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THE MONTROSE MIRROR

Issue No. 212, March 13 2017

A SCHOOL TO WATCH: CENTENNIAL MIDDLE SCHOOL!



Montrose's Centennial Middle School continues to lead with a new designation as a School to Watch.

Mirror Staff Report

MONTROSE- According to a news release issued last week by the Colorado Association of Middle Level Education (CAMLE), Centennial Middle School of Montrose has achieved Colorado Trailblazer School to Watch status. "State teams organized by the Colorado Schools to Watch program conduct site visits in order to affirm that they have indeed met the rigorous requirements of the award," the news release states. "These teams observe classrooms, interview administrators, teachers and parents, and review achievement data, suspension rates, instructional quality, and student work. Schools are recognized for a three-year period." Centennial Middle School is one of only a handful of Colorado Middle Schools chosen for the 2016 - 2017 School

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COUNCIL, MANAGER PUSH TO DISSOLVE DDA

"By getting rid of the TIF in the next several weeks...we can use the money for what we want,"
City Manager Bill Bell

By Gail Marvel

MONTROSE-Roughly 20 concerned citizens attended the March 6 City Council work session. Deviating from the normal work session format Mayor Rex Swanson allowed public questions and comments on the proposed **Ordinance for the Dissolution of the Montrose Downtown Development Authority (DDA)**.

By all appearances the rush to push this ordinance through was

to halt the Montrose Downtown Development Authority (DDA) from their scheduled interviews with three candidates for the position of executive director. The City of Montrose administration prefers to dissolve the DDA and replace it with the National Main Street America program. City Manager Bill Bell contacted councilmembers individually only days before to see if they would support



Prior to the City Council Work Session on March 6, concerned citizen and Downtown Development Authority supporters discuss the city's rush to dissolve the organization. Photo by Gail Marvel.

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[Fly Fishing Film series Debuts in Ridgway!](#)

[BOCC Hires Municipal Advisors. Scraps metal building!](#)

[Art Goodtimes Up Bear Creek!](#)

HOUSES OF WORSHIP: CHURCH 180

By Gail Marvel

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

Church 180 greeters Janet and Pam not only offered a handshake along with the bulletin, but also asked a relevant question to seeing a new face, "Are you new, or have you visited with us before?"

There were roughly 75 people present for 9 a.m. worship service on Jan. 22, 2017. The worship leader opened the service, "I asked you to pray for the Cowboys [NFL] and I don't think you did that. I'm Matt; I'm the worship pastor."

Accompaniment for the four-member praise team consisted of a keyboard, drums and a guitar. Two video screens on floor pedestals displayed the words to the praise songs; however, the view from the back of the room was often obstructed while people stood during the song service. Praise songs included, "Who Can Stop the Lord Almighty," "Praise Will Be My Song," and "We Remember You."

Denim casual is the dress for this congregation and with a note of enthusiasm Matt said, "There are no perfect people allowed at 180, make yourself comfortable! If you are a visitor, you'll experience great fellowship; you'll experience great worship; we believe that the Word of God is the only authority over you; and you'll be challenged."

Announcements included needing more volunteers for the community bowling event, information on Growth Groups and asking visitors to fill out a Connection Card. Ken Bailey, representing Alms International Ministries, showed a brief video on Israel and spoke about his upcoming pilgrimage called the "Blessing Israel Tour." Taking a moment for the congregation to greet one another a few people ventured up and down the narrow aisles,



On Jan. 22nd worshippers sing songs of praise at Church 180. Photo by Gail Marvel.

but most folks just stood up and shook hands with those standing in their vicinity.

The sermon, "Passover: Understanding and observing the Lord's Supper," was presented by Pastor Bryan Lark. In the context of the church, the terms Lord's Supper and Communion are interchangeable. Lark said, "Growing up we took Communion frequently, but new people might not know the significance of what we are doing. We're going to look at the Lord's Supper through the lens of the Old Testament. Passover is the foundation of the Lord's Supper." Lark reminded the congregation that the Lord's Supper should not be confused with the Feast of Unleavened Bread.

Lark recapped Exodus 12:1-13 when the Lord passed through Egypt and struck down every first born of man and animal; however, the Hebrews who, in obedience to God, put blood on the sides and tops of the door frames were spared and passed over.

The pastor said, "Why blood, what is the significance? In the Old Testament life was in the blood." Using his pinky finger and

his hair as illustrations the pastor said, "Take my pinky and I won't die, take my hair and I won't die. Take my blood and I die. Jesus willingly laid down his life for us. His blood covered our sin."

Explaining the emblems Lark said, "When we eat the bread it is symbolic of Jesus' body. The juice is symbolic of the blood of Jesus. Notice that Jesus body was given to you...a gift of grace. There is no forgiveness of sins without the shedding of blood. There is no greater gift than a man lay down his life for us."

Three communion tables were available, two in the front and one in the back of the room. It's not unusual to see the juice, or wine served in a chalice, a wine glass, or thimble size plastic cups. However, picking up the 3-ounce Dixie decorated bathroom cup containing a tablespoon of juice was a whole new experience.

Contact info:

Church 180

1681 E. Niagara Rd.

Montrose, Co 81401

Pastor Bryan Lark

Worship service 9 and 10:45 a.m.



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A SCHOOL TO WATCH: CENTENNIAL MIDDLE SCHOOL! From page 1

year. Located in a diverse Montrose neighborhood, Centennial Middle School has already achieved status as a Colorado School of Innovation. Leading the school as Principal over the past three years has been Joe Simo. Prior to serving as principal at Centennial, Simo spent five years as principal at Pomona Elementary and another five as assistant principal at Centennial Middle School.

Still, he doesn't take credit for the Trailblazer School to Watch recognition. "I am very excited for Centennial," Simo said, "for all of our students and staff. All of the hard work is coming from them. My job is to keep the roadblocks out of the way of what the students and teachers want to do."

"This started out as teacher-driven, so I said, 'alright let's do it.'"

At Centennial Middle School, moving forward with new ideas has become part of the culture.

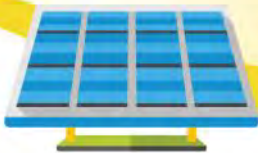
"We keep after it day after day," Simo said. "If there is a roadblock, we may go under it, we may go around it, we may go over it, or maybe we destroy it."

"We use out of the box thinking to get the work we are doing done."

WILDLIFE TALK @ SHERBINO

Special to the Mirror

RIDGWAY-Join the Sherbino and a panel of Colorado wildlife biologists, for a round robin presentation and discussion about some of our state's most vulnerable critters: Pika, Lynx and Gunnison Sage Grouse. On Thursday, March 16th, science journalist JT Thomas, will moderate a discussion surrounding dynamic climatic change, population growth, and environmental policy titled: *Pika, Lynx, Gunnison Sage Grouse...Oh my!* Doors at 7 pm with the talk starting at 7:30 pm, \$10 suggested donation at entry. For more information on each of the biologists speaking on the panel, please visit: www.sherbino.org.



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OPINION/EDITORIAL: LETTERS

MAINTAINING THE DOWNTOWN AREA, AND THE DETERIORATION OF LOCAL TRAILER PARKS

Dear Editor:

I have two opinions that may differ from many folks on how to approach these problems. First of all when it comes to the Trailer Parks, why is the City of Montrose looking to spend any money fixing this problem? If someone dumps a pile of junk in my yard or dumps an old junk car in my yard do I call the city to remove them or is it my problem? If I have created a health and safety hazard to my neighborhood or the City is it the City's responsibility to fix it or should they fine me and legally charge me to clean it up. The owners of the trashed Trailer Parks should have legal action taken against them to fix this safety and health problem if a mobile home has been left on their property to rot. They have allowed the problem to happen, let's get a little tough and tell them to fix it or legal action will be taken against them.

We have City and County codes that require property to be maintained in a way that is not hazardous to the public. It is

time to kick some butt and get it done. If the City has to spend money to accomplish this, file a lien on the property to refund our expenses. Don't just sit around and growl at the problem, take a bite out of it.

Maintaining our Historic Downtown has some similar problems. Ease of walking access, within sight parking and no town square to make it worse. We old folks would like to see it maintained, but have we asked the young folks, those 30 and below how they feel about it. I suspect most could care less as their interests are far different than us old generational folks. They don't even know who the Pillsbury Dough Boy is.

How do I think this problem could be fixed? Well first off I would give some thought to the growth of Colorado Mesa and student housing. Originally many of the Downtown properties had apartments in them. But most of the buildings downtown have fallen into some disrepair or do

not come close to meeting today's building codes. In my opinion the owners of these buildings need to commit to spending some funds to strip them and bring them up to current building and fire safety codes. (I have been in many of these buildings and the utility infrastructure is horrible.) "Is that really any different than the problem we have with several of the trailer parks in town, you know just milk it as long as you can without any cost to the owner?" That statement should make me a lot of friends! It has been said, that the truth hurts.

How about working with the County for property tax breaks as an incentive to rejuvenate the buildings and make these really valuable properties to the city and owners. If we had safe and affordable housing for students and young folks and reasonable parking in the downtown area maybe the vibrancy we are looking for would be easier to come by.

Doug Glaspell, Montrose

REGIONAL NEWS BRIEFS

DELTA COUNTY ECONOMIC DEVELOPMENT ANNUAL MEETING WILL BE APRIL 20

Special to the Mirror

DELTA-Delta County Economic Development will host its 21st Annual Meeting on Thursday April 20, 2017 at the Orchard City Town Hall. The event will begin at 5 p.m. with cocktails and appetizers. The meeting will be called to order at 6 p.m. During the meeting the board will announce the results of the election of directors. The mail ballot by voting members is currently underway.

Brad Harding (First Colorado National Bank), incumbent is seeking to be re-elected to a three year term. Cheryl Hines (Area Farmer), Jere Lowe (Earth Friendly Supply, Co), Paul Larmer (High Country News), and Darnell Place-Wise (Delta Area Chamber of Commerce), are seeking first

terms on the DCED Board of Directors. The ballot also provides for write-in candidates.

A recap of the 2016 year will be discussed and members will be briefed on the 2017 budget, while reviewing a simplified chart of accounts. Details will be provided on current projects DCED is working on, along with a vision for the future.

Also, the board welcomes suggestions from those attending and the public will have a chance to comment on any suggestions for the coming year or ideas on economic development strategies for Delta County.

DCED would like to give special thanks to two long time members that are stepping down from their board seats. Jack Graff

(Better Compost) and Ed Marston (Paonia Businessman) will be missed and we are so very grateful for their years of service. The contributions of each have helped to move DCED forward in many areas and their expertise has provided valuable insight. We wish them the best in their future pursuits.

The meeting is open to the public; however, voting is restricted to investors of \$500 per year or more. The cost of the annual meeting is \$10 for DCED members and \$15 for non-members.

Please see our website at www.deltacountyed.org and click on the link for the annual meeting to purchase your tickets or contact us at 970-874-4992. Please RSVP by Wednesday April 19, 2017.

GET BACK TO 4H NIGHT MARCH 16!



4Her's learn life skills. Back to 4H Night will be March 16. Courtesy photos.



By Liesl Greathouse

MONTROSE The goal of the 4-H program is to equip kids ages eight to 18 with the life skills they need for the years to come. The program features various leaders helping kids build their skills in areas like science, health, agriculture, and citizenship. For any kid interested in participating or any adults who have thought about volunteering to help lead in 4H, Back To 4-H Night on March 16 is the perfect opportunity to check out the program.

"We have over 60 4-H projects going on, covering things like electricity, cake decorating, leather-working, engineering, dogs and cats, livestock, and even robots," explained Brandon Creamer, 4-H program associate for Montrose and Ouray. "We have 200 kids, 64 leaders and 14 clubs. We also do a lot of community service, helping out in any way that we can. During the holidays we will send food to the needy and now they are out working people's flower and vegetable garden beds. We also have a lot of program and leadership events."

Back To 4-H Night is the largest recruitment event for the program, with around 200 people attending and usually 30-50 kids signing up to join that night. This free event will be March 16, 4-8 p.m. at Fellowship Hall, 1001 N 2nd St in Montrose. The event will feature a petting zoo, ar-

chery tent, live demonstrations, cupcake and cookie decorating, dogs doing agility activities, snacks, and various fun hands on activities.

"We will have various project booths where people can do activities at the booths and there will also be opportunities for community service," Creamer explained. "In the middle of it all there will be demonstrations and members will talk about the various things they are doing with their projects."

The cost for kids to sign up with 4-H is \$50 for two projects, then \$5 for each additional project a kid wants to do. Any adult interested in being a leader can volunteer for free and the program always welcomes new leaders. "If someone wants to volunteer to be a project leader and help out kids, and they have some sort of niche they like, they are welcome to come talk with us," Creamer said. "We are the best resource to talk to for different parents and different people who want to get involved."

I asked Creamer to clarify what a 'project' refers to in the 4-H program. "A project is the thing that a kid is involved in," he said. "We have various divisions in the program, each with a specialty thing that a kid is interested in. They are given a manual to help guide them in producing or at least being more educated about that project."

Another big event for the 4-H program will be the Montrose 4-H Foundation Showcase on April 29, 6:30 p.m. at the Montrose Elks Lodge. The Montrose 4-H Foundation is one of the biggest monetary sponsors of our local 4-H Program and the April Showcase is the biggest fundraiser event of the year for the Foundation. "All the proceeds go to 4-H kids," Creamer explained. "We usually raise \$5,000 and all of it is given back to the kids for projects, events and different trips throughout the year, helping ease the burden for kids who can't afford to go on trips. It will be very classy and very fun, with a lot of great things happening, including a speaker, a band, plus silent and live auctions."

Creamer, having been a member of the 4-H program as a kid himself, loves being able to see the kids in the program today find something they that they are passionate about. "The ultimate goal is for them is to find something they like, that they are passionate about, learn about it and be successful in learning about different things," he said.

"I enjoy being able to interact with the kids, being someone that can help them out and being a resource that helps these kids grow."

For more information on the 4-H program and any of their events, contact the CSU Extension office at 249-3935.

COUNCIL, MANAGER PUSH TO DISSOLVE DDA From page 1

dissolving the DDA and all council members gave their support. Councilmembers did not collectively discuss the proposed ordinance prior to the work session.

Opening the meeting Mayor Swanson said, "Ask questions and when you're finished with your questions Bill [Bell] can answer." Citizens were limited to three minutes; however, they were allowed to speak more than one time.

Bob Brown said, "This hit us like a ton of bricks. We are still trying to understand what the issues are." Brown question how the city could dissolve the DDA by ordinance, rather than a ballot issue, "Even if this is a valid way to do it, why do you want to do it?"

Chris Adams said, "We are somewhat defensive...we learned about the plan in

the Press." Adams expressed concern that the city is making all the decisions for downtown, "...do we have any kind of real heart in the plan that I don't know. It's pretty rough for us who have put years and years into this. Today was our day to interview people for the executive position. They were literally on their way here."

Attorney Martha Dusio said, "Despite the Where As's [in the ordinance] there is nothing specific about what you do for downtown. It's a termination of the tax."

Taking the conversation in a different direction Councilman Dave Bowman said, "The DDA has \$90,000 to \$100,000 in the bank. Maybe it could go for the sculptures downtown." The city manager indicated that those funds were earmarked for

downtown, "The only thing we are eliminating is the tax."

The group wanted to know who would make the decisions on spending and Bell said, "The promotion committee is one of the four pillars of the Main Street program. They can leverage the dollars in a more efficient manner."

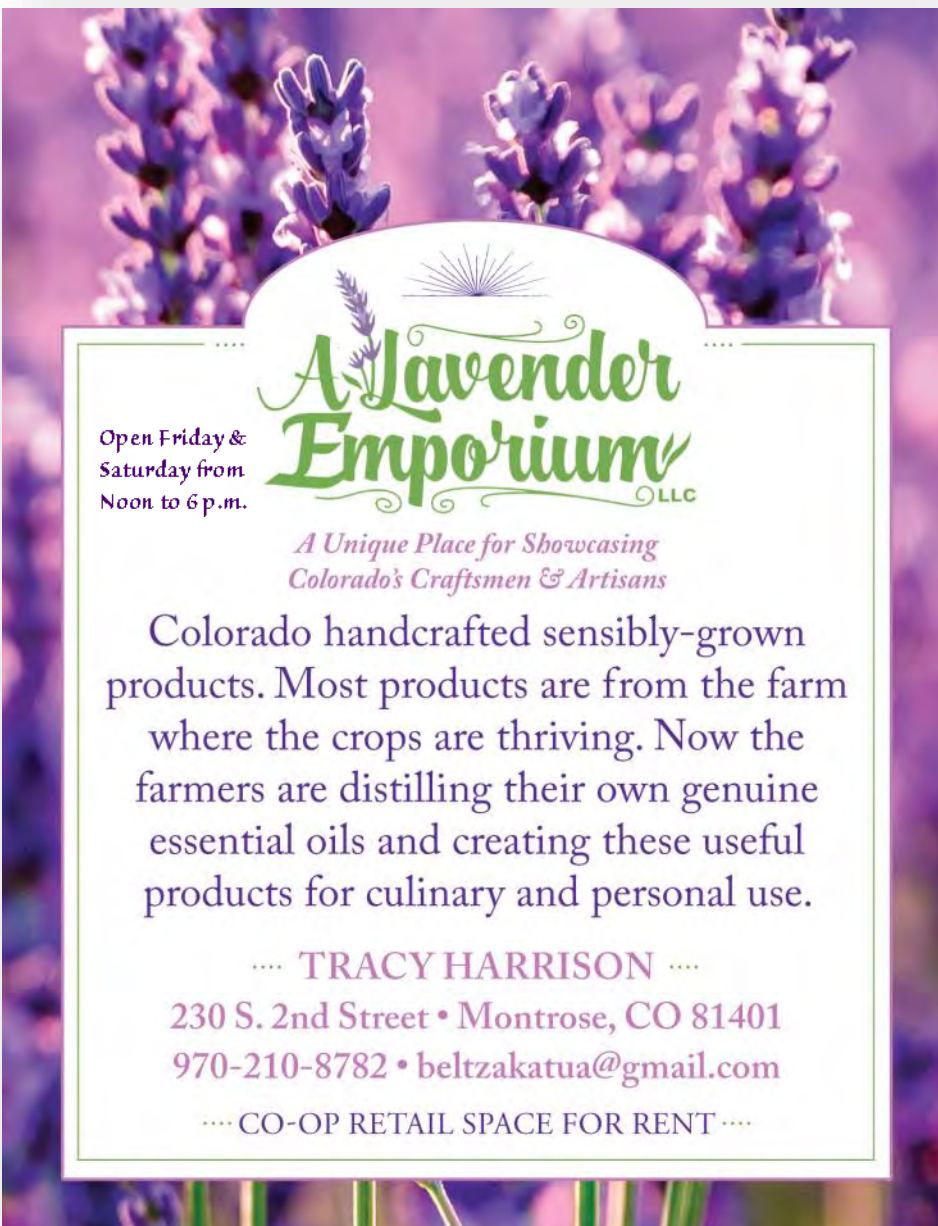
Bell gave a brief history of the DDA and an overview of Tax Increment Financing (TIF), the funding mechanism for the DDA. Bell said, "The TIF can only be spent on capital improvements. By getting rid of the TIF in the next several weeks...we can use the money for what we want. We don't have to use it for infrastructure."

Mayor Swanson asked Bell to explain the Main Street program. The pillars of the program are: 1. Promotion, 2. Economic Restructuring, 3. Design (bulb-outs), 4. Organizational (by-laws and fundraising). Bell said, "It's hard to get enough volunteers to serve in all those areas and we can combine efforts Design/Economical. In Colorado we are the largest city with a Main Street program...which has a historic preservation piece."

The Main Street program has a Colorado Department of Local Affairs (DOLA) component and Councilman David Romero said he was interested in, "How the city will be more able to be in compliance with DOLA." Bell said, "By making the city responsible and me accountable we can do more."

Councilwoman Judy Ann Files said, "Is there a rush to get this done?" Files asked if the city manager had reached out to the board and if all the board members were contacted. Bell said, "No. We tried our best to reach out in a short amount of time." The DDA board is made up of seven members, plus a city council representative, who at this time is councilman Bowman.

Property and business owner **Yvonne Meek** was concerned about the historic preservation requirement in the Main Street program. "There are no funds for that. I'm going to lose money. I'm really upset." Worried about haste to approve the ordinance Meek said, "You're rushing us and pushing us into a decision. We [business/property owners] can't come to meetings. You guys get paid to come to



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COUNCIL, MANAGER PUSH TO DISSOLVE DDA From page 6

meetings...We don't! I think this is just wrong. You guys work for us...I think you forget that."

Brown wanted the council to focus on the DDA's middle name, Development. "Originally it was to build capital improvements. When Scott Shine [former Assistant City Manager and interim City Manager] was here in 18 months we had four to five new businesses." Implying that the Main Street program has been foisted on the DDA Brown said, "It's a huge distraction. We have to have a group that sees 30 years out. We need to get back to working on the development side."

DDA board member **Ken Vail** was concerned about economic growth and commerce, "That's what I'm about."

Kendra Marrow, who has been in business for 13 years said, "It is possible for the DDA to have good leadership, not get rid of it, but to find the right leadership for the DDA."

Lu Anne Tyrrell said, "I would hate to see it go away."

Concerned about the historic preservation component **Michelle Klippert** said, "What I'm trying to wrap my head around...what we can and cannot do with our business facade."

Meek noted that this was an issue of

money, a return on investment and that she was willing to pay the tax. Bell said, "We are a conservative community. Most people want to be out from under tax."

Brown reflected on the demise of the community's volunteer boards, "We've just about killed off all the volunteer organizations. After what you've done, MEDC (Montrose Economic Development Corporation) is the only volunteer board left." In the absence of volunteers, "It's all put in the hands of the city. Someone will do it and it will be your employees. Consider the voice of the people through the organizations."

Mayor Swanson took exception to Brown's statement on volunteer boards. He said, "We have many advisory boards. We're not eliminating volunteers, we listen to advisory boards...we're trying to build a team."

Council discussion included needing more clarification, seeing a business plan, and questions on funding. The ordinance is scheduled to appear on the March 21st City Council regular meeting agenda.

Other Discussion Items:

City Capital Planning, Community Forum Traffic Congestion Relief & Street

Maintenance Presentation – City Manager Bill Bell and Public Works Director John

Harris.

Harris gave an update on completed street projects. "We have a lot of plans on the shelf." In the area of maintenance Harris said, "Our biggest problem is recovering from bad practices of the last 30 or 40 years. We are being proactive now, which has not always been the case." The city anticipates inheriting sidewalk maintenance in the near future.

Annual Water Meter Purchase – Public Works Director John Harris.

The city is in their third year of a five-year replacement process and this year's replacement cost is in the range of \$150,000.

Banner Road Property Lease Agreement – Director of Innovation and Citizen Engagement Virgil Turner.

The Banner Road property is 457 acres located north of Olathe, between Banner Road and Carnation Road. The property is no longer used by the city for waste from the sewer treatment plant, but is leased for farming. Turner recommended a one-year lease on the property.

General City Council Discussion:

An update on the approval of the Urban Renewal Authority (URA) by Special Districts. Three entities have yet to finalize their support.



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LIBRARY TO EXPLORE POSSIBLE MILL LEVY INCREASE



MRLD Board of Trustees (L to R) Dave Segal, Ed Hagins, Caroline Evans, Chair Emily Schneider, Pam Baer and Executive Director Paul Paladino. Photo by Gail Marvel.

By Gail Marvel

MONTROSE-All members of the Montrose Regional Library District Board (MRLD) of Trustees were present for the March 6 meeting.

Friends of the Library Report (FOL) – Dave Segal.

New officers were installed. The FOL book sale is scheduled for May 7–9.

Librarian's Report – Executive Director Paul Paladino.

Paladino updated the board on E-Rate, a program administered under the direction of the Federal Communications Commission (FCC) which provides discounts to assist schools and libraries to obtain affordable telecommunications and Internet access. A vendor error in one category required the library to re-file.

Applications, some of which are in-house, are being received for the open position in

the children's department.

Action and Discussion Item: Urban Renewal Authority (URA)/Tax Increment Financing (TIF) Discussion and Adoption. The URA was approved unanimously.

Committee Reports:

Branches and Facilities – Pam Baer, no Report.

Personnel Policy – Ed Hagins.

Six applicants were interviewed for two open seats on the board. The board recommends Lee Ann Riddoch for the seat that has a year remaining in the term, and Derrick Ferguson for the five-year term seat. The recommendations will be sent to the Montrose County Commissioners for approval and appointment.

Finance – Emily Schneider, no report.

Strategic Planning Committee – Caroline Evans.

The 2017-2021 Strategic Plan was presented and approved. The plan identifies the major areas where the board wants to focus their efforts.

PR and Outreach – Dave Segal.

The five major areas in the Strategic Plan are:

- Keep the library open every day;
- Expend \$250,000 for new materials, which doubles the current amount;
- Increase use of the Bookmobile and community outreach;
- Source of information programs (political education);
- Expose children to 1,000 books before kindergarten.

The committee will take the pulse of the community for a possible mill levy increase proposed for the fall election cycle. Schneider said, "We'll spend spring and summer fine tuning what the public wants for the library." The last attempt for a library mill levy increase took place in 2015. A contest to come up with a tag-line for the library will be held in mid-April.

Libraries of Montrose County Foundation Report – Paul Paladino.

The summer event, scheduled for Aug. 27 at the Pavilion, features the Beaton Sisters Celtic group from Nova Scotia.

One or two new foundation funds have been established. Paladino said, "The foundation seems to be doing well."

New Business:

The MRLD April board meeting will be held in Naturita on April 17th.

The board retreat is scheduled for June 2.





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CITY COUNCIL APPROVES LEASE OF AG LAND IN OLATHE

By Gail Marvel

MONTROSE-Even by stretching discussion with reports and updates the Montrose City Council of March 7 lasted a mere 15 minutes.

Business:

Ordinance 2412, First Reading – Assistant City Attorney Andrew Boyko.

Through an Intergovernmental Agreement (IGA) the Montrose Emergency Telephone Authority (METSA) sets the surcharge applied to all telephone bills for emergency services. The maximum surcharge is \$.70, which is the same as last year. Council approved unanimously.

Lease Agreement – Director of Innovation and Citizen Engagement Virgil Turner.

The Banner Road property is 457 acres located north of Olathe, between Banner Road and Carnation Road. The property is no longer used by the city for waste from the sewer treatment plant, but is leased for farming. Turner recommended a one-year lease on the property. Council approved unanimously.

Public Information Officer Report – City Manager Bill Bell.

Upcoming Server Training Class – City Clerk Lisa DelPiccolo.

A four-hour Liquor Server Training Class is scheduled for March 14, beginning at 5 p.m. DelPiccolo said, "In 2016 there were new legislative changes made to liquor laws and the class will cover those changes. We already have 15 people signed up for the class and most of them are coming because of the council's recent approval



For registration and information on the Server Training class contact City Clerk DelPiccolo at 970-249-1422. Photo by Gail Marvel.

to allow liquor tasting events." The class is free to the public.

Update on Otter Road construction – Public Works Director John Harris.

Harris said, "We're just about finished with what we can do through the winter. We'll open the gravel road temporarily and then close it again in mid-April when we have the batch plant [asphalt] up and running."

Update on the Community Garden – City Manager Bill Bell.

Bell said, "This is our fourth season with the Community Garden. Applications are now available at City Hall and the program runs April 15 through November 11. A plot is \$15 to \$30, depending on the size of the

plot. The city provides the water."

HEAL Campaign - Director of Innovation and Citizen Engagement Virgil Turner.

Turner said, "We adopted Healthy Eating and Active Living (HEAL) a year and a half ago. We want to encourage our employees and our community to get out and live healthy."

City Council Comments:

Mayor Rex Swanson gave kudos to Montrose Economic Development Corporation (MEDC) on their 60th Anniversary luncheon and their choice of Karl Mecklenburg as the keynote speaker.

"It was really neat to hear all the things accomplished by MEDC...and the City of Montrose."



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REGIONAL NEWS BRIEFS

GREG LARSON SELECTED TO SERVE AS BLM UNCOMPAGHRE FIELD OFFICE MANAGER

Special to the Mirror

MONTROSE – Greg Larson, was selected as the Uncompahgre Field Manager in Montrose, Colorado. Larson is responsible for overseeing about one million acres of BLM lands in Montrose, Ouray, Delta, Gunnison, San Miguel and Mesa counties. Larson had previously worked in the Colorado River Valley Field Office, as a Field Office Planning and Environmental Coordinator as well as the acting Branch Chief for Planning and Assessment for the BLM Colorado State Office.

"Greg's knowledge in planning is a tremendous asset as the Uncompahgre Field Office completes the Resource Manage-

ment Plan revision and a variety of other projects that protect and enhance the natural resources on public lands in western Colorado," said Joe Meyer, BLM Southwest District Manager. "He has also worked with a variety of partners in his previous positions and looks forward to meeting and working with local constituents."

Larson obtained a Master's degree in Watershed Science from Utah State University. Prior to joining the BLM he served as a Senior Project Manager and Operations Lead for Great Basin Natural Resources at a private consulting firm and as the Education and Land Manager for Swa-

ner Nature Preserve in Utah.

"I look forward to working with the talented and experienced staff at the Uncompahgre Field Office to grow our partnerships and provide the public with balanced management of the area's highly-valued public lands and minerals," said Larson.

The swearing in ceremony for Larson is at 2 p.m. Tuesday, Mar. 14, at the Montrose Public Lands Center. The public is invited to attend.

Larson and his wife enjoy skiing, biking and are particularly looking forward to floating the rivers within the Uncompahgre Field Office.

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REGIONAL NEWS BRIEFS

ANTLER COLLECTING RULES CHANGED THIS YEAR IN GUNNISON AREA



Special to the Mirror

GUNNISON— Because of the severe winter in the Gunnison Basin, Colorado Parks and Wildlife has put a special regulation in place that prohibits shed antler collecting until May 15. Under established regulations, collecting is usually allowed to start on March 15.

The Gunnison Basin is nationally renowned as a location to collect the antlers shed by deer and elk. But because the animals, especially deer, are exerting extra energy to get through the winter, CPW's wildlife managers do not want any un-

wildlife manager in Gunnison. "But it's an activity that can force animals to move and waste precious calories they need to get through the rest of the winter. The special regulation is intended to relieve the extra stress that big game often face late in the winter."

Until May 15, all wildlife-related recreation, including shed collecting and hunting is prohibited below 9,500 feet in a large area that stretches from Crested Butte south to Lake City and from Monarch Pass to west of Blue Mesa Reservoir. Wildlife officers are patrolling areas throughout

the basin to make sure the closure isn't being violated. Anyone caught violating the closure can receive a citation, have points imposed against their license privileges and face fines of \$75 or more. Antlers will also be seized as evidence. Collectors and other recreationists also need to be aware that to protect Gunnison sage-grouse leks, the BLM and Gunnison County close roads throughout the basin to motorized travel during the winter and early spring.

To learn about road closures or to report closure violations, call the BLM at 970-642-4940, U.S. Forest Service at 970-641-0471; or Gunnison County at 970-641-8201.

There are no restrictions on antler collecting on public land in nearby areas such as Montrose, Delta, Ridgway, Norwood, Dry Creek Basin, Hotchkiss, Crawford and the Arkansas Valley.

"We're asking for everyone's cooperation and to help spread the word. We realize this is a substantial change, but it is only temporary. We need to do what's best for deer this year," Wenum said.

If you observe or know of closure violations, please call the Gunnison CPW office at 970-641-7060, or Operation Game Thief at 877-265-6648.

OTTER ROAD BRIDGE CONSTRUCTION UPDATE

Special to the Mirror

MONTROSE— Contractors working for the City of Montrose have completed construction of the Otter Road bridge replacement project over the Loutsenhizer Irrigation Canal, with the exception of final paving. Final paving of the roadway will occur in April once the warmer weather allows. Otter Road is now open to traffic with a temporary gravel road surface through the project area, in the interim.

The city once again extends its gratitude to Montrose residents for their patience throughout the construction project and to Mountain Valley Contracting for a job well done.

Questions regarding the project may be directed to City Engineer Scott Murphy at [\(970\) 901-1792](tel:9709011792) or smurphy@ci.montrose.co.us.

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REGIONAL NEWS BRIEFS

BLM NAMES DANA WILSON NEW SOUTHWEST ASSOCIATE DISTRICT MANAGER

Special to the Mirror

MONTROSE – In January, Dana Wilson was named the new Associate District Manager for the Bureau of Land Management's Southwest District, based out of the Montrose Public Lands Center. The Southwest District includes about 2.6 million acres of BLM lands within the Grand Junction, Uncompahgre and Tres Rios Field Offices.

"I'm happy to be a part of the BLM Colorado team and enjoy working with the dedicated employees," said Wilson. "The diversity of issues and the strong partnerships in the Southwest District provide a great foundation to continue to build

community support."


Previously, Wilson filled several short-term positions within the Southwest District, gaining valuable insight of BLM's public lands in western Colorado. Prior to moving to Colorado, she was the lead public affairs officer with the BLM California State Office and a legislative and public affairs specialist for the BLM in Washington, DC. She also brings land-use planning experience to her new role, having worked as a planning and environmental coordinator for the BLM's Eugene District in Oregon.

"We're looking forward to continuing and growing the partnerships that Dana

built while she was in Colorado," said Joe Meyer Southwest District Manager. "Her experience within the BLM will be valuable as we continue to manage some of the nation's most varied public lands."

Preceding her federal career, Wilson worked for local and state environmental agencies in Minnesota, and was a legislative assistant in the Minnesota House of Representatives.

She holds a Bachelor of Science in Environment and Natural Resources from the University of Minnesota and a Master of Public Policy degree specializing in environmental policy from American University in Washington, D.C.



Montrose Senior Center
1800 Pavilion Drive

ACTIVITIES CALENDAR
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MEAL RESERVATIONS
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\$3

Lunch & Learn

RESERVATIONS REQUIRED 252-7797

LUNCH @ NOON • PROGRAM @ 1PM

QUESTIONS TO ASK YOU FAMILY ABOUT ESTATE PLANNING

What Common Issues Can Get Complicated?
How Can Trusts Protect Your Heirs?
By Bryce Lee, Attorney at Law

THURSDAY, MARCH 9th • PROGRAM IS FREE TO ATTEND

VIBRANT CAREGIVING

Helping Families & Caregivers Reduce Stress & Locate Helpful Resources
Kristy Colborn & Danielle McCarthy

MONDAY, MARCH 13th • PROGRAM IS FREE TO ATTEND

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EAT, PLAY, STAY TOGETHER @ THE PITCHFORK



By Liesl Greathouse

If you've been looking for a family-friendly restaurant that includes activities for both kids and adults, check out The Pitchfork!

Open since Feb. 4, The Pitchfork is a family-oriented restaurant, bar and game room. Featuring a menu full of American classics, a full bar and tons of games for all ages, The Pitchfork hopes to be the ultimate spot for family fun and great food all in one.

"We felt like this would be nice for kids of all ages to have something to do with their parents besides just going to the movies or bowling," explained Nicole Klopfenstein, one of the owners of The

Pitchfork along with her family. "This would provide another option. When you go out to eat, instead of just eating, we have an all-in-one place to come and hangout."

Their menu includes a lot of specialty burgers, sandwiches, wings, chicken, salads and a kids menu.

Chris Artrup, Marketing and Events Manager for The Pitchfork, added, "The food items that have been knockouts for us include the Pitchfork Burger, with bacon, pepper jack cheese, roasted poblano peppers, caramelized onions, and lettuce. Appealing to vegetarians has been The Boom, made with Portobello mushroom, spinach, sauteed onions, tomato, goat cheese and saffron aioli. Also, our wings are never frozen. They come out, are baked and then fried to order."

As for drinks, their signature drinks menu features items only available at The Pitchfork, with a rotating 'Signature of the Week.'

The game room has been a huge hit for the restaurant, helping set it apart as a great place for families or groups of friends to hang out. "We have three pool tables, two shuffleboards, cornhole, dart boards, arcade games, pinball, and board games including Giant Jenga and other table top games," Artrup said. "We are always taking recommendations and suggestions for more."

With special events being popular for them, they plan on getting on a regular schedule with live music and game tournaments, as well as bringing in more private parties since they have a backroom available for them. "We'll also be adding an outside patio area, expanding the dining room and adding a secondary bar," Artrup explained. "We also hope to some-

day run out of room in the game room because we filled it with so many games."

Their goal for the long term? "We just want to keep growing and keep adding," Klopfenstein said.

The Pitchfork welcomes feedback and recommendations. "We highly encourage our customers to give us recommendations," Artrup said. "We ask them, 'What would you like to see', and we keep tight knit communication with managers and staff, so we can then bounce ideas off each other and accommodate our guests. We have had really good response from people online and verbally, especially to the live music. We see increasing business every day."

A popular recommendation that they recently followed through with was switching to being a full service restaurant. "It was the biggest recommendation that we received," Artrup explained. "People told us 'we would have had a better time if you had full service', instead of what we originally had of people placing their order, getting a number and finding their own table. Now we have hostesses and servers."

Seeing the positive response from the local community to their new restaurant has really been a highlight for the team. "My favorite part has been seeing the community be so amazing to it and enjoying The Pitchfork," said Klopfenstein.

Artrup added, "I enjoy it when people say to me that they 'have been waiting for a place like this on this side of town.' They like the nature of the restaurant and the location." The Pitchfork is open Sunday-Wednesday, 11 a.m.-10 p.m. and Thursday-Saturday 11 a.m.-11 p.m.. It is located at 1544 Oxbow Drive in Montrose. For more information, call 417-4561.

The Mirror: many views, one newspaper.



REGIONAL NEWS BRIEFS

MMH RN IS NOMINEE FOR COLORADO'S HIGHEST NURSING HONOR



Calvin Woods, RN, MSN, CEN of Montrose Memorial Hospital. Courtesy photo.

Special to the Mirror

MONTROSE--Montrose Memorial Hospital has a nominee for Colorado's highest nursing honor.

Calvin Woods, RN, MSN, CEN, Education Specialist for MMH, has been nominated for the 2017 Nightingale Luminary Award—a distinction recognizing nurses who exemplify the spirit of the profession in the areas of Advocacy, Innovation and Leadership.

"We're proud of Calvin and his great contributions to our facility & our clinical staff's knowledge base," said Steve Hannah, MHA, CEO of Montrose Memorial Hospital. "We strive to provide excellent clinical care, and Calvin's leadership in training hospital staff is a great asset to us as we achieve our vision be the healthcare resource of choice in our communities."

Nominees for the award are supported by letters from respected professionals in the industry. Mr. Wood's nomination was supported by Joan Napolilli, Chief Nursing Officer at Montrose Memorial Hospital (now retired) and Dr. Michael Benziger.

"Besides being an outstanding nurse with great clinical experience, Calvin is a wonderful person," reads Dr. Benziger's letter. "His passion to teach shines forth with each of his classes."

Napolilli's letter notes Calvin's energy and love for teaching. "Calvin is an outstanding nurse that will carry on the advocacy for teaching and instructing that will continue to exemplify nursing in the future."

"It is an honor to be nominated for Colorado's highest nursing honor. I am thankful for the opportunity to serve my colleagues & for their thoughtful contributions to the nomination process," said Mr. Woods. "Thank you to the staff, management, and clients of Montrose Memorial Hospital for their support and encouragement."

While the Colorado Nurses Foundation (CNF) receives hundreds of applications for the honor, not all are selected to be nominees for the award. Nightingale Award winners will be announced at the

Nightingale Luminary Awards Gala in Denver on Saturday, May 13, 2017. The CNF began in 1987 with the purpose of improving health care and nursing practice in Colorado. The organization's sponsorship for the Nightingale Event began in 1999.

About Montrose Memorial Hospital (www.MontroseHospital.com)

Montrose Memorial Hospital is a 501(c)3 nonprofit healthcare system serving Montrose, San Miguel, Ouray, Gunnison, Delta, Hinsdale and San Juan counties. The health system offers a 75-bed hospital and an extensive range of inpatient & outpatient health care services, including cardiology, oncology, minimally invasive surgery, laboratory, medical imaging/radiology, Mountain View Therapy, Level III Trauma Center, Acute Rehabilitation Unit and the family birthing center. The health system partners with regional providers on joint ventures to meet local healthcare needs, including CareFlight air ambulance service, San Juan Cancer Center and Black Canyon Surgical Center. Montrose Memorial is the second-largest employer in Montrose County, with more than 700 employees and 100 physicians who represent 23 medical specialties. The hospital has received patient satisfaction ratings exceeding 90% since 2010.

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BOCC APPROVES HIRING OF MUNICIPAL ADVISORS FOR PROJECTS, VOTES TO SCRAP METAL BUILDING @ ROAD & BRIDGE SITE

By Caitlin Switzer

MONTROSE-A Montrose County employee was recognized at the Montrose Board of County Commissioners (BOCC) meeting March 6. Isaac Nonay was honored for going above and beyond, and helping to move boxes and clean when he was not required to. As South Campus Custodian, Nonay is always friendly, and presents a good face to the public, County Manager Ken Norris commented following the presentation. "I enjoy working for the County," Nonay said.

Following approval of [Consent Agenda items](#), Commissioners approved the full slate of General Business & Administration and Planning & Development items.

Some public discussion occurred during General Business Item 3; Cindy Bennet of the County Finance Department presented information on a letter confirming [engagement of FirstSouthWest for \\$24,500](#) to serve as Municipal Advisors to Montrose County with respect to financing the Indoor Arena/Events Center and Road and Bridge Facilities.

"I recommend signing for a number of reasons," Bennet said, noting the fact that construction has already begun and financing will likely require a 90-day time frame. Hiring a fiduciary agent is a best practice, and FirstSouthWest best met the qualifications, Bennet said.

Citizen Roger Brown asked whether the \$24,500 was a fixed cost. "If it goes on for 120 days does it continue to go up?"

Bennet responded that the process is expected to be complete within 90 days. "Time is of the essence. We need to get it done."

The BOCC approved Item 3 unanimously.

Other items approved include: a [Consent to Assignment](#) of the Montrose Regional Airport In-Terminal Ground Transportation



South Campus Custodian Isaac Nonay was honored March 6 for going above and beyond, and helping to move boxes and clean when he was not required to.

Agreement from Levzow Limo, LLC d/b/a Mountain Limo to Wilson Peak Limo, d/b/a a Mountain Limo, estimated to earn \$33,712 in annual revenue; and Resolution 15-2017, a declaration as surplus and disposal as scrap of the old United Companies' metal building at the new County Road and Bridge Facility.

The County had originally intended to repurpose the metal building, but it was old and in poor condition, County Manager Ken Norris said. "It would cost more to repurpose than to build a new one."

Everything useable had been removed from the building, he said. "We would like approval to go ahead and scrap the building to allow construction to proceed."

Commissioner Roger Rash asked whether the County would be paid for the scrap. "Yes," Norris responded.

Commissioner Glen Davis said, "It might have been sellable but the sidewalls were

six feet high. Without the concrete stemwalls it is not a desirable piece of property to move."

Resolution 15-2017 passed unanimously. However, local businessman Matt Miles spoke with the *Mirror* later in the week to express disappointment in the decision.

"How could that building be in the way on a 14-acre site?" Miles asked.

"I was told that it cost \$450,000 to build ten years ago. To see a building of that quality and value torn down is bizarre...it was good enough for United Companies. "Nobody thought the building wasn't going to be incorporated into the plan. When I saw it was being shredded, I was mortified," Miles said.

In other business, commissioners also voted to Resolution No. 16- 2017 vacating a section of B80 Road located west of Highway 92 following a brief public hearing.



CRC: OUTDOOR FIELDS, MORE PICKLEBALL COURTS COMING SOON!

By Caitlin Switzer

MONTROSE-Montrose Recreation District Executive Director Ken Sherbenou doesn't hear too many complaints these days. Still, he takes all feedback seriously. A patron letter received last week highlighted a community issue that has surfaced at the new Community Recreation Center (CRC).

"I just had a letter from a patron, saying that the pickleball courts are busy all the time they are available," Sherbenou said, adding that for those who want more places to play pickleball, help is on the way. While the CRC building is already open to the public, expect to see continued growth of the facility's outside spaces as the weather warms.

"The outside courts should be open by May or June," Sherbenou said. "Our landscape contractor is still working; we will be seeding the turf areas soon."

The outside spaces will be beautiful and drought tolerant, with four acres of Kentucky Bluegrass fields, and there will be a perimeter trail for walking, he said. "This will add a whole new level of outdoor recreation."

As for the building, there is plenty of room to play, Sherbenou said.

"The building has tremendous capacity, and can absorb a high level of participation," Sherbenou said, noting that some of the most popular areas include not only the pickleball courts but the leisure pool. "The leisure pool is the perfect way to finish whatever you are doing," Sherbenou



The former Aquatic Center space at South Rio Grande and Colorado Avenue is currently being remodeled as an indoor field house. Mirror staff photo.

said. "After you play, you can relax in our wellness pool."

In addition to outdoor spaces at the new facility, the former Aquatic Center space at South Rio Grande and Colorado Avenue is currently being remodeled as an indoor field house with the outdoor pool, to reopen mid-year.

Pass rates will be slightly lower there than at the new CRC facility, Sherbenou said.

Because some activities at the new Community Rec Center can be busy at peak times (when local kids are out of school), "We are encouraging people to come earlier in the day," Sherbenou said.

"Weekends and evenings are always busi-

er than weekdays and mornings are.

"It has been a learning curve for everybody, as we figure out what times are best for scheduling."

Those who live in town and need transportation to the Community Recreation Center can take an All Points Transit bus to the front doors of the CRC, Sherbenou said.

"We're refining things, and learning to best use the facility to meet the needs of the community," he said.

"It has been great to see the rec center be so embraced by the community, and exciting to see people trying new opportunities they didn't have at the old rec center."



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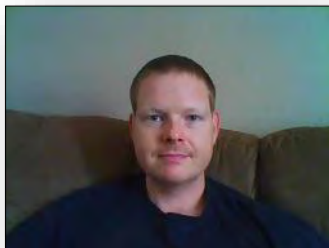
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REGIONAL NEWS BRIEFS

SENIOR COMMUNITY MEALS WELCOMES NEW PROGRAM DIRECTOR



Joe Walker MS, RDN, Program Director, Registered Dietitian Nutritionist, Senior Community Meals, Inc. Courtesy photo.

Special to the Mirror
REGIONAL-Volunteers of America is pleased to announce the appointment of Mr. Joe Walker as the new program director for

Senior Community Meals (SCM). Walker was previously employed as the program director and returns to Colorado after working remotely from Missouri as the program dietitian.

"My move to Missouri in 2015 to support my wife's promotion and to be closer to family required me to step down as pro-

gram director," Walker said.

When the position became available again, Walker quickly contemplated returning to his previous role.

"After some reflection and discussions with my wife, during a lunch date, she recognized the enthusiasm and joy I expressed when talking about the program and encouraged me to apply. We both love Colorado," Walker said.

Walker graduated from Bowling Green State University, Ohio in 2007 with a Graduate Certificate in Human Nutrition and Dietetics. In the same year, he earned his Registered Dietitian Credential. He also holds a B.S. in Nutrition and Food Systems Management, Minor psychology and a M.S. in Leadership & Human Development, Communication Emphasis from Murray State University.

The mission of the program is to prepare

and deliver nutritious meals to frail and homebound seniors in Montrose, Delta and San Miguel Counties, regardless of ability to pay.

"I have many hopes for the program," Walker said. "I believe there's a lot of potential for SCM to not only continue to touch the lives of those we serve, but also better collaborate with the communities that host our services. Volunteers of America provides some truly life-changing services throughout the Western Slope, and SCM is a small, but very important part of these services."

He stated there are many projects ahead for improving and expanding the program.

"It's my hope that finding and implementing further efficiencies in meal production and service, along with more collaborative (and fun) fundraising opportunities, will allow us to gradually expand our services."

His goals for the program include better awareness and communication to combat challenges.

"Funding and having enough volunteers are always our most significant concerns. I think both of these can at least be partly addressed through better awareness; better awareness of the very real issue of senior hunger, and greater awareness that our program exists specifically to address this issue.

When people know about SCM, understand our mission, and are aware of the inspiring work that we do, I really believe we'll be blessed with greater donations, support, and volunteers."

Regional Operations Director Craig Ammermann said, "We are very pleased to have Joe returning to the Meals program director position. He has a solid understanding of the region and the nutritional needs of older adults. We look forward to supporting his goals and growth for the program."

The SCM office is now located at 350 Stafford Lane, Suite 3511 in Delta. The new office number is (970) 874-7661. Program information can be found online at www.seniorcommunitymeals.org.

MONTROSE MEMORIAL HOSPITAL'S

Cardiac Support Group

Please join us for a time of education & support!

Wednesday, February 22nd

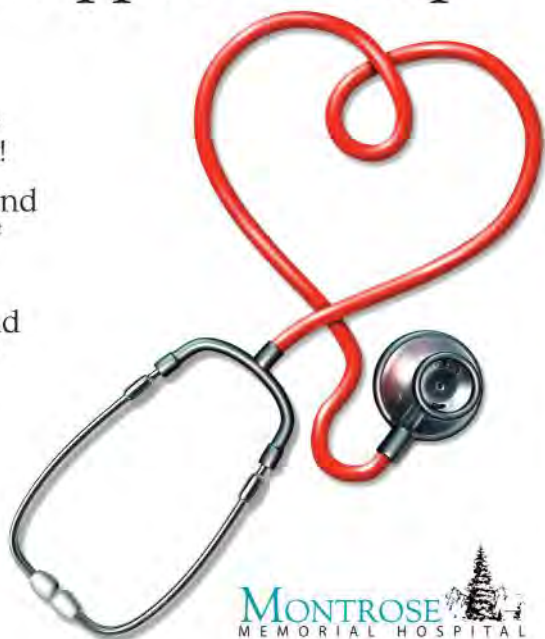
Exercise for the Health of Your Heart
Natalie Allinson, ACSM, EPC,
MMH Cardiac Rehabilitation

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

ALPINE BANK'S GENA COOPER DESIGNATED AS CERTIFIED TRUST AND FINANCIAL ADVISOR (CTFA)



Special to the Mirror

GLENWOOD SPRINGS – Gena Cooper, vice president of Alpine Bank Wealth Management, was recently awarded the CTFA designation from the Institute of Certified Bankers, a subsidiary of the American Bankers Association.

The CTFA designation is awarded to individuals who demonstrate excellence in the field of wealth management and trust. To qualify for the CTFA certification, individuals must have certain levels of experience and education in the trust profession, pass an exam and agree to abide by a code of ethics. The CTFA exam covers many areas including fiduciary and trust activities, financial planning, tax law and planning and investment management and ethics.

Gena has been with Alpine Bank for over 17 years and has been involved in all aspects of trust and investment work. She currently oversees wealth management activities in all Alpine Bank locations on the Western Slope and in the Denver metro area. In addition to the CTFA designation, Gena holds an MBA from San Diego State University.

*Alpine Bank Wealth Mgmt. VP
Gena Cooper. Courtesy photo.*



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Making

Beginning Sewing for All
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Art for Tots M, Th, S

Abstract Painting
Canvas

Beginning Clay Sculpting
3-24 and 3-25

Journal with
Sketchbooks

Make Your Own Stickers 3-30-17

And More Classes!

REGIONAL NEWS BRIEFS

FAMILIES INVITED TO ANNUAL 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 4-8pm, 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 14th 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.

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

SAN JUAN HEALTHCARE FOUNDATION & MONTROSE MEDICAL ALLIANCE ACCEPTING SCHOLARSHIP APPLICATIONS FOR TRAINING IN THE HEALTH SCIENCES

Special to the Mirror

MONTROSE-The San Juan Healthcare Foundation and the Montrose Medical Alliance are accepting applications for scholarship awards for training in the health sciences field.

Applicants of any age wishing to pursue training in a health related field are eligible to apply. Preference will be given to applicants from the Montrose area who intend to return to this area to utilize their talents. This scholarship is open to any high school graduate, nurse, medical student, therapist, hospital employee, or anyone anticipating health sciences training and who has been accepted into a program/college.

Applications may be obtained by contacting Lark Jacobsen by phone at 970-209-4555. Application requests can also be emailed to ljacobsen@sanjuanhf.org or to larkjacobsen@gmail.com.

Applications can be mailed to the San Juan Healthcare Foundation at 800 South Third Street, Montrose, CO 81041 or emailed to ljacobsen@sanjuanhf.org. If you have any questions, please contact Lark Jacobsen at 970-209-4555.

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

- **FOOD:** In the most affluent country on earth, seniors have to choose between food and medicine.
- **SHELTER:** Imagine having to find a decent, secure place to live on an income of \$800 per month.
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FIRE SAFETY ALWAYS A HOT TOPIC IN WESTERN COLORADO

MFPD Annual Report shows rise in call volumes, incident response



MFPD Station No. 3, @ 62840 Spring Creek.
Montrose Fire Protection District photo.

By Caitlin Switzer

MONTROSE-As the season for agricultural burning begins, fire safety is always a hot topic.

When it comes to fire prevention, the best advice is very simple: pay attention. Eighty percent of fires to which firefighters respond here are intentionally set, Montrose Fire Chief Tad Rowan said.

"Any time you have an open flame source, it can cause a fire," Rowan said. "The burn season hasn't really kicked off; it's still wet enough. But we'll start to see ag burning this following weekend, and once people start burning ditches we're busy."

Cooking, wood stoves, and electricity can also cause fires, he said. When it comes to fire safety, "If I had to sum it up, I would say it is important to be proactive in any situation," Rowan said.

"Maintain quality situational awareness in everything you do, everywhere you are.

Whether you are cooking and using heat sources, operating a motor vehicle or just walking down the street, pay attention in all situations."

The Montrose Fire Protection District has released its [annual report for 2016](#), and the numbers tell a story more powerful than words.

According to the report narrative, "Call volumes continued to rise for the District with a 10 percent (357 incidents) increase in 2016...Moving into 2017, the District faces significant challenges in staffing and capital equipment replacement due to the growing demand on services and the slow recovery from the past recession."

One means of bringing in additional funding has been through the District's expanded role in providing a Type VI Engine and crew to eight different wildfires in Colorado and Wyoming. "In addition to the valuable training and experience these incidents provide to District staff, it is also a means for generating additional revenues. Approximately \$85,000 was earned in 2016 to help counter the losses in assessed valuations seen in recent years." Montrose Fire Protection District (MFPD) is overseen by a board of five, including Peter Cassidy Jr., Cody Russell, Casey Wareham, Lilia Falk and Brandon Frey. The district saw total revenues increase from \$4,707,564 in 2015 to \$5,263,507 in 2016.

Calls for service are categorized by type of incident. In 2016, the MFPD responded to 3,698 calls, the majority of which were for emergency medical services, which saw an increase of 335 in 2016 for a total of 2,763. Fire suppression calls increased by 75, for a total of 204. Calls for false alarms actually decreased by 20 in 2016 for a total of 105, as did calls for other hazardous conditions, which dropped by 33 for a total of 626.

The annual report notes that March was the busiest month in 2016, Friday the busiest day for incident responses, and the department responded to an average of 10.1 calls per day. The busiest time of day was between 2 and 3 p.m.

The Montrose Fire Protection District has three fire stations, one in town at 441 South Uncompahgre, one located at 62840 Spring Creek and one South of town at 65960 Racine Road. Total call responses by station include 4,799 from Station One; 665 from Station Two; and 1001 from Station Three.

In addition to emergency response, MFPD services include building inspections, plan reviews, fire code enforcement and public education.

Community outreach includes station tours, fire extinguisher classes, programs for children, and car seat safety inspections. To read the full 2016 annual report, visit montrosefire.org.





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REGIONAL NEWS BRIEFS

DELTA-MONTROSE TECHNICAL COLLEGE NURSING STUDENTS RECEIVE SCHOLARSHIPS

Special to the Mirror

DELTA-Delta-Montrose Technical College hosted a scholarship luncheon Tuesday, March 8, for students in the Practical Nursing program. Through the generosity of the community twenty-five scholarships were awarded to DMTC Practical Nursing students, for a total of \$13,400.

The Hotchkiss Kiwanis presented their ninth annual nursing scholarship this year. The Hotchkiss Kiwanis disbanded their club last year, but had enough money left in their scholarship account to continue to award scholarships for two years. Hotchkiss Kiwanis awarded \$350 scholarships to Chelsea Ballard and Adrianna Madrid, and \$250 scholarships to Rex Swain and Christina Tofsrud. The scholarship was presented by Birdie Young, Director of the Practical Nursing program in the absence of Earl Busby, who passed away last year, and his wife Katie who did the presentation in year's past.

Funds for this scholarship came from their annual fish fry each spring and Christmas Tree sales at the Hotchkiss City Market parking lot.

The Hotchkiss Kiwanis group's mission is to help children and they feel that helping train Nursing students ultimately ensures quality care for children.

Delta Rotary, represented by John Triebwasser awarded \$1,000 scholarships to Luis Luna and Sherrie Steele, and \$500 scholarships to Dani Jones, Ashley Aragon, and Alexis Ruiz. The Barclay/Davis Nursing Excellence Award was presented by Shari Barclay and Judy Davis. The \$500 scholarship went to Patricia VanHeltebrake. This scholarship is awarded to a student with high academic standing in the



Through the generosity of the community twenty-five scholarships were awarded to DMTC Practical Nursing students, for a total of \$13,400. Courtesy photo.

program. Donations may be made to this scholarship through DMTC at any time.

Horizons Care Center represented by Kelly Mathieu, Director of Nursing, and Tammy Blanchette, Human Resource Manager, presented eight scholarships. Luis Luna and Rex Swain were each awarded \$1,000, Miriah Thorn and Christina Tofsrud were awarded \$500 each, Ashley Aragon and Patricia VanHeltebrake were each awarded \$250, and Alexis Ruiz and Dani Jones were each awarded \$200 scholarships.

The Preceptor Gamma Alpha Chapter of Beta Sigma Phi was represented by Phyllis Goad. They honored Sherrie Steele with a \$300 scholarship.

Beta Sigma Phi of Montrose was represented by Joan Pride, Bonita Hammond, Nadine Ward, and Ruth Heath. They honored Lyndsey Foster and Richelle Walker with \$500 scholarships.

The North Fork Valley Rotary Club awarded a \$1,500 scholarship to Rachel Pemberton from the North Fork area.

It was presented by Tony Bowling, DMTC Assistant Director who stood in for Felix Belmont, the North Fork Valley Rotary Club Scholarship Committee Chairman who was unable to attend.

Two new scholarships were also awarded to Practical Nursing students at DMTC this year.

Some things never go out of style.

#montrosemirror

REGIONAL NEWS BRIEFS

PRESCRIBED BURN PLANNED FOR SIMMS MESA

Special to the Mirror

MONTROSE- The Bureau of Land Management's Uncompahgre Field Office plans to begin a prescribed burn on Simms Mesa as early as March 18, or as conditions allow.

The prescribed burn, located twelve miles south of Montrose, Colorado on BLM-managed lands, will reduce hazardous fuels; protect wildland urban interface communities; improve big game habitat; improve species diversity; and reintroduce fire to a fire adapted ecosystem. The project will treat up to 200 acres of pinion-juniper woodlands, Gambel oak, and sagebrush.

A detailed burn plan outlines the parameters for prescribed burn.

"The burn plan contains specific criteria regarding weather conditions and air quality that must be met to help ensure control of the burn as well as to minimize the potential smoke impacts to local communities," said Rusty Stark, BLM Fire Management Specialist.

The BLM has obtained a Smoke Permit from the Colorado State Air Pollution Control Division which identifies atmospheric conditions under which the burn can be implemented. Prescribed fire smoke may affect your health. For more information, visit <https://www.colorado.gov/pacific/cdphe/wood-smoke-and-health>.

This prescribed burn may take up to eight days to complete once initiated, and will be monitored once completed to ensure public safety. While smoke may be visible in the area at times, most of the smoke will lift and dissipate during the warmest parts of the day. Smoke may be visible in the area for several days after the burn is completed as vegetation in the interior continues to smolder.

The Mirror:

*For coverage that never leaves
our readers out in cold ...*



www.montrosemirror.com



RIVER ECOSYSTEM HEALTH HIGHLIGHTED/FEATURED AT FLY FISHING FILM NIGHT

Special to Montrose Mirror

RIDGWAY-An adventurous mission in pursuit of a giant predatory fish.

An inspiring expedition to a tiny island to help protect an over-exploited fishery.

An exploration of how to save a wilderness area from rampant poaching and ecosystem collapse.

These stories are the foundations for the exciting short films that will be shown at the Sherbino Theater in Ridgway, Colorado on Saturday, March 18, during A Benefit for the Uncompahgre River. As part of the national Fly Fishing Film Tour (F3T), local audiences will be treated to a hand-picked selection of fish tales on the big screen and hear about improvements planned for the Uncompahgre River.

The film night and benefit are hosted by RIGS Fly Shop & Guide Service, a Ridgway business and river guiding company since 2001. Co-sponsors are the Uncompahgre Watershed Partnership (UWP), a Ouray-County-based nonprofit that exists to help protect the economic, natural, and scenic values of the Upper Uncompahgre River Watershed, and Trout Unlimited (TU), a conservation organization with the primary objective of protecting, reconnecting, restoring and sustaining America's cold-water fisheries. The Gunnison Gorge An-

glers is the local TU chapter serving the Uncompahgre valley.

During the benefit, UWP will also be showing a four-minute film about the importance of the Uncompahgre River and its tributaries. TU Gunnison Basin Project Coordinator Cary Denison will share information about the state of the river, known for a popular fishery below the Ridgway reservoir but devoid of fish above the reservoir due to heavy metals in the water.

"There are two problems in our watershed," explained UWP Board Member and retired miner Michael Johnson. "One is the natural concentration of heavy metals in the Uncompahgre. There is not much we can do about that. Second, men and women came here to mine the rich silver veins, when the government decided to step off of the silver standard it created a depression that most miners and mining companies could not survive. The depression combined with a lack of knowledge resulted in many mining sites that were abandoned with no reclamation work. It is now up to us to do what we can to clean things up."

Johnson also pointed out that "The Uncompahgre valley is running out of water. The population has more than doubled in the past 20 years, with no end of growth



A scene from the short film, *Odd Man Out*, shows fly fisherwoman Camille Egdorf in Alaska. Photo by Matt McCormick.

in sight. We owe it to future generations to do what we can to clean up what we have."

Gary Roberts, another UWP board member who ranches in Ouray County, added, "Maintaining or improving the water quality for this section of the river is critical, particularly for livestock water as livestock and other animals including elk and deer will not drink water that becomes excessively loaded with mineral contaminants. The cleaner the water; the better for the animals."

"All of the ranchers in this area of the valley that utilize the Uncompahgre River water would be hard pressed if the river would be further contaminated with

Continued next page

RIVER ECOSYSTEM HEALTH HIGHLIGHTED/FEATURED AT FLY FISHING FILM NIGHT

From previous page



Orange creek water filled with heavy metals peeks out from the snow up Red Mountain Pass. Heavy metal is most concentrated in the water at high elevations closest to the legacy mines, and is diluted as flows come together into the Uncompahgre River near Ouray. Courtesy photo.

with heavy metals," Roberts said. "More aquatic life in the river including fish would definitely indicate cleaner water

that would enhance livestock and crop operations and also wildlife." The original and preeminent exhibition of fly fishing cinema, the F3T is popular with fishy folk of all ages, who gather to soak up stories from around the world, spin a few yarns amongst friends and dream about casts still unmade. In addition to showcasing world-class fly fishing films, the F3T is dedicated to supporting the local fly shops and conservation groups, which take the lead on the educational and environmental efforts that benefit the sport and its participants. All event proceeds will be dedicated to a project at the Humboldt Mine above Ouray, that will improve water quality by decreasing heavy metal acid drainage in Sneffels Creek and downstream flows in the Uncompahgre River

and beyond. The Fly Fishing Film Tour makes its stop at A Benefit for the Uncompahgre River at the Sherbino Theater, 604 Clinton Street, Ridgway, Colorado on Saturday, March 18.

Doors open at 6 p.m. and the show starts at 6:30 p.m.

Tickets are \$15 with advance online purchase or \$20 at the door.

For information and tickets go to: <https://www.facebook.com/events/411791825833357> or <https://shop.fishrigs.com/rigs-fly-fishing-film-tour-ticket-march-18th.html>

For more information about the event organizers, go to <http://fishrigs.com>, <http://www.uncompahgrewatershed.org>, and <http://coloradotu.org>.

COMMUNITY NEWS BRIEFS: ARTS & CULTURE

TOURING NONSTOP SINCE 2012, YOU KNEW ME WHEN BRING THEIR CRAFT BREWED COMPOSITIONS TO STEPS TAVERN IN RIDGWAY MARCH 25

Special to Art & Sol

RIDGWAY – After uprooting from their Nashville home and full-time jobs in June of 2012, the husband and wife indie folk-rock duo You Knew Me When set plans to tour the nation for a full year...however, they never stopped. Since that time they have been serving up their craft brewed compositions, a term coined from their over 150 craft brewery performances, coast to coast throughout the USA and into Canada. Aside from an occasional pause to record new music, the duo have no intention of slowing down anytime soon. Currently touring in support of their third studio album and upcoming 2017 release "Into the Looking Glass", You Knew Me When will perform at:

STEPS Tavern (630 Sherman St Lower Level #802, Ridgway, CO) on Saturday, March 25 at 8:00 p.m. No cover.

Outfitted with an array of instruments, You Knew Me When is a duo that presents a full band sound. While blending their vocals, Karisa, who previously served as a

tenured Nashville public school music teacher, provides the piano, ukulele, glockenspiel, and percussive elements, as Cie, who spent several years as the Global Events Manager for Gibson Guitar, supplies the guitar and other rhythmic nuances. The cumulative result is a musical style and live show that blends a singer-songwriter soul with a rock n roll mentality.

You Knew Me When's upcoming 2017 release "Into The Looking Glass" is the duo's third studio album and is available for pre-preorder at www.youknewmewhen.com/pre-order. At times upbeat and folksy, at times brooding and introspective, the album aims at introspection for the couple's continued journey while sharing experiences gained from over four years of non-stop touring. Keep up to date with the latest album information by following You Knew Me When on Facebook, Instagram, Twitter, and by joining their email list at www.youknewmewhen.com/contact.



You Knew Me When courtesy photo by Kendra Bowmar.

Physical and digital copies of You Knew Me When's albums are available at www.youknewmewhen.com. The albums are also available on iTunes, Amazon, and other online retailers. Listen to You Knew Me When online via Pandora, Spotify, iTunes, and other online radio sources.

For more information on You Knew Me When, please visit www.youknewmewhen.com



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

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COMMUNITY NEWS BRIEFS: ARTS & RECREATION

COLORADO PARKS AND WILDLIFE INVITES WOMEN TO HUNT WITH WOMEN AFIELD

Special to Art & Sol

DENVER- Colorado Parks and Wildlife invites women to start planning upcoming hunt opportunities this March in honor of Women's History Month. CPW's Women Afield program was established more than a decade ago and designed specifically to help women develop hunting skills by pairing them with experienced hunting mentors. Free events are offered throughout the year and equipment is provided along with expert advice.

