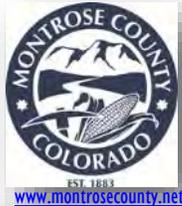


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THE MONTROSE MIRROR

Issue No. 213, March 20 2017

BOCC VOTES TO FIRE ATTORNEY IN HASTY MEETING



Former Montrose County Attorney Teresa Williams was fired in a special meeting March 16. Photo by Gail Marvel.

By Caitlin Switzer
MONTROSE-In a special meeting that took place at 4:15 p.m. on March 16, two members of the Montrose Board of County Commissioners (BOCC) voted to fire County Attorney Teresa Williams. The item was listed as Item No. 1 under General Business: "review and consideration for possible approval of continuation or termination of current Employment Agreement entered into October 3, 2016 between Teresa S. Williams, Montrose County Attorney and the County

of Montrose Colorado; and the employment of Teresa S. Williams, in accordance with the requirements of the Employment Agreement." Two Citizens spoke out against the decision, and County Commissioner Glen Davis, who was out of town during the meeting but available by phone,

Continued page 24

TRI COUNTY HEALTH NETWORK NOW ACCEPTING DONATIONS IN SUPPORT OF UNDOCUMENTED IMMIGRANTS

By Gail Marvel
TELLURIDE-A regional non-profit with a mission of bringing health care improvements to rural communities appears to have taken on another role: Tri County Health Network is also helping to raise funds to aid Telluride's undocumented immigrants. A tip from a reader led the *Mirror* to ACT Telluride, <https://www.facebook.com/ACTtelluride/>. The social media site, which was founded Dec. 28, 2016, is described thus: "ACT Telluride is a non-partisan group devoted to providing information on action you can take in service to the planet, human rights and social justice."

An excerpt from the March 8th ACT Telluride Facebook post reads: "US Immigration and Customs Enforcement (ICE) picked up a community member yesterday and took her into detention. Her two young children were left behind and are being taken care of by other family members for the time being. A fund has been set up at

Continued page 12



River Valley Health Center, expected to open in the old MAC location, is part of Tri County Health Network. Courtesy photo.

in this issue

[Gail Marvel's Houses Of Worship!](#)

[Liesl visits with Crash Burger, Peer Kindness!](#)

[Art Goodtimes Up Bear Creek!](#)

[City to ok swimming @ Taviwach Park!](#)

HOUSES OF WORSHIP: CHURCH OF GOD OF PROPHECY

By Gail Marvel

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

MONTROSE-Five worshippers were present for Sunday services at the Church of God of Prophecy on January 29, 2017. The Rev. Jeremiah Quintin, who is also the kitchen manager for Christ's Kitchen, preached the sermon under the watchful eye of his predecessor Hiram Simkins, who filled the church pulpit for over 38 years. Also present was Quintin's wife Denise and his two-year-old granddaughter, SavannahJo.

Attendance for this congregation has declined and Quintin said, "Our numbers are down. Some people are sporadic, some have died. You never know who will show up.... sometimes it's just us."

Quintin opened with prayer requests and asked for healing for Joe, a member who was not in attendance, but struggled with health issues. While Quintin prayed from the pulpit, Simkins prayed from the pew and Joe was well-covered with the stereo petitions to God.

There were no hymnals, video screens or formal announcements of song selections. The pastor simply picked up his guitar and led attendees in singing, "He has Set Me Free," "Alive Forevermore," "This is the Day" and "Father I Adore You."

Quintin studies his *Bible* during the week; however, he does not prepare a formal sermon per se. "When it's time to preach I let the Spirit move me in what he wants me to say."

Without a microphone the pastor's voice boomed throughout the room as he read 2 Peter 3 (Day of the Lord) as the basis for the sermon. He then gave a quick overview of biblical history — the creation, Adam and Eve, and Noah.

Explaining that people scoffed at the idea of the Lord's return and said that nothing



At the Church of God of Prophecy two-year-old SavannahJo puts her own spin on worship as she participates in the song service led by her granddad, Pastor Jeremiah Quintin. Photo by Gail Marvel.

has changed since the beginning of creation, Quintin said, "They forgot that during the time of Noah, when the earth was evil, only eight people were saved. In a way what they said is true, but it is man who keeps falling back into the ways of evil and who never changes."

