



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

# THE MONTROSE MIRROR

Issue No. 211, March 6 2017

## RE-1J STREAMLINES REGISTRATION PROCESS!



**A Kindergarten Roundup will be held at RE-1J school sites in April. Courtesy image.**

### Special to the Mirror

MONTROSE-Life is increasingly complex for today's parents; school registration does not have to be! This school year, the registration process will be streamlined, according to Montrose County School District RE-1J Student Data Technician Charlotte Blowers. Growing up in a military family, Blowers spent her childhood on the move. So she knows what it is like for families with young children who are starting in a new school district.

"I feel very strongly that it's tough to be a parent," Blowers said. "It's tough to stay engaged. "I want to make things simpler for parents."

When she began her job four years ago, Blowers noticed that every parent received a "big pile of paper, every year for every student." When she questioned the need for so

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## 'IT BETTER BE ABOUT THE TEAM,' MEDC HOSTS ANNUAL LUNCHEON

By Gail Marvel

MONTROSE-Montrose Economic Development Corporation (MEDC) held its annual meeting on March 3, and a luncheon celebrating the organization's 60<sup>th</sup> Anniversary was served to 200 members, supporters and investors at the Montrose Pavilion.

Following the business meeting and award presentations, attendees listened to keynote speaker Karl Mecklenburg, former Denver Broncos captain and All-Pro Linebacker.

Board chair Buck Miller opened the meeting with a recap of MEDC's success in economic development over the last 60 years and highlighted businesses that serve as a testimony to community job creation and job retention.



**Photo of Karl Mecklenburg @ the annual MEDC Luncheon by Gail Marvel.**

Miller introduced the MEDC board, distinguished guests, and elected officials for the state, county and city.

Newly-elected MEDC board members are: Katee McCollum

(Ridgway Valley Enterprises), Susan Bony (Matrix Business Development), Scott Locke (Gordon Composites) and Corri Schmidt (3M Superabrasives). Appointed Ag

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Up Bear Creek!](#)

## HOUSES OF WORSHIP: CELEBRATION CHURCH



**On Jan. 8, about 100 people attended worship services at Celebration 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—"For She's a Jolly Good Fellow" is not the normal start to a worship service. On Jan. 8, choir members at Celebration Church said good-bye in song and with a group hug for choir director Pat Smith as they acknowledged her last worship service with the congregation before moving to North Dakota.

Besides the greeters stationed at the front door, numerous people spoke, shook hands and inquired, "Are you new to the community, or have you visited before?"

Announcements included an update on the Lottie Moon scholarship offering for foreign ministry, a list of upcoming activities and an abundance of areas where people can get involved.

The eight-member praise team, accompanied by guitars, piano and drums, led the congregation in singing, "We Shall See the King," "I'll Fly Away," "Sing the Wondrous Love of Jesus," and "When the Roll

is Called Up Yonder." Special music presentations, one by a soloist and the other a duet, were "King of the World" and "Whispering Hope."

Scott, a single father of two, began his testimony, "My journey has not been an easy one...I forgot that He is in charge." Scott related his on-again, off-again relationship with the Lord, "The seeds [of the Gospel] were cast on shallow soil and I was lured away from God."

A single parent for 10 years Scott said, "My wife not only left me, she left our two boys. The kids deserved a mother, but she left the country." With a lump in his throat Scott recounted his return to church, prayer and reading the *Bible*. The second time he brought his sleeve up to his nose he looked around and asked if there were any Kleenex. He joked, "I know there's one of those moms out there that would say, 'Stop using your sleeve!'"

Spiritually speaking Scott hit rock bottom, admitted his pride and then acknowledged he could not do things on his own, "God had to take me that low. I'm not

rushing God anymore...as if I could rush God!"

Teenager Thomas Hale, who had the Scripture reading, paused for the congregation to find the passage in their *Bible* before he read Psalm 98.

Prefacing this installment of the sermon series "The Worship of God," Pastor Chip Martin said, "I'm on a worship journey and I want to invite the church to come along with me." Recapping previous sermons Martin told the congregation why worship matters. "God reigns over the world...and He doesn't need any of us. You don't drive to the Black Canyon and look down and then say "look at me." You don't drive up to the mountains with a mirror to look at yourself. Worship is the fuel for everything else in the Christian life." Worship is an encounter with God, "It leads to a revelation of who you are and who God is. You want to fight sin in your life, you have situations in your life, come close to God. When we worship we get strength to worship Him."

Noting that anything can be elevated to a position of worship Martin used a football game as an example. "There are thousands of people, money, zero-degree weather, high-five's when there is a good play and people dressing in costumes. When teams don't do well people become sad and depressed. The gods of the world really don't satisfy. The greater your view of God the greater your worship of Him."

Prompting the congregation to improve on their worship Martin said, "If we always do what we've always done we're going to get what we've always gotten!"

**Contact Information:**

**Celebration Church**  
2305 South Townsend Ave  
Montrose, CO 81401  
970-275-4669  
Sunday Worship 10 a.m.  
Pastor Chip Martin



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Publisher: Caitlin Switzer, Circulation 9,100+

Featured Freelance Writers: Liesl Greathouse, Gail Marvel, Rob Brethouwer,  
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## CITY TO DISSOLVE DOWNTOWN DEVELOPMENT AUTHORITY (DDA)

### Mirror Staff Report

**MONTROSE-Work Session:** In an announcement that sent shock waves through the community Friday, the Mont-

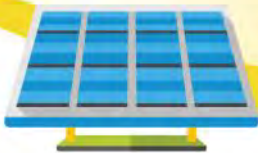
rose City Manager will dissolve the Downtown Development Authority (DDA) established by a vote of the people in April of 2010. The news was released by way of an

addendum to the Regular City Council Work Session of March 6. City Council will also spend an hour talking about capital planning at the [City work session](#) of March 6, as well as a "Community Forum Traffic Congestion Relief & Street Maintenance Presentation." Also up for discussion are the annual water meter purchase and property lease agreement on Banner Road. Included in the Work Session packet are reports from the Region 10 League for Economic Assistance & Planning, The Downtown Development Authority (DDA), and City of Montrose Youth Council. Topics scheduled for discussion at upcoming meetings include an introduction to the Western Slope Software Developer's Organization on March 20; City Attorney Evaluation, Beer and Wine Liquor License Application for Amazing Glaze; Mayor's Water Challenge and Youth Council Report to City Council on March 21. Selection of a new Mayor and Mayor Pro Tem as well as Earth Week and Arbor Day Proclamations will be April 4, with a presentation on the Museum of the Mountain West April 17.

**Regular City Council Meeting:** When City Council convenes for the [regular meeting of March 7](#), expect brevity. The first of two agenda items will be consideration of Resolution 2412 on first reading, an ordinance of the City of Montrose, Colorado, imposing a surcharge on service users of the Montrose Emergency Telephone Service Authority (METSA). The second item will be a lease agreement between the City of Montrose and Sole Proprietor Jon Jesser for \$5000 per year, for City-owned farmland on Banner Road in Olathe. Following a report from Public Information Officer Bill Bell Council will adjourn.

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## RIDGWAY SEEKS PUBLIC FEEDBACK ON SPACE TO CREATE



By Caitlin Switzer  
RIDGWAY-Do you need a place to create something? Do you know somebody who does? Share your voice and your ideas about creative space now, through the

[Ridgway Space to Create Survey](http://Ridgway Space to Create Survey). The survey is live through March 28, @ [ridgways2survey.com](http://ridgways2survey.com).

As the survey notes, "the Town of Ridgway has been selected, through a competitive process, as the location for the second creative facility to be developed under the Space to Create program, the first state-driven initiative in the U.S. for affordable space for creatives." A \$14 million [Art Space project in Trinidad](#) is expected to be complete in 2018.

"We really want and encourage anyone with an interest in creative space in Ridgway to take the survey," Ridgway Creative District Executive Director Diedra Silbert told the *Mirror*. "We are looking for all kinds of responses from people about what they want in that building."

For the purposes of the community survey, creatives are defined as individuals with a sincere commitment to their art, craft, cultural or creative work or practice, in any and all of its forms. In addition to the basic need for affordable space and use of equipment, possibilities for the Ridgway Art Space could include live/work or private studio spaces, meeting spaces, a co-working or membership environment, commercial spaces, and exhibit areas. Once the survey data is compiled, it will be used to prepare the final project feasibility study in July, Silbert said. After that, the pre-development phase will begin, to finalize specifics of project funding.

While the town has an option to acquire

land to the west of Kate's Place on Clinton Street, that could change if survey results dictate, Silbert added. "We won't see a building on the ground for a couple of years." Once developed, the Ridgway Creative Space could have between 10 and 30 units.

As data is compiled for the Space to Create project, the knowledge will also inform the community in other ways as it becomes public. "What community and regional needs must be addressed? Everybody knows that we have these needs, but there has been no hard data," Silbert said.

The Space to Create project will impact Ridgway, and this survey allows residents and potential end users to impact the shape that the planned facility takes on. "This will be a multi-million dollar facility. We are really doing our best to have what happens here be inspired by our community," Silbert said.

"The potential is unbelievable."



## 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.

**Feb. 28, 2017 Fat Tuesday** was an exciting night at Montrose Elks Bingo. A Mardi Gras atmosphere and beads were abound with everyone laughing, smiling and having fun. Card sales started at 5:15 p.m., easing the stress of waiting in line. "Early Bird" paid \$20 each to five Winners and the main Bingo session paid seven Winners \$125 per Game. One young lady *just missed* the Progressive Game 6 Jackpot of \$10,385 by one number; she had Bingo in 54 balls. The entire crowd let out a great aww, knowing she just missed the big one. The last Game 8 paid \$600 split between two Winners!

**Bingo March 7, 2017 6:30 PM Progressive Game #2 has reached a "Must Go" status and \$500**

**will be awarded, no matter how many balls it takes.** Progressive Game #4 is worth \$976.00 and can be won in 37 numbers or fewer. **Progressive Game #6 is valued at \$11,105.00** and must be won in 53 numbers or fewer or the prize posted will be awarded. Based on attendance, most likely the last game will be worth around \$500. Best to show up *early and save a seat for your chance to win Eleven Grand! Limited seating.*

**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 5:30. 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).







Montrose



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## GUIDE TO THE OUTDOORS FROM THE SHERIFF'S POSSE



*Pictured above is a Lynx. Pictured above at top right is a bobcat. Know the difference. Courtesy photos.*



By Mark Rackay

### The Canadian Lynx

Last October, there was a lynx sighting on the old LaVeta pass trail. The encounter lasted just long enough for the lucky person to catch a quick photo. It was later submitted to the Colorado Parks

and Wildlife, CPW, as a sighting.

In December of 2016, the Durango Herald reported that Dontje Hildebrand was fortunate enough to spot a pair of lynx, just off US Highway 550 near the passes.

The State of Colorado is home to more than 960 species of wildlife, and one of the rarest to see is the lynx. With all of the time I spend in the high country, I have never seen a lynx in Colorado.

The Canadian lynx, also known as a snow cat, had completely disappeared from Colorado by the early 1970's. Sightings prior to that had become a very rare occurrence and were scattered about various mountainous areas of the state.

In 2000, the Canadian lynx was officially listed as threatened by the federal Endangered Species Act. It was entirely possible that the lynx could be moved to endangered at any time.

In 1999, Colorado Parks and Wildlife, then known as the Division of Wildlife, launched a bold plan to help the lynx. The CPW began a reintroduction program in our state. CPW reintroduced a total of 218 lynx from 1999 to 2006 in the San Juan Mountains of the southwest portion of Colorado.

The lynx were captured in Alaska and Canada and many were monitored with radio and satellite collars. The lynx has become very adept at adjusting to Colorado's mountains and has been continually expanding its range.

By 2010, CPW had concluded that Colorado-born lynx had successfully produced third-generation Colorado kittens. In 2010, researchers estimated that between 30 and 40 percent of female lynx bore litters of kittens. The lynx breed in the winter and have a gestation period of around nine weeks. The female will have a litter of about three or four kittens in April or May.

The lynx is a large and bob-tailed cat, reaching more than three feet in length and weighing in around 30 pounds. The most noticeable features are the incredible ear tufts, which may be as long as the cat's actual ears.

A lynx does appear similar to the bobcat. Bobcats are listed as a furbearer in Colorado, so you can hunt and trap them within the regulations. You must exercise great care so as not to confuse a lynx with a bobcat.

*Continued next page*

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## GUIDE TO THE OUTDOORS: THE SHERIFF'S POSSE From pg 6

Bobcats are somewhat smaller and not as tall as a lynx. The bobcat has a reddish color fur and the spots are more prominent, while a lynx appears more grayish. A lynx's tail has a solid black tip, while a bobcat's tail has a black tip broken with a reddish band. Bobcats do not have that beautiful ear tuft that the lynx has.

The country the lynx lives in is also home to the snowshoe hare, which is the favorite food of the lynx, making up about two thirds of their diet. The lynx will also dine on red squirrels and the occasional grouse.

The reintroduction of the lynx to Colorado has been a major success story for the CPW, as the population appears stable. The plan CPW used has become a model for other species reintroductions in other states.

Sighting a lynx is such a rare occurrence that CPW wants to hear from you whenever you see one. CPW has a special form on their website at [www.cpw.state.co.us](http://www.cpw.state.co.us)



*In 1999, Colorado Parks and Wildlife, then known as the Division of Wildlife, launched a bold plan to help the lynx. Courtesy photo.*

that you can fill out to report a sighting. Mark Rackay is a freelance writer who serves as a Director and Public Information Officer for the Montrose County

Sheriff's Posse.

For information about the Posse call 970-252-4033 (leave a message) or email [info@mcspi.org](mailto:info@mcspi.org)

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## YOUTHFUL MONTROSE ENTREPRENEURS BRING STATE-OF-THE-ART SKILLSET TO REGIONAL CLIENTELE WITH BPETERSON DESIGN



*BPeterson Design's Ben and Janae Peterson, above. At right, Ben at work.*



By Caitlin Switzer

MONTROSE-Yes, [BPeterson Design](http://www.bpetersondesign.com) is a young firm. Of the two co-founders, only one has reached age 30. Don't be fooled by their fresh faces though—Ben (age 30) and Janae (age 29) Peterson of Montrose are experienced professional entrepreneurs with a proven track record of success. The two first met in Durango, where both grew up in entrepreneurial families. They founded BPeterson design here in Montrose after relocating to start a new life and family of their own in 2009, slowly growing their own small business while working at full-time, outside jobs. (Though they had also founded a second successful business, Candyland Lingerie, several years ago, the rapid growth of both companies recently forced Ben and Janae to choose between the two.)