"Women are our fastest growing population of new hunters," said Crystal Chick, CPW's statewide hunter outreach coordinator. The number of female hunters has grown dramatically since the early 2000s. In 2001 there were 1.8 million registered female hunters in the U.S., but by 2013 that number increased 85 percent to 3.3 million, according to the National Shooting Sports Foundation.

"Our program is to provide mentorship for people that don't necessarily have a mentor, somebody to show them how to hunt on their own," said Chick. "A lot of women don't have that person to teach them how to hunt. Women want to hunt but it's a little intimidating. We want to reduce that intimidation factor and provide a safe and a fun environment to learn

through the Women Afield program."

Visit CPW's website to watch a new [video about hunting with Women Afield](#), sign up to receive Women Afield updates and enter for a chance to win a turkey call and Colorado Parks and Wildlife hat. One winner will be chosen on April 1.

This March, consider applying to join other female hunters in fluorescent orange or pink at an upcoming Women Afield event: [Ladies Night Out Big Game Application 101](#)

Cabela's - LoneTree

March 18 - 6-8pm

[Women Afield Turkey Hunt](#)

Parachute, CO

April 22-23

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April - TBD

Ladies Cast and Blast - Archery, Shotgun and Flyfishing Clinic
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June 9-11

Registration Deadline: May 25

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Pagosa Springs, CO

Friday through Sunday, summer 2017

Additional Women Afield big game and upland bird hunts are planned statewide throughout 2017. Applications and more details will be posted in early May on the [CPW website](#) under Women Afield.

COLORADO PARKS AND WILDLIFE LAUNCHES BIGHORN SHEEP WORKING GROUP

Special to Art & Sol

DENVER- Colorado Parks and Wildlife recently launched the Bighorn Sheep Working Group, a working group to promote discussion between multiple stakeholders on balancing habitat for bighorn and domestic sheep in Colorado. The working group will address common challenges of mixing species on multi-use lands and seek to provide consistent planning on this topic for domestic producers and wildlife managers.

"We want both bighorn and domestic sheep to thrive in Colorado," said Reid DeWalt, assistant director for wildlife and natural resources. "We sought out multiple opinions in this working group in order to create best practices to promote viable bighorn sheep populations and a vibrant

domestic sheep industry."

The group, which first met in November 2016, will rely on the best available science in discussions to gain a better understanding of disease transmission, population dynamics, public land use and management boundaries. The group includes field managers, recreationalists, industry and tribal representatives, local government and other elected officials. It will meet quarterly in 2017. Members of the public are welcome to attend and observe the meetings. "It is in all of our interests to manage for effective separation between bighorn and domestic sheep," said DeWalt. "And it will take a diverse group to come up with solutions to this complex issue." CPW, land management agencies and permittees are currently managing for

effective separation using a variety of tools, including altering allotment boundaries, employing animal husbandry and herding methods, using radio-telemetry to determine where and when range overlap occurs and removing animals from wild herds where contact has taken place.

"We need to develop all of these tools and use science to inform our decisions," explained DeWalt. "That is the driving purpose behind this working group."

The bighorn sheep is Colorado's official animal and the state is home to the largest population of the species in the world. Once nearly extinct in the state, CPW successfully reintroduced the animal starting in the 1940s. For more information about bighorn sheep in Colorado visit the [CPW website](#).

COMMUNITY NEWS BRIEFS: ARTS & CULTURE

VENDORS SOUGHT FOR DELTA FOOD, WINE FESTIVAL

Special to Art & Sol

DELTA-Vendors are now being accepted to showcase a signature dish, dessert, candy, wine, beer or other food-related item at the second annual Taste of Spring, Delta's premier food and wine festival. This fun event brings together local restaurants, cottage foods producers, wineries, breweries and others to showcase and market their items while raising funds to help middle and high school kids in Delta and

Cedaredge. The event is a fundraiser for Delta County Young Life.

Vendor spaces are free, and vendors have the opportunity to market at their booth space with brochures, business cards, menus, or other items. Feel free to talk about your CSA, herd share, or other food-share programs, plus showcase your delicious wares! Vendors are asked to prepare 250 sample servings of their signature dish.

Attendees will have a great time sampling dishes, bidding at the silent and live auction, and supporting a great cause. Taste of Spring will be held Saturday, April 22, at the Bill Heddles Rec Center from 5-8 p.m. Tickets are \$35 in advance and \$45 at the door. Tickets and vendor registration forms are available online at www.TasteOfSpringDelta.com. For more information, contact Ty Gallenbeck, Area Director, at [970-216-5680](tel:970-216-5680).

FISCHER PRIZE OFFERS \$3000 TO POETS

Special to Art & Sol

COLORADO-The Telluride Institute's Talking Gourds poetry program honors both Mark and Elaine Fischer this year with its 20th annual poetry contest – newly expanded from the Western U.S. to all 50 states.

Formerly the Mark Fischer Prize, the 2017 Fischer Prize invokes the memory of one of Telluride's best-loved couples: the

late poet, lawyer, skier and raconteur Mark Fischer and his late wife Elaine Cantor Fischer -- painter, champion of the arts, mayor and county commissioner.

The contest offers \$3000 in prizes and travel allowances for the best poems by six finalists, as well as one grand prize winner. Awards will be presented at the Telluride Literary Arts Festival in Telluride, Colorado, May 19-23.

New or previously published poems are acceptable as entries, so long as the author retains the copyrights.

Last year international poet of *Wage Peace* fame Judyth Hill chose the winning entries. This year's judge is Colorado Book Award winner and former Denver Poet Laureate Chris Ransick <chrisransick.com>.

Deadline for submissions is April 22, 2017.

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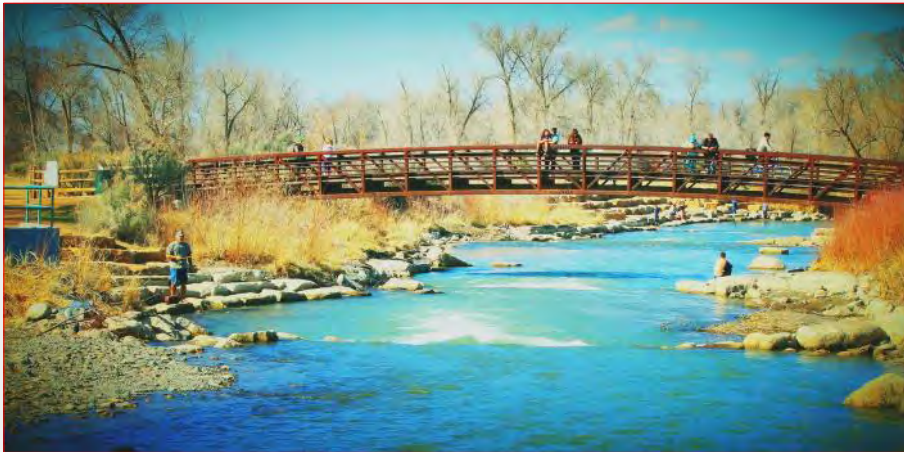
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MIRROR IMAGES...JEN MCCLANAHAN PHOTOGRAPHY



Photographer Jen McClanahan captured these images of the Uncompahgre on Saturday, March 11.



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COMMUNITY NEWS BRIEFS: ARTS & CULTURE

SAN JUAN INDEPENDENT FILM FESTIVAL PARTNERS WITH TELLURIDE MOUNTAINFILM TO SHOWCASE FILMS THAT EDUCATE AND INSPIRE

Special to Art & Sol

MONTROSE-San Juan Independent Film Festival has announced it is working exclusively with the revered Telluride [Mountainfilm on Tour](#) to curate a two-day film festival on April 14 & 15 at the Montrose Pavilion in Western Slope adventure epicenter of Montrose, Colorado. Telluride Mountainfilm is one of America's longest running film festivals and has always been described as "inspiring." In its 3rd year, San Juan Independent Film Festival (SJIFF) featuring Telluride Mountainfilm on Tour will screen dozens of films from the 2016 Mountainfilm festival and for the first time it will host two world premieres, the lineup will be announced at a later date.

"There are some awesome changes to this year's film festival, but one thing that remains constant is our commitment to provide quality entertainment that inspires, educates and motivates festival goers," said Colleen Burke, Executive Director, Habitat for Humanity of the

San Juans, SJIFF co-presenter. "Mountainfilm has a nearly 40-year history of doing this, and they are in our backyard. It just makes so much sense to work with them for the first time on this festival. We are very happy they said yes and they've been great collaborators too."

SJIFF has consolidated its full-festival programming into two fun-filled days, and includes films, family programming, festival café & bar, VIP party, Coffee Talk (with filmmakers) & DJ dance party. San Juan Independent Film Festival is a not-for-profit event, and 100 percent of the proceeds will go toward both Habitat for Humanity of the San Juans and Montrose Community Foundation.

"I've been so impressed with all that Habitat has been able to do with this film festival over the years. It is hard work and the Habitat team and its many volunteers always put on an epic show," said Sara Plumhoff Executive Director of Montrose Community Foundation, SJIFF co-presenter. "Montrose Community Foundation



More information can be found at <https://sanjuanfilmfest.com>. Courtesy photo.

is excited to partner this year with our local Habitat on this festival, to help continue its growth and success and to ensure it's remains a top-notch community event year after year."

Also new to the festival is the ticket structure, which includes Early Bird discounts, VIP packages, student tickets and 1-day passes. More information can be found at <https://sanjuanfilmfest.com>.

WEEHAWKEN CREATIVE ARTS TO OFFER 'WRITE WORD, WRITE PLACE' WITH KIERSTIN BRIDGER

Special to Art & Sol

MONTROSE-In Weehawken's upcoming two-day workshop to transform both reader and writer, Kierstin Bridger asks her students to explore how resonant writing comes from those willing to begin. . . one word at a time. She says, "This workshop is for those who haven't written in a while and are not sure where to start or perhaps have been writing but need an infusion of new energy and air. I will meet you, wherever you are, with support, a useful map, and a lifeline. You'll explore new writing through prompts, coaching, and depth diving. We'll uncover places that excite the soul, the page and the reader." All students should bring a fast writing pen and a pad of paper. This work-

shop is open to all genres and all levels of writers. Registration for this class is \$175. Kierstin Bridger is a Colorado writer and author of *Demimonde* (Lithic Press 2016) and *All Ember* (Urban Farmhouse Press). Winner of the Mark Fischer Poetry Prize, the 2015 ACC Writer's Studio award, an Anne La Bastille Poetry residency, she was recently short-listed for the Manchester Poetry Competition in the UK and finalist for the Jeff Marks Memorial Prize. Bridger is editor of *Ridgway Alley Poems* and Co-Director of Open Bard Poetry Series.

She also co-hosts the podcast, *Poetry Voice* with Kierstin Bridger and Uche Ogbuji. Find her current work in *December*, *Contrary*, *Hawaii Review* and *Painted*

Bride Quarterly. She earned her MFA at Pacific University. You can read more about her on her website: Kierstinbridger.com

Weehawken Creative Arts invites you to join Kierstin Bridger for this writing workshop in Montrose on March 18 and 19 from 10 am to 3 pm.

Registration is just \$175. A minimum number of students must be met in advance in order to guarantee the class, so those interested are highly encouraged to register in advance.

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

**Always digging for
spot on news.**



The Mirror

now weekly

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

Up Bear Creek by Art Goodtimes

EXPLORING BERNAL HEIGHTS IN SAN FRANCISCO



Above, Iris Willow, Aurora and Art Goodtimes eating dinner at Red Hill Station in Bernal Heights (photo by Bertrand Fan).

AURORA ... I was delighted to have the chance, thanks to my kids, to visit my eldest's first child and my first grandchild, Aurora ... Iris Willow and her husband Bert Fan met in San Francisco and traveled the world for a decade before getting married in *Isla Mujeres* and settling down in the city of my birth. Now they've gone and had Aurora in the hospital I was born in – St. Luke's in the Mission ... I broke the chain of four generations in my family moving to Colorado and now my granddaughter is re-establishing our lineage of a sixth generation in legendary columnist Herb Caen's "Baghdad-by-the-Bay," where one of her great-great-grandfathers is buried still in the Presidio ... Aurora is a true American with ancestries that include Chinese, Italian, German, English, Scotch, Irish, Spanish and possibly Japanese (as one of her great-grandmothers was an orphan abandoned in Yokohama). A child of the Pacific Rim ... Of course, I couldn't get enough of holding her tiny hand, rocking her to sleep, pushing her baby-buggy around neighborhoods I never knew and neighborhoods I remember from 40 years ago that have changed and yet in some ways are just the same.

BERNAL HEIGHTS ... Well, I'd lived near this area, but had never really explored its southern commercial core on Cortland St., between Bernal Heights Park and Holly Park ... Bert and Iris targeted this area, when they were looking for a house. He's a dot com software engineer wizard, who's moved from an old IT giant on the



Spectacular bloom in March at San Francisco Botanical Garden (photo by Art Goodtimes).

decline to an exciting new startup. The week I was there he'd received a promotion and a raise after only a year on the new job. My kind of son-in-law ... Bernal Heights has all the charm of Noe Valley and the good weather of Glen Valley without the City's plague of trendy hipsters (post-beat slang for micro-dosing yuppies), galloping gentrification and non-stop traffic.

It's a quiet little byway, mostly residential, climbing up the steep grades of one of the City's many unbuilt promontories ... But a place with some great restaurants. I had the best sushi I've tasted in years at Moki's. We feasted on cold crab and cioppino at Red Hill Station. And I became a regular at Little Bee Baking, where Stacie Pierce had a wee lovely shop with to-die-for tarts and pastries, sugarless cacao (www.goodchocolate.com) and custom-made Panforte, the most delicious breakfast sandwiches ever and mocha breve (my joe of choice). I'd make it a stop on any future visit (www.littlebeebakingsf.com) ... And there were several other coffee houses to choose from, and I felt it a duty to sample them all – the conventional health wisdom

having gone from coffee is bad to coffee is good, right? A Starbuckian local chain, Martha & Bros, with a raspberry mocha I never got to try. Progressive Grounds with its secluded backyard deck that was a kind of forested oasis amid the door-to-door crush of walls and roofs. And pinhole coffee [sic] with a third wave vibe, whimsical decor and lounging-encouraged, plus serious coffee (drip or cold brew) ... There was a branch library with a dazzling dragon mural face and playgrounds behind. Several corner markets and a non-chain health food store. Plus dozens of other assorted shops. All of this on Cortland.

LONG WALK ... One evening I got to step out and make a first acquaintance walking the crooked streets, steep stairs, and neighborhood gardens of Bernal Heights. The plants alone were dazzling. All kinds of flowering beauties, starburst succulents looking super healthy, eucalyptus giants and native pine ... I found street names I never knew (and as a one-time vandriner for a disability center I thought I knew most nooks and crannies of the City). There were houses perched on rocky peaks, spilling down slopes, lurching over cliffs. The walk took several hours. I took lots of photos. The few people I met smiled and said hello.

There were almost no cars laboring up and around the dead-ends and irregular curves ... It was like walking through an urban park, with more plant species than I could ever name on wild display in tiny yards and mini-lots, vacant spaces and wooded dens. Maybe that was the high point of place in my visit. Not the landmark new SOMA museum with its modern, abstract and conceptual shenanigans. Not the windy breakers, fearless surfers and kite gymnastics at Ocean Beach ... Maybe matched only by our afternoon stroll in Golden Gate Park's Botanical Garden, visiting all the magnolia trees in bloom ... San Francisco is nothing if not the ideal walking city.

WEEKLY QUOTA ... "Nearly all men can stand adversity, but if you want to test a man's character give him power." – Abraham Lincoln

Up Bear Creek from previous page

THE TALKING GOURD

Bang Bang

Outside the planetarium little Joseph stood
next to a pig-tailed girl with thick glasses.
"What made the big bang, bang?" Joseph asked.
Bang bang, I thought, before I could say anything,
Joseph said, "I think two molecules of nothing,
raw nothing and regular nothing,
came together and caused the big bang to bang."

Then the little blonde girl,
standing at the center of the expanding universe,
stuck her fingers in her mouth, pulled her lips apart
and said, "Thee? I jutht loht my latht tooth."

-Danny Rosen
from *Primate Poems*
(Lithic Press, 2016)

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-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

Cottonwood (CES) 249.2539 3500 Woodgate	Johnson (JES) 249.2584 13820 6700 Rd.	Northside (NES) 249.2554 528 N. Uncompahgre	Oak Grove (OGES) 249.6867 62100 Hwy 90	Olathe (OES) 252.7940 326 N. 3rd St.	Pomona (PES) 249.2514 1045 S. Cascade
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NOTES FOR THE JOURNEY...

Exploring Classical Music With Rob Brethouwer

WHERE CLASSICAL MUSIC BEGINS...THE ORIGINS OF ART

The origins of specific pieces will be the focus in the next series of articles. We will start with pieces in the chamber music repertoire and discuss the reasons why they were written. From there we will move toward orchestral works and their origins and conclude with literary works that form the basis for works in opera. It is rare that a piece of music flows from the composer's pencil out of thin air. Most often there is a source of inspiration or a spark of an idea that leads to a finalized composition. Having an understanding of the origins of a piece of music can lead to a greater understanding of not only the specific piece but of the genre as a whole.

Works of chamber music often have their origins as commissions to the composer to complete a composition for a King, Queen, or other head of state. Chamber works have been composed to commemorate

special events, anniversaries, or ceremonies. The ties between the music and the culture and events of the time create a greater connection to the music. As with most topics, the question of why was it produced is vital to overall understanding.

Symphonic works will often have their origins in some personal connection to the composer...a rebound piece from a previous failure, a statement reflecting the political atmosphere of the time, or a work in remembrance of a trip abroad. These insights provide us with a broader picture of the composer and his motivations for producing a concerto or a symphony. Along with this we will see how various orchestras have become known for performing works of certain composers or have acquired reputations for performing certain works better or more frequently than other orchestras.

When we come to our discussion of opera we will turn sharply into various literary works that include short stories, novels, plays, and poems. Some of these literary works will have the same names of operas but many will have completely different names that in no way connect themselves to works of opera. We will discuss how and why literary works were turned into opera and how close the opera is stuck to the original story and literary format.

The origins of works of classical music will provide a broader perspective and hopefully more in-depth knowledge of various pieces.

Background such as this should add to the listening experience and should in no way detract. Rather, the information will shine a bright light on an often fuzzy and confusing body of work.

COMMUNITY NEWS BRIEFS: ARTS & EDUCATION

MHS GRADUATE HEATHER FREDRICK EARNS DEAN'S AWARD WITH DISTINCTION AT COLGATE

Special to Art & Sol

HAMILTON, NY-- Colgate University Class of 2020 member Heather Fredrick, from Montrose, CO, 81403, has earned the fall Dean's Award with Distinction.

The Dean's Award with Distinction at Colgate is awarded to students with a 3.6 or higher term average.

Colgate University is a highly selective residential liberal arts institution distinguished by its commitment to global engagement, student-faculty research, off-campus study, sustainable practices, and utilizing technology to enhance the teaching and learning experience. Colgate offers 55 majors to a diverse student body of approximately 2,900 undergraduate students, and supports 25 Division I athletic teams. Since 1819, the university's campus in rural central New York has been renowned for its beauty and for the important role it plays in the student experience.

 A close-up photograph of a white ceramic coffee cup filled with dark coffee and topped with a swirl of white cream. The background is dark and textured.

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Montrose



Black Canyon Golf Course Golf Scramble

for the benefit of the

MHS 2017 Senior Safe Party

SATURDAY, MAY 6TH, 2017

REGISTRATION AND RANGE OPEN AT 8:30 A.M.

SHOTGUN START AT 9:30 A.M.

\$60 per player includes golf and lunch

Prizes for 1st , 2nd and 3rd place

Mulligans available

**Proceeds from this tournament will go to support the
MHS Class of 2017 Senior Safe Graduation Party**

There have been NO serious accidents since the inception of this event in 1985.



We are looking for golfers as well as



individuals and businesses interested in sponsoring a hole

If you have any questions about the tournament contact

Carla Reed at 433-9701 or Aimee English at 209-4011

Deadline is May 3rd, 2017

Senior Safe thanks the following sponsors:



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Hold the Date! Upcoming Business and Cultural Events

JANUARY ONGOING-

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

MONTROSE SENIOR CENTER LUNCH & LEARN: \$3 lunch& Learn, admission to program, is free. Lunch \$5. Programs are March 13 @ Noon.

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

SATURDAY NIGHT LIVE @ THE GALLERY • MUSIC BY YOUTH, Second Saturdays from 7 to 9 p.m. at Healthy Rhythm Community Art Gallery in Sampler Square.

THE ALPINE PHOTOGRAPHY CLUB meets every second Tuesday at St. Mary Catholic Church in the St Paul Room, 1855 St Mary's Drive, Montrose. The Public is welcome to attend. For more information, email alpinephotoclub@aol.com.

FREE FAMILY LAW CLINIC-LAST WEDNESDAY OF EVERY MONTH, Montrose County Courthouse (Leslie German self-help center) at 1200 North Grand, Noon to 1:30 p.m. Sponsored by Uncompahgre Volunteer Legal Aid and the 7th Judicial District Bar Association. Call 970-249-7202 for information.

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

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

MONTHLY-

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.

March 27-Uncompahgre Valley Association will present a timely movie-"Before the Flood" by Leonardo DiCaprio Foundation Monday March 27 at Brew and Bogey, at Black Canyon golf course. Social time before at 5:30, movie at 7. free -all welcome- Come connect with community for the environment.

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

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

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

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

April 14--Delta-Montrose Electric Association (DMEA) is bringing the Morning Buzz to Delta County, Friday, April 14 @ Berg Harvest Mercantile, 73 Samuel Wade Rd., Paonia 7 – 9 a.m.

Apr 15-HRMS Presents "Justin Evan Thompson: An Evening of Folk Music", Live at Healthy Rhythm Art Gallery (Montrose) 7p, more information

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

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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.*

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(970) 252-1111 Fax**

*Coupon must be present

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970-275-0646

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SPRINGING FORWARD...

Professional photographer Jen McClanahan snapped this image of a biker catching air at the Montrose Skate Park in Baldridge Park over the weekend.



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- Alzheimers & Dementia

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