest church in Montrose would be an idol."

Tongue in cheek Cheezum solicited laughter when he spoke of being a Good Presbyterian, "Some of you are new to Presbyterianism, but someday maybe you'll be a good Presbyterian...if I have my way!"

In verse 54 of the text there is a change in the ministry of Jesus, "He no longer moved about publicly. People were stunned that his ministry changed. Spoiler Alert! In the next couple of chapters Jesus dies on the cross. Look what Jesus went through for you...In Christ we are free from the bondage of sin."

Communion, served toward the end of the service, is passed throughout the congregation. Cheezum said, "We know God works through these emblems, not physically, but spiritually. If you are not a Christian it would be unworthy for you to take communion. Let the emblems pass you by if you have not repented and accepted Jesus." The emblems, bread and grape juice, are served separately and after prayer they are taken in unison. The Doxology and benediction concluded the service.

Contact info:

Trinity Reformed Presbyterian Church
2705 Sunnyside Road

Montrose, CO 81401

Pastor Jeremy Cheezum

970-249-1053

Worship service 10:30 a.m.



ONLINE NEWS
ASSOCIATION

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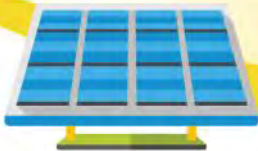
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GRAND VALLEY RANGER DISTRICT SEEKING COMMENT ON DOGS AND NORDIC TRAILS



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Special to the Mirror

GRAND JUNCTION – The U.S. Forest Service, Grand Valley Ranger District has received complaints and requests for additional restrictions and/or closures related to dogs at parking areas and on trails on the Grand Mesa National Forests. The District is seeking public input and comment regarding the possible need to close one or more Nordic ski trail system(s) to dogs and/or the need to implement other restrictions to decrease conflicts between winter recreationists and dogs. Currently, dogs are allowed on all trails throughout the Grand Mesa National Forest.

Forest Service regulations (already in place) identify that dogs must be under physical restrictive control, including a leash not longer than six feet, within developed recreation sites. The majority of trailheads along Highway 65 are defined as developed recreation sites. Additionally, Mesa and Delta counties have resolutions regarding the control of dogs and prohibitions associated with waste issues as well as unrestrained dogs that create a safety hazard or result in bodily injury.

Comments and input regarding "Grand Mesa Winter Dog Management" may be sent to:

Comments-rocky-mountain-gmug-grande-valley@fs.fed.us or sent with the title above to:

Attn.: Grand Valley District Ranger 2777 Crossroads Blvd, Unit 1, Grand Junction, CO 81506. Comments should be submitted by March 20, 2017.

Western Slope Soil Health Conference

WHEN

February 23, 2017 / 8:00a—5:00p

February 24, 2017 / 8:00a—1:30p

WHERE

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ADVANCED TICKETS

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LATE REGISTRATION

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



MONTROSE ELKS LODGE: ELK TRACKS!

Montrose Elks Lodge

MONTROSE-Welcome to Elk Tracks, a periodic update of what is taking place at our local Montrose Elks Lodge, located at 801 So. Hillcrest, Montrose CO 81401. Bingo: Bingo Feb. 21, 2017 6:30 PM - Progressive Game #2 is worth \$200.00 and Progressive Game #4 is worth \$400.00. Both can be won in 37 numbers or fewer. Progressive Game #6 is worth \$9,786.00 and must be won in 53 numbers or fewer or the prize posted will be awarded. Feb. 14, 2017 Valentine's Day was an exciting night at Montrose Elks Bingo. The hub-hub was filled with cheering and laughter as people had a good

time playing and winning at Bingo. *Progressive Game #2* payed \$500.00 between 3 Winners and *Progressive Game #4* payed \$1,199.00 between 2 Winners.

Five (5) games paid \$125.00 each and the last Game #8 paid \$850.00 to one Winner. Jackpots are paying better as the more people that play, the bigger the Jackpots. **For a great time filled with smiles and laughter be sure to join us to play Bingo at Montrose Elks Lodge every Tuesday evening.** Doors open at 5 PM and Card sales start at 5:45. An "Early Bird" set of 5 quick games begins at 6:30 and the main Bingo session of 8 games, including 3 Progressives starts at 7 PM.



(Open to the Public).

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Sarah - 7th grade Science & Social Studies Teacher.

Chris - serves on the Grand Junction City Council & works for Region 10 LEAP.

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REGIONAL NEWS BRIEFS

COLORADO BIG GAME APPLICATIONS ARE NOW OPEN

Special to the Mirror

COLORADO-Applications are now available for 2017 season big game, sheep and goat hunting licenses. Colorado Parks and Wildlife brochures for big game and sheep and goat are online and available in print at any CPW office or license vendor throughout the state. Apply online at CPW's [secure license application portal](#). This is the last year paper hunting license applications will be available. In 2018, all applications will be online only. All customers need to have an individual email address and password to apply for or purchase

CPW products. Returning users should make sure their information is correct when logging in this year.

"We encourage sportsmen and women to review CPW's brochure and regulations or call our hotline before applying for a license," said Cory Chick, CPW's License Administration Manager. "We want hunters to be as informed as possible so they are not caught by surprise by new regulations, new unit boundaries, or new processes for applying for a license."

The [2017 Colorado Big Game brochure](#) contains regulations for deer, elk, prong-

horn, moose and bear, and the [2017 Colorado Sheep & Goat brochure](#) contains regulations for Rocky Mountain bighorn sheep, desert bighorn sheep, and mountain goat. There are several changes to license reissue, refund and exchange policies in 2017. All license exchanges will be charged a fee of 50 percent of the cost of the original license, not to exceed \$25. Any license that is returned to CPW that took five or more preference points to draw will be manually reissued to the next eligible person based on the residency status of the returned license. More detailed license [exchange](#) and [refund](#) information is available online or in the brochures. Additional changes to 2017 regulations include the addition of fluorescent pink as an alternative to hunter orange. Hunters are required by law to wear pink or orange when taking deer, elk, pronghorn, moose or black bear with any firearm in order to ensure visibility in the field.

This year, big game is now included in CPW's Walk-in Access Program. This will allow public access to some private properties for deer, elk and pronghorn hunting within certain season dates. There will be more details about this program in the Walk-in Access brochure, out in August. In select areas, a random selection of licensed hunters will be required to submit their deer harvest to testing for chronic wasting disease. This is a new policy in order to better gauge the presence of this disease in some deer herds. Experts advise against consuming meat from infected animals, although no research has found that the disease is transmittable to humans. Because the testing is mandatory, there will be no charge to the hunter. Customer service representatives are available to help you plan your hunt from 8 a.m. to 5 p.m. MDT at 303-297-1192 and trained hunt planners are available to assist hunters by phone at 303-291-7526. An approved [hunter education](#) card or certificate is required before applying for or purchasing a Colorado hunting license. Information about planning your hunt is also available on [the CPW website](#).



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.... CO-OP RETAIL SPACE FOR RENT

LEARNING IS THE MAGIC KEY From page 1



Mr. Ulibarri supervises as True Waterman (left) and Caitlin Sogge, both nine-years-old, compete in clothespin sparring. Photo by Gail Marvel.

Ulibarri said, "The reason I mix the ages together is that it teaches the adults patience, and it teaches the kids respect and courtesy." The five tenants of Tae Kwon Do are: Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit.

A 50-year practitioner of Tae Kwon Do Ulibarri said, "I took it up as a mental thing for myself. It's an Olympic sport. Sometimes it's very aerobic, other times it's kicking, punching and forms. There is no one perfect martial art, but people should find the one that works for them." Tae Kwon Do can be modified for those

Tae Kwon Do teaches self-confidence, self-defense and self-esteem. Ulibarri said, "What's important for me is when people want to learn." With a special place in his heart for the young students he said, "Most of the adults already have confidence, but this gives kids self-confidence."

Ulibarri's rapport with his class includes rewards of patches and belts (green belt, black belt), "I have rewards for messing around too...it's called push-ups. I tell them it's not a punishment, but it's to help you." Push-ups for infractions — for getting to say "Yes sir," hesitation in ac-

with physical limitations, "Some people have back and knee problems and I adapt the training to them."

Martial arts do not favor men over women, or boys over girls; however, in competition the sexes are paired together, as are the different levels of ability and proficiency.

tions, or performing a technique improperly — are distributed to adults and kids alike.

The class itself begins with selected students leading two sets of exercises, or techniques. Ulibarri recounted one instance when he picked a five-year-old to lead the class,

"He got scared in front of all those people and started to cry. I put my arm around him and turned him around so he was facing the wall. He couldn't see the class and he did GREAT!"

A segment of the class on Feb. 14th was clothespin sparring. Participants clip a clothespin to their uniform and the object is to use Tae Kwon Do techniques to steal your opponent's clothespin. As students sparred Ulibarri cheered from the sidelines and gave instructions.

"You don't turn your back on your opponent...give me five pushups."

"Don't watch your clothespin, keep your eye on your opponent. That clothespin can't hurt you...she can!"

At the end of each session the class pays homage to the American flag, bows in respect to the instructor and recites the class motto, "Learning is the magic key to take you where you want to be."

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Montrose Regional Airport, left, and Hopkins Field, above.
Courtesy photos.

people,” Arnold said. “We now also offer year round service to Dallas. We have been successful in driving demand for air service to our area and we have the best air service in the state outside of DIA. We offer direct flying to many ma-

greater mobility and safety,” Arnold

added. “It is definitely a needed project.”

major flight hubs, including New York, San Francisco, Atlanta, etc., and have been successful at driving demand for those flights.”

Safety being the highest priority for improvements, the Montrose airport is also facing a need to expand. “We are growing rapidly and are trying to relieve congestion at the airport,” Arnold said.

“A lot of the terminal has been pushed well beyond capacity and we need more space, so we are planning for any needed building and expanding parking in the future.”

Previous projects completed at the Montrose airport include the installation of a new taxi lane, enhanced snow removal capability, aircraft lights, and a security fence surrounding the airport.

One thing Arnold wants people to understand is where the money for all these projects comes from.

“The projects we undertake are not built with tax money,” he said. “They are built with revenue gained [from the airport] and the Airport Improvement Fund, a federal airport fund.”

For more information, call the Montrose Regional Airport at 249-3203.

By Liesl Greathouse

MONTROSE COUNTY-Expansion and change to airports is nothing new, and our local airports are no exceptions. 2017 will see the completion of projects at the Montrose Regional Airport, as well as the start of plans for the Hopkins Field Airport in Nucla.

The plans for Nucla are in the ‘figure out the funding’ phase right now. “We are doing a full rehabilitation of the runway, adding extensions to the runway and turn-arounds,” explained Lloyd Arnold, director of aviation at the Montrose Regional Airport and Hopkins Field Airport. “We are planning it in separate phases. We will be putting the bid out to see how much of it we can accomplish at once or we will complete it in three phases separately.”

The lengthening of the runway will allow for it to receive higher performance airplanes and more, smaller, general aviation. For the new and improved runway, they will also include additional guidance systems and Precision Approach Path Indicators lights. “It will enhance the capability of the airport and allow larger aircraft

Arnold added. “It is definitely a needed project.”

Arnold believes that the airport expansion will be of great benefit to Nucla. “We are excited about it,” he said. “It has been neglected for quite some time and is a critical component. It is the main base for aerial firefighting and aerial medical services [for that area]. It’s the fastest access to the west end for emergency services.”

At the Montrose Regional Airport, projects are being completed and new projects planned. “We have some projected capital improvement projects that we are submitting grants for now,” Arnold explained. “We are working on producing more space with a commercial apron expansion and terminal aerial plan. We are finishing up the north baggage claim area to help reduce congestion, so it will provide a quicker way for people to get their baggage, get to transportation and get to [places including] Telluride.”

The growth at the Montrose airport has been the main reason for many of the new projects. “We had a record year in 2016, having processed about 230,000

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OPINION/EDITORIAL: LETTERS

IS TRUMP A PURVEYOR OF TERRORISM?

Dear Editor:

A root cause of terrorism is fear, uncertainty, anxiety, and revenge, as well as Fundamentalism. Where are these states of thought coming from? The tone of a lot of the present mood in this country is focused on this. This is not the direction we need to take.

Talk of travel bans, border walls, a whack-a-mole foreign policy, and a critical approach to foreign leaders all send the wrong message. We can never promote peace and good-will in our world if we approach it from this backward point of view. The same goes for the egocentric me-first view of our national interest.

Understanding cultures and other points of view leads to peace, mutual cooperation, and collaborative effort. The opposite leads to fear, ignorance, combativeness, hate, and even terrorism.

Our efforts at isolationism, egocentrism, bullying, and excessive protectionism is frequently counterproductive and dangerous. Hence the question: Is Trump a purveyor of the terrorism he claims to protect us from?

Wayne Quade, Montrose

CRIME STOPPERS – AN EXTRA OFFICER ON THE STREETS!

Dear Editor:

It was 40 years ago that the Crime Stoppers concept was developed by Detective Greg McAleese in Albuquerque. To solve a clueless murder, he publicized a re-enactment, offered a reward if the Tip resulted in an arrest and assured anonymity to any caller on a non-traceable telephone number. Today, there are more than 1,000 similar programs around the globe. Montrose Regional Crime Stoppers, Inc. is only two years old but has caused the arrest of nearly 30 criminals, paid out \$4,000 in rewards, recovered \$10,000 in property and \$30,000 in illegal drugs. A Gunnison fugitive charged with six serious crimes was arrested within 45 minutes of the MCSO receiving the Tip and a dangerous sexual predator was captured in Alabama based upon a Tip to our Crime Stoppers. While most activity is centered on Montrose and surrounding counties, the web-based Tip program is operational throughout the United States.

The program is based upon an anonymous telephone number, **970-249-8500**, a free mobile app, **P3 Tips** and a website, **P3 Tips.com**. The name P3, by the way, comes from its origin, Public, Police and Private Sector. All communications maintain the secret identity of the Tipster. If the Tip results in an arrest, a reward of up to \$1,000 or more may be paid through a process with Alpine Bank – South in Montrose, which also safeguards the anonymity of the Tipster.

Crime Stoppers is a 501(c) (3) Colorado corporation, making all donations tax deductible. It operates solely with a volunteer Board and is funded by private donations and grants. Donations may be mailed to 434 S.1st Street, Montrose, CO 81401. While mail is received at the Montrose Police Department and Crime Stoppers works with and supports all law enforcement agencies, there are no active law enforcement officers on the Board nor do any law enforcement agencies make decisions for or direct the Board. While Crime Stoppers promotes all law enforcement, it is totally independent and its Tips are protected from Defense Attorneys' discovery by statute.

Do your part! Report a fugitive or crime (call 911 to report a crime in progress) by contacting Crime Stoppers on the telephone number, mobile app or web page listed above. To help our program succeed, you can make a tax deductible donation to this vital regional organization dedicated to increasing public safety for us all. Since a sworn officer costs a law enforcement agency around \$80,000 per year (salary, training and benefits), Montrose Regional Crime Stoppers, Inc. does indeed provide the equivalent of an additional sworn officer on the region's streets.

John W. Nelson

*President, Montrose Regional
Crime Stoppers, Inc.*

HOPE FOR THE HIVE...PAONIA CO-WORKING SPACE CONTINUES TO BUZZ DESPITE FOUNDER'S TROUBLES From page 1

Organizations that have Hive memberships include the six-county Region 10 League for Economic Assistance & Planning Small Business Resource Center, which for the past several years has promoted the Hive as a new business paradigm.

[In an article](#) penned by Region 10 in 2015, the non-profit gushed over the business: "...The Hive has become a beacon and asset for the North Fork community."

Cedaredge Realtor John Freeman, who has no connection to Yates, will soon be listing two of the properties referred by the bankruptcy courts. What will become of Yates' other properties remains uncertain.

"It is a horrible, horrible situation," Free-

man said. "It is certainly going to be difficult."

In the end, the bankruptcy filing may not impact Hive investors at all, said one local realtor who is not involved with the matter.

"Building owners come and go," Austin Realtor Mark Shaffer said. "Sometimes a bankruptcy doesn't affect the tenants at all. If a landlord is in default, a variety of things can happen. The lender can ask the court to create a receiver, someone who can keep tenants in place and account for the monies.

"It may or not affect operations," Shaffer said.

Watching the matter closely are Montrose business owners Josh Freed and Den-

nis Lankes of Proximity Space, a public-private co-working initiative. The Proximity Space model was inspired in part by the success of The Hive. Proximity Space now has 65 active members and 18 regional co-working spaces connected to its own network, Freed said, and has another 42 scheduled to open in the future.

"Nobody wants to see the Hive go away," Freed said. "It takes out another connection." The Hive was in the black, Freed said, and added that Yates has been in touch and remains committed to moving forward. "We will be meeting with him, to see about bringing The Hive into the Proximity Space network."

After all, "Paonia has been way ahead of the curve," Lankes said.



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REGIONAL NEWS BRIEFS

LATE WINTER THE BEST TIME TO PRUNE TREES

Special to the Mirror

COLORADO-Late winter, from February through early March, is the best time to prune most trees.

Trees are still dormant at this time of year and, unlike in early winter, wound closure will be rapid if pruning occurs just prior to the time new growth emerges.

"Pruning trees during the late dormant season reduces impacts on tree health, and builds a strong structure for our community trees in the long term," said Keith Wood, community forestry program manager for the Colorado State Forest Service. Wood says that although some elms, maples, birch and walnut trees may visibly exude sap if pruned in the late winter or early spring, this should not harm the tree.

The CSFS offers the following tree pruning tips:

Know what you want to accomplish before you saw. Don't remove any branches without a reason.

Remove any torn, dead or broken branches.

Try to develop or maintain one dominant vertical top stem, or leader, and don't cut off the tops of trees.

Space the main branches along the trunk, and prevent branches below the permanent canopy from growing upright or too large.

Always prune just outside the branch collar – the point where one branch leaves a larger one (or the trunk), often discerned by raised or wrinkled bark.

Limit pruning of newly planted trees to the removal of dead, damaged or crossing limbs, or those interfering with the main stem.

Avoid removing more than 25 percent of a tree's branches in any one year.

Consider recycling pruned limbs by having them ground into mulch. If a job requires running a chainsaw overhead or removing large branches or entire trees, Wood says it is best to contact an insured, certified arborist.

A list of these professionals can be found at <http://www.isa-arbor.com>.

For more information about urban tree care, go to www.csfs.colostate.edu.

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MAYOR, MAYOR PRO TEM TO BE NAMED APRIL 4



City Manager Bill Bell, above, will be evaluated by Council on March 7, and City Attorney Stephen Alcorn will be evaluated on March 21. Mirror file photo.

Mirror staff report

MONTROSE-Scheduled for the [Montrose City Council Work Session](#) on Tuesday, Feb. 21 are a presentation by Montrose Recycles, a discussion of revising the City's budget process for 2018, and an

ordinance for Montrose Emergency Telephone Service Authority (METSA). Included in the work [session packet is a report](#) from the Gunnison River Basin Roundtable. The City Manager will be evaluated by Council on March 7, and the City Attorney on March 21. Subjects set for discussion at upcoming City Council work sessions include an introduction of the Western Slope Software Developers organization on March 20.

Also on March 21 will be consideration of a beer and wine liquor license application for Amazing Glaze.

Selection of a new Mayor and Mayor Pro Tem will be April 4, as will proclamations in support of Earth Week and Arbor Day. On April 17 Council hear a presentation on the Museum of the Mountain West. At the [regular City Council meeting Feb.](#)

[21](#), Council will consider Ordinance 2411 on second reading, authorizing the sale of real property ([see packet for details](#)).

Council will consider approving two sanitary sewer project bid awards: a \$72,885 professional services contract to DOWL (formerly Buckhorn Geotech) for design of the City's Sanitary Sewer Master Plan Capital Improvement Projects (CIPs) 1 and 2; and a \$90,252 professional services contract to Providence Infrastructure Consultants for assessment of sanitary sewer lift stations and manhole and development of recommendations to deal with Hydrogen sulfide issues including odors and manhole deterioration.

Following Sales, Use & Excise Tax reports, [fourth quarter budget review](#), and Public Information Officer report, Council will adjourn.

2017 TAX SEASON STARTED SLOW, BUT PICKING UP SPEED!



Join Us For a Free Informational Seminar
Tuesday, Feb 21st, 5-7 PM
Montrose Memorial Hospital's
Nutrition and Diabetes Services Building
421 S Nevada Ave

Receive a discount on your consult fee if you attend a seminar

Move to a healthier weigh
Over the past two years,
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has helped our community lose
over 3000 pounds using

The "Ideal" Weigh Weight Loss Method

**Free informational Session
Tuesday, Feb 21st**

Please RSVP at 240-7170 to
receive pre-seminar information



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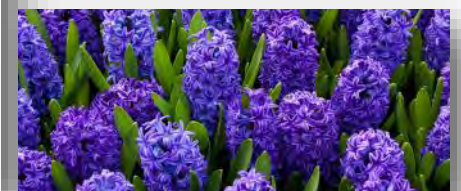


Special to the Mirror
MONTROSE-According to H & R Block Senior Tax Advisor Ray Miles the 2017 tax season began slow, but is now picking up.

Identity theft is an ever increasing problem on tax returns and Miles said, "If someone does lose their identity we can, for tax purposes only, help them get their identity back."

This year the Internal Revenue Service (IRS) took steps to combat identity fraud by holding up the refunds on those filing claims for the Earned Income Credit, the Child Tax Credit and the Education Credit. Those tax return refunds were released beginning Feb. 15.

Photo by Gail Marvel.



REGIONAL NEWS BRIEFS

CPW OFFERS A MENTORED, PRIVATE LAND TURKEY HUNT FOR NOVICE YOUTHS



Special to the Mirror

MEEKER- Colorado Parks and Wildlife is offering six, inexperienced young hunters an opportunity to learn from knowledgeable mentors during a high-quality spring

turkey hunt on private land near Meeker, April 8-9. Several local landowners, in partnership with CPW wildlife managers, continue to support the annual hunt by offering access to their private properties.

The hunt, part of the agency's Hunter Outreach Program, is a continuing effort by CPW to instill respect for wildlife, encourage enjoyment of the outdoors and educate novices about Colorado's hunting traditions.

"Most kids that have never hunted just need a good mentor to show them how, and that is where we come in," said Bailey Franklin, hunt organizer and District Wildlife Manager in Meeker. "We offer this hunt each year to teach ethical hunting, wildlife management and the safe way to handle a firearm, among the many other important lessons these young hunters will learn over this weekend."

"We are focusing on true beginners," he said. "This is about education, not just a chance for a private land hunt. We ask folks to respect that." The opportunity is open to all youth under the age of 18 that possess a Hunter Education card.

Applicants must mail their entry by March 25 to:

DWM Bailey Franklin

PO Box 1181

Meeker, CO 81641

The application packet should include: The youth's name, address and Hunter Education card number

A parent or guardian's contact information, including an email address and phone number

An essay of 500 words or less, handwritten by the youth and in their own words, about why he or she should be selected. The applicant's lack of experience, reasons that have kept them from participating in a hunt and the desire to learn are suggested topics for the required essay. The three participants will be selected based upon the contents of

the essays and will be notified by CPW on or before April 1. All participants selected for this hunt will be required to attend a pre-hunt orientation at Colorado Parks and Wildlife's Meeker office, April 7, from 3 - 5 p.m., accompanied by a parent, guardian or mentor.

Colorado Parks and Wildlife will provide shotguns, ammunition, blinds and calls. Successful applicants must provide their own camouflage clothing, lodging and food. For more information, call CPW's office in Meeker at 970-878-6090. To learn more about Colorado Parks and Wildlife's Hunter Outreach Program, go to www.cpw.state.co.us/learn/Pages/HunterOutreach.aspx

Because We Care About Your Health - MMH Is Happy To Sponsor The

2017 MMH Health Fair

Saturday, February 25 at Montrose Pavilion

From 6:30 a.m. - 12 noon. No appointment necessary.

All screenings are FREE

Vision Screening
 Consults for Early Blood Draw Test Results*
 (*Bring Your Results)
 Foot Screening
 Hearing Screening
 Nutrition Information
 Bone Density Screening
 Skin Cancer Screening
 (8:00 am - 12:00 noon)

Plus Much More! See You There!

Blood Draws
until 11:00 a.m.

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

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REGIONAL NEWS BRIEFS

GIFTS THAT KEEP ON GIVING: DINNER & PROGRAM

DCWC invites women of all ages to share in a girls' night out complete with catered dinner, free childcare, an activity, a guest speaker, and live entertainment!

Special to the Mirror

DELTA-Delta County Women's Connection will be hosting their next Dinner & Program March 9, 2017 for the women of Delta and surrounding areas.

Guest speaker Trish Carruth gives an interactive presentation about "Gifts That Keep On Giving" as she shares the secret three gifts you can give yourself to be a happier, healthier you!

Attendees are invited to bring guests. Dinner is catered by Daveto's and live entertainment by local performer Beth Williams. Special thanks to our March printing sponsor, Bernadette Fuoco of Sierra Realty, LLC. Join us on Thursday,

March 9 from 5:30 pm – 7:00 pm at Delta Christian Church, 795 1600 Rd.

Now accepting credit cards for \$10 entry fee.

Focusing on providing a quick retreat from the hustle and bustle of every day, the DCWC dinner and program is a great place to unwind, laugh, learn, share, and re-charge in the company of other women. Reservations are appreciated to ensure that there is plenty of food and free childcare is available when requested with reservation.

Please RSVP by March 6 by calling Carol at 970-201-6612 (texts are accepted), calling Pat at 970-856-4650, or visit the

events link our Facebook page and reserve on the event.

Founded in 2008, DCWC provides a safe, caring environment where Delta County women of all ages can come together for a good meal and some girl time.

DCWC meets every other month for a catered dinner, live entertainment, friendly conversation, a fun activity, the chance for door prizes, and a wonderful inspirational speaker. Free childcare is always provided.

Delta County Women's Connection is an outreach of Stonecroft. Find and like our Facebook page to keep current on what we're doing.

DO YOU HAVE QUESTIONS ABOUT REVERSE MORTGAGES?

**Attend a Free Presentation
at the Montrose Library**
320 S. 2nd St, Montrose



March 7th, 2017 1:00pm - 3:00pm

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To Reserve Your Seat, Call 970-249-7202



Did You Know?

Home equity and title stay in the name of the owner the same as a conventional mortgage.



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You are Invited!

Montrose Economic Development Corporation

Celebrating 60 Years!

Plated Lunch at 12:00 p.m.
with Program to Follow
(Catered by the Stone House)

MEDC 2017 Annual Luncheon
March 3, 2017 (Friday) at the Montrose Pavilion
1800 Pavilion Drive, Montrose, CO

Former Denver Broncos Captain and All-Pro Linebacker Karl Mecklenburg rose from being a college walk-on and a 12th round draft pick to a pro career that included six Pro Bowl and three Super Bowl appearances. Considered the NFL's most versatile player, Karl played all seven defensive front positions.

In 2001, Karl was inducted into the Denver Broncos Ring of Fame and the Colorado Sports Hall of Fame. Karl has been a semi finalist for the Pro Football Hall of Fame each of the last five years.



Keynote Speaker:

Karl Mecklenburg



Karl is a respected professional speaker as well as an NFL celebrity. At MEDC's 2017 Annual Luncheon he will discuss the **"Six Keys to Success"** in overcoming obstacles on the way to your dreams. His presentation is full of humor and the life lessons that the rigors of the NFL taught him.

Teamwork – leadership is the ultimate form of teamwork, "think we not me"; **Courage** to try new things and the courage to be decisive; **Dedication** – hard work, constant learning, and refusing to quit; **Desire** – your dreams, your passion, your mission; **Honesty and Forgiveness**, with others and in self evaluation; and **Goal Setting** – the short term, reasonable, specific steps that take you to your desires.

These are the keys that you can apply at work, in your relationships, in your personal life, and anywhere that is important to you.

\$30 for Investors & \$35 for Non-Investors

RSVP by 2-22-17: patriciac@MontroseEDC.org or (970) 249-9438

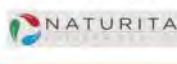
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MONTROSE PRESS



A hand is shown dropping a coin into a glass jar. The jar is filled with various coins and has a white label with the word "Kids" written on it in black cursive. The background is a light blue gradient.

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REGIONAL NEWS BRIEFS

COMMISSIONERS MOVING FORWARD WITH INDOOR ARENA & EVENTS CENTER

Special to the Mirror

MONTROSE-The Montrose County Indoor Arena and Events Center is moving full-steam ahead. The events center is set to be the largest of its kind between west Denver and Salt Lake City. Public interest in the project has been strong. The commissioners made a show of support for the project today with an onsite meeting with project general contractor Ridgway Valley Enterprises.

Commissioners Rash and Caddy took office on Jan. 10th and were faced with two large capital projects that had been passed in late 2016. Adhering to statements made during their campaigns, both took time to review the projects—especially the events center—to ensure they were in the taxpayer's best interest. The board has directed staff to develop a comprehensive business plan, market area profile, and upgraded website for the fairgrounds.

The commissioners visited the site today to hang the banner of support from the Department of Local Affairs (DOLA), who contributed \$1 million to the project. In

response to questions from the community on the project's exact location, an identifying banner was placed on the northern edge of the construction site facing the San Juan bypass. Individual statements from the Commissioners regarding the project are below.

Stay up-to-date on the latest construction developments by visiting Montrose County's Facebook page at fb.com/montrosecounty.

Commissioner Rash: As elected officials, it's our charge to evaluate all major expenditures in order to assure the efficient use of taxpayer dollars. I recognize that our in-depth review of the event center project has caused some debate and concern in the community. This sort of debate is healthy and is a critical element of transparent government. I'll never shy away from asking difficult questions which is part of being a



Courtesy Photo Attached (L to R): Ridgway Valley Enterprises General Manager/Project Manager Steve Putnam, Ridgway Valley Enterprises President Katee McCollum, Commissioner Keith Caddy, Fairgrounds Manager Emily Sanchez, County Manager Ken Norris, Commissioner Glen Davis, and Commissioner Roger Rash.

commissioner. We will make every effort to operate the Montrose County Indoor Arena and Events Center as efficiently as possible.

Commissioner Caddy: I stepped into office with two very large capital improvement projects recently approved. It was of concern to me that both feasibility and operational planning studies were not conducted prior to approval of the construction contract for the events center. I am currently working with staff to develop a business and operations plan for the events center. This plan will bring some much needed clarity to the cost and function of the facility. I look forward to sharing the completed plan with the public. I appreciate all of the comments both for and against the facility and encourage community members to stay engaged as we continue forward with the project.

Commissioner Davis: I am looking forward to the tremendous economic impact that this facility will bring to not only the Montrose area, but the western slope. The project is an investment in the community as a whole. With almost a year invested in the feasibility and planning of this events center, I'm looking forward to seeing it operational. From my standpoint, this is not an issue of what the project does for public revenue, so much as what it does to our local businesses and economy.

WESTERN WEEKEND BLAST
Janine Rusanak
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Reaching over
5000
 of your neighbors, friends,
 and potential customers.

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Operation Round Up Needs Your Help

DMEA's Operation Round Up Charitable Trust helps the co-op distribute more than \$50,000 in donations back into the communities of Montrose and Delta counties. We're looking for volunteers to serve on the trust. As a trustee, you'll meet monthly to review donation requests from local families and organizations in need and help determine where our Operation Round Up funds go.

Interested? Contact Becky Mashburn at becky.mashburn@dmea.com or 240-1263 or visit www.dmea.com/content/operation-roundup to download your trustee nomination form.



877-687-3632
www.dmea.com / 

CITY AND COUNTY MEET FOR JOINT WORK SESSION



In a spirit of cooperation, the City of Montrose hosted the first joint meeting between the city and Montrose County on Feb. 13. Photo by Gail Marvel.

By Gail Marvel

MONTROSE-On Monday, Feb. 13 the Montrose City Council and the Montrose

Board of County Commissioners (BOCC), along with their respective managers and attorneys, met in a joint work session.

Participants discussed issues facing the city and the county over the next 12 months and steps they might take toward collaboration and shared services.

Approximately 35 people were in attendance and public comment was not taken during the session. In the absence of the community activists who often dominate and control discussions in public meetings, the two governmental entities showed a distinct spirit of cooperation and future collaboration.

The first hour of the meeting was taken up with the 14 participating individuals introducing themselves and giving brief bios on their education, credentials, career paths and community history.

Major issues facing the [County](#) in the next 12 months:

- The economic situation in the West End and the need for job creation (possibilities with production of hemp).
- Two major construction projects; the Events Center (business plan and how to market) and the Road and Bridge Facility.
- SWAT analysis - internal threat.
- Airport expansion/remodel. Cost estimate is \$30-35 million. The airport recently hit a historic high with 3,300 people passing through the facility in one day.
- National Forrest accessibility and keeping roads open to enhance outdoor recreational opportunities.
- Lack of communication with cell service and law enforcement dispatch services in remote areas of the West End.
- Internal training opportunities through Colorado Mesa University for county employees.
- Mandated upgrades on the county jail within the next few years.
- Health benefit plans.

Major issues facing the [City](#) in the next 12 months:

- Homelessness is everybody's issue, which needs to be discussed.
- Recreational opportunities that are now year around activities.
- Streets, law enforcement, drugs and crime.
- Economic development for the downtown area, specifically providing incentives for business to fill vacant buildings within the Downtown Development Authority

MONTROSE MEMORIAL HOSPITAL'S

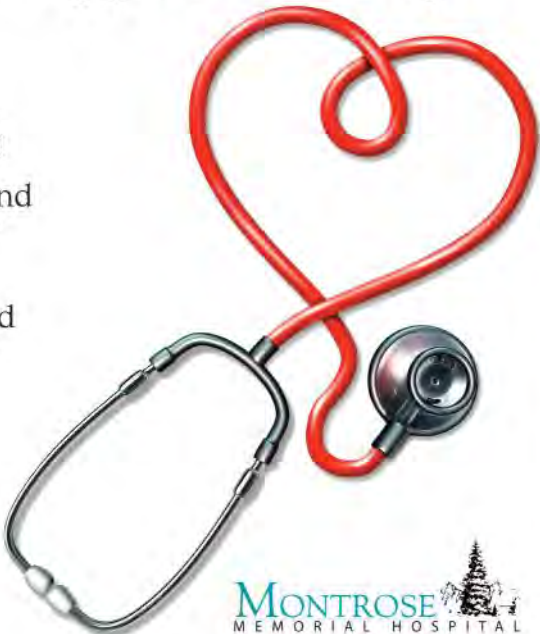

Cardiac Support Group

Please join us for a time of education & support!

Wednesday, February 22nd
Exercise for the Health of Your Heart
 Natalie Allinson, ACSM, EPC,
 MMH Cardiac Rehabilitation

Wednesday, March 22nd
What should my blood pressure be?
 Judith Collins, APRN-BC,
 Montrose Cardiology

6:30-7:30 p.m.
 MMH Conference Room B
 800 S. 3rd Street

800 South Third Street, Montrose, CO 81401

970.249.2211

MontroseHospital.com

Continued next page

CITY AND COUNTY MEET FOR JOINT WORK SESSION From pg 19

- Interest in airport success.
- Tourism.

Thoughts on cooperation and collaboration:

County Manager Ken Norris said, "We're all working for the same citizens and have the same goals in mind."

Mayor Rex Swanson said, "I'm looking for cooperation at every level. Collaboration is what it's all about. All levels — managers, attorneys, public works, law enforcement — getting together is critical."

Speaking for the group Swanson said, "We all understand there are things we can't do ...but some things we can do."

The City of Montrose is home rule and has more flexibility than Montrose County, which is limited by State statutes. Councilman David Romero said, "Shared services with taxpayer benefits and shared vision on where we can get together [oil and fuel in bulk]."

City Manager Bill Bell said, "We get hung up on jurisdictional lines. We don't really care if you are a county resident or a city resident. We are all Montrose."

County Commissioner Glen Davis said, "We are not looking for more tax dollars." To which City Councilman Roy Anderson added, "We're looking to save money."

Action Items:

- The City Council and BOCC will hold quarterly joint work sessions.
- Monthly topical meetings (tourism).
- Informal city and county manager's meeting will include department heads from each entity who have comparable job functions (public works).

Meetings may take place every two weeks.

Commissioner Keith Caddy summarized his goals by challenging attendees, "Think outside the box. Look for where we can serve better and save money...be more effective and efficient."

REGIONAL NEWS BRIEFS

ROCKY MOUNTAIN REGION PROCEEDS WITH SEASONAL HIRING

Special to the Mirror

GOLDEN— The Rocky Mountain Region of the U.S. Forest Service is proceeding with hiring over 900 seasonal, temporary employees. Job opportunities are available in a variety of exciting and rewarding occupations throughout national forests and grasslands in Colorado, Kansas, Nebraska, South Dakota and Wyoming.

Job seekers can search for seasonal, temporary jobs at www.fs.usda.gov/main/r2/jobs.

Job seekers can apply for trails, forestry, engineering, wildlife, recreation, fisheries, archeology and administrative support

jobs Feb. 16-22 at www.usajobs.gov.

Job seekers who applied for fire jobs and other jobs with early start dates during the initial time frame of Jan. 4-13, do not need to reapply.

Selections for fire jobs and other jobs with early start dates will take place the week of Feb. 21-24, 2017. Job seekers are encouraged to make every effort to be available by phone and/or email during that time.

Below are resume tips and application resources to support job seekers in applying for jobs with the Rocky Mountain Region.

Resume Tips

Include all required information (e.g., name, address, previous work history with dates and hours worked per week, etc.)

Tailor your resume to each job announcement

Spell out acronyms

Be honest

Write clear and concise statements

Use active verbs

Proofread your resume

Application Resources

[Tips for Applicants](#)

[USAJOBS Resource Center](#)

[How to Apply Video](#)



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

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

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

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

Valley Manor Care Center Memory Care Community

1401 South Cascade Ave., Montrose

Led by Brandi Garcia

Certified Dementia Care Validation Instructor

970-249-9634 or 970-275-6115

Email: bgarcia@voa.org

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REGIONAL NEWS BRIEFS

MSRR RELEASES PRELIMINARY SCHEDULE OF EVENTS FOR FINALS WEEKEND



Chancey Williams & the Younger Brothers Band will take center stage at the MSRR Finals on Sept. 9. Courtesy photo.

Mountain States Ranch Rodeo

MONTROSE-Mountain States Ranch Rodeo Series, Colorado's richest and fastest growing ranch rodeo series, is kicking off the 2017 season with the release of the [preliminary schedule of events](#) for Finals weekend. MSRR Finals will be held in

Montrose, Colorado from Sept. 8 through 10 at the Montrose County Fairgrounds. The expanded Finals schedule includes two ranch rodeo performances, additional equine events, Cowboy church and a working ranch horse sale. A major new feature is the addition of the Western Heritage Expo which will showcase ranching and agriculture related businesses, service providers, and traditional crafts and skills demonstrations.

Chancey Williams & the Younger Brothers Band will take center stage at the MSRR Finals on Sept. 9. Known for their high energy, up-tempo performances, the band has shared the stage with dozens of artists, including Lady Antebellum, Miranda Lambert, Eric Church, Brantley Gilbert,

Trace Adkins and Billy Currington. Tickets to the MSRR Finals on September 9th will include the concert so fans will double down with a full day and night of cowboy fun!

Mountain States Ranch Rodeo Finals is an annual celebration of America's working cowboys, their families and the ranches they represent. Many of the MSRR cowboys work the very cattle ranches that were first settled and developed by their families generations ago. Mountain States Ranch Rodeo is committed to preserving our ranching and agriculture heritage for the benefit of the communities we serve. Additional Activities are in the planning stages. Visit

www.mountainstatesranchrodeo.com for updates in the near future. To become part of the excitement that is Mountain States Ranch Rodeo contact 970/240-4176 or via email at kwollert@wollertautomotive.com and doug@newwestmarketing.com.

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2016 Redcoat of the Year - **Janine Rusnak**

2016 Councilman of the Year - **Bob Brown**

2016 Montrose Young Professional of the Year - **Ashley Pietak**

2016 Montrose Community Service Member of the Year - **Christina Files**

2016 Chamber Business of the Year - **The Center for Mental Health**

2016 Business of the Year - **Ross Reels**



MONTROSE
CHAMBER OF COMMERCE

REGIONAL NEWS BRIEFS

MONTROSE MEMORIAL HOSPITAL, DELTA COUNTY MEMORIAL HOSPITAL RANKED AS TOP HOSPITALS 2ND YEAR IN A ROW

Special to the Mirror

MONTROSE-A new report ranks both Montrose Memorial Hospital and Delta County Memorial Hospital in the Top 100 Rural & Community Hospitals for the second year in a row. The report is issued by The National Rural Health Association's Rural Health Policy Institute, iVantage Health Analytics and The Chartis Center for Rural Health. According to the report, top performing hospitals excel in managing risk, achieving higher quality, securing better outcomes, increasing patient satisfaction and operating at a lower cost than their peers.

"This significant achievement is a testament to the success of our hospitals and better care for our communities," said Steve Hannah, MHA, CEO of Montrose Memorial Hospital.

"I'm proud of our employees and the leadership from our Board of Directors. Congratulations to Delta County Memorial

Hospital for their achievements and we look forward to collaborating to improve the health in our region."

The hospitals are working together in various ways to improve care for the region with shared efforts in the San Juan Accountable Care Organization, producing a joint Community Health Needs Assessment to report on health activity and opportunities in the region, and working together ensure patient access to the best healthcare.

"As a community we can be proud of our hospital, which is really a system of people, and their focus on quality for all patients without regard for how they



Montrose Memorial Hospital. Courtesy photo.

pay. Safe, quality care for all is the foundation of our hospital culture and this outside recognition demonstrates that MMH is achieving the objective of financial sustainability while providing outstanding care. My hat is off to the entire team, said Ron Courtney, MMHI Board Chair."

Thanks for reading the Montrose Mirror!
Call 970-275-0646 for ad rates and information!

REGIONAL NEWS BRIEFS

IMPROVING LIVES OF OLDER ADULTS: THERAPEUTIC RECREATION MONTH!

Special to the Mirror

REGIONAL-Therapeutic Recreation is a practice of utilizing a wide range of activities and interventions to improve physical, emotional, cognitive, social and leisure skills for a wide range of individuals. The intervention is personalized and based on a person's past, present and future leisure lifestyle. The practice is recognized and honored in February as national Therapeutic Recreation Month. The National Therapeutic Recreation Society established National Therapeutic Recreation Week in 1984, which has now evolved into a month long recognition. Therapeutic Recreation Programs are managed and led by a Certified Therapeutic Recreation Specialist (CTRS). Senior CommUnity Care, a program of Volunteers of America, which runs the Program of All-Inclusive Care for the Elderly (PACE), has been utilizing the specialized treatment plans of a CTRS since 2010.

Anne Johnson serves as Volunteers of America's regional CTRS consultant and manager for Senior CommUnity Care. Johnson has a team of coordinators and assistants to help serve the program's 305 participants in the two county area. "We focus on the abilities, not the disabilities," Johnson said. "We treat the whole person using a variety of modalities including arts, music, dance, sports, games, education sessions and community reintegration to help maintain or improve an individual's physical, spiritual, social and emotional well being." Senior CommUnity Care works with adults aged 55 or older who are state qualified for nursing home

level care, but who with the help of the PACE program are able to continue to live in their own homes. "It is the right and desire of people of all abilities and ages to experience activities of their own personal choice," Johnson said. "With appropriate risk management older adults can have the opportunity to experience therapeutic adventure recreation and its consequent benefits."

A program of therapeutic recreation is designed to achieve the following goals: increased independence and self-esteem promote health and wellness, develop skills that carry over into the community, promote socialization and a sense of community, exposure to new activities, community reintegration, development of a healthy leisure lifestyle and ongoing education.

"We are able to achieve these goals by taking the time to find out what each older adult in our program is truly interested in. For example, that may be a desire to try ballroom dancing, experiment with photography, learning how to play pool or knitting or wood working. Or it may involve outdoor walking tours, visiting museums, taking a jeep tour into the mountains, or flying in an airplane. There are so many possibilities," Johnson said. "We want to make those desires a reality within a healthy, supported environment." Program participants don't just perform a task they are given. Johnson stated the program offers activities which are truly engaging and emphasize the right to take a risk in an environment of dignity and respect. "With thorough planning, older



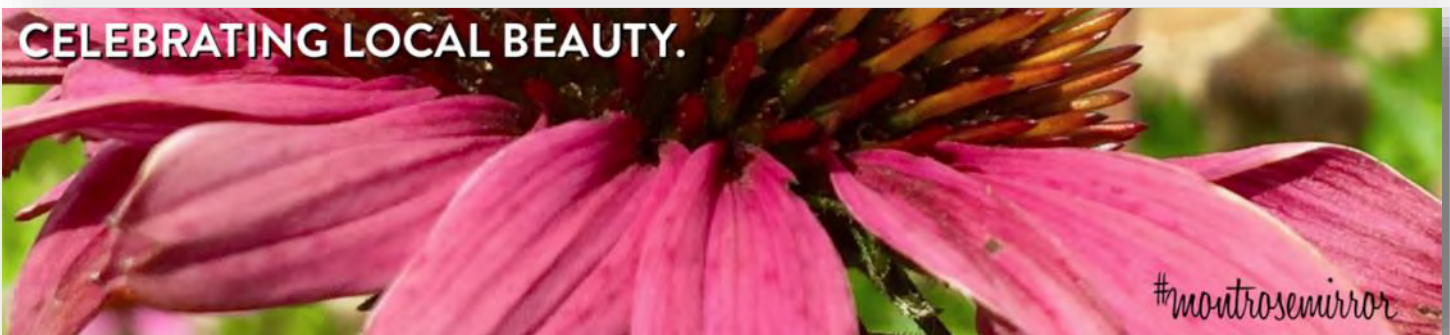
PACE participant Vicki and art instructor Lewis Williams consult on an art project at the PACE day center in Montrose. Courtesy photo.

adults can experience stimulating therapeutic recreation activities and adventures and the consequent benefits."

To become a CTRS, one must obtain a Bachelor of Science degree or higher from an accredited university with academic studies focusing on physical, biological and behavioral sciences, recreation and leisure theory.

After that, a three month internship comprised of 560 hours at nationally accredited organization must be completed along with successful completion of the National Therapeutic Recreation Certification exam.

CELEBRATING LOCAL BEAUTY.



ISSUE 85 Feb. 20, 2017

ART & SOL

HOMEMADE COMFORT, ONE BINKY @ A TIME



*Priscilla Cozzens of Hopewest Kids with a binky.
Courtesy photo.*

By Liesl Greathouse

MONTROSE-For the creative and craft-minded in Montrose, there is a way to put your skills to work to help comfort children in need: our local Binky Patrol chapter.

Binky Patrol originally began in Laguna Beach, California in May, 1996. From its initial five volunteers, Binky Patrol has grown to more than 160 chapters and an estimated 20,000 volunteers nationwide ranging in age from four to 94. According to their website, "A binky is a homemade

blanket that can be sewn, knitted, crocheted or quilted. They range in size from 3 feet square up to twin bed size." The blankets are donated to children in need from ages 0-18.

"The founder saw a need for items to give children comfort during difficult times," explained Director of the Montrose Binky Patrol chapter, Christina Carney. "Children can't articulate what they are feeling and they need something to hold on to, to feel protected. We try to give them

something that is just theirs, so they feel less afraid."

The Montrose Binky Patrol chapter, called Homemade Hugs, was started in 2014. Carney initially took charge over the Montrose chapter after the woman who originally started it moved to Clifton. They had connected on Facebook and Carney offered to help. "I always loved to crochet and I've always loved children," she said. "My mother taught me to crochet, as I was not able to be physical as a child and I was always in the hospital. She would

crochet blankets and always gave away her blankets, so I wanted to continue to do that and also help kids."

Carney tries to donate blankets to wherever the need is greatest. She either goes around and calls various local organizations that deal with children or often she will she get a call from an organization in need. She works with different local organizations, including Dolphin House, Hilltop, Haven House, Child Protective Services, The Cancer Center, and even an organization called WhimSpire Foster Care and Adoption Services, who came all the way down from Grand Junction to get blankets.

Since the blankets can be knitted, crocheted, sewn, quilted or hand-tied (fleece-tied), it opens up the opportunity for people with different skill sets to be able to help. There is also no set pattern, so the design for the blankets is completely up to the volunteer creating it. "One of our volunteers is 82 years old and lives on a beautiful ranch, but told her daughter 'I don't feel like I make a difference anymore'," Carney explained. "Her daughter told her about us and now we get bags of beautiful crocheted blankets every couple of weeks. We also work with people at Homestead.

Continued on page 33

ABC CLUB STUDENTS OF THE MONTH!



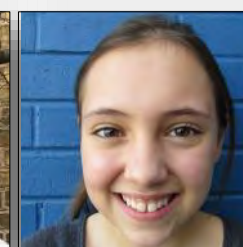
Aaliyah Gallegos
Northside Grade 3



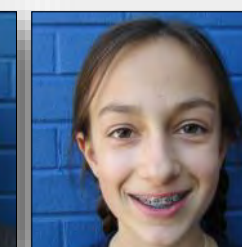
Abigail Rubalcaba
Olathe Grade 8



Aidan McRae
Oak Grove Grade 5



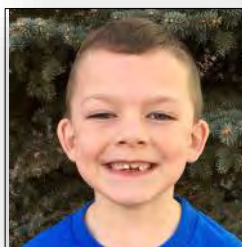
Alicea Vigil
Columbine Grade 6



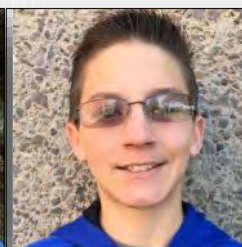
Alyssa Oman
Columbine Grade 6



Ana Mosqueda
Olathe Grade 7



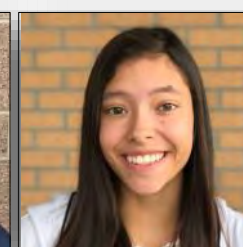
Chance Graves
Cottonwood Grade 1



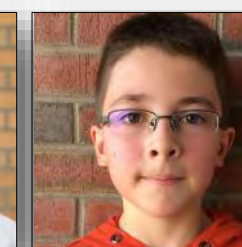
Daniel Wittenberg
Centennial Grade 8



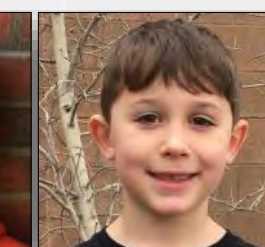
Dayton Sofka
Olathe Grade 9



Hannah LaPena
Vista Grade 11



Ivan Edstrom
Northside Grade 5



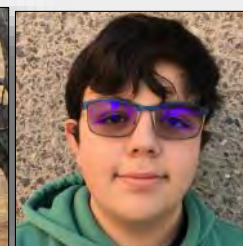
Jack Payne
Johnson Grade K



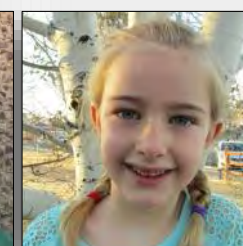
Jake Perpar
Cottonwood Grade K



Johnathan Chandler
Oak Grove Grade 2



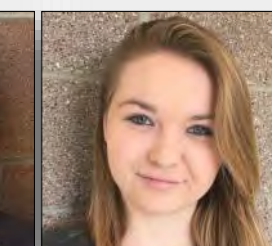
Jonah Johnson
Centennial Grade 8



Kendall Taylor
Pomona Grade 1



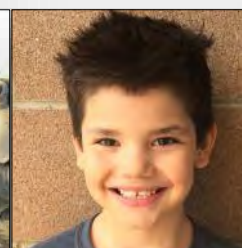
Kodi Fletcher
Olathe Grade 5



Kylee Harris
Olathe Grade 10



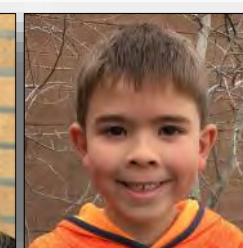
Lydia Cheezum
Pomona Grade K



Manny Jiron
Olathe Grade 1



Maudey Johnson
Vista Grade 11



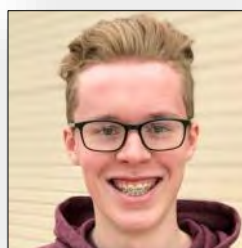
Patton Berry
Johnson Grade 1



Rhiannon Bergman
Montrose Grade 12



Ryan King
Montrose Grade 10



Sam Green
Peak Grade 10

Since 1983, the Academic Booster Club <<http://montroseabc.org/>> has collected and returned between \$5,000 and \$10,000 annually to schools and students by giving grants to teachers, students, parents, administrators and support staff to promote positive academic experiences in our community. Academic Booster Club (A+BC) has awarded more than \$225,000 in grant money since its inception! Each month, A+BC selects one student from each school in the RE-1J district to be a Student of the Month. These students are recognized at a quarterly awards ceremony. A+BC has been doing this for more than 30 years! Students were honored at the A+BC Award Ceremony on Monday Feb. 13th at Cottonwood Elementary School.

COMMUNITY NEWS BRIEFS: ARTS & PHILANTHROPY

THE GIVING CLUB OF MONTROSE DONATES \$7,000 TO MADA

Special to Art & Sol

MONTROSE-The very first meeting of The Giving Club, a new women's social and philanthropic club in Montrose, generated \$7,000 to a lucky, unsuspecting nonprofit group. The Giving Club meets quarterly, and the first meeting was held on the first Monday of February with future meetings scheduled the first Monday of May, August, and November. The ultimate goal is to give a meaningful donation to a local nonprofit each time the club convenes. Additionally, the club envisions involving women from all walks of life including younger, mid-career professionals, retirees, those at home raising kids, and local leaders in volunteerism and philanthropy coming together for a common cause. The Giving Club welcomes those new to the community and the gathering is a fun and comfortable way for women to meet new friends. Attracting a spectrum of women from business, government, and nonprofit sectors is valuable, and collectively the club networks and socializes while helping to meet real needs in our local community.

On Monday, Feb. 6th, 65 new members met upstairs at The Bridges Golf and Country Club to socialize and plan their first giving. Each gathering includes an activity that introduces new friends and

professional associates while participants enjoy appetizers and drinks. Phoebe Benziger and Sue Hansen opened the meeting and welcomed the participants. Their mantra is simplicity. Each member donates \$100 per quarter at each meeting, and has the option of putting the charity of their choice into a hat where three are chosen at random. The nominating member of the chosen charities pitch and sell their choice to the group. Attending members vote and Annie Hauck's charity choice for MADA's Montrose Lighthouse Ministries was the lucky winner to receive a handful of \$100 checks totaling \$7,000. Montrose Lighthouse Ministries is a local nonprofit that serves homeless individuals who need overnight shelter. The program provides a homeless shelter in Olathe and van transportation to and from the shelter. In conjunction with MADA in Montrose, individuals and families struggling to make ends meet are provided with meals, shower and locker facilities, computer access for job search, and laundry facilities. Our donation will help support their van transportation and shelter program. Annie Hauck was thrilled that her charity was chosen. She came to the first meeting thinking she would just watch, and was inspired at the last minute to nominate Montrose Lighthouse Minis-



Phoebe Benziger hands over the stack of checks totaling \$7,000 to Annie Hauck for Montrose Lighthouse Ministries' van transportation and homeless shelter program. Courtesy photo.

tries. She said, "It must be a God thing because everything came together and fell into place like it was meant to be." Benefits of The Giving Club of Montrose not only include charitable giving, but also education about and exposure to the nonprofits in our area, allowing members the opportunity to practice public speaking, foster meeting new people, and create a sense of purpose.

As a result, a lucky non-profit reaps the benefits of a large gift with no strings attached.





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Friday
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



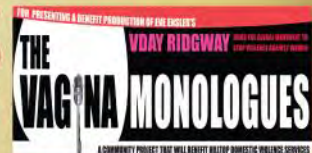
Thursday
Feb 16



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.



CALL FOR PRESENTERS:

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COMMUNITY NEWS BRIEFS: ARTS & CULTURE

WINE AROUND COLORADO...COLORADO'S ONLY STATEWIDE BARREL TASTING EVENT!

Special to Art & Sol

These two weekend events will take place April 22 & 23 and May 6 & 7.

Tickets will be sold to the public for \$25 (taxes and fees included) and attendees will receive a wristband and map that allows them entry to sip and sample wines at all participating wineries over the weekend they select. Garrett Estate Cellars, 53582 Falcon Road in Olathe, will be open both weekends on both sat and Sun 11 a.m. to 4 p.m. For information call 970-901-5919.

WRITE WORD, WRITE PLACE WITH KIERSTIN BRIDGER

Special to Art & Sol

MONTROSE-In Weehawken's upcoming two day workshop to transform both reader and writer, Kierstin Bridger asks her students to explore how resonant writing comes from those willing to begin... one word at a time. She says, "This workshop for those who haven't written in a while and are not sure where to start or perhaps have been writing but need an infusion of new energy and air. I will meet

you, wherever you are, with support, a useful map, and a lifeline. You'll explore new writing through prompts, coaching, and depth diving. We'll uncover places that excite the soul, the page and the reader."

All students should bring a fast writing pen and a pad of paper. This workshop is open to all genres and all levels of writers. Registration for this class is \$175.

Kierstin Bridger is a Colorado writer and

author. Read more about her on her website: Kierstinbridger.com

Weehawken Creative Arts invites you to join Kierstin Bridger for this writing workshop in Montrose on March 18th and 19th from 10 am to 3 pm. Registration is just \$175.

A minimum number of students must be met in advance in order to guarantee the class, so those interested are highly encouraged to register in advance.

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SINCE 1978

COMMUNITY NEWS BRIEFS: ARTS & RECREATION

TELLURIDE YOGA FESTIVAL CELEBRATES TEN YEARS



Courtesy photo.

Special to the Mirror

TELLURIDE-The Telluride Yoga Festival will commemorate ten years of yoga, live music and community connection this July in the beautiful San Juan Mountains in Southern Colorado. The 'original yoga festival', the annual event hosts hundreds of

yoga enthusiasts in the Telluride valley seeking instruction and interconnection in a stunning mountain setting for four days in a retreat-like setting.

The 2017 event will feature a compelling lineup of internationally renowned instructors including over 100 activities ranging from yoga to meditation as well as live music and concerts each night. With thirty presenters already announced and more expected in the coming weeks, the intimate mountain festival is already showcasing a compelling lineup of guest presenters and instructors. Highlights include Tias Little (author and founder of Prajna Yoga in Santa Fe), Amy Ippoliti (co-founder of 90 monkeys and iconic yogini known passionate for animal activism), Colorado's own Gina Caputo (founder of Colorado School of Yoga) to name a few.

More than just a yoga festival, the event stretches into the realms of education with featured presenters and workshops as well as opportunities for coordinated hiking, biking, climbing, cooking and wellness classes, dining events and an infusion of live music. Attendees will enrich their practice while making life long connections with like-minded individuals from all

corners of globe. With a focus on diversity, as well as creativity, the annual event has built an active community who return to the resort each year.

The ten-year event is celebrated for providing a community atmosphere for attendees that provide opportunities for intimate connections and strength that reaches far past the daily asanas. Showing remarkable growth over the years, the Telluride Yoga Festival will expand it's footprint in 2017 allowing for yogi's, and yogini's alike to stretch out in the Telluride township with classes offered both indoors and outdoors including sunset classes on 'The Ridge' (just below Allred's Restaurant) at 10,551 with unparalleled views of the mountains and valley below.

The Telluride Yoga Festival is the highest altitude event of its kind clocking in at 8,750 feet in Telluride, Colorado, and 9,500 feet in Mountain Village. The perfect environment to stretch out your muscles and mind, attendees treasure the exceptional views and friendly mountain town vibe of Telluride. For more information about the festival and to purchase tickets for the annual event check out www.tellurideyogafestival.com.

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Weehawken February Classes

www.weehawkenarts.org 970.318.0150



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 Ridgway, Ouray and Montrose

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



OPEN FIGURE DRAWING

1st & 3rd Saturday in Ridgway
from 1-4 pm. \$20 cash or check.

FEB. 8 ARTBAR: DOUBLE THE CANVAS, DOUBLE THE FUN WITH ALLISON WOFFORD

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



**FEB. 11 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.

FEB. 15 THE HEDONIST'S NOTEBOOK WITH KIERSTIN BRIDGER

(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 thorough adult.

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

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



MARCH 11 & 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.weehawkenarts.org or by phone at 970.318.0150

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COMMUNITY NEWS BRIEFS: ARTS & EDUCATION

SCHOLARSHIPS AVAILABLE TO ATTEND MASLOW ACADEMY APPLICATIONS BEING ACCEPTED NOW FOR FALL '17 ENROLLMENT

Special to the Mirror

MONTROSE — This year, \$10,000 in scholarship funding is available for qualified students to attend Maslow Academy of Applied Learning this fall, through The Montrose Community Foundation. Maslow Academy of Applied Learning is an independent elementary school (K-5th grade levels) that focuses on educating the whole child by providing individualized learning. These scholarships are generously funded by private donors in the community and are intended to provide access for students of limited means. "It's important that our schools represent our entire community, therefore this scholarship program and other financial programs offered, help ensure Maslow Academy is a diverse learning environment," said Chrissy Simmons, Executive Director, Maslow Academy of Applied Learning and Bright Beginnings Preschool.

The Maslow Academy of Applied Learning scholarship application is available starting February 1st via the Montrose Community Foundation website at www.montrosecf.com, or an application can be obtained at Montrose Community Foundation, Timberline Bank, 1561 Oxbow Drive, Montrose, CO 81401. Application deadline is March 3rd. To be eligible for the scholarship program: All families are required to demonstrate financial need as measured by standards similar to the National School Lunch Program. Students must be qualified to enroll in Maslow Academy's kindergarten/1st-5th grade classes, which can be ascertained with current assessments, teacher recommendation or via an intake interview and assessment. Families with multiple children who qualify may receive more than one scholarship per family. Families currently receiving CCAP or subsidy funds are not eligible to apply for this scholarship program.

The Montrose Community Foundation will independently evaluate all applications received, and will notify scholarship recipients the week of March 27, 2017. Selected students will receive 25% or 50% of their tuition in scholarship funding, depending on income level and family size. The scholarship will be applied to the Fall 2017 school year, and is not transferable. Financial aid will also be made available through Maslow Academy of Applied Learning's Tuition Subsidy Program. *The Maslow Academy of Applied Learning is an educational partnership of master teachers, involved families and reflective learners who challenge one another to grow through experiential and applied learning so that each may reach the peak of their potential. If you are interested in more information, visit <http://maslowacademy.com> or call [970-252-3399](tel:970-252-3399).*

[3399](tel:970-252-3399).

The Montrose Community Foundation was Established in 1994, to help fund community projects, the Montrose Community Foundation (MCF) is a charitable 501(c)3 organization with the long term goal of building permanent funds for the public benefit of the residents in the Montrose community. MCF is a multi-faceted organization, with an Executive Director as its leader, a 12 person volunteer Foundation Board that meets monthly and serves on committees to oversee every aspect of the foundation. MCF serves the community as a non-profit resource, it grants funds, administers scholarships for local students, collaborates with community groups and fosters a compassionate community that is focused on the future through planned giving. For more information visit www.montrosecf.com.

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

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



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

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



www.voahealthservices.org
www.facebook.com/VOAWesternSlope.org
1-844-VOA-4YOU Toll Free Assistance Line

Up Bear Creek by Art Goodtimes

FACING THE REALITY OF WHO WE ARE



While visiting galleries in Grand Junction last week, I found this most arresting Laura Palmer collage of disgraced comedian Bill Cosby on display at Roasted Espresso & Subs on 502 Colorado Ave. (photo by Art Goodtimes)

INNER TRUMP ... Ever since WWI and WWII, we've liked to think of ourselves as the good guys. Fighting just wars. Defending human rights. Making the world safe for democracy. True, the Civil Rights Movement and the Vietnam War shook that faith in our own goodness. But, even through Nixon, Reagan and the Bushes we looked upon ourselves as leaders of the Free World ... Hard to do that now. We have a supreme egotist in the White House, blundering around the world stage upsetting apple-carts ... What's good about that? Well, it's giving us an opportunity to stop fooling ourselves. The truth is out. We can't hide anymore. Can't talk ourselves into thinking we aren't the problem. Allowing worsening climate change. Ignoring a resource-gobbling population crisis we reduce to immigration mongering. More interested in the fast buck than the best fix. Preferring to hear sound bites rather than trying to explore remedies for our social indigestion (or is it our indiscretion?) ... Naked self-interest appears on center stage in D.C. these days. And make no mistake. That has been an America

many, even of our own people, knew. Now, it's not hidden under a sweet-talking liberal veneer. It's hanging out for all to see. To see how small the hands of our moral compass really may be.

THUMBS UP ... Kudos to the Dolores River Restoration Partnership for the great job they've restoring native plant communities along the Dolores River. I drove from Gateway to Uravan the other day and it was amazing to see the amount of riparian streamside cleared of invasive tamarisk. Begun after the Nature Conservancy had completed a tamarisk clearing project on the San Miguel River, the Partnership brought together state and federal agencies at the behest of TNC and the Tamarisk Coalition

<tamariskcoalition.wildapricot.org> ... Kudos to the Montrose County Commissioners and the Montrose City Council for making peace. When I first took office 20 years ago, one local government was suing another up in Telluride. Taxpayers footing the bill for both sides. A bad situation that led to a decent settlement. But certainly it was not the easiest or cheapest way of resolving a conflict. It took folks from the Montrose-based Public Lands Partnership to teach me collaboration, and for San Miguel County and the two towns to mature politically and start intergovernmental meetings with each other.

ROAMING CATHOLIC ... Whatever take you may make of Pope Francis trying to redirect the focus of his faithful and clean house in the Papal State, there are those of us who remember with fondness Pope John XXIII -- who championed a church of the poor. Since then, it's seemed more of a clergy of regal garb, Roman titles and hunger games in the Curia between competing robed mafias. Some of us, even a few who no longer find a home in Holy Mother Church, still honor genuine ecclesiastical heroes of social justice like Archbishop Desmond Tutu, Archbishop Óscar Romero, and Cardinal Paulo Evaristo Arns. The latter, a progressive exponent of liberation theology who stood up to Brazil's military rule in the '70s and early '80s,

died this past December at age 95. There are many stories told about him, but at one point Arns braved a military squadron surrounding São Paulo's medical institute to retrieve the body of labor leader Santa Dias da Silva and make witness of the bullet holes in his side ... Arns spoke up fearlessly on workers' pay and conditions, backed strikes that aimed to achieve a living wage, and pressed for the return to democracy that finally came, after 21 years, in 1985. His outspokenness made him a hero of the masses and, for many, the most inspirational figure in the Latin American church. May his example inspire us all.

FRUITA ... Found a new favorite cuppa joe. Or at least high on my personal list after my post-Bay Area re-inhabitational move to Colorado some 30+ years ago ... When I came to Telluride, there wasn't a coffee shop in town. Nor one in Montrose. Now there are great coffee vendors in both places (Colona, too) ... But it took a trip to the Grand Valley to find my new fav (where the Nuche were once promised a home, and then our good friend the Feds did a bait & switch -- but that's another story) ... Of course, my cuppa joe is a bit more sophisticated at this stage of my life. A mocha breve -- steamed ½ & ½ with a shot (or two) of espresso mixed with cocoa. The bean matters. Organic cream is preferable, but rare to find outside of the home. The big differential ingredient is the chocolate. Lots use chocolate syrup -- Hershey's usually, or maybe Brown Cow or Ghirardelli ... Mouse's over in Ouray boasts a chocolate mix they make themselves with Callebaut as the base (one of the world's best). And it's delicious. I buy it every time I pass through Ouray ... Now western Colorado can welcome Bestslope Coffee Company in Fruita -- 129 N. Peach St. They use Ritual chocolate from Park City, Utah. It also tastes superb. Go take a sip and tell me what you think.

WEEKLY QUOTA ... "The most effective disinformation hides amid actual facts." -- Clive Thompson, *Wired* magazine, Feb. 2017 (CE)

Up Bear Creek from previous page

THE TALKING GOURD

Written While Hiking

Mountain skunk taunting
Now all our remembrances
honor aftershocks

-Carol Bell
Silt

HOMEMADE COMFORT, ONE BINKY @ A TIME

From page 24

We get volunteers from every age group and walks of life. We help them fulfill their purpose and help others."

After connecting with some people online, our local Binky Patrol chapter also received 45 small boxes (each containing 2 blankets) from a group of people in New York that wanted to help. "We donated them to Dolphin House," Carney said. "They actually came in time for Christmas, and there were a lot of kids that didn't have anything under the tree, so it was nice gift for them."

If you are not crafty or do not have the time to make blankets, materials (including yarn) donations are always welcome. Whatever they receive, Carney distributes to the different volunteers that create different styles of blankets. Donations are also tax-deductible. If you want to donate, contact Carney.

An example of a yarn donation came when Carney connected with a woman in New York was used to love to crochet, but had been unable to do that for a while due to being sick. She offered to sort through all her yarn and send it to the our local Binky Patrol. Soon, boxes of beautiful, even expensive, yarn started arriving. "I passed them out to our volunteers," Carney said. "We always make a tag for the blankets that include the name of the person who created the blanket and, if we

know, the name of the person who donated the materials. Having names on the blanket makes it more real for the kids, like having a name on a Christmas present so you know who it is from."

Being able to crochet and help kids makes Binky Patrol the perfect combination for Carney. "I say that I'm part cat because I love to play with balls of yarn," she said, laughing. "I like to see what I can do with it, how I can turn it into a work of art. I say that I paint with yarn."

Her love of children connects back to her mother.

"She got me started and I continue to crochet blankets as a tribute to her, as my thanks to her for the gift of learning to crochet," Carney said. "She was a baby magnet, as am I, and would buy diapers and other things for babies. If I had the budget, I would do the same thing, too. This is my way of doing that, by crocheting blankets."

Since they are a small organization, Carney continues spreading the word about what an impact a simple blanket can have on a child. "I wish people knew how much



Kirk Shiflett and Christina Carney with Binkies @ the Welcome Home Alliance for Veterans Resource Center! Courtesy image.

having something means to the kids," she said.

"When kids are going through a transition, all their possessions are in a trash bag, they don't have any toys and from the kid's point of view, they feel like their world is ending. I wish more people realized that being a kid can be a scary thing. I want to help kids see that there are people out there that care about them. And if people don't want to donate to Binky Patrol, I hope they will donate to the organizations that work with those kids, like Dolphin House, etc."

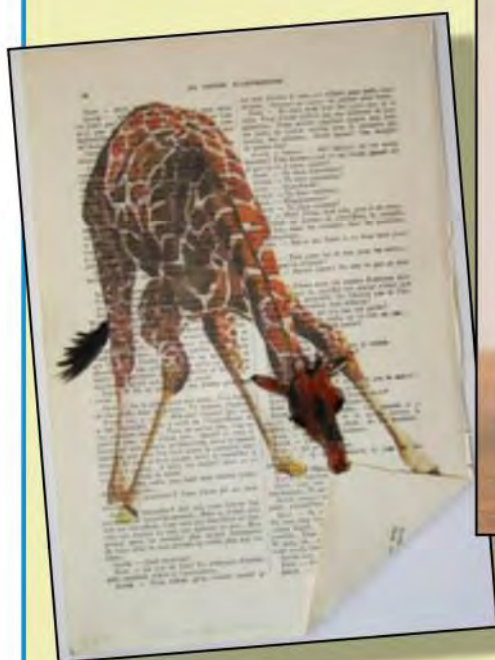
For more information, or to volunteer or donate, visit Binky Patrol Homemade Hugs on Facebook or call 275-2214 or 964-4250.

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Montrose Center for the Arts (MCA) is a component of the Montrose Community Foundation. It is a non-profit organization fostering the growth of community development and promotion of excellence in the arts through classes, exhibitions and events.

COMMUNITY NEWS BRIEFS: ARTS & NATURE

BE RESPONSIBLE AND ETHICAL AROUND WILDLIFE DURING SHED ANTLER SEASON

Special to Art & Sol

GRAND JUNCTION- Colorado Parks and Wildlife managers advise the public to be responsible and ethical around wintering wildlife, especially while collecting shed antlers late in the cold weather season. Officers are concerned about the growing number of collectors looking for sheds in closed areas, or pressuring big game while the animals are struggling to survive winter conditions.

While shed antler hunting is allowed in most of Colorado, wildlife officers say they have received reports of several unethical collectors entering restricted areas. A few have been seen chasing deer and elk in hopes the startled animals drop their antlers. Officers have ticketed several shed hunters for harassing wildlife this year.

"We are asking folks that want to hunt for sheds, that they do it in an ethical and legal manner and only in areas where it is allowed," said Area Wildlife Manager Perry Will of Glenwood Springs. "We ask that you do not let dogs off leash to chase wildlife, trespass, go off-trail, harass animals with an OHV, or violate closures. If you do, we will enforce our laws and issue citations."

Wildlife officials say in addition to shed hunting, other forms of outdoor recreation, including the irresponsible use of OHVs and ATVs, can be very stressful to wintering wildlife.

"This is about protecting these animals," added Will. "People need to understand that when big game expends critical energy by running from human activity this time of year, it will lead to higher mortality. We will do what we need to do to prevent that."

Two years ago, the CPW Commission

approved limits to shed antler collecting in portions of Eagle, Pitkin, Garfield, and Routt counties. Between Jan. 1 through March 15, collecting shed antlers is prohibited on public land in game management units 25, 26, 35, 36, 43, 44, 47, 444, and 471. Between March 15 and May 15, collecting is allowed only between 10 a.m. through sunset.

Similar restrictions have been in place for several years on public land in game management units 54, 55, 66, 67 and 551 in Gunnison County, primarily to protect Gunnison sage-grouse. This winter, heavy snow in the area has been a significant concern, prompting CPW officials to implement a baiting operation to draw big game that have congregated along paved roads away from traffic.

Additionally, CPW enacted emergency regulations prohibiting several forms of wildlife-related recreation on public lands below 9,500 feet in an area from the community of Sargents to five miles west of Blue Mesa Dam, and from Crested Butte to Lake City.

The regulation prohibits lion hunting, small game hunting, suspends all night-hunting permits and extends the restriction on the collection of antlers and skulls of wildlife through May 15.

Wildlife managers remind shed hunters and all outdoor recreationists that keeping their distance from wintering big game is the most effective way to prevent animal stress and mortality. They say even searching for antlers on foot or



horseback can create stressful conditions for wildlife if people get too close.

"We understand that people enjoy hunting sheds, but we ask everyone to be legal and ethical," said Will. "The best option is to follow the laws and keep your distance, and maybe wait until big game has moved to summer range to begin looking for sheds."

Colorado Parks and Wildlife urges anyone that observes illegal activity to [contact their local wildlife office](#), or to remain anonymous contact Operation Game Thief at 877-265-6648. Rewards are available for information that leads to a citation.

For more information about shed collection restrictions in the Northwest Region, contact Colorado Parks and Wildlife's Glenwood Springs office at 970-947-2920. For information about restrictions in Gunnison County, call CPW's office in Gunnison at 970-641-7060

[Visit CPW website for a map of Colorado's Game Management Units.](#)

[Visit the Bureau of Land Management for more information about ethical shed antler hunting.](#)

CELEBRATING LOCAL BEAUTY.



COMMUNITY NEWS BRIEFS: ARTS & EDUCATION!

WEEHAWKEN PRESENTS: NARRATIVE TREASURE BOX WITH ALICIA BAILEY

Special to the Mirror

RIDGWAY-Weehawken Creative Arts will be offering a unique bookmaking class that has never been offered before called, "Narrative Treasure Box", taught by Alicia Bailey. Using a variety of layering, transfer and mark making techniques, and working from a personal memory or other favorite narrative, participants will create a hard cover accordion book. Participants will then create a single tray partition box with a built in shadow box that will allow for permanent storage of a personal object alongside the newly made book. Participants will be asked ahead of time to bring a small object to the workshop that triggers a memory or holds some sort of personal significance. The instructor provides all book and box materials, which is covered by a material fee of \$20 per student in addition to tuition. This is a two-day (6 working hours each day) adult workshop.

No previous bookmaking experience is required. Painting and drawing experience is helpful but not required. This workshop has not been offered before by Alicia Bailey, and will only be offered in Ridgway.

Studio artist and gallery owner Alicia Bailey of Denver, Colorado, has a particular passion for book works that include elements beyond surface printed images and text; that move beyond traditional book forms and embrace presentation flexibility, innovative page folding tactics, rigid page construction and use of alternative materials. Alicia is affiliated with several artists' book professional organizations. She is owner/director of Abecedarian Gallery in Denver, Colorado, founded in 2007 and focused on the exhibition, promotion and sale of contemporary artists' book works. Alicia also acts as an independent curator/juror, instructor/mentor and re-

gional events coordinator in the book arts. In her studio work, she has focused on book arts since the mid-nineties, producing artists' books, sculptural books and limited edition books. Her work has been featured in dozens of solo and group exhibits throughout the world and is held in numerous public, private and special collections.

Join us March 25th and 26th at Weehawken Creative Arts in the Old Schoolhouse Building (1075 Sherman St.) in Ridgway from 10am to 4 pm each day. Tuition is \$195 per student, plus a \$20 materials fee. There is a 6 student minimum pre-enrolled to make the class "go", so pre-registration is highly encouraged.

For more information, visit Weehawken Creative Arts at www.weehawkenarts.org or visit facebook at facebook.com/weehawkenarts - or call them at [970.318.0150](tel:970.318.0150).

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NOTES FOR THE JOURNEY...

Exploring Classical Music With Rob Brethouwer

A SENSUAL JOURNEY THROUGH MUSIC & SOUND...

It is often said by the uninitiated that all of classical music sounds the same. It does take some getting used to for the ear to become accustomed to the subtle nuances found in classical music. This will be discussed further as take a nuanced look at the styles of various composers, the sounds of an orchestra, and what is going on when a chamber performance lifts and stretches itself towards a conclusion.

A detailed exploration of the works of Claude Debussy and Frederic Chopin will often lead to the conclusion that their works sound somewhat limp and unresponsive, an easy flow of sound that is often static with Debussy and shows some signs of excitement in the solo piano works of Chopin. Many of their compositions could be accurately described as being on the soft side of the musical spectrum. Should this style be considered mood music or music that will get you in the mood? It depends on your immediate goals and your present company. It could and should go both ways.

Moving on, we take a few steps up the spectrum from the seemingly lifeless to notes of sheer, unbridled excitement...the music of Maurice Ravel and Hector Berlioz. Awareness of sound is now at a different level and the senses are more alert to the meaning that the music is trying to thrust upon the listener. One composition from each composer demonstrates how things can be perceived within the sound of music. *Bolero* by Ravel is a work for orchestra that starts out slow and easy with no clear direction. A snare drum taps away in a rhythm that insinuates its way into your ear. This rhythm will not cease until the final crashing moments. A solo instrument soon introduces the melody and it is then layered with the same melody being played by other instruments. The melody moves deeper, a pile of writhing instruments all pointed in the same direction.

A rush of sounds builds and builds until it cannot be sustained any longer and the music finally ends in an explosive and volcanic conclusion. critics and lay listeners

alike have placed *Bolero* on multiple lists of songs that are ideal for activities of a sensual nature.

The next piece was discussed in an earlier article but it deserves mention once again. Hector Berlioz may be best known for his *Symphonie Fantastique* and his opera *Les Troyens*. It is the story told through a symphonic work that will be our focus. This work in four movements is a tale of lust, obsession, madness, addiction, and murder. The tale of a man scorned by the woman he loves and the descent into madness that follows. A hallucinogenic roller coaster ride that involves witches and a march to the scaffold.. Find a safe space, turn up the volume, remove any tight fitting garments and go along for one or both of these rides.

We will finish with Sergei Rachmaninoff and Ludwig van Beethoven. From *Prelude in g minor* to the 3rd movement of the *Piano concerto No. 3 in d minor*, Rachmaninoff has a way of making a single piano or a full orchestra with soloist sound as if they are about to launch themselves skyward. Thunderous sound assaults the ears and other senses in the best way possible.

Beethoven offers this same kind of experience with similar pulsating sounds from both solo instruments to works for full orchestra. The first movement of his *Piano sonata No. 14 in c# minor "quasi una fantasia" Op. 27, No. 2* is more commonly known as the "Moonlight" sonata. The first movement is so familiar as to be a cliché. It is a nice first movement and it certainly sets a mood that leads one to see a full moon in their mind's eye. However, it is the 3rd movement marked "presto agitato" where we find quick finger work and movements up and down the keyboard. Several of the phrases end with a hard and fast two note combination that mark a brief and fierce exclamation point before the finger work begins in earnest once again. The pounding of the keys is incessant and is done in a way that brings the listener along for the ride.

Two orchestras of comparable ability

playing the same piece of music can sound completely different. Playing the correct notes is not enough by itself. The passion of the music must be drawn from the music on the stand,

interpreted by the conductor and the orchestra, and then delivered to the audience in a way that is satisfying to all. The difference is often the mere playing of notes and paying attention to what is between the notes (silence) as well as what is written. Subtle differences can turn an experience into something that does not require repetition or an experience that longs for frequent and prolonged experiences.

Chamber music is the exchange of musical ideas in an intimate setting. The players form a relationship with each other that is non-verbal but still as deep and as passionate as a prolonged and intense verbal conversation.

Presented on stage as duos, threesomes, and foursomes, chamber players engage in a tag team of musical ideas. Various instruments played by individuals for the sole purpose of melding the music into a unified whole. Chamber players love to perform and they love to watch each other play. Both are required for the music to come together as intended. Gender roles are fluid and the instruments can represent both masculine and feminine personas--often during the course of one piece of music. Chamber music is a liaison that is intimate beyond the usual performance space and draws the listener into the not so private world of musical exploration and discovery.



French composer Maurice Ravel, above, is quoted as saying, "The only love affair I have ever had was with music."

MIRROR IMAGES...2017 KLONDIKE DERBY!



Photos by Wayne Quade

BLACK CANYON-Boy Scout

troops from Grand Junction to

Gunnison gathered at the campground area of Black Canyon National

Park Feb. 11 for the Grand Mesa & Majestic Mountain Klondike Derby.

The event uses the theme of the Klondike Gold Rush in Alaska, photographer Wayne Quade said. "The Scout patrols make their own dog sleds and snowshoes to race between Alaskan gold rush towns (skill stations) and collect gold nuggets (replicas) for demonstrating their outdoor skills. Some of the skill stations were fire building, first aid, map & compass, ropes & knot tying, lashing & structure building, measuring distances & and heights, etc. The patrol teams were also judged on their Scout spirit (enthusiasm, spirit, teamwork, ethics, etc.).

Further activities included sled judging, snowshoe races, snow snake (slick pole) throws, and a group feed."



INSIDE OUTREACH

TEN WAYS TO SABOTAGE YOUR OUTREACH STRATEGIES



By Caitlin Switzer

MONTROSE-As a youthful copywriter, my first experiences were in the field of public relations. Writing marketing copy and preparing timely news releases were important tools of the trade, and we took our time on them back in the days of the typewriter and office copy machine. We passed every draft by multiple sets of eyes, issued news releases on creamy letterhead, and mailed them in creatively stamped envelopes to individual, targeted media contacts with whom we hoped to establish working relationships. Times have changed.

Technology has made the tools of the trade available to everyone; it takes just minutes to create a news release in a template and blast it out to every reporter whose email you can find. Text messaging and social media are essential tools of the savvy publicist, and the message is not conveyed via snail mail but moment by moment.

Today's outreach professional has a vast toolkit, but the way that we use those tools can sometimes convey subtle messages that the sender did not intend. As an editor once told me, "What you leave out is as important as what you put in." With that in mind, here are ten ways to sabotage any public relations effort:

- 1** Be too busy/important/lazy to proof-read. Don't bother to learn the basics of AP style. Write and punctuate badly. Use passive voice constructions.
- 2** Disseminate locked news releases in pdf format, so any information must be re-typed if it is to be used.
- 3** Issue invitations to media contacts on the day of an event—the later in the day

the better!

3 Invite local reporters and photographers to pay full price to come and cover your event, and if they do show up, be too busy to speak to them. Play favorites.

4 Don't designate the outreach job to one professional, but let anybody and everybody involved with an event or project or entity release information and speak directly to the public.

5 Refuse to change the way you do things, or use new tools, because you are already good at what you do and you don't want to leave your comfort zone.

6. Limit your outreach efforts to those media sources that you yourself follow.

7 Promote your personal agenda/goals ahead of project/organizational goals.

8 Ignore follow up requests for photos from an event you are promoting. Over-fluff, overhype, and flatter in your news releases no matter how ridiculous the end result. Send blurry photos shot in bad light.

10 Blast out a steady stream of news releases with no actual news at all.

BANK OF COLORADO SHARES A HEARTFELT THANKS WITH COMMUNITY!

Mirror Staff Report

MONTROSE-Pictured, a veteran stops by for a drink and a thank you, as Bank of Colorado invited community members out for the Second Annual Heartfelt Thanks and free beverage @ Coffee Trader on Valentine's Day.

Bank of Colorado is donating a percentage of all drinks purchased during the Fundraiser to the Welcome Home Alliance for Veterans.

"I'm proud to be with Bank of Colorado as we take a moment to pause with Heartfelt Thanks in appreciation for the Montrose community," Bank of Colorado Montrose President Kelsey McCarthy said.

The Welcome Home Alliance for Veterans (WHAfV) began as a grassroots, community initiative in 2011, to help medically-discharged military veterans through its targeted programs and dedicated Warrior Resource Center (WRC) at 11 South Park Avenue.



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 Uncompahgre Volunteer Legal Aid and the 7th Judicial District Bar Association. Call 970-249-7202 for information.

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

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

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

MONTHLY-

Feb. 21-Montrose Senior Center Lunch & Learn @ Montrose Pavilion Senior Center. \$3 lunch& Learn, admission to program, is free. Lunch \$5.

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

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

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.kafradio.org. The Radio Room is located at 1310 Ute Avenue, Grand Junction, CO 81501. Doors open at 7 p.m.

Feb. 25-Montrose Memorial Hospital 2017 Health Fair @ the Montrose Pavilion, 6:30 a.m. to Noon, no appointment necessary.

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

March 16-Back to 4H Night at Friendship Hall. 4 to 8 p.m.

March 16-Inside Outreach cocktail mingle at Lark & Sparrow, 5:30 to 7 p.m. Admission TBA.

March 18-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 at the Bill Heddles Recreation Center. Registration for players begins at 4 p.m. with tournament play scheduled from 5 to 8 p.m. To pre-register for the poker tournament, or for more information on table sponsorships or prize donations, contact Clay Speas, 970-361-2950.

March 22-Colorado State University Extension's Open House will be held on Wednesday, March 22 from 5-7 PM, located at the Montrose Friendship Hall in the Pioneer Room.

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

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

April 6-*Jericho* by Jack Canfora, a play presented by brand new, local professional theater company Upstart: *Theater that moves*. Adult material, not suitable for children. Thursday, April 6, 7:30 p.m. (preview performance \$12); Friday and Saturday, April 7 and 8, 7:30 p.m.; and Sunday, April 9, 4 p.m. (\$15 tickets). The Wright Opera House, 472 Main Street, Ouray, Colorado. For information, <http://www.upstartmoves.org/plays>.

April 8-Art exhibition, Montrose Events Center (648 S. First St.), 'Beyond the Story.' 10 a.m. to 3 p.m.

Apr 15-HRMS Presents "Justin Evan Thompson: An Evening of Folk Music", Live at Healthy Rhythm Art Gallery (Montrose) 7p, more information and tickets here • <https://www.facebook.com/events/1305125622843850/>

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

June 14-16-San Juan Rural Philanthropy Days, Montrose, Colorado.

July 21-23-The 22nd annual Black Canyon Quilt Show, Kaleidoscope of Stars, will take place at the Montrose Pavilion July 21-23, 2017. Entry forms, challenge information, class schedules, and questions can be answered at the web site: www.BlackCanyonQuiltShow.com.

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

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

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DMEA Directors Jim Elder, left, and Bill Patterson at the DMEA Morning Buzz @ Backstreet Bagel on Feb. 17.



Brownies Alana and Elizabeth welcome clients to the cookie table at Alpine Bank's Main Street location on Feb. 17, for Fun Friday.



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