BPeterson Design offers a full array of services for business owners and others who want to expand their online capabilities and sales. From fully-custom computers, computer and laptop repair to web design and development, the company brings solid technical expertise to clients in need. They can also take on social me-

dia marketing tasks, newsletters and blogs, graphic design and professional video editing. And, as the [company web site](http://www.bpetersondesign.com) notes, BPeterson Design can even help with everyday electronics tasks that can perplex the layperson, such as programming a cell phone to open a garage door. "There really is no end to how you can integrate electronics deeper into your life to make everything easier and more enjoyable."

Janae had experienced immediate success creating social media platforms while working for other companies, and now shares her marketing expertise with BPeterson Design. Ben has an array of technical skills, including computer building and repair, coding and web development. Business is thriving, thanks to recommendations and word of mouth.

"We wanted to make the jump to working full time for ourselves," Janae said, "And it all fell into place. What I love about Montrose is that there are so many entrepreneurs here. We can all support each other."

Today, the team can brainstorm with clients, create a campaign from scratch, and share that campaign across social media platforms and around the world.

"We want local businesses to succeed, and we help them do that through creative web design and social media marketing," Janae said. "We can also build online shopping carts (e-commerce), backend management systems, and integrated scheduling systems so customers can schedule appointments online."

BPeterson Design can streamline day to day business procedures, by analyzing existing operations and creating smoother, more efficient company procedures and training staff to implement them.

And they can help your business connect with the marketplace in a way that is relevant to today's consumers.

"Montrose is growing so much, it's great to get your online presence out there," Janae said. "Our responsive web design service is really taking off here. With so many things going to cell phones, not as many people are looking at things on a computer screen anymore.

"You've got to show properly on mobile."

Find BPeterson Design @ [www.bpetersondesign.com](http://www.bpetersondesign.com), or call 970-901-1469.



## ***'IT BETTER BE ABOUT THE TEAM,' MEDC HOSTS ANNUAL LUNCH From pg 1***



***Karl Mecklenburg, former Denver Bronco Captain and All-Pro Linebacker, autographed books following the MEDC annual meeting. Photo by Gail Marvel.***



***Making award presentations at the MEDC 2017 annual meeting are (L to R) MEDC Board Chair Buck Miller, Executive Director Sandy Head and Treasurer Steve Stevenson. Photo by Gail Marvel.***

representative is Steve Anderson.

MEDC Executive Director Sandy Head praised governmental entities for their ongoing partnership and support for economic development, "If we did not have this pool of partners, we would not be at the table." MEDC is all about saving jobs, bringing jobs and keeping jobs.

Drawing from the motto employed by MEDC's 1993 Executive Director Curt Robinson, Head said, "What's it going to take to make it happen?"

Businessman Mike Gordon, who brought Gordon Composites to Montrose 22 years ago, received the Community Impact Award. Region 10 League for Economic Assistance & Planning Executive Director Michelle Haynes received the 2017 Economic Development Award for her extensive collaborative work on broadband. Head said, "It was Michelle who brought broadband to the level that we have today."

Unaccustomed to being on the receiving end of an award, Head was honored for her 14 years as MEDC executive director.

As the audience watched a short video clip of Denver Linebacker Karl Mecklenburg in action and making sacks, occasional groans rippled through the room.

Mecklenburg took to the platform and said, "Are you ready for some football?" He then had the audience stand and proceeded to put them through a mini-drill.

An author and motivational speaker, Mecklenburg used anecdotes from his football career to encourage teamwork and leadership. "Have the courage to try new things. We have more potential than we can use in a lifetime. What's your level of passion or desire?" Speaking directly to economic development in Montrose

Mecklenburg said, "Success is overcoming obstacles in your way to your goal. There are people in this room who can help you out...they are the community behind the community." While in the NFL Mecklenburg put his full effort into every single day and every single play, "It was hard work, constant learning and refusing to quit." A humble man, Mecklenburg understands the importance of an ego-check, "It better not be about me; it better be about the team. We all had the same passion in mind...we wanted to win the Super Bowl!"

Mecklenburg attributes his desire for success to his Christian faith and the example set by his parents, "My parents accomplished things...even though to me they were just mom and dad."

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## REGIONAL NEWS BRIEFS

### JURY FINDS MENDOZA FOUND GUILTY AS FELONY SEX OFFENDER

7<sup>th</sup> Judicial District Attorney

MONTROSE-RE: People v. Arturo Mendoza, Delta Court Case No. 2015 CR 1 – Guilty Verdicts.

On Friday, Feb. 24, 2017, a jury consisting of twelve citizens from Delta County found defendant, Arturo Mendoza, guilty on the two felony charges that were filed in this case.

The verdict was read in the Delta District Court before the Honorable Steven Schultz. The two charges occurred during the time period of January 1, 2014, through September 30, 2014, and are as follows:

Count 1: Sex Assault on a Child, C.R.S. 18-3-405(1), a class four felony.

Count 2: Enticement of a Child, C.R.S. 18-3-305(1), a class four felony.

This trial began Feb. 21, 2017, and it lasted through Feb. 24, 2017. The evidence was presented through the testimony of the child victim, her family, expert witnesses, and law enforcement officers. These verdicts are the result of hard work from the entire Sex Offense Prosecution Team, including Deputy District Attorneys Seth Ryan and Lane Thomasson; Victims Services Specialist Denetta Dunlap; and our partners in law enforcement, specifically Corporal Chad Lloyd of the Hotchkiss Marshall's Office.

Cases involving sex offense charges require extraordinary work, especially when the sex offense involves a victim who is a minor child. The District Attorney recognizes and appreciates all of the efforts of the Sex Offense Team and Law Enforcement.

In addition, these cases present circumstances difficult for jurors to hear, and the District Attorney expressly thanks all the jurors who appeared for service and those that were selected to hear this case.

Mr. Mendoza was remanded into the custody of the Delta County Sheriff's Office and will be held in the Delta County Jail until sentencing. The sentencing hearing is scheduled for May 22, 2017, at 11 a.m. in the Delta District Court. The court can impose probation or may commit the defendant to the Department of Corrections for a period of two years to twelve years, and up to the lifetime of the offender. The defendant will be required to participate in sex offender treatment and to register as a sex offender.



## COUNTY ATTORNEY EXPLAINS IN-KIND, PARTNERSHIPS, SHARED SERVICES



**Montrose County Attorney Teresa Williams is responsible for legal matters involving the county, its elected officials, staff and boards.**

By Gail Marvel

MONTROSE-The recent joint meeting between Montrose County and the City of Montrose was seasoned with ideas of in-kind participation, partnerships and shared services. However, those terms can seem ambiguous when thrown around loosely. When asked to explain the terminology Montrose County Attorney Teresa Williams said, “In-kind would be anything besides money — labor, equipment and use of equipment. It’s usually a service.”

Using the example of a grant type situation Williams said, “Let’s say the funding breakdown was 90 percent federal, five percent state and five percent local match. The five percent local match could be in-kind, meaning the county provides services, rather than money.”

When negotiating in-kind services, the list of labor and equipment is given a value based on an hourly rate. Generally speaking in-kind participation takes place between government agencies; however, on rare occasions agreements are made with private businesses and organizations. The sheriff’s office lease agreement with the private shooting range gives deputies shooting privileges in exchange for gravel and dozer work on the range parking lot. Another example was the excess dirt at the Sharing Ministries’ construction site which was hauled away by the county and used for fill dirt on the county site at Sun-

set Mesa.

Williams placed emphasis on context when defining **partnerships**, “Each party is basically joining together to accomplish a task.” Roads are a governmental type responsibility and Denver’s C-470 is an example of public-private partnerships. Over many years the private investment in the highway is paid back through public fees.

Partnerships are cooperative agreements between local government entities and can include helping one another out with specialized equipment. Williams said, “In the Public Works Departments the county and the city each have equipment that the other doesn’t have. For instance, the city has an industrial size snow blower that the county doesn’t have.” In the future a partnership in purchasing fuel in bulk could be advantageous, “Bidding together would give the county and the city the same price for fuel.” Because the county and the city are governed differently **shared services** are not the norm. Williams said, “The county is an arm of the State and our duties are specifically legislated by the State. The city is home rule and they can define what they want to do in their Charter.”

The Health and Human Services Department is an area where Montrose County cannot share services with the city, but they can share services with other counties.

Williams said, “Child services are directed by the State, but Ouray County doesn’t have the manpower to do everything they need to do. Montrose County provides services for them and they give us the funds they receive from the State.” Montrose County also has shared services with Delta County for weed control in county rights-of-way.

For the county, the decision to enter into any agreement for in-kind, partnerships or shared services is not a staff decision, but rather comes under the authority of the Board of County Commissioners (BOCC). Williams said, “While the commissioners

could delegate a decision, 99.9 percent of the time they make the decision.”

All in-kind, partnership and shared services agreements are in the form of written documents. Williams said, “It’s mainly because of the liability aspect. Verbal agreements are hard to prove in court.”

The City of Montrose handles in-kind participation in a different manner. According to City Finance Director Shani Wittenberg, “There is no dollar value for in-kind assistance. In-kind assistance is considered by department heads and the management team as a group.”

The city Finance Department does not track assistance given to organizations, but rather it is tracked informally by department heads and the management team.

Wittenberg said, “The City Manager’s Office keeps city council informed on partnerships and collaborative efforts. If there is money involved, the city council approves anything over \$50,000.”

Wittenberg estimated there were approximately 10 organizations that received in-kind assistance from the city in 2016.

However, the list provided to the *Montrose Mirror* listed only eight organizations: Public Art Experience (insure the sculptures and public works installs them). Downtown Development Authority (administrative support and office space). Western Colorado Regional Dispatch Center (administrative support). Historic Society (facility and utilities for the museum).

BLM, Black Canyon National Park and local museums (ad space in marketing materials).

Golden Circle Seniors (facility cleaning, maintenance and utilities; printing and mailing newsletter).

Botanical Society (facility and utilities for the garden).

Montrose County School District RE-1J (Cottonwood track design).

Get a fresh outlook today. Read The Mirror.

## REGIONAL NEWS BRIEFS

### MONTROSE HIGH SCHOOL PRESENTS MARCH DIVISION AWARDS



*Special to the Mirror*  
**MONTROSE**-Pictured are the recipients for the Montrose High School March Division Awards:  
L-R Melissa Bray, KyAnn Cloud, Jessica Baldwin, Kyle Wood, Janey Alex, Skylar Tubbs, Sophia Tucker, Alejandra Padilla, Jake Casaday and Candra Gurney.

Thanks for reading  
the Montrose Mirror!  
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## DO YOU HAVE QUESTIONS ABOUT REVERSE MORTGAGES?

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

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#### *Did You Know?*

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



**PAUL JANZEN**

970-252-0306 paul@intermountainfunding.com



# RIDE FOR THE ARENA

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## RE-1J STREAMLINES REGISTRATION PROCESS! From pg 1

much paper in the digital age, Blowers was told, "That's the way we have always done it." In the beginning, she also found that the online registration process was inefficient and was not preserving the integrity of the data that was entered.

"I saw problems with the online registration model," Blowers said. "Incorrect things were written to the database, and I would have to fix them. It was a nightmare." In addition, "It was difficult for parents to understand, and every August the paperwork would take three weeks to process."

So Blowers began working to update the registration process, with the intent of streamlining everything. Creating new registration forms that are remotely available, she has enabled the families of new students to register before arriving in town. Online registration for new students is now open year round.

Registration for returning students will be open March 1 through May 1. Each school site is responsible for making sure all parents have registered, Blowers said. "Returning students are different than new students," she said. "They need to update their information."

However, "There are really only six questions they need to answer every year, so that is the information requested in our survey."

Once parents of returning students fill out the survey, if their students are in elementary school, they are finished. Parents of middle and secondary school students will pick up schedules, order yearbooks or rings, and pay fees at Back to School

night in August.

Parents should take time to log into their Parent Portal accounts regularly to stay informed, Blowers said. "Any time you make a change, submit that change to Parent Portal as it happens," she said. "Information is updated as soon as you put it in."

As kids get older, the information will serve as a resource for tracking progress, she added. And when new parents register students ahead of time, it allows the district to plan more carefully for classroom sizes and evaluate teacher-student ratios. "We can share the numbers with our stakeholders," Blowers said. "We know who is returning, and we are able to project soft numbers."

Teachers are able to see student rosters, and review student profiles and previous grades.

"We can be better prepared," Blowers said. Since her efforts began, Blowers has seen steady progress. In the beginning, 220 MCSD parents had active Parent Por-

tal accounts. Now, all but 220 of them do. There are presently 6,200 students enrolled in local schools.

Also intended to help local parents is a Kindergarten Roundup scheduled for April 19-20. Northside and Pomona schools will hold Kindergarten Roundup on April 19, while other schools will host the Roundup on April 20. Students who will be five years old by Aug. 1 must register; school sites will be open from 8 a.m. to 4 p.m., and evening hours will be available. To start the registration process, parents should go to the district web site [www.mcscd.org](http://www.mcscd.org) and click on announcements to find the Kindergarten registration tab. Parents must bring their child's birth certificate, immunization records, and two forms of address verification to the Roundup. A flyer is also available to provide registration details for all MCSD students (see graphic). For more information or to reach MCSD Data Tech Charlotte Blowers email her @ charlotte.blowers@mcscd.org.

### RETURNING STUDENT REGISTRATION

Is As Easy As . . .

**1**

**REGISTER ALL STUDENTS CURRENTLY ENROLLED FOR 2017-18 SCHOOL YEAR**

- Login to Parent Portal from your smartphone, tablet or computer
- Go to Your INBOX
- Click on 'Intent to Return' Survey Link
- Complete the Survey

**2**

**REVIEW HOUSEHOLD, STUDENT AND EMERGENCY CONTACT INFORMATION**

- Follow Directions in Parent Portal to View/Submit Changes to this information
- Submitted changes must be processed by the district before they will show on Parent Portal

**3**

**MIDDLE/HIGH SCHOOL STUDENTS MUST ATTEND AUGUST REGISTRATION DAYS**

- Pick Up Schedules
- Pay Fees
- Check your school website for Dates/Times in August

**DID YOU KNOW?**

- Intent to Return Survey opens March 1<sup>st</sup> and must be completed by all parents/guardians by May 1<sup>st</sup>. Call your school if you need assistance
- One survey registers all continuing students at once
- Elementary students attending a non-boundary school must fill out a transfer request every year if you want to stay at the same school
- Transfers are only granted if space in that grade permits. Transportation is not provided
- You can check your boundary school by going to [www.mcscd.org](http://www.mcscd.org), then go to Parents/Guardians>MCSD School Boundaries
- If you move to a new address, you must provide 2 proofs of residency to your new school in August
- You must qualify each school year for free/reduced lunch - After July 1<sup>st</sup> login to Parent Portal and fill out the Meal application by September 1<sup>st</sup>
- Health histories must be completed for each student every year. Up-to-date immunization records are required by law. Contact your school health tech for more information
- You may use your smartphone to complete the Intent to Return Survey but you must login to the full Parent Portal website. You cannot access this from the Campus Mobile App

Registration 2017-18 / db

# DOWNTOWN COUNTS DOWN TO COLORADOLOGY!

By Caitlin Switzer

MONTROSE—With less than ten days to go before the doors open, it's a countdown to Coloradology! Coming to 328 East Main Street in Montrose by March 15, Montrose's newest full-service boutique is owned by Debbie Blanchard, who also has two other retail outlets on the block—Hypoxia (300 East Main Street) and D'Medici Footwear (316 East Main Street).

So why open a third?

"I don't like stores to be crowded," Blanchard said "I want to have room for people with strollers, and for somebody in a wheelchair to be able to move around and see the products."

It's also about customer service. "We believe in service," Blanchard said.

Best of all, this one is for everybody. "There will be things for kids," Blanchard said.

"One brand we will feature is [Kavu](#). They have men's, women's and children's wear. So a father and son can have matching jackets if they choose. And for kids, we will carry [Mudpie](#)."

Other brands will include [Santiki](#) clothing for ladies and [Duke Cannon](#) soaps and personal items for men. "They smell in-

credible, and they are made in the U.S., not France."

And of course, Coloradology will carry logo wear—Montrose, Colorado, Broncos, Avalanche—find your favorites here, starting with sizes for infants. Expect plenty of accessories, fun socks, as well as umbrellas and matching scarves.

"We'll have a nice mix of casual with logo wear," Blanchard said.

"Right now we will have a lot of rain resistant and rain repellent clothing."

As always, quality is essential. "If something is a staple in your wardrobe, you will have it for years," Blanchard said. "It's better to buy quality staples; we won't

compromise on quality."

Because the Coloradology space is owned by the Townsend Family Trust, rent from the boutique will benefit scholarships for RE-1J students.

So, "I offered 33 percent more in rent than they were asking," Blanchard said, noting that there has not been a retail shop in the space for six years.

"To know it will benefit the scholarship funds makes me happy."

Blanchard said she is hoping for a March 15 opening date for Coloradology, "if not sooner."

"It will probably be a soft opening, with a true grand opening at the end of April."



*Above, Opening by March 15 at 328 E. Main Street is Coloradology. At left, Main Street reflected in the shop window @ 328 Main.*



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## REGIONAL NEWS BRIEFS

### DISTRICT 3 INDIVISIBLE IN RIDGWAY WILL HOST A PUBLIC MEETING @ THE SHERBINO

#### *Special to the Mirror*

RIDGWAY-District 3 Indivisible in Ridgway will host a public meeting at the Sherbino Theater in Ridgway from 6:30 to 8 p.m. on March 7.

Colorado is mobilizing, and Congressional District 3, a major swing district is uniting behind the nationally established Indivisible platform. The Ridgway, Colorado-based organization, "D3 Indivisible," was founded immediately after the January presidential inauguration, and its members have been working round-the-clock ever since to establish an organization committed to authentic, progressive and persistent action for the entire Western

Slope of Colorado.

Indivisible D3 serves as an organizational platform and action-driven forum for the diverse voices of Colorado's Congressional District 3. It is also an umbrella for regional organizations to gather and disseminate factual information, organize coordinated political actions, and serve as a public, inclusive and vocal platform.

Using principles from the Indivisible Guide, a national organization that was developed to defend the US Constitution through congressional advocacy, the local D3 chapter will focus on national policy as well as issues that are vital to Colorado's 3rd Congressional District such as engag-

ing with Members of Congress regarding environmental policy, education, immigration and health care, among others.

Dedicated to establishing strength in numbers, D3 will host its first public meeting on Tuesday, March 7<sup>th</sup> at the Sherbino Theatre in Ridgway, Colorado in an effort to build participation as the organization undertakes actions locally, regionally, statewide and nationally. Monthly meetings will occur on the first Tuesday of the month going forward (same time and place). All community members are invited to attend.

Website: [www.d3indivisible.co](http://www.d3indivisible.co)

Facebook: D3 Indivisible

### FAMILIES INVITED TO MONTROSE BACK TO 4-H NIGHT

#### *Special to the Mirror*

MONTROSE-When you hear the term 4-H, you think of raising livestock and showing your animal/s at the County Fair, right? But did you know that 4-H has over 60 projects for youth ages 8-18 to participate in? In addition to livestock, these incorporate almost all youth hobbies including Rockets, Cake Decorating, Engines, Scrapbooking, Shooting Sports, Ceramics...and more! In addition to project participation, 4-H Members are more involved in their communities, make lasting friendships, learn team working and leadership skills, and get the chance to make some invaluable life-long memories.

Where can you learn more about 4-H? Join us March 16 from 4-8 pm, at the

Montrose County Fairgrounds for our annual Back to 4-H Night kick off. On display will be Live Animals, Dog Agility trials, the Archery tent, Club booths, STEM experiments, and Cake & Cookie decorating (and much more!). 4-H Members will also present short demos to the community spotlighting their 4-H projects.

Additionally, talk to the Student-Led Montrose 4-H Council about the fun trips and extra-curricular activities that 4-H Members have been sponsored to attend. 4-H Agents will also be on hand to help enroll new members and verify the great benefits 4-H has to offer – but don't take their word for it. Talk to all the Great 4-H Members that will be there promoting our slice of the largest youth organization in

America.

We encourage all Montrose County Families to attend this fun, kid oriented event and find out why so many youth choose to get involved in what 4-H has to offer. This free event is open to all but please make an effort to RSVP your family by March 14<sup>th</sup> with the CSU Extension office at 970-249-3935.

If you would like to learn more about 4-H or other Colorado State University Extension programming in Montrose or Ouray Counties, please feel free to contact the number above or e-mail us [TRAExtension@gmail.com](mailto:TRAExtension@gmail.com).

Mark your calendar for March 16, 4-8pm at the Montrose County Fairgrounds for this year's Back To 4-H Night!

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# GROW WEALTHY...BUILD HEALTH & WELLNESS!

## LIMIT SUN EXPOSURE TO MAXIMIZE BENEFIT, MINIMIZE RISK



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

If you need an excuse to celebrate, March is a good month to do it starting with the 1<sup>st</sup> which was Ash Wednesday. Then there is International Women's Day, Purim, daylight savings, the Ides of March, St. Patrick's Day, International Earth Day (aka Sun-Earth Day) and let's

not forget, Spring Equinox. Changing my clock and spring equinox reminds me that longer, warmer and sunnier days are right around the corner. That equates to more time outdoors in the sunshine for many of us. Our climate here can be quite harsh so I go for a broad spectrum sunblock and usually don a hat and even gloves if I'm in my garden or atop my horse. Our bodies need sunshine as it is a great source of vitamin D often referred to as the "sunshine vitamin".

Adequate vitamin D intake is important for the regulation of calcium and phosphorus absorption, maintenance of healthy bones and teeth, and is suggested to supply a protective effect against multiple diseases and conditions such as cancer, type 1 diabetes and multiple sclerosis.

While sun exposure is your best source for vitamin D, it's important to understand that not all sun exposure will allow for vitamin D production. Sunlight is composed of about 1500 wavelengths, but the only wavelength that makes your body produce vitamin D are UVB-rays, when

they hit exposed skin. (I always wondered as a child if it was possible to get tan through a car window... it isn't because UV radiation cannot penetrate glass.)

There are numerous variables when considering how much sun an individual needs. The government's dietary recommendations are 200 IUs a day up to age 50, 400 IUs to age 70, and 600 IUs over 70. But many experts believe that these recommendations are far too low to maintain healthful vitamin D levels. They advocate for supplementation in the winter of about 2,000 IUs per day and a dose of daily sunshine in the summer. How much sun your body needs can depend on not only your age but also your skin type, time of day, season, how much of your skin is exposed to direct sunlight and even altitude.

If you're fair skinned, experts say going outside for 10 minutes in the midday sun—in shorts and a tank top with no sunscreen—will give you enough radiation to produce about 10,000 international units of the vitamin. Studies also indicate that dark-skinned individuals and the elderly produce less vitamin D so they may need more exposure to the sun. If you are somebody who doesn't get enough of the nutrient from dietary sources, like fatty fish and fortified milk, you may want to speak with your healthcare professionals about adding a vitamin D supplement to your daily routine and your individual sunshine needs.

An eight year research study indicates that individuals with the lowest vitamin D levels have more than double the risk of dying from heart disease, heart attacks and other health issues.

The sunshine vitamin may protect against

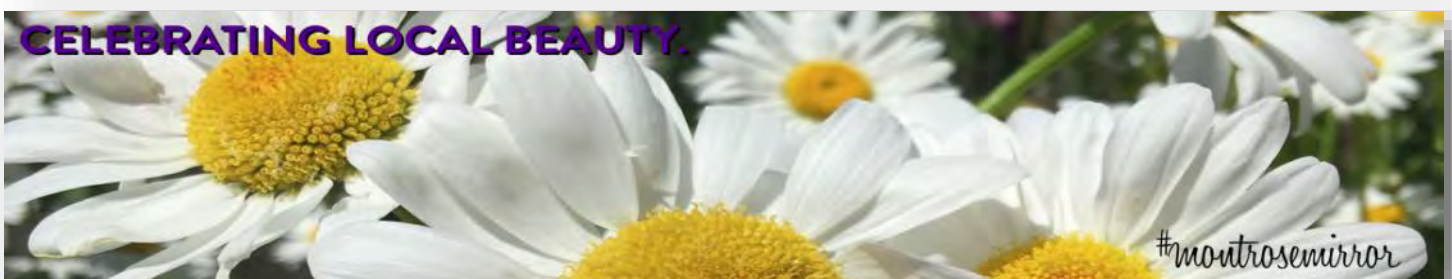
a host of diseases, including osteoporosis, heart disease, and cancers of the breast, prostate, and colon. What's more, sunlight has other hidden benefits—like protecting against depression, insomnia, and an overactive immune system.

I am not implying you should not wear sunscreen. Sunscreen is a must, especially since melanoma is the deadliest form of skin cancer and using sunscreen daily is the best defense against it. (NOTE: All sunscreen is not created equal so dermatologists recommend you use a broad spectrum product.) Unfortunately, most of us have probably been guilty of not applying sunblock which resulted in the freshly steamed lobster like glow of sunburn. Sunburn is a clear sign that the DNA in your skin cells has been damaged by too much UV radiation. Getting painful sunburn, just once every two years, can triple your risk of melanoma skin cancer. Sunburn doesn't have to be raw, peeling or blistering. If your skin has gone pink or red in the sun, it's sunburnt.

Estimates indicate that approximately 76,380 adults (46,870 men and 29,510 women) in the United States will be diagnosed with melanoma of the skin this year. Melanoma is the fifth most common cancer among men and the seventh most common cancer in women. I encourage you to schedule regular visits with a dermatologist for a full body check or if you notice any changes to your skin (i.e. new or enlarged moles) and discuss how much sun can be beneficial but not harmful for your skin type, age, etc.

Please feel free to contact me at [MichelGad.fame@aol.com](mailto:MichelGad.fame@aol.com) or 970-948-5708 if you have questions, comments or suggestions.

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#montrosemirror

## REGIONAL NEWS BRIEFS

### EXPRESS EMPLOYMENT PROFESSIONALS HOSTS NATIONAL LEADERSHIP EVENT FEATURING PATRICK LENCIONI, JIMMY JOHNSON AND ROBYN BENINCASA

*Special to the Mirror*

MONTROSE—Express Employment Professionals of Montrose is hosting the 2017 Refresh Leadership Live Simulcast, a nationwide leadership event featuring best-selling author Patrick Lencioni, two-time Super Bowl champion coach Jimmy Johnson and world champion adventure racer Robyn Benincasa.

Back for its eighth year, the Refresh Leadership Live Simulcast attracts more than 10,000 attendees annually throughout the U.S. and Canada. The event focuses on how leaders can reach the next level, inspire their people and become more effective in their role. The event will be simulcast on Wednesday, April 12 at Proximity Space, located at 210 East Main Street in Montrose, CO. The simulcast begins at 9 a.m but attendees can check in and enjoy coffee, juice and muffins starting at 8:15 a.m.

This event is geared toward local business and community leaders, and especially helpful for human resources profession-

als. Those who wish to attend are invited to register at [www.RefreshLeadership.com/Live](http://www.RefreshLeadership.com/Live). Space is limited so advanced registration is required. Lencioni kicks off the event and will speak on "The Ideal Team Player." In addition to being a best-selling author and speaker, Lencioni is also a leadership consultant who founded The Table Group.

Through his firm he provides organizations with ideas, products and services that improve teamwork, clarity and employee engagement.

The lineup continues with legendary coach Johnson offering insight into building a winning team and bringing the best out of every member through encouragement and respect. The Fox NFL Sunday analysts draws from lessons he's learned throughout his coaching career with the Dallas Cowboys to present "Teams That Win: Fundamentals for Success."

Refresh Leadership Live concludes with Benincasa, who will take the audience on a fast-paced adventure to show how

groups of ordinary people can accomplish truly extraordinary feats together.

Her motivational speech is titled, "Building World Class Teams: The 8 Essential Elements of Human Synergy." Benincasa is the founder of World Class Teams and the Project Athena Foundation. She is also a CNN Hero and firefighter.

"Express is proud to present this exciting opportunity for business leaders from throughout our community," said Nina Anderson, Grand Junction/Montrose Express franchisee. "Each speaker in this year's distinguished lineup is well-versed in the essential characteristics of outstanding teams and the role leadership plays in helping them succeed."

"Express has a strong presence in Western Colorado, and we are pleased to offer the Refresh Leadership Live Simulcast as a way to give back to the business community." There is no cost to attend the simulcast; however, Express is asking for an optional \$10 donation to directly benefit *Welcome Home Montrose*.



*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.

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## REGIONAL NEWS BRIEFS

### WOMEN ENCOURAGED TO APPLY FOR CHANCE AT PRIVATE LAND, MENTORED TURKEY HUNT WITH CPW

*Special to the Mirror*

GRAND JUNCTION- Colorado Parks and Wildlife is accepting applications for a chance to participate in a guided, women-only turkey hunt on private land made available by Encana, near Parachute. The hunts are scheduled for April 22-23.

Women 18-and-older who are true novices and want to learn turkey hunting techniques from experienced mentors are encouraged to apply. No experience or equipment is required; however, all applicants must have a valid Hunter Education card.

The mentored hunt is offered through CPW's Women Afield Program, dedicated to teaching basic skills in hunting, shooting sports and angling to women.

Space is limited. To apply, visit the registration link on CPW's website. The deadline is 5 p.m., March 31. Hunt dates and additional information are included in the hunt application.

"This is perfect for women who want to learn in a comfortable environment," said CPW Education Coordinator Kathleen Tad-vick. "No pressure, a fun time and learning something that you can do the rest of your life is what this is all about, so we encourage you to apply today."

Included with the hunt, the four successful applicants will spend two days practicing a variety of skills, including firearms safety and turkey calling. Other topics include habitat, biology and turkey behavior.

Turkey hunting continues to grow in pop-



ularity across North America, attracting a wide variety of participants, including experienced hunters looking for a new challenge or inexperienced men, women and youth that prefer small game as their first step.

The Women Afield program is one component of CPW's Hunter Outreach Program, dedicated to teaching women and novice hunters the knowledge, skills, ethics, and traditions of hunting. Through workshops, clinics, seminars, and educational hunts, the program appeals to diverse interests, backgrounds, and levels of ability.

For more information but the Women Afield Turkey Hunt, contact Kathleen Tad-vick at 970-255-6181.



MONTROSE MEMORIAL HOSPITAL'S

## Cardiac Support Group

Please join us for a time  
of education & support!

Wednesday, February 22nd

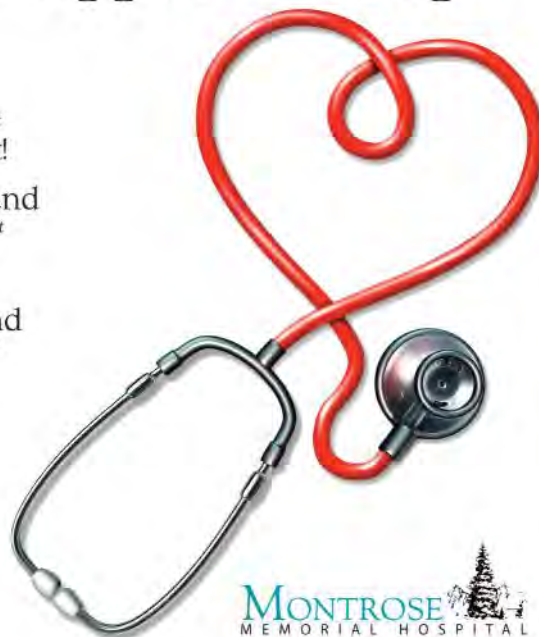
*Exercise for the Health of Your Heart*  
Natalie Allinson, ACSM, EPC,  
MMH Cardiac Rehabilitation

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



MONTROSE  
MEMORIAL HOSPITAL



## REGIONAL NEWS BRIEFS

### MARCH DESIGNATED 'WRITE A WILL MONTH' IN MESA COUNTY

*Special to the Mirror*

GRAND JUNCTION—"Did anyone check under the mattress?" When "someday" comes, how will your family know who gets all of your valuable stuff? Learn more from the experts as part of the first annual Mesa County "Write a Will Month" in March, when two free 90-minute workshops are scheduled at the Mesa County Public Library Community Room, Downtown Grand Junction: Tuesday, March 14, 11 a.m.-12:30 p.m., and Wednesday, March 29, 5:30-7 p.m.

"The purpose of Write a Will Month is to remind people that a personal plan for 'someday' is a really important thing," says Mary Hughes of the Mesa County Fundraisers' Network, which is providing for all Write a Will Month events. "These workshops will help people to understand how their wishes and plans can be committed to legal document without a great deal of hassle or money. And, of course, we hope people will think about their fa-

vorite nonprofit organizations and charitable projects – even their own personal legacy – as they make their end-of-life plans. Ultimately, this is the opportunity for people to pause and think about a very important subject which rarely gets the attention it deserves."

Write a Will training events are open to the public and will feature presentations by Attorney Gregg Kampf of Hoskin, Farina and Kampf, and Marsha Harbert of Two Rivers Trust Company. Speakers will address "the basics" of wills and estate planning:

Who needs a will?

How do I avoid the government getting all of my money?

How do I make sure my children, my pets, my favorite possessions and other concerns are taken care of when I die?

How difficult, and expensive, is this process?

Are there any advantages to giving money to my favorite charity when I pass away?

The workshops are designed to help people avoid problems, and better assure that their personal values are reflected in their end-of-life plans. There will be time for participants to talk briefly one-on-one with experts. No "sales pitch" is involved with the presentations; refreshments will be served.

Write a Will Month sponsors include Hoskin, Farina and Kampf, Two Rivers Trust Company and Mesa County Libraries, as well as members of the Mesa County Fundraisers Network: Colorado Canyons Association, Counseling and Education Center, HopeWest, The House, Marillac Clinic, Mesa Land Trust, Rocky Mountain PBS, Roice Hurst Humane Society, Tamarisk Coalition, Third Sector Innovations and Western Colorado Community Foundation.

For more information, call 970-640-5350 (Jacquie) or 970-623-2350 (Mary), or sign up for the March 14 or 29 workshops at [writeawillgj@gmail.com](mailto:writeawillgj@gmail.com).

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proudly presents the first concert in our 2017 Dave and Mary Wood  
Classical Concert Series:*

# Appalachian Spring



Susan Ellinger  
Piano



Rachel Lee Friday  
Violin

**BEETHOVEN** Spring Sonata  
**COPLAND** Appalachian Spring  
**BRAHMS** Sonata in G Major

Join us for a program of violin and piano duos celebrating the beauty  
and burgeoning spirit of the season!



**Sunday, March 12**  
**3:00 p.m.**

**Wright Opera House, Ouray**  
**Tickets, \$25**

**[www.ocpag.org](http://www.ocpag.org)**



## REGIONAL NEWS BRIEFS

### DAVE & ROBBIE SENG OPEN CARING TRANSITIONS SENIOR RELOCATION, ESTATE SVCS

#### Special to the Mirror

GRAND VALLEY— When Dave and Robbie Seng decided it was time to move from Texas to their dream location in Colorado, they knew they also wanted to step away from corporate America and open their own business, preferably working with seniors and families. Now the couple is excited to announce that they've launched their new company, Caring Transitions of the Grand Valley. Caring Transitions is America's largest resource for managing senior relocations as well as downsizing and estate liquidations. In addition to organizing, packing, de-cluttering, moving and resettling, Caring Transitions can handle estate sales, liquidations, and preparing homes for market. Caring Transitions of the Grand Valley serves the Grand Valley, Glenwood Springs, Montrose, Delta, Parachute, Rifle, Silt, New Castle and De Beque as well as the surrounding areas.

Whether your situation is planned or unexpected, Caring Transitions' services are perfect for seniors moving in with family or into a safer living situation as well as busy families and people clearing out the home of a loved one who has passed. All of Caring Transitions' services are customizable, so clients only pay for the services they need — whether that means managing the entire move and estate-clearing or just getting someone resettled into their new place.

"We are truly a one-stop-shop and we can create a plan that suits your needs, even if all you need is one piece of what we do. We are here for our clients and it's our goal to make your situation as easy and stress-free as possible," Dave said.

Dave and Robbie, both geophysicists, worked in oil exploration for 20 years in Texas before moving permanently to their farm in Glade Park. They were looking to open their own business and they knew they wanted to work with seniors and families. The Sengs originally looked into home care, but that's when they found Caring Transitions. "Dave and I have both dealt with the kinds of situations Caring Transitions can help with and, when we learned more about the business, we real-

ized it would be a great fit for us and for our community," Robbie said. "We moved to Houston from Michigan and, when we moved my aunt to Texas so we could care for her, we were faced with the challenges of space planning, downsizing and moving. She showed up with way more than could fit into her apartment and it was extremely difficult to work through."

"My dad is in Kansas City and I know we're going to be facing some of the same challenges eventually. He refuses to relocate, but none of the kids live within a day's drive. At least now we know we'll be calling Caring Transitions in Kansas City when the time comes," Dave added.

But for the Sengs, Caring Transitions isn't just about providing services to the community, it's about making a difference in people's lives.

"We want to build partnerships with our clients and advocate for their best interests to make the process as smooth and as comfortable as it can be. We're flexible, accommodating and specially-trained to

work with families at a delicate time in their lives. It's our experience, training, convenience and client-focused approach that set us apart," Robbie said.

"We are very much looking forward to working with and serving our friends and neighbors on the Western Slope."

Dave is a Certified Relocation and Transition Specialist, a designation bestowed by an independent organization that evaluates providers of senior relocation services.

Caring Transitions of the Grand Valley is bonded and insured and all employees are background-checked. For additional information, contact 970-822-7087, email [DSeng@CaringTransitions.com](mailto:DSeng@CaringTransitions.com) or visit [www.CaringTransitionsGV.com](http://www.CaringTransitionsGV.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.**



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**1-844-VOA-4YOU** Toll Free Assistance Line

## REGIONAL NEWS BRIEFS

### IMPORTANT CHANGES TO COLORADO WIC PROGRAM

#### *Special to the Mirror*

MONTROSE--Did you know that now any Colorado Women, Infants, and Children (WIC) client can go to any WIC office in Colorado to receive services? In a recent change to regulations, WIC clients are now free to go to the clinic that is most convenient and comfortable for them.

"Our clients are motivated and busy parents," said Montrose County WIC Manager Barb Eschrich. "This change will make life a little less complicated for parents of young children." WIC is a state and feder-

ally funded program implemented locally by Montrose County Health and Human Services that includes nutritional education and breastfeeding support, nutritious foods to supplement one's diet, screening and referrals. Those eligible for WIC include pregnant and breastfeeding mothers (up to one year postpartum), postpartum women who are not breastfeeding infants up to 6 months, infants, and children 5 years old and under.

The Montrose WIC Office is located in the county's Health and Human Services build-

ing at 1845 South Townsend Avenue. Business hours are Monday to Friday 8am-5pm, or as arranged. There are also satellite WIC locations in Olathe and Nucla that offer flexible schedules. For information on WIC in Montrose, please call 970-252-5054 or in Nucla, please call 970-864-7319. Walk-in services are encouraged. Additionally, the next closest clinic is in Delta County at 225 West Sixth Street offering flexible appointments. For more information on Delta WIC, please contact Monica at 970-874-2185.

### PERFORMING ARTS SCHOLARSHIP OPPORTUNITY OPEN

#### *Special to the Mirror*

OURAY--Performing Arts Scholarship – The Ouray County Performing Arts Guild seeks scholarship applicants who are interested in furthering their education in the performing arts, either through summer enrichment activities or through advanced college study. Applicants may be middle schoolers, high schoolers, graduating seniors or college students. Preference given to students from Ouray County. Scholarship criteria and applications are available at <http://ocpag.org/youth/scholarships/>. Deadline May 1. For more information contact OCPAG Scholarship Committee Chair Don Reed at [donreed777@hotmail.com](mailto:donreed777@hotmail.com) or 970/626-5219.

### LOCAL STUDENTS GRADUATE FROM FORT LEWIS COLLEGE

#### *Special to the Mirror*

DURANGO-- In a ceremony on Saturday, Dec. 17, 2016, more than 200 Fort Lewis College graduates and their families packed Whalen Gymnasium for Fall Commencement. The speaker chosen to offer the Commencement Address was Leslie Goldstein, senior lecturer in the FLC Freshman Math Program and winner of the FLC Alice Admire Outstanding Teaching

#### Award.

Bryce Kukulan of Montrose; Kukulan received a bachelor's degree with a major in Economics.

Alec Young of Montrose; Young received a bachelor's degree with a major in Marketing.

Fort Lewis College is the Southwest's crossroads of education and adventure. Our blend of small classes, dynamic aca-

demical programs, and a liberal arts perspective leads to transformative learning experiences that foster entrepreneurship, leadership, creative problem solving, and life-long learning. And our unique & beautiful mountain campus, on a mesa above historic Durango, Colorado, inspires an active and friendly community with a spirit of engagement, exploration, and intellectual curiosity.

### LEARN TO HUNT BEARS AT WORKSHOP IN RIDGWAY, MARCH 14

#### *Special to the Mirror*

MONTROSE -- If you've ever wanted to hunt bears or if you want to improve your chances of harvesting one, plan to attend a workshop sponsored by Colorado Parks and Wildlife on March 14 in Ridgway.

Bear populations are healthy in western Colorado, providing hunters a unique hunting opportunity. CPW's district wild-

life managers will lead the presentation on hunting Colorado's black bears. They'll discuss bear biology, hunting tactics, field dressing, rules and regulations, and human-bear conflict issues. The majority of the bear harvest takes place in September when the animals are foraging heavily for acorns and berries in preparation for their winter hibernation. The greater Montrose

area offers ideal habitat for bears; so a hunter's chances of having a successful hunt are high – if they know where to go. The class will be held 6-8:30 p.m., March 14 at the Ridgway Town Hall, 201 N. Railroad. The class will be limited to 25 people, and registration is required. To register, call the Montrose Parks and Wildlife office at 970-252-6000.



## REGIONAL NEWS BRIEFS

### **DUE APRIL 11 - SHAUN PETER CASSIDY MEMORIAL SCHOLARSHIP**

#### *Special to the Mirror*

MONTROSE-One, \$1,000 scholarship awarded. Graduating senior or former graduate of the RE-1J district; must demonstrate financial need; must be entering an auto-mechanic field of study; can also be used for any accredited vocational/technical program. Applicant must submit a completed Common Scholarship Application ([found here](#)), plus required supplements including a transcript, resume, financial information, letter of rec, and essay.

### **2017 COMMUNITY GARDEN APPLICATIONS AVAILABLE**

#### *Special to the Mirror*

MONTROSE— Applications to take part in the 2017 Niagara Community Garden are now available. The community-based organic garden (2424 E. Niagara Road) is entering its fourth season and is open to any individual, group or family for participation, whether experienced in gardening or not. The garden will be open April 15 to November 11. Plots are available on a first-come-first-served basis and range in cost from \$15 to \$30 depending on the size. Water and soil are included in the

fee. The city is committed to promoting quality of life, in part by providing outdoor living and recreational opportunities. In 2014, the City of Montrose Public Works Department, LiveWell Montrose-Olathe, and the Valley Food Partnership collaborated to construct the Niagara Community Garden on East Niagara Road.

Contact Valley Food Partnership and LiveWell Montrose Olathe at (970) 249-0705 to learn about other gardens in our community and opportunities to volunteer. Citizens who are interested in con-

structing gardens in other parts of Montrose are encouraged to contact city staff.

Applications may be picked up at City Hall (433 S. First Street) between the hours of 7 a.m. and 6 p.m., Monday through Thursday. For more information about the Niagara Community Garden, and to access the online application, visit [CityofMontrose.org/CommunityGarden](http://CityofMontrose.org/CommunityGarden), contact Parks and Special Projects Superintendent John Malloy at (970) 240-1411, or Deputy City Clerk Carolyn Bellavance at (970) 240-1421.



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# OPINION/EDITORIAL: COMMENTARY

## CONGRATS SECRETARY ZINKE, NOW PLEASE HONOR OUR SACRED TRUST

Mr. Zinke:

Congratulations on becoming our new Secretary of the Interior. As a Westerner, you know that our public lands are a large part of our Western (and American!) heritage and the source of a multimillion dollar outdoor recreation economy here in Colorado and the West.

Places like Rocky Mountain National Park and the new Browns Canyon National Monument attract both in-state visitors and tourists from far and wide for some of the best outdoor experiences available on this planet. Colorado is known for a quality of life that is virtually synonymous with

blessedly beautiful mountain peaks, clear flowing rivers and excellent access to all of it.

Colorado's Chimney Rock National Monument contains a unique and irreplaceable Pueblo village dating from the 1100's. Perched high atop a 7,000' peak with twin spires, Chimney Rock pueblo was built as an astronomical calendar by the ancestral Puebloans. New data just released shows that this national monument, just named in 2012, not only protects this ancient site, but is already welcoming a 43% increase in visitors that have brought an additional \$1.5 million to the local economy in the

last two years alone.

Neighboring Utah also has an outdoor identity with experiences that are incomparable. Everyone who visits Zion, Bryce, Arches or Canyonlands, has been transformed by the sheer beauty and magnitude of Utah landscapes.

Yet there are some in Utah who don't fully comprehend the scenic, spiritual or economic value of Utah's public lands. Utah's state legislators, Governor, and Congressional delegation have urged the President to rescind Bears Ears National Monument designated in

December, and reduce the size of Grand Staircase-Escalante.

So far all that's been accomplished by these efforts is the loss of the annual \$45 million Outdoor Retailer show.

At your nomination hearing you promised to make Utah your first stop as Secretary. We welcome you and ask that you visit the Bears Ears National Monument in the southeastern corner of the state.

Bears Ears, with its tremendous wealth of Native American cultural sites, more than fulfills the criteria set forth in the Antiquities Act for a national monument.

In fact, President Theodore Roosevelt signed the Act into law in 1906 precisely to deal with places like Bears Ears. The President and Congress agreed there were times that the President needed to act quickly with local communities and in the national interest before damage to special places – whether from looting or development – became irreversible. And looting of treasured artifacts has been ongoing for decades in the unprotected Bears Ears area.

Utah politicians have been urging action to strip protections from Bears Ears. That course of action would be foolish and wasteful, and not the way to start your tenure as Secretary of the Interior. You have been charged with the sacred trust to protect our public lands for all Americans. Public lands protect our cultural and natural heritage, and generate significant revenue for local economies from the millions of Americans who visit them. We expect you to protect these places, like Bears Ears and Browns Canyon, for future generations.

Congratulations and best of luck, Mr. Secretary!

*Deborah Gangloff, Ph.D.*

*President & CEO*

*Crow Canyon Archaeological Center  
23390 Road K, Cortez, CO 81321*

*970-564-4385 – Office*

*970-403-9553 – Cell*

*[crowcanyon.org](http://crowcanyon.org)*

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# Precedence

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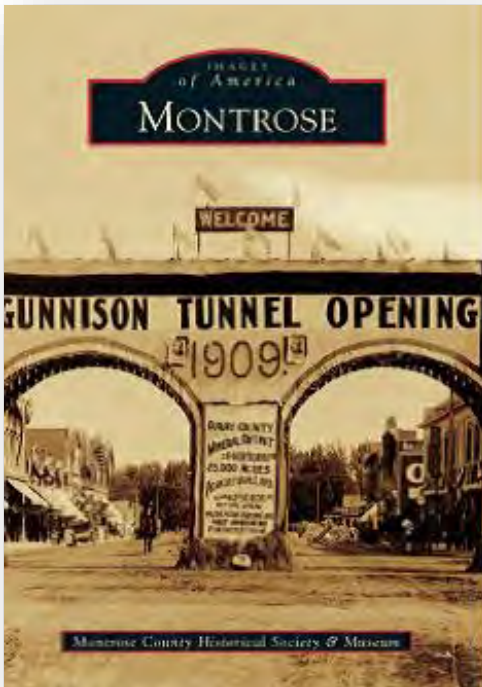
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ISSUE 87 March 6, 2017

# ART & SOL

## BROWN RELEASES FIRST BOOK, *MONTROSE*, THROUGH ARCADIA PUBLISHING



Arcadia Publishing has released 'Montrose,' by local author ZillaMay Brown. Courtesy image.

By Caitlin Switzer

MONTROSE-Olathe's ZillaMay Brown has lived in the area since she married in 1954, and spent years as an educator and librarian with the RE-1J schools. One thing she had NOT done was to write a book—

until now!

ZillaMay has now joined Arcadia Publishing's team of historical authors, with her newly-released work, *Montrose*. Recruited by Arcadia Publishing because of her extensive knowledge of local history and longtime role as President of the Montrose County Historical Society, ZillaMay spent years volunteering with local organizations. Why undertake such a difficult project now?

"They work with local authors in every case," Brown said. "And there is a way of life that is now gone—it was not a technological age, so if we do not preserve those memories with photographs and stories, they will disappear."

Though preparing to write her first book was a challenge, ZillaMay approached it like the retired schoolteacher that she is. "I basically sat down, looked at a rough timeline and factors important to the development of this community. And I tried to put a kind of timeline structure in place."

Readers especially appreciate seeing historic photos, she said. "I have a friend in her 90's who would read my work and tell me, 'I know this!' and 'I used to do this!'"

Copies of *Montrose* were available at the Montrose Historical Society's evening program on March 1, and will be sold at the

Museum as well. "I will sign copies for anyone who wants 'em signed," Brown said.

A news release issued by Arcadia Publishing notes that "As a lifetime member of the Montrose County Historical Society, Mrs. Brown served as the president of the Montrose County Historical Society for ten years, scheduling free monthly historical presentations for the Montrose community. Working as a volunteer at the Montrose County Historical Museum, she has monitored museum activities with a tenacious focus on accuracy and authenticity. She also serves as the chairman of the Montrose County Historic Landmark Advisory Board, tasked with determining eligibility and qualifications of sites to be designated Montrose County Historic Landmarks."

"It is hoped this book will highlight the area's legitimate history and help readers discern the difference between actual historical events and fabricated theatrical versions."

The book traces the development of the Montrose community from its early beginnings through the present day, with rare images: "The narrow-gauge Denver & Rio Grande (D&RG) Railroad, the first rail system to challenge and successfully conquer Colorado's Rocky Mountains, arrived in

Continued next page



## **BROWN RELEASES FIRST BOOK, MONTROSE, THROUGH ARCADIA PUBLISHING**

### **From previous page**

the Uncompahgre (un-cum-PAH-gray) Valley on the state's western slope in 1882.

"Montrose was established to supply mines in the mineral-rich San Juan Mountains and provide a freight transfer depot and a shipping point for gold and silver ore.

"The US government had forced the Ute Indians off their traditional lands the previous year and opened the area to settlement. Land was quickly claimed and

cleared as the booming mining districts created a ready market for all agricultural produce. By the 1893 repeal of the Sherman Silver Act and the US economic decline, Montrose was well established, but continued growth revealed a serious need for supplemental water.

"Selected as an inaugural project by the newly created US Bureau of Reclamation, the resulting Gunnison Tunnel has provided water since 1909."

Now that she is a published author, will

ZillaMay Brown pen another book?

"Not right away," she said, adding, "I hope the community appreciates this book, I really do."

Challenges included limiting her word count to meet publisher requirements, while telling the story of Montrose.

Completing the book took "pretty close to a year," Brown said.

Based in South Carolina, Arcadia Publishing and The History Press specialize in works of local and regional history.

## **COMMUNITY NEWS BRIEFS: ARTS & EDUCATION**

### **COLORADO CANYONS ASSOC. TO HOST LECTURE: EXCAVATION OF EAGLE ROCK SHELTER**

#### *Special to Art & Sol*

MONTROSE—More than 8,000 years before the pyramids were built and about 11,000 years before the cliff houses went up at Mesa Verde, humans took up residence under a rock overhang along the Gunnison River in an area now designated as part of the Gunnison Gorge National Conservation Area. The excavation of this site, known as the Eagle Rock Shelter, will be the focus of an upcoming CCA-sponsored public lecture by BLM Archaeologist Glade Hadden and you're invited!

Join us on Tuesday, March 7th at Two Rascals Brewing Company for this fun and interesting presentation on March 7, from 6:30-7:30 PM. All members of the community - donations are appreciated. Sponsored by the Colorado Canyons Association.

## **OCPAG OFFERS PERFORMING ARTS SCHOLARSHIPS**

#### *Special to Art & Sol*

OURAY COUNTY – Are you a local middle school, high school, or college student who loves theater, music or dance? The Ouray County Performing Arts Guild wants to help you pursue your passion for the performing arts!

OCPAG's annual scholarship program seeks to nurture performing arts skills in young individuals from this region, leading to a lifelong interest in the performing arts – either professionally, or as an avocation while pursuing an unrelated career.

OCPAG offers two categories of scholarships. The first category is for graduating high school seniors and those already enrolled in an accredited institution of higher

learning. The second category is for middle and high school students, with a grant component for schools and community organizations supporting students of the performing arts.

Preference is given to Ouray County students, but applicants from neighboring communities are also encouraged to apply, and will be considered on a case by case basis. Over the years, OCPAG has helped fund local youth to attend film school, acting school, music school, music and dance camps, European band tours and much more! Scholarships are awarded at the discretion of OCPAG's scholarship committee, and generally range in size from \$250 to \$2,000.

The deadline for applying for OCPAG scholarships is May 1, 2017.

Scholarship criteria and applications are available at <http://ocpag.org/youth/scholarships/>.

For more information, contact OCPAG Scholarship Committee Chair Don Reed at [donreed777@hotmail.com](mailto:donreed777@hotmail.com) or 970/626-5219.

The Ouray County Performing Arts Guild is a not-for-profit organization bringing quality events in music, dance, theater and other genres to Ouray and Ridgway. Its purpose is to sponsor presentations and performers of the highest caliber in the performing arts for the enjoyment of Ouray County's residents and visitors.

## COMMUNITY NEWS BRIEFS: ARTS & HERITAGE

### HONORING 121 YEARS OF REACHING AND UPLIFTING OLDER ADULTS



*Volunteers of America was founded in 1896 by Christian social reformers Ballington and Maud Booth. Courtesy photo.*

#### *Special to the Mirror*

MONTROSE— Volunteers of America has been a presence in the Montrose area for 45 years, when we first started serving older adults with long term care at Valley Manor Care Center.

Today, our services have grown to meet the changing needs of the Uncompahgre Valley with programs like senior independent housing and assisted living, Senior CommUnity Care's Program of All-Inclusive Care for the Elderly (PACE) and home-bound meal deliveries.

Volunteers of America was founded in 1896 by Christian social reformers Ballington and Maud Booth. They envisioned a movement dedicated to "reaching and

uplifting" the American people. The Booths pledged to "go wherever we are needed, and do whatever comes to hand." That declaration has guided Volunteers of America's outreach efforts ever since.

While the top priority was spiritual, the first line of action was practical. The Volunteers literally went wherever they were needed. They lived in tenement houses, serving the poor and setting up day nurseries. They started summer camps for city children, opened housing for working men and women, and established free hospitals for the poor.

Volunteers of America Founders' Week is scheduled for March 5-11 while also recognizing Founders' Day as March 8, the day the organization was officially announced at a mass rally in New York in 1896.

Many of our local health care communities use this week as a time to share the organization's history with residents, clients and employees who may not know that they are a part of a national, 121-year-old tradition of service.

Through hundreds of human service programs, including housing and health care, Volunteers of America helps almost 2 million people in more than 400 communities.

Since it's beginning, our ministry of ser-

vice has supported and empowered America's most vulnerable groups, including veterans, seniors, people with disabilities, at-risk youth, men and women returning from prison, homeless individuals and families, those recovering from addictions and many others. Our work touches the mind, body, heart – and ultimately the spirit – of those we serve, integrating our deep compassion with highly effective programs and services.

Volunteers of America is one of the nation's largest nonprofit providers of quality affordable housing. The organization is also a major provider of skilled nursing care and health services.

Volunteers of America operates senior living and care communities that offer independent and assisted living, as well as memory support in various locations across the country. Volunteers of America is committed to providing these services to growing numbers of people in need in the future.

Today's Volunteers of America, like those who preceded them, come from all walks of life. Despite the name, the organization is not purely volunteer-driven.

Across the county, Volunteers of America has 16,000 paid, professional employees dedicated to helping those in need. Employees work side by side, united by the belief that they can be God's servants in making a better world.

#### CELEBRATING LOCAL BEAUTY.





# INSIDE OUTREACH

## ASK YOURSELF WHO, WHAT, WHEN, WHERE & WHY



**Professional freelance writer Liesl Greathouse. Photo by Clay Greathouse.**

*By Liesl Greathouse*

REGIONAL-Writing is everywhere: press releases, websites, blog posts, flyers, billboards, advertising, social media, and more. However, writing is not everyone's natural gift. For some, when it comes to putting a pen to paper or fingers to a keyboard, it's time to freeze.

That's where my experience as a freelance writer for the past six years comes in. I have helped various businesses, organizations and individuals get the word out regarding what they care about. I have helped them reach people with similar interests. While writing comes more easily to me than it does for many people (my mom actually refers to it as my 'super power'), you can also learn to harness the power of the written word to connect with readers and make positive change with your business and community.

To help you get started, let's cover the five basic questions that govern everything you and I write: Who, What, When, Where, and Why.

1. WHO are you writing to? Who will be reading your article, ad, or social media post? Who would be interested in what

you have to say? Is it a teen girl or an elderly gentleman? Someone who owns a business or a stay-at-home parent? Do those people speak in a formal tone or casually? All of these questions go into creating a mental image of your ideal reader and influence how you write your content.

2. WHAT does your writing look like? I know we all joke about how terrible grammar seems to be nowadays, but it is actually a key element to getting your point across to readers. Sometimes the smallest grammar error can affect how seriously people take you and what you have to say. If you have forgotten all those little rules about grammar, punctuation and spelling from English class (or maybe you just struggle with their/they're/there), one online tool I recommend is called Grammarly ([www.grammarly.com](http://www.grammarly.com)). Even a trip to your local library to check out some basic grammar books can be helpful for a quick review.

3. WHEN is your writing going to be published? It's important to keep things relevant to your reader. That might seem obvious in regards to upcoming holidays, but it's also important to realize that people start thinking of future holidays and events a lot sooner than we would expect. If your writing is seasonal or holiday-focused and you are not sure when to start writing on a specific topic, head to Target. Seriously. Because when you walk into Target and start seeing Easter items pop up a couple months ahead of time or see garden items being pulled out, it's time to start writing on those topics because people are thinking about them now. Another way to check out popular trends is Pinterest ([pinterest.com](http://pinterest.com)), where

you can see visual representations of what people are searching for and currently planning.

4. WHERE will your writing be published? Different publications and platforms have different readers and different requirements for their writing. You have to keep in mind that a general press release will not work everywhere you share content. Whether you are writing for a publication with a 1,000 word article limit, or trying to stay within the 140 characters allowed on Twitter, adjust your writing to meet the guidelines. Also, keep in mind that many publications have certain standards and rules for what they publish, so be sure to review those before you send something to them.

5. WHY are you writing your content? What is the why behind your blog post, press release, or social media share? Is it to get the word out about your event? Show people your newest product? Inspire people to get outside? Writing with no point is just wasted fluff and will not get any results for your business, organization or whatever you are trying to do. Your why also needs to have an action behind it, something writers refer to as a Call To Action (CTA). Think about what you want your reader to actually do when they finish reading your content. Do you want them to visit your store? Buy an event ticket? Share the post on social media? Call their grandma? Think about why you are writing and what you want people to do.

Online or on paper, writing can reach the people you want to reach. There are many opportunities to improve your writing skills, and use them to make a positive impact in our community.

CELEBRATING LOCAL BEAUTY.

#montrosemirror

# COMMUNITY NEWS BRIEFS: ARTS & CULTURE

## ALPINE BANK SPONSORING FREE FAMILY MOVIE NIGHTS AT THE SHERBINO

### Special to Art & Sol

RIDGWAY-Alpine Bank and the Sherbino are teaming up to bring free family movie nights to the Sherbino for 2017. Beginning March 10<sup>th</sup>, family-friendly films will be featured monthly, due to the generosity and support of Alpine Bank. Robb Austin, a member at large for the Sherbino board of directors, explains his excitement on the program. "I am so pleased at how a local business came forward with a strong desire to sponsor movies for our kiddos in the community! There are plenty

of options for adults in our community, as far as going out and attending programs, so I appreciate Alpine Bank providing the opportunity for the kids to have a night out at our beloved Sherbino."

Seven films fill out the roster, from animation and fantasy, to comedy and action/adventure. Alpine Bank employee, Jamie Nixon, spoke on behalf of Alpine Bank saying, "Alpine Bank is excited to offer Free Movie Nights at the Sherbino in 2017! We hope everyone has the opportunity to get out and enjoy the movies we

have selected. All of the movies selected are sure to entertain an audience of all ages!" Doors for each film are at 6:30, with movies starting at 7 pm. The Sherbino bar will be open for each movie, with concessions for both kids and adults available for purchase throughout the evening. For more information about a specific film, ratings, runtimes, and/or to watch a trailer, please visit the Sherbino website at: [www.sherbino.org](http://www.sherbino.org).

The Alpine Bank Free Family Movie Night line-up:

March 10. *BFG*

Friday March 31st. *Moana*

Friday, April 28th. *The Jungle Book*

Friday, May 5th. *Sing*

Friday, August 18th. *The Queen of Kawate*

Friday, September 8th. *Fantastic Beasts*

Friday, October 13th. *Rogue One*.



**FAME**  
FOCUS • ATTENTION • MEMORY EXERCISES

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

### Did you know?

- Normal memory loss can begin as early as age 20, but is generally noticeable around age 45.
- Decreases in focus, attention and memory can result in loss of independence and major life changes at any age.

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- PTSD

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

*Contact Me for a  
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**Michele Gad**  
**970-948-5708**

[MicheleGad.fame@aol.com](mailto:MicheleGad.fame@aol.com)

## ARCHAEOLOGICAL SOCIETY PRESENTS FIVE SPEAKERS WITH ILLUSTRATED ADVENTURE TALKS

### Special to Art & Sol

MONTROSE-On Wednesday March 15, the Colorado Archaeological Society presents five short illustrated talks by chapter members and archaeologists about their own adventures.

Come and catch a taste of their travels and excavations, ranging from travels in Yucatan, to local excavations of Chief Ouray's sites, a homestead we helped excavated on the Plateau, and a Bronze Age dig in the Carpathian mountains of Transylvania. This fun, informal meeting is open anyone with an interest in archaeology.

The program of five 15-minutes presentations starts at 7:15 p.m. at United Methodist Church, Baldrige Hall, 19 S. Park Street, Montrose.

The public is invited (no charge, though donation accepted); new members are always welcome.

For more information call [970-314-3124](tel:970-314-3124).



# COMMUNITY NEWS BRIEFS: ARTS & CULTURE

## THE TRAVELING GOURDS TOUR EXPANDS INTO PAONIA

TELLURIDE — Sometimes growth is good. And the Telluride Institute's Talking Gourds performance poetry program is pleased to announce that Frank H. Coons of Grand Junction will be inaugurating the Tour's new Thursday nights in Delta County.

The monthly show begins at the Telluride Arts Gallery at 6 p.m. on Tuesday, March 21; moves to La Zona Colona Coffeehouse in Ouray County at 5 p.m. on Wednesday, March 22; premieres at Wisheart Springs Inn in Paonia beginning at 7 p.m. on Thursday, March 23; and has its grand finale in Mesa County's Fruita, March 24, in the Lithic Bookstore & Gallery at 7 p.m.

"There's such enthusiasm around the spoken word in the North Fork Valley. Writers, artists and poets coalesce at the base of Mount Lamborn, gleaning inspiration along the banks of the North Fork of the Gunnison River," said Paige Blankenbuehler, Paonia writer, editor and organizer of the North Fork event on March 23. "Paonia is a community bursting with creative energy and will be lovely leg of the Traveling Gourds Tour."

Coons is a poet and veterinarian who splits his time between Denver and Colorado's Western Slope. His work has appeared in the *Santa Fe Literary Review*, *Eleventh Muse*, *El Malpais*, *Pinyon Review*, *Fruita Pulp*, *Imprints* and elsewhere.

Frank was a finalist for the Fisher Prize for poetry in 2011 and 2013. His first chapbook, *Finding Cassiopeia*, was a finalist for the Colorado Book Award in 2013. His second collection of poems, *Counting in Dog Years*, has just recently been released. Both books are published by Lithic Press.

"I love reading Frank's poems," explained Rosemerry Wahtola Trommer, Talking Gourds co-director. "He does such a masterful job of walking in both the human and more-than-human world at once. He's a keen observer. Darkly funny at times, and always life affirming."

The March theme is Birds.

April 25-28 will be the last tour of the season -- until we start up again in the fall.

As April is National Poetry Month, we will feature poet and publisher Danny Rosen of the Western Slope's own Lithic Press in Mesa County and celebrate legendary bard Jack Mueller of Log Hill Village. The theme will be Lost.

Nathan Brown, Oklahoma poet laureate, will be having special performances in April somewhere in San Miguel County, time and place to be announced.

The San Miguel County performance occurs at the Telluride Arts Gallery and Offices, 135 West Pacific, across the street from the library. The Ouray County reading takes place at La Zona Colona just off U.S. Highway 550. In Delta County the show opens at the Wisheart Springs Inn at 39508 Pitkin Rd just outside Paonia (northwest on Pitkin Rd. off of Colo. Hwy. 133, going up on Pitkin Mesa and then left on Royal Road). And in Mesa County the event is held at the Lithic Bookstore & Gallery, which is located at 138 South Park Square #202 in Fruita (Upstairs -- enter through lobby door by the east side of the building on Mesa Street).

In Telluride, we follow Club announcements and the featured performance(s) with a short break. Then we pass the gourd and everyone has a chance to read a poem or two (their own, or one from a favorite poet that speaks to the theme).

For info on the Colona reading, contact Craig Jackman at [cj@jackmanoffice.com](mailto:cj@jackmanoffice.com) or 970-249-4214. For info on the Paonia event, contact Paige Blankenbuehler at [paigeb@hcn.org](mailto:paigeb@hcn.org) or 720-333-5350. And for info on the Fruita performance, contact Kyle Harvey or Danny Rosen at (970) 858-3636.

Submissions are now being accepted for the 2017 Fischer Prize for poetry with its \$3000 in prizes. For more info, go to [talkinggourds.weebly.com](http://talkinggourds.weebly.com)

### ADDITIONAL INFO

Talking Gourds programming survives without government grant or subsidy through the generous support of private donors and Club members.

There is a one-time fee of \$25 to join the Talking Gourds Poetry Club.

That makes you a full member for a year

and gets you on our cyber mail-chimp list for readings, festivals and contests. And it means that you

are one of those generous supporters who believes in the importance of the arts on the Western Slope.

A \$10 annual renewal fee keeps you up to date as a full member, renews your subscription to our private email newsletter, and gives you half-price for Fischer Prize submissions and free Poetry Club broadsides.

Talking Gourds Poetry Club and its Traveling Gourds Tour are collaborative projects of the Telluride Institute -- in partnership with the Wilkinson Public Library, Between the Covers Bookstore, Ah Haa School for the Arts, Lithic Bookstore & Gallery, La Zona Colona Coffee, Wisheart Springs Inn, KVNf, the Telluride Literary Arts Festival, Telluride Arts and the Telluride Mushroom Festival.

Talking Gourds is indebted to generous contributions from Audrey Marnoy, Peter Waldor, the late Elaine Fischer and her many friends, Daiva Chesonis, Elissa Dickson, Laura Colbert, Jess Newens, Judy Kohin, Art Goodtimes, Rosemerry Wahtola Trommer, Danny Rosen, Kyle Harvey, Craig Jackman, Paige Blankenbuehler, Art & Erin Wisheart, Brian Calvert, Amy Levek, Eduardo Brummel, Lee Taylor, Michael Olschewsky and Ruth Duffy. Call 970-729-0220 (voice or text, but no voicemail please) or visit the Gourds website <[talkinggourds.weebly.com](http://talkinggourds.weebly.com)> for more info.

Olivia Coe, Program Coordinator

Telluride Institute

Phone (970)482-4207

Email [Olivia@tellurideinstitute.org](mailto:Olivia@tellurideinstitute.org).



Frank H. Coons. Courtesy photo.

## COMMUNITY NEWS BRIEFS: ARTS & CULTURE

### WEEHAWKEN INTRODUCES AFTER SCHOOL ART ALA CARTE IN MONTROSE

#### *Special to the Art & Sol*

MONTROSE-On March 8, Weehawken Creative Arts will begin a new series with teaching artist, Allison Wofford at Precedence Art Academy in Montrose. The series is called "After School Art ala Carte" and offers a 4 week series for students ages 6-11. Classes will run on March 8, 15, 22, and 29 from 4:30-5:30 pm each week.

Students will explore design concepts around color, line, shape, symmetry, and perspective in a variety of mediums. This hands-on class will introduce students to new art materials and give them a chance to explore their creativity while using new and fun materials and techniques.

Register for four-class series for \$75 (includes all supplies). Each class must reach a minimum of five students registered in advance in order to "go." Interested students can find more information at Weehawken's website: [www.weehawkenarts.org](http://www.weehawkenarts.org) and can register online at [weehawkenarts.org](http://weehawkenarts.org) or by calling 970.318.0150.

### MONTROSE IGNITE MARCH 28: PRESENTERS WELCOME

#### *Special to Art & Sol*

MONTROSE-We're gearing up for the next Montrose Ignite – March 28. If you have an interesting hobby, story, travel adventure or you know someone who may be interested in presenting at Ignite – 20 slides in 5 minutes. Contact Nancy (970) 209-2175 ( [Zae@bresnan.net](mailto:Zae@bresnan.net) ).

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# COMMUNITY NEWS BRIEFS: ARTS & CULTURE

## SPRING FLOWERS: LEARN MINI MIXED MEDIA FLOWER PAINTINGS WITH KELLIE DAY

### Special to Art & Sol

MONTROSE-Want to get excited for spring? Join Weehawken Creative Arts in Montrose to learn to paint mixed media flowers in the most unique way with local artist Kellie Day. Kellie will teach you to create a one-of-a-kind flower print block. You'll use these to create vibrant, mini flower paintings on canvas by incorporating collage backgrounds, acrylic paints, and other mediums. Incorporate lovely decorative papers to create delicate and colorful effects to bring it all together. You'll be able to take home your print block and use it again and again to continue to create your own truly unique mixed media paintings on canvas.

Golden Art Educator Kellie Day will be teaching this class. Though an accomplished artist, Day started painting seriously when she was 40. Her artistic medium is mixed media on canvas. "I love losing myself in collage, and then sketching an image on top, and then painting over that. I take out all my energy with large, cheap paint brushes or rubber squeegees, and move acrylic paint across my many layers," said Day. "I like how my collage always ends up peeking through the painting. You never know what

you might find. It could be a sufi poem, or a saucy romance novel." Day has evolved to be an accomplished mixed media artist who is known for her notecards that are sold at Trader Joe's. When she's not painting, she is raising her son and two rescue dogs and running her graphic design business, Dayzign Graphics, in Ridgway, Colorado.

"Spring Flowers: Mini Mixed Media Flower Paintings" with Kellie Day will be offered on March 25 from 11 am until 2 pm.

The cost for this workshop cost is \$75 and includes all materials, though students are welcome to bring additional supplies and accents of their own if inspired to do so. Students must register in advance through Weehawken Creative Arts at [www.weehawkenarts.org](http://www.weehawkenarts.org) (adult arts clas-



Join Weehawken Creative Arts in Montrose to learn to paint mixed media flowers with local artist Kellie Day. Courtesy photo.

ses tab) or by calling Weehawken at [970.318.0150](tel:970.318.0150).

A minimum number of students must be met in order to guarantee the class, so interested students are encouraged to register several days in advance. More details are available at [www.weehawkenarts.org](http://www.weehawkenarts.org) or [facebook.com/weehawkenarts](https://www.facebook.com/weehawkenarts).

### MONTROSE MEMORIAL HOSPITAL



## 3D Mammography

THE ADVANTAGE OF A WIDER VIEW

Early detection is the key to beating breast cancer. Ask about our wide-angle, True Breast Tomosynthesis 3D mammography. It helps us see breast tissue with greater depth and clarity. So you can be sure.

Make your mammogram appointment with MMH today by calling 970.252.2540.



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# Up Bear Creek by Art Goodtimes

## UTE MOUNTAIN UTE TRIBE PREMIERES FILM



At left, Grandpa Goodtimes with grand-daughter Aurora in San Francisco's Botanical Garden (photo by Iris Willow). At right, Former Ute Mountain Ute Tribal Chairman Manuel Heart (courtesy photo).

**THE STRENGTH OF SIBLINGS** ... Big thanks to Durfee Day of Telluride for taking me down to the lovely Sunflower Theater in Cortez last month to see a film written, directed and performed by 18 Ute Mountain Ute tribal youth ages 10 to 22. The film was a collaborative effort involving a number of partners, including Alex Munroz and FYI Films (thanks to a federal recidivism reduction grant), the Houston-based Center for Rural Outreach and Public Service (CROPS) and the Ute Mountain Ute Tribe. *The Strength of Siblings* tells an edgy cautionary tale about the dangers of substance abuse while amplifying the resilience of sibling unity ... It was the second collaboration of Munroz, CROPS and the Tribe. The first film, *Escape*, took home top honors as best youth film in 2015 at the LA Skins Fest -- a Native American film festival that takes place every year as part of the City of Los Angeles Celebration of Native American Heritage Month. *Escape* was a powerful fictional short film that draws the viewer into the struggles and suffering of Native American youth, particularly regarding the issue of teen suicide. As Munroz told the *Huffington Post*, "What I am most struck by is the youths' honesty in their story telling. It's almost as if they were saying: 'We have some issues and problems in our community and we can't just keep on ignoring

them. We need to work together to figure out how to make things better so that we can all have happier lives'" ... Both films came out of an outreach effort spearheaded by Beverly Santicola, CROPS founder and director. Working with the tribe for the last four years, Santicola was moved by the poverty on the Ute Mountain Ute reservation (nearly 40% -- double the state average). Many tribal families are dependent on financial assistance to survive. The average life expectancy on the reservation is only 55 years of age ... To help, Santicola brought in Reiner Lomb of Boomerang Coach, a professional business consultant and executive coach, to facilitate a *Ute Mountain Native National Partnership Retreat*. Some 40 government agencies and 20 national partner organizations worked with the tribe and the tribal council led by former Chair Manuel Heart to develop a new vision and approach for tribal youth re-connecting with their cultural roots, strengths and passions. One of the partnerships formed as part of that event was a five-year agreement with FYI Films and Munroz to teach tribal youth how to tell their stories by making their own films ... "This retreat was just the beginning," explained Lomb. "I believe we have found an innovative approach that I hope will serve as a model for other struggling tribes, and empower them to catch

their dream too" ... FYI Films is a Santa Monica (CA) non-profit founded by Munroz to provide hands-on filmmaking opportunities for incarcerated youth. But at the behest of CROPS, Munroz adapted his program to offer transformative experiences to reservation youth. His team provided a set group of young workshop participants the opportunity to be agents of change for themselves and their community. The two films have been the result to date ... Munroz worked as a Prince stand-in, and then had the good fortune to make a documentary film about Prince. Several of his other documentaries have won awards at festivals around the country ... According to Santicola, the retreat has inspired the tribe to develop socially innovative solutions to address many of their economic, health, education, and social issues. It laid out a blueprint for a new approach to social innovation involving seven key elements:

1. **Walk in our Moccasins:** Inspired by former Chairman Heart's invitation to retreat participants "to walk in our moccasins," a process of collaborative dialogue was facilitated to help participants really understand the tribe's needs.
2. **Empowered Leadership:** Tribal leaders were coached on how to lead the development of their own solutions instead of

*Continued next page*



## Up Bear Creek from previous page

merely giving advice.

**3. Strength-Based Approach:** The tribe created solutions based on its passions and strengths, adapted from the methodology shared in Lomb's book, *The Boomerang Approach*, rather than focusing only on its needs.

**4. Partnering for Expertise and Resources:** The tribe invited powerful partners to participate, such as the National Association of Resource Conservation & Development Councils — an organization with expertise from more than 1 million volunteers across the nation.

**5. Visual Art and Film:** The tribe invited FYI Films, an arts organization that teaches youth how to tell their stories by making their own films. Graphical illustration was used to artistically capture the vision and strategies of the tribe. As former Chairman Heart emphasized, "We are visual people and understand better that way."

**6. Tribal-Led and Place-Based Solutions:**

The Tribe took the lead to develop solutions such as the Tour de Ute, which leverages the natural resources and beauty of tribal land.

**7. Facilitated Dialogue with Government Agencies:** After the Tribe had developed solutions, a dialogue was facilitated with government agencies where the Tribe presented its plans and the agencies identified expertise and resources to help implement these solutions

Because of the retreat, the Ute Mountain Ute Tribe was selected by the Bureau of Indian Affairs as one of four tribes to participate in the Tiwahe Initiative.

This five-year initiative provides funding and administrative resources to the tribes to develop better coordinated services centered on the needs of their families and communities ... "When Chairman Heart of the Ute Mountain Ute Tribe gave us the Dreamcatcher at the end of the retreat," Santicola explained, "I felt like I had just won a lifetime achievement

award! I think this event may have changed my life forever" ... The film *Escape* is available on-line ([vimeo.com/141806754](https://vimeo.com/141806754)) and *The Strength of Siblings* will be on-line later this month.

**AURORA** ... That's the name of my first grand-daughter, a child of my daughter Iris Willow and my son-in-law, Bertrand Fan.

While I moved to Colorado and Iris was born in Montrose, Aurora returns our family's connections to San Francisco, where my great-grandfather is buried in the Presidio ... She is a lively three-month old, and I've been having a delightful time getting to know her out in (temporarily sunny) California where the drought has broken and water is again plentiful ... Aurora is a true American of the Pacific Rim, claiming ancestry as Chinese, Italian, German, English, Scotch, Irish, Spanish, and perhaps a little Japanese (since my maternal grandmother was an abandoned orphan raised in Yokohama).

## THE TALKING GOURD

### (Un)Civil War

It's almost a civil war, an uncivil war,  
Some things never change, still trying  
To keep black people from voting,  
Women from working, to pay no taxes. . . .

A fight to the death—of democracy,  
A lesson in savage indifference,  
Refusing to help—anyone, any time,  
Me-first madness, cult of selfishness.

The Republican wrecking crew in charge  
But flailing, a moment's opportunity  
To resist, restart, rebuild the world.

A civil war with no leader, no Lincoln.  
Lots of passion, less compassion,  
A just cause, just out of reach, or. . . .

-Lito Tejada-Flores  
Casa Mármol, Lago Carrera, Chile



## NOTES FOR THE JOURNEY...

Exploring Classical Music With Rob Brethouwer

# TOLD IN SONG, THE HUMAN DRAMA NEVER CHANGES

While flipping the channels one evening you come across something new on The Learning Channel. The setting is a small two-bedroom apartment in downtown Minneapolis, Minnesota and it is immediately clear that this is yet another reality show. Two male roommates are quarreling over bills and the fact that their gas has once again been turned off and they have no heat. Both are artistic types with one working in the world of painting, ceramics, and hopeful future shows at art galleries in the city. The other is a writer who angrily states that if it were possible he would burn his last set of poems if it would offer some much needed heat.

At the height of their argument, the two other roommates that share the apartment appear. The first is a Ph.D. student in Philosophy and the other a struggling musician. Grasped triumphantly in the hand of the musician is a large paycheck and in the other a bag full of food. Tucked under each arm is a bottle of wine. A brief reprieve has come to the four roommates and the mood quickly turns as they begin to celebrate their unexpected good fortune. Just as the happy mood has descended over the roommates, a knock comes at the front door. Peeking through the eyehole reveals an unwelcome visitor, the Landlord demanding full payment of two months rent. The Landlord is quickly provided with some wine and asked about his latest girlfriend. Known to be proud of his prowess with females, he proudly launches into a long drawn out tale of how his skills in flirtation of landed him a new and improved girlfriend. In an effort to remove him from the premises, the roommates put on faces of righteous indignation and quickly escort him out the door and into the dark hallway. Three of the roommates leave to continue the party elsewhere. The writer stays behind to finish up some work and promises to join the others shortly. Soon after settling in for a few moments of quiet work, there is once

again a knock at the door. Expecting the return of the now surely angry Landlord, the Writer opens the door to find not the landlord but the very pretty next-door neighbor. Her name is Maggie and she says that her lights have just been shut off. As soon as she is invited into the apartment to borrow a flashlight she becomes faint. The suddenly love struck Writer offers her some wine to help make her feel better. The flashlight is provided and Maggie is being walked to the door when she realizes she has dropped the key to her apartment. The two search for the key and the Writer notices how cold her hand is when their fingers touch during the search. He takes her hands and out of nowhere tells her of his hopes and dreams. He then asks her about herself and she states that her name is Maggie and that she lives alone and runs a small business out of her apartment. She says that she is sick and tired of the cold weather and desperately wants the weather to warm up. The others are downstairs and yell at the Writer to hurry up and join them for the party. He yells at them that he is coming and that he is bringing a friend. Sparks are now flying and Maggie and the Writer embrace as they leave the apartment to join the others in drinking and partying at the downstairs bar.

The show clearly has a day in the life feel to it as is so common with reality television. There is something interesting and captivating about this new show and you decide to keep watching. As is often the case, the brief introduction of new characters has drawn you in and you want to see what happens. The setting has shifted to



British actress Pamela Binns, pictured above at age 84, played in *La Boheme* for 40 years, according to the UK telegraph. Courtesy photo by Warren Allott/Telegraph.

the hip neighborhood bar. A gaggle of people is on the street as there is a line of food trucks offering hot and wonderful smelling food. As the group settles in at the bar, an ex-girlfriend of one of the roommates comes in on the arm of her much older new boyfriend. Everybody knows that this woman is a high maintenance train wreck and demanding above all else. She loudly and self-righteously tells her older "friend" that her shoes are pinching and demands that he go to the store next door to buy her something more comfortable to wear. Only because he is hoping to get lucky later in the evening, he gladly departs to complete this random request. Having rid herself of her date, she jumps onto a chair and out of nowhere begins to sing a self-congratulatory song and falls into the arms of her ex-boyfriend. The waiter comes with the bill and she says to "leave it for the old man" to pay upon his return. Those present at the time now quickly leave the bar and blend into the already thick crowd on the street.

After the second commercial break, the show continues at a scene on the outside of the city. It is apparent that some time has passed. Maggie is in the neighborhood and is looking for the place where one of the roommates of the Writer is now living

Continued next page



## THE HUMAN DRAMA NEVER CHANGES From previous page

with the boisterous woman from the bar. He comes out of a building and is told by Maggie that she is having problems with the Writer and that he has become insanely jealous. Without warning, the Writer can be heard laughing from inside a nearby bar and Maggie, in a state of panic, hides behind a nearby truck. The roommate talks to the Writer as he staggers out of the bar and states that he wants to break up with Maggie because she is an airhead and flaky to the point of distraction. The discussion continues and the Writer finally reveals the real reason he wants to part ways with Maggie and is that because she is terminally ill and that because of his current financial state cannot even begin to take care of her properly. Overhearing the exchange, Maggie comes out of hiding and with tears running down her face. She and the Writer exchange memories of their not so distant happier times and agree to try to stay to-

gether until warmer weather arrives.

The scene once again returns to the apartment from the beginning of the show. The roommates have once again some food and money and are staging a celebration and pretending to fight each other with light sabers. At the very height of frivolity and loud laughter, she whose feet shall not be pinched rushes into the apartment stating that Maggie is downstairs and is too weak to climb the stairs. The Writer rushes to help and is told that Maggie wanted to be near him as her health fails. She is brought into the apartment and is made as comfortable as possible. Two of the roommates rush out to pawn some personal items so that some medicine can be purchased. While talking about happier times with the Writer, Maggie bursts into a loud and phlegmy coughing spell that racks her entire body. The others return and Maggie is offered a second blanket to keep her warm. She falls

asleep and the Writer lowers the blinds to keep the light out. One of the roommates suddenly realizes that Maggie has died. The Writer is the last to realize what has happened and rushes to her side and yells her name over and over in anguish and despair. With tears running down your face, you quickly set a DVR recording as this storyline and these characters have captured your imagination. The above is actually the story featured in the opera *La Boheme* by Giacomo Puccini. The original setting was 1830's Paris and the music was written near the end of the 19<sup>th</sup> century. Opera continues to be relevant and will always be relevant. It is only a matter of transposing the time and nature of the characters. The basic story does not need to change one iota in order to bring opera into the modern world. The music and words may have been written a long time ago, but the desires and whims of human beings will never change.

**Montrose County School District**  
MONTROSE & OLATHE

# Kindergarten ROUND-UP

**2017-18 school year**

**All Cowboys & Cowgirls**  
who will turn  
5 years old  
by August 1, 2017  
must register

**April 19 (NES-PES) & 20 (CES-JES-OGES-OES)**  
**8 am - 4 pm** Evening Registration Available

Check your Boundary School for Registration Times

**How to Register:**

- Visit [www.mcsd.org](http://www.mcsd.org) - Click Announcements
- Click on Kindergarten Registration
- Complete either the English or Spanish Form
- Print the Form - Bring to Registration
- Attend Kindergarten Round-Up in April

**What to Bring:**

- Birth Certificate
- Immunization Records
- Two Address Verifications
- Printed Registration Form

<b>Cottonwood</b> (CES) 249.2539 3500 Woodgate	<b>Johnson</b> (JES) 249.2584 13820 6700 Rd.	<b>Northside</b> (NES) 249.2554 528 N. Uncompahgre	<b>Oak Grove</b> (OGES) 249.6867 62100 Hwy 90	<b>Olathe</b> (OES) 252.7940 326 N. 3rd St.	<b>Pomona</b> (PES) 249.2514 1045 S. Cascade
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## CIRC PRESENTS IMMIGRATION 101 FOR ALLIES TO 35 INTERESTED CITIZENS

By Tim Conner

Citizen Reporter

MONTROSE-On Feb. 28 a presentation was held at the Region 10 Enterprise Center on N. Cascade to educate Western Slope residents about the problems of immigration and the issues surrounding immigrant families in our communities. Presenter Karen Sherman Perez, Development Director for the [Colorado Immigrant Rights Coalition \(CIRC\)](#), engaged the attendees for two hours with an overview of Colorado immigration history, legislation and the current status of new enforcement policies.

The audience was comprised of interested citizens from the Montrose, Olathe and Ridgway areas. Several people from the audience expressed interest in knowing how they could help families who may be at risk of difficulty or crisis during enforcement or deportation efforts by Federal authorities.

Also discussed were recent news stories reported from around the country detail-

ing errors, abuses and mistakes in detentions and deportations by the Customs and Border Patrol (CBP) and Immigration and Customs Enforcement (ICE). CIRC seeks to help prevent or mitigate such events in our area by education and encouragement of exercising individual rights given to all residents.

Ms. Perez emphasized that everyone has rights under our Constitution, but that those of us with citizenship have a special privileged status which can help us to understand and help new Americans navigate the difficult process of becoming permanent, documented residents.

This definition of an "ally" was developed for those interested in assisting the immigrant community to identify what actions they can take to help families cope with the uncertainty and stress they feel.

The uncertainty of our muddled immigration system is confusing at best considering the political changes of the last few months, but immigration as a national issue has not been reformed substantially

since 1986. Successive terms of Congress and Presidents from both parties have failed to

engage in legislation to solve the continuing problems from our complex, ponderous system.

CIRC seeks to educate, inform and encourage the development of common-sense non-partisan policies and justice for immigrants in Colorado.

Ms. Perez says she will hold more presentations for interested parties and groups as interest warrants. She can be reached at (970)249-4115 or email her at [ka-ren@coloradoimmigrant.org](mailto:ka-ren@coloradoimmigrant.org)



**Colorado Immigrant Rights Coalition is located at 300 North Cascade Ave.**

## COMMUNITY NEWS BRIEFS: ARTS & RECREATION

### CPW TO HOST TURKEY HUNTING 101 IN GRAND JUNCTION ON MARCH 28

Special to Art & Sol

GRAND JUNCTION- As turkey hunting continues to grow in popularity, Colorado Parks and Wildlife officials say the need for instruction and education is critical to ensure a safe and successful experience.

To help novices with the challenges of bagging their first gobbler, CPW will host a one-evening only 'Turkey Hunting 101' clinic, Tuesday, March 28, 6 p.m., at CPW's Hunter Education Building, 711 Independent Avenue in Grand Junction.

Novices can learn tips and techniques from three experienced CPW Hunter Outreach Volunteers; Russ Means, Dan Uhrich, and Jason Eckman.

There is no fee for the class and pre-registration is required.

Click on [register-ed.com/events/view/99491](http://register-ed.com/events/view/99491), or go to [register-ed.com](http://register-ed.com) and select 'Colorado', then select 'View Up-

coming Events" under the 'Colorado Outreach' link, then scroll down to 'Turkey Hunting 101' in Grand Junction.

Colorado wildlife managers say turkey populations are increasing across the state and license sales continue to rise from year to year, providing everyone with the opportunity to experience hunting gobblers.

The evening's topics will include turkey calling basics, field tactics, information about local turkey populations, tips for hunting on public land and firearm safety. In addition, participants will have the opportunity to ask questions and participate in discussions with veteran turkey hunters.

For more information about turkey hunting in Colorado, [please visit the CPW website](http://register-ed.com/events/view/99491), or to purchase or apply for a hunting or fishing licenses, [please visit the hunting page at CPW's website](http://register-ed.com/events/view/99491).



**There is no fee for the class and pre-registration is required. Courtesy photo.**



## COMMUNITY NEWS BRIEFS: ARTS & CULTURE

### UPSTART THEATER GROUP WELCOMES NY PLAYWRIGHT TO ITS CAST

#### *Special to Art & Sol*

MONTROSE-When Beth accepts her boyfriend's invitation to Thanksgiving, she has no idea what she is stepping into. His witty, charming, troubled Jericho NY family will serve a nice turkey dinner, along with plenty of revelation and chaos and redemption.

Everything is on the table in this funny and moving play about the things that tear us apart... and the things that help put us back together.

Written by New York City playwright Jack Canfora, Jericho received warm reviews in the NYTimes when it played off-Broadway. Now it receives its regional premiere production in Ouray's own Wright Opera House, April 6-9 (see times and prices below).

The Wright is pleased to bring Jericho to its stage through its partnership with brand new professional theater company UpstART, co-founded by Ouray residents Kate and John Kissingford. The Kissingfords have been collaborating with Denver professional actors for many years, bringing No Holds Bard productions of Shakespeare's plays to Ouray County.

After the Ouray County Players production of Sharr White's The Other Place last spring, John and Kate discussed expanding the model of rural/urban professional collaboration to a year-round theater season. This will be UpstART's inaugural pro-

duction.

They are especially excited about this one. Canfora is an old friend and acting buddy of Kate's, and he agreed not only to come to the regional premiere, but to act in it. "To have the playwright on hand for the production is a rare treat," said the play's director, Steve Gallion. "He will be such a resource for us as we get to the heart of the play. And for him to act in it... that is even better!"

A talkback is planned after each show, so that the community can talk with all the actors, including Jack. He is looking forward to the experience. After a half dozen productions of the play nationally, he has, in his words, "itched to act again, itched to act in it." He wrote the play about "how we lack a sense of community as a nation," he said. "You know, after 9/11, we were united for about half an hour, and then we became more polarized than ever."

The play, for him, is a way to explore what it would mean to realize "a sense of community, a sense of cohesive purpose," and he feels like acting in it in a small cohesive community like ours "will be a fascinating perspective for me." Plus, it's been decades since he acted with Kate, and he sees this as an opportunity "to recapture some of the great times I had working with her, as well as to get to know Colorado."

The production is made possible in part by a generous grant from the Telluride Foundation to expand programming at the Wright Opera House.

The Wright is dedicated to promoting artistic, cultural and educational opportunities for Ouray County residents. UpstART and the Wright are both members of the Alpenglow Arts Alliance, which promotes the collaboration of Ouray County arts organizations.

Performances: Jericho, by Jack Canfora "Mr. Canfora has delivered a smart, hard-hitting drama filled with biting wit." - New York Times

April 6 7:30 pm Preview [The Wright Opera House](#) \$12

April 7 7:30 pm [The Wright Opera House](#) \$15

April 8 7:30 pm [The Wright Opera House](#) \$15

April 9 4 pm Matinee [The Wright Opera House](#) \$15

**UpstART: Theater that moves:** UpstART, a registered 501(c)(3) corporation, seeks to Awaken, Enliven & Entertain audiences in Ouray County and beyond, by presenting professional quality theater and education through a Rural/Urban collaboration of artists.

More information

at: [www.UpstARTmoves.org](http://www.UpstARTmoves.org); 970-325-3501; [UpstARTmoves@gmail.com](mailto:UpstARTmoves@gmail.com); Kate and John Kissingford

### VIEW SANDHILL CRANES IN ECKERT MARCH 17-19

#### *Special to Art & Sol*

ECKERT-This year's annual Eckert Crane Days, the annual viewing of the sandhill cranes migrating north from New Mexico through Colorado's West Slope, will be 17-19 March. Representatives from the Black Canyon Chapter of the Audubon Society will be at the viewing site east of Eckert at Fruitgrowers Reservoir, 9-11 each day, to answer questions and provide binoculars and spotting scopes.

More than 10,000 cranes will be heading north from New Mexico to Idaho over the next month and local observers are starting to see migrating cranes.

Over 5,000 cranes already have been reported in the San Luis Valley, the stopover site before they head north to Fruitgrowers. The cranes stop overnight to feed and rest at the reservoir and generally starting lifting off to head on the next leg of their spring journey between 10-11

the following morning. Viewers are asked to remain at the viewing site or along the road and not approach the birds.

The viewing site, Crane point, is reached by taking Highway 92 east of Delta four miles to Highway 65, then north six miles to the Big E Market, then turn east on North Road to Crane Point.

Viewers are asked to park at the parking lot or off the highway along North Road and be careful of traffic.

# *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](mailto:office@rosemontbaptist.org) or at [www.RosemontBaptist/Awana](http://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 3<sup>rd</sup> Thursday of the month. Meeting location - Red Cross Training Center, 5<sup>th</sup> 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](mailto: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. 2<sup>nd</sup> 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](mailto:Snowshadowgymnastics@yahoo.com).

## **MONTHLY-**

**March 6**-Citizen's Climate Lobby meets @ 6:30 Centennial room behind Montrose City Hall, off plaza: Come share good news on progress with Legislators on environment sustainability with Citizens Climate Lobby.240-9146.

**March 7**-Presentation on reverse mortgages, Montrose Library, 1 to 3 p.m. Sponsored by Uncompahgre Volunteer Legal Aid.

**March 7**-District 3 Indivisible in Ridgway will host a public meeting at the Sherbino Theater in Ridgway from 6:30 to 8 p.m. on March 7.

**March 7**-Excavation of Eagle Rock Shelter. Join us on Tuesday, March 7th at Two Rascals Brewing Company for this fun and interesting presentation from 6:30-7:30 PM. All members of the community welcome - donations are appreciated. Sponsored by the Colorado Canyons Association.

**March 9**-The next West Region Wildfire Council meeting will be held next Thursday, March 9th at 1 pm at the [Montrose Public Lands Center](#)-North Building Conference Room. This month we will be welcoming guests from the Colorado State Forest Service Gunnison Field Office, Salida District.

**March 14**- Alpine Photography Club meets Tuesday, March 14, 2017, @ 7 p.m. @ Megapixel, 104 S. First St., Montrose for tour then Colorado Mesa University, 245 S. Cascade Ave., Room 106 for regular meeting. Tip: iPhone Photography By: Betty Fenton. All are welcome to attend.

**March 14**-If you've ever wanted to hunt bears or if you want to improve your chances of harvesting one, plan to attend a workshop sponsored by Colorado Parks and Wildlife on March 14 in Ridgway. CPW's district wildlife managers will lead the presentation on hunting Colorado's black bears. They'll discuss bear biology, hunting tactics, field dressing, rules and regulations, and human-bear conflict issues. The class will be held 6-8:30 p.m., March 14 at the Ridgway Town Hall, 201 N. Railroad. The class will be limited to 25 people, and registration is required. To register, call the Montrose Parks and Wildlife office at 970-252-6000.

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

**March 17-19**-Eckert Crane Days, the annual viewing of the sandhill cranes migrating north from New Mexico through Colorado's West Slope, will be 17-19 March. Representatives from the Black Canyon Chapter of the Audubon Society will be at the viewing site east of Eckert at Fruitgrowers Reservoir, 9-11 each day, to answer questions and provide binoculars and spotting scopes. Viewers are asked to remain at the viewing site or along the road and not approach the birds. The viewing site, Crane point, is reached by taking Highway 92 east of Delta four miles to Highway 65, then north six miles to the Big E Market, then turn east on North Road to Crane Point. Viewers are asked to park at the parking lot or off the highway along North Road and be careful of traffic.

**March 17**-Delta-Montrose Electric Association (DMEA) is bringing the Morning Buzz to Delta County. Friday, March 17 @ The Apple Shed, 250 S. Grand Mesa Dr., Cedaredge, CO Don't miss our membership ribbon cutting with the Cedaredge Chamber at 8:30 a.m.7 – 9 a.m.

**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.

**March 25**-Ride for the Arena, from 9 a.m. to 1 p.m. at the Montrose County Fairgrounds. Starting with a Pancake Breakfast, door prizes, and best of all, it's FREE! Weather permitting, there will be Girls and Ladies Barrel Racing, Kids Stick Horse Races, Wagon Rides and good old down home fellowship! Sponsored by: Friends of the Montrose County Event Center. Contact Information: Doug Roberts – 970-240-4176.

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

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



# Give Back Days

## At Mi Mexico Mexican Restaurant

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

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

*Over 200 entrees to choose from!*

**1st Wednesday: The Homestead at Montrose**

**2nd Wednesday: All Points Transit**

**3rd Wednesday: Black Canyon Boys & Girls Club**

**4th Wednesday: Valley Manor Care Center**

**5th Wednesday: Community Options Inc.**

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

*After dining, attach the coupon to the bill  
and deposit it in the box labeled  
"Give Back Days." 20% of your total  
bill will be donated to the  
designated charity.*

**SUPPORTING IS  
NOW DELICIOUSLY  
REWARDING.**



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(970) 252-1000  
(970) 252-1111 Fax**

\*Coupon must be present



Contact the Montrose Mirror:

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[www.montrosemirror.com](http://www.montrosemirror.com)



*Photo by Gail Marvel*

*MONTROSE-During drill practice at Friendship Hall, the Montrose NJROTC is stylistically a diverse group of students — cowboy hats, sombrero, ball caps, a skirt and shorts. However, during execution of formations they are in unison and practice precision.*



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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!