Quintin said, "God wanted all to be saved so he has put off his coming. Only through Jesus can we have forgiveness and salvation. He is not slack concerning his salvation. He wants us [believers] to be prepared because he is going to come when people are not prepared, he will come like a thief." Referencing the Parable of the 10 Virgins Quintin said, "Five virgins were prepared and five were not. The Bridegroom came and took those who were prepared."

Using the military as an example of following orders Quintin said, "God gives us rules and wants us to follow them willingly. Jesus said don't fret over it, but know the sign of the Lord's coming. The day of the Lord is coming and we need to be growing and rooted in the Word of God!"

Making a personal application Quintin said, "I love my wife, but I can't get her to heaven. I can tell my two sons about the love of God, but they have to decide on their own. God will reward those who are just and punish those who are evil... whether you believe it or not. You need to be ready, watching, praying...have our own souls ready."

"People don't want to hear that the earth will be over. They don't want to believe that the earth is going to end, but God says he is going to destroy the heaven and the earth. We have a reward if we love him and keep his Word."

By man's standard's the sermon was somewhat short; however, no one can argue that a message under the Spirit's leading isn't perfectly timed.

Contact Info:

Church of God of Prophecy

746 N. Nevada

Montrose, CO

Pastor Jeremiah Quintin

9870-967-4765

Worship 11 a.m.



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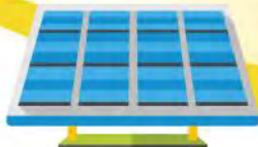
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Special to the Mirror

MONTROSE- The Bureau of Land Management's Southwest Resource Advisory Council will meet from 9 a.m. to 4 p.m. on Friday, Mar. 31, at the Montrose County Fairground Building Pioneer Room, 1001 N. 2nd St.

The meeting is open to the public, with public comment scheduled for 11:30 a.m.

Individuals who want to provide comments should register with the BLM by sending an email to sborders@blm.gov by Wednesday, Mar. 29. Written copies of public comments should be submitted for the administrative record.

Agenda items include officer elections, an overview of the Dominguez-Escalante National Conservation Area's Resource Management Plan and travel management implementation.

The Southwest RAC is one of three advisory councils to BLM Colorado. Composed of 15 members appointed by the Secretary of the Interior, individuals serving in each RAC represent diverse public land interests, ranging from environmental to local government to commercial activity.

For more information on the Southwest RAC, go to http://www.blm.gov/co/st/en/BLM_Resources/racs/swrac.html.

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MONTROSE ELKS LODGE: ELK TRACKS!



Montrose Elks Lodge

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

March 14, 2017 was a fast moving and thrilling night at Montrose Elks Bingo with 2 major Jackpots awarded and a chance at winning the *BIG ONE* over \$12,000 dollars. Players arrived early and the doors opened at 4 PM. Card sales started at 5:15 and the line continued until 6:30 PM. "Early Bird" paid \$33 each to 5 Winners. Progressive Game 4 was a 'Must Go' and \$1200 was split between 3 Winners. Game 8 paid \$720.00, also split between 3 Winners! The remaining 6 main Bingo games paid Jackpots of \$125.00 each.

Once again, one person just missed Progressive Game 6 Jackpot of \$12,086.00 by one number; having reached Bingo in 54 balls, instead of the required 53 or fewer (so close).

Players are being 'wowed' by the food our kitchen has to offer. Fresh cooked hamburgers, brauts, hot dogs, fries, popcorn, nachos and other goodies are being enjoyed by all.

Our volunteers Clint, Dave, and 5 school aged kids are doing a *fantastic job* serving some of the best food in town! There is a wide range of treats available and it can be honestly said... the food is delicious!

Bingo March 21, 2017 6:30 PM Progressive Game #2 has reached a "Must Go" status and \$500.00 will be awarded, no matter how many numbers or balls it takes.

Progressive Game #4 is worth \$400. and can be won in 37 numbers or fewer. **Progressive Game #6 is valued at \$13,173.00 and must be won in 53 numbers or fewer** or the prize posted will be awarded.

Based on attendance, most likely the last game will reach \$725.00. Seats cannot be saved so it's best to show up *early and*



claim a seat for your chance to win over Thirteen Thousand dollars! Limited

seating. Unfortunately, when maximum capacity is reached, Bingo card sales will stop.

For a great time filled with smiles and laughter be sure to join us to play Bingo at Montrose Elks Lodge every Tuesday evening.

Doors open at 4:00 PM and Card sales start at 5 PM. An "Early Bird" set of 5 quick games begins at 6:30 and the main Bingo session of 8 games, including 3 Progressives starts at 7 PM. (Open to the Public).

HONOR A DOCTOR

National Doctor's Day • March 30, 2017

Honor a physician who has touched your life in a special way.

National Doctor's Day, March 30, expresses appreciation for the lifesaving work of doctors everywhere.

Would you like to honor an extraordinary physician? You can:

- Drop off your Doctor's Day contribution to the Office of Philanthropy at Montrose Memorial Hospital
- Visit MontroseHospital.com/give and write a personal note of appreciation to the doctor of your choice



COMMUNITY MEMBERS WORK TO MAKE OLATHE BETTER (MOB)

By Gail Marvel

OLATHE—There was a time when Olathe was a more attractive community...so what happened? That’s the question being ask by Making Olathe Better (MOB).

In January 2016 Olathe was selected by The Colorado Trust as one of eight Colorado communities to receive a one-year grant to establish a Health Equity Plan. The grant cycle runs from July 2016 to June 2017 and the only other community on the western slope to receive the same grant assistance is Dove Creek.

The Colorado Trust is “...a foundation dedicated to ending inequalities that affect the health of people of color, low-income Coloradans and other vulnerable populations. We believe everyone should

have fair and equal opportunities to achieve good health, and we’re partnering with communities statewide to help make this a reality.”

There are 20 members of MOB and each person gets a small stipend for their year-long participation. The bi-lingual group, made up of city and county residents, meets at the Olathe Community Center every Tuesday from 6 to 8 p.m.

Coordinators for MOB are established residents Lynette Rowland (1975)



Comradery between MOB members and town employees during the September 2016 Open Air Olathe event. (L to R) Fabiola Martinez, Marilyn Boyd, Lynette Rowland, Town Administrator Patty Gabriel, Public Works Director Wayne Trounce, Lizeth Ramirez and infant. Photo by Gail Marvel.

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and Maria Lemus (1985). Rowland said, “Most of the people serving with MOB are a committed group. It’s a grassroots community effort and there are no elected or city officials on the committee. Our goal right now is to research the issues and their cause.”

MOB has identified the top three issues in the community: Maintenance and repair of streets and roads; The lack of activities and things to do; Child care.

The physical environment of the town (trash, sidewalks, streets and street lighting) is a high priority. Rowland said, “How did it get this way and why? It didn’t used to be like this...it used to be an attractive place to live...What happened?”

It appears the downturn for Olathe began in the 1980’s and several factors may have attributed to the situation. Rowland said, “The highway was rerouted around Olathe and when it became four-lane it was more convenient for locals to shop in Montrose and Delta. At one-time irrigation ditches ran through town, but the Water Users made changes to the system. When irrigation water was no longer available residents couldn’t afford to water their lawns. Housing is cheaper in Olathe and there are a lot of rentals. Owners aren’t living in the houses, or in the community.”

The ethnic demographic also plays a role

Continued next page

COMMUNITY MEMBERS WORK TO MAKE OLATHE BETTER (MOB)

From previous page



(L to R) Maria Lemus and Laura Avila wear MOB t-shirts to campaign for Making Olathe Better. Photo by Gail Marvel.

in the community. Lemus said, “Migrants always come and go, but some stay. Today Olathe schools are roughly 48 percent Hispanic and 51 percent Anglo.” While there are issues with communication, Lemus does not see language as a barrier, “If the whole community doesn’t understand the issues, isn’t interested, or doesn’t want to be involved, it doesn’t matter whether you speak English or Spanish.”

Lemus sees the town’s economic condition and lack of economic development as a big contributors to the situation, “The sales tax in other communities is going up, in Olathe it’s going down. Our community

is struggling.”

MOB is trying to get a grasp on the community and the town government is supportive of their efforts. Lemus said, “We’re exploring and gathering information right now. We have focus groups and we’re talking to experts. We can assume a lot, but we need research to know the root cause of our problems. We’re hoping [in the future] to see a great community and a beautiful Olathe.”

Rowland said, “Once we understand our situation we’ll look for grants and funding to implement changes. It seems slow right now because in research there is no action.”

STORM SEWER WORK TO BEGIN @ RIO GRANDE AND SOUTH 5TH ST

Special to the Mirror

MONTROSE-The City of Montrose Public Works department will begin work on March 20, 2017, to improve a storm sewer line that crosses Rio Grande Avenue at South 5th Street.

Work will include replacing failed storm sewer lines with new storm sewer lines. The work requires temporary lane shifts in order to minimize traffic flow impacts while facilitating safe working conditions for vehicle traffic and workers. Traffic may be stopped or controlled with flaggers at non-scheduled times in order to safely maneuver equipment and materials as needed. The project is planned to conclude by the end of March. Crews will return at a later date to patch the asphalt road, once weather conditions allow. More information will be provided at a later date in preparation for that work. Please contact Street Division Superintendent Ryan Cushenan at [970-240-1482](tel:970-240-1482) or rcushenan@ci.montrose.co.us with questions or concerns.

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REGIONAL NEWS BRIEFS

BENEFIT BARN DANCE & BBQ SET FOR JUNE 10!

Special to the Mirror

MONTROSE- Kick up your heels on the dance floor, and kick back with delicious BBQ at the First Annual Freedom Fest Barn Dance & BBQ on June 10 at Antler Ridge! The festivities will benefit the Welcome Home Alliance for Veterans (WHAFV), a non-profit that serves as a bridge to civilian life, supporting and advocating for all U.S. veterans. Expect a relaxed night out, WHAFV Executive Director Emily Smith said. "We'll have great food, catered by Camp Robber; great entertainment by Narrow Gauge; and we limited our silent auction items to some really interesting and nice stuff. "Make sure to bring friends with you, because you may want to bid on some things together."

Held on the same day as the annual WHAFV Golf for Troops tournament, Freedom Fest also marks the first fundraising event to take place at the new Antler Ridge venue (72015 Kinikin Road.) "We are excited to be the first of this type

of event at this location, and partner with them to do this," Smith said.

"Come casual," WHAFV Board Member and event organizer Terri Leben advised. "I am so excited to help raise money for veterans-- please join us!" Alpine Bank is the main event sponsor, but sponsorship opportunities

remain for businesses and organizations that wish to participate.

With a new strategic plan and mission statement in place, the Welcome Home Alliance for Veterans continues to move forward with programs and initiatives designed to make life better for veterans.



The First Annual Freedom Fest Barn Dance & BBQ will be held on June 10 at Antler Ridge, above. Courtesy photo Antler Ridge.

Events are planned throughout the year in support of the mission; WHAFV offers donors the chance to support the organization through event sponsorships. For more information about the Welcome Home Alliance for Veterans, visit www.whafv.org or call 970-765-2210.

OBT ISSUES CALL FOR TOURISM RETAIL ADVISORY COMMITTEE MEMBERS

Special to the Mirror

MONTROSE- The City of Montrose Office of Business and Tourism (OBT) is accepting applications from citizens interested in serving on the Tourism Retail Advisory Committee (TRAC).

TRAC members are a conduit for connecting the OBT with the community. These dedicated business owners and representatives serve as ambassadors to the community's retail and tourism segments, help shape OBT activities, share information with the public, and convey comments and suggestions back to the committee.

TRAC members represent a cross-section of community partners and stakeholders. One vacancy exists within each of the following industry/community segments:

Lodging Industry - Individuals who own or operate a hotel, motel, RV park, campground, or Vacation Rental by Owner (VRBO).

Restaurant Industry - Individuals representing a business selling food and/or beverages within the city.

Retail and Recreation Industry - Individuals who own, operate, or represent a business selling retail and/or recreational goods and/or services within the city.

Outdoor Recreation - Individual who owns, operates, or participates in land management or outdoor tourism/recreation. Applicants who are state or federal employees employed in the areas of land management, outdoor tourism, and outdoor recreation are preferred.

Business Group or Organization - A board

member or chief executive of any formally established retail or tourism business group recognized as having the authority to represent the board of directors of their respective organization.

At-Large Members - Any eligible OBT partner or interested resident of the city.

The TRAC is composed of up to thirteen members each serving two-year, overlapping terms. Meetings are held at 7:30 a.m. on the third Wednesdays of January, April, July, and October.

Applications are available online at CityofMontrose.org/TRAC, at City Hall (433 S. First Street), or by calling (970) 240-1431.

Applications and letters of interest must be submitted to the City Clerk by 6 p.m., Monday, April 10.

REGIONAL NEWS BRIEFS

SOM FOOTWEAR RELEASES NEW MODELS, RESUMES MONTROSE PRODUCTION!

Special to the Mirror

MONTROSE-Last week, SOM Footwear resumed production of its minimalist sneaker at its Montrose facility.

The local shoe factory had paused production for the past number of months for upgrades to its manufacturing processes in order to better meet the growing demand for its footwear.

Changes in the design allow for more efficient production while increasing the flexibility and stability of the lightweight footwear. SOM is releasing the first two models of its 2017 lineup for pre-order this month.

Founded by Olie Marchal, SOM Footwear

is beginning its fourth year of production. With a roomy toe box, foot-shaped design and a zero drop sole, SOM shoes encourage feet to have a more complete connection with the ground. "The way I'm standing in my shoes is the same way I would be standing barefoot," says Olie.

"Our shoes are designed to work with the natural motion of the foot, not against it." He goes on to say that SOM Footwear is committed to serving as many feet as possible through manufacturing its high quality footwear.

SOM Footwear provides factory tours for an inside look into one of only a handful of U.S. sneaker factories. Tours are availa-

ble by appointment for individuals, school groups and more.

To schedule, call SOM Footwear at 970-765-2616. More information about SOM Footwear can be found on their website at www.somfootwear.com.

SOM Footwear seeks to lead feet back to their original sense of motion through high quality footwear.

Designed, tested, and manufactured to support the natural function of the foot, our shoes provide maximum freedom. The adventure begins with your original sense of motion. SOM Footwear: Leading Feet Back.

BOSOM BUDDIES ANNOUNCES 25TH WALK/RUN T-SHIRT DESIGN COMPETITION

Special to the Mirror

MONTROSE-Bosom Buddies is celebrating their 25th Annual Walk/Run October 14, 2017. To commemorate this special anniversary, Bosom Buddies has chosen to showcase the artistic abilities of area students. The organization encourages any student in grades 9 – 12 who attends public school, private school, charter school, or is home-schooled in Montrose, Ouray or San Miguel County to submit a design.

The winning design will be used on the front of the 2017 Walk/Run Shirt. The winning artist will be credited by name on the event shirts, promoted in a variety of media, and receive a prize package donat-

ed by the competition's sponsors.

Designs must be submitted or post-marked by 12 Midnight Monday, May 1, 2017. Entry in the competition is free. Judging will take place in May and the winning artist will be announced by June 15th. Applications and design criteria and guidelines can be downloaded from the Bosom Buddies website at www.bosombuddiesswc.org and can also be picked up at Alpine Bank.

The winning artist will receive: A credit line by name on the official 25th Anniversary Walk/Run T-Shirt
Up to 10 Walk/Run T-Shirts for family and friends courtesy of Bosom Buddies

\$250 cash prize courtesy of Alpine Bank
\$100 cash prize courtesy of Montrose Memorial Hospital

A branding workshop with Leanna Johnson, owner of Treefeather Creative
A lesson on the process of creating a screen print courtesy of Scott's Printing
A \$50 discount on an art class at Ah Haa School of the Arts in Telluride

The 1st runner-up will receive a \$100 cash prize courtesy of Alpine Bank and the 2nd runner-up will receive a \$50 cash prize courtesy of Alpine Bank.

Questions regarding the competition can be emailed to Bosom Buddies at info@bosombuddiesswc.org.

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REGIONAL NEWS BRIEFS

BLACK CANYON BOYS & GIRLS CLUB MONTROSE YOUTH OF THE MONTH



Special to the Mirror

MONTROSE-The Black Canyon Boys & Girls Club Montrose Unit has announced that Hunter Hess (pictured at left) was February Youth of the Month for Montrose. The Black Canyon Boys & Girls Club likes to recognize and reward a youth from each unit every month who displays exemplary behavior, strong character, and active involvement in the Club. Proudly sponsoring Hunter this month is Western Slope Orthopedics.

“Western Slope Orthopedics has been a long-time supporter of the Club, and we wanted to thank them by inviting them to the Club to experience what the Club offers. The kids are excited to meet those members of the community who support the Club. Thank you again Western Slope Orthopedics!” – Bud Taylor, Black Canyon Boys & Girls Club Executive Director.

The Mirror: many views, one newspaper.



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Olathe High School's Senior Class Fundraiser

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MARCH 30
AT
OLATHE'S
AMERICA
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**DOORS
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**BINGO
BEGINS AT
7:00 P.M.**

Snack concessions
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**All ages welcome.
Win great prizes including local art
and wine, dining and auto coupons,
farm raised beef packages, and more.**

No cash prizes will be given.

TRI COUNTY HEALTH NETWORK ACCEPTING DONATIONS From page 1

Tri-County Health Network to assist in immigration issues for this woman and other community members that may need legal or other help. You can help now in this woman's legal defense and to provide help for her children. Starting today, people can donate through Tri-County's website (<http://info@tchnetwork.org>) or write checks that are tax deductible to the Tri-County Health Network, including in the memo line either:

- The funds are for the TIDE Fund, the Telluride Immigrant Defense Fund
- The fund are for the Latino Help Fund, set-up to help families like those impacted by this recent detention."

On its website, Tri-County Health Network is described as a "...nonprofit organization committed to improving the overall health and quality of healthcare in our rural region by identifying, developing, and operating programs and initiatives that will reform the healthcare delivery system and payment methodology in rural communities while providing solutions to critical healthcare needs and health disparities." In a conference call with Tri-County Health Network Executive Director Lynn Borup and Lead Intercultural Navigator Kody Gerkin on March 15, the duo said they did not know who made the ACT Telluride post, but that it contained some

errors. According to Borup the purported Telluride Immigrant Defense Fund (TIDE) is not really a fund, but rather a category. Noting that people like acronyms, she said, "I don't know who came up with TIDE. People just write it on their checks when making donations."

The Latino Help Fund was established on Friday, March 10, just two days after ICE detained the illegal immigrant described above. However, Borup and Gerkin both insist the fund does not belong to Tri-County Health Network. Rather, their organization was asked by the Multicultural Advisory Council (MAC) to manage the Latino Help Fund. The MAC, a Telluride collective, is described as, "a formal committee whose function is to communicate what priorities and needs have been identified on a broader scale in the Latino community."

According to Borup and Gerkin, MAC approached Tri-County Health Network about being the administrator of the Latino Help Fund because the health group has, for the last six years, been successful in managing the Good Neighbor Funds. Borup said, "This is similar to the Good Neighbor Fund. This is not a Tri-County fund, but we are administering it."

When asked if it were normal operating procedures to seek donations for a spe-

cific individual Borup said, "It is MAC that will accept the applications and make those decisions." When questioned about donors being allowed to designate contributions to a 501 3c nonprofit Gerkin said, "People can restrict donations. There are temporary restrictions and permanent restrictions."

Borup indicated that the Tri County Health Network board knows and understands the values that are at the core of the organization and is supportive. The Tri-County Health Network Board of Directors are: Joyce Beck - CEO, Montrose Memorial Hospital; Richard Betts - President, ASAP Accounting and Payroll; Scott Bookman - ED, Uncompahgre Medical Center; Jeremy Carroll - CEO, River Valley Family Health Center; John Gardner - CEO, Telluride Regional Medical Center; Amber Hickert - Practice Manager, Pediatric Associates; Paul Major - President & CEO, Telluride Foundation; Shelly Spaulding - ED, The Center for Mental Health; and Pamela Stamm - Clinic Manager, River Basin Clinic.

The *Mirror* attempted to contact board members Joyce Beck of Montrose Memorial Hospital and Jeremy Carroll of River Valley Family Health Center for comment and clarification; however, neither had returned our call prior to deadline.

REGIONAL NEWS BRIEFS

PINNACLE BANCORP TO ACQUIRE AMFIRST BANK

Special to the Mirror

COLORADO-Pinnacle Bancorp Chairman Sid Dinsdale announced this week the signing of an agreement for Pinnacle Bancorp to acquire AmFirst Bank located in Nebraska and Colorado, a wholly owned subsidiary of AmFirst Financial Services Inc.

"We are excited to welcome AmFirst Bank to the Pinnacle Bancorp family," Dinsdale said. "We look forward to continuing to grow our relationships in Nebraska and Colorado."

AmFirst Bank has total assets of \$260 million with three operating locations in Nebraska including McCook, Hayes Center and Benkelman, and two operating locations in Colorado including Greenwood

Village and Longmont.

"We operate under the community banking model, and we'll maintain that community-based philosophy for AmFirst Bank through local decision-making and strong customer relationships," Bank of Colorado President Shawn Osthoff said. "We see AmFirst Bank's staff as a valuable asset, and we look forward to them being a part of our team."

Pinnacle Bancorp has a total of 61 locations in Nebraska as Pinnacle Bank and 39 locations in Colorado as Bank of Colorado. Pinnacle Bank and Bank of Colorado will jointly acquire AmFirst Bank's branches in their respective states.

"We have been impressed with Pinnacle Bank's and Bank of Colorado's approach

to their customers and communities," AmFirst Bank Chairman and CEO Van Korell said. "Pinnacle Bancorp is a great organization that will continue to support the development of our communities." The transaction is anticipated to close in July of 2017 pending regulatory approval. Financial details of the transaction were not disclosed. **About Pinnacle Bancorp, the owner of subsidiary Pinnacle Bank and Bank of Colorado:** Family-owned since 1938, Nebraska-based Pinnacle Bancorp, Inc., is an \$9.7 billion financial holding company operating over 140 community banks in seven states including 61 locations in Nebraska and 39 locations in Colorado. For more information, visit pinnbank.com and bankofcolorado.com.

REGIONAL NEWS BRIEFS

VOLUNTEERS OF AMERICA APPROVES NEW MINISTERS FOR COMMISSIONING

Special to the Mirror

MONTROSE – The Church Governing Board of Volunteers of America announced that they have approved forty-eight new individuals to become commissioned as Volunteers of America ministers from across the country.

Two candidates are from Western Colorado: Erin Berge, Regional Marketing Director and Tara Cassidy, Admissions and Marketing Director at Valley Manor Care Center.

Berge and Cassidy represent the national health care services division of the organization.

Volunteers of America is a national, faith-based, non-profit providing various social service programs, housing and health care solutions. The organization is also a national church.

The faith-based mission of the organization embraces nearly all aspects of the Christian faith, reflecting a doctrine of pluralism that affirms the central truth of Christianity, but acknowledges the many paths that have developed to experiencing that truth.

The ministers are drawn from every Christian denomination and are encouraged to serve as active members of their home churches. This understanding of ministry derives from the foundation of Volunteers of America as both a church and an “auxiliary” to the universal Christian church with a special mission of service to those in need in the community. “I love that we are a church with a mission to uplift and lead others to the word of God,” Cassidy said. “I cherish the idea that as a Volunteers of America employee we can pray openly and share our mission with all who come in contact with us. I carry our mission statement close to my heart and I always look for opportunities

to share this with our small community here in Montrose.”

Volunteers of America was founded in 1896 by Christian social reformers Ballington and Maud Booth. They envisioned a movement dedicated to “reaching and uplifting” the American people and to “bring them to the knowledge and active service of God.”

“Sharing our faith-based history and purpose will be one of my top priorities as a new minister for the organization,” Berge said. “I look forward to investing my time in continuing to study of the word of God and asking Him to use me to bring His word to the forefront of all the work we do here.”

To be accepted as spiritual leaders in the ministry of service, Volunteers of America ministers must meet all requirements for theological study and spiritual formation. The half year qualifying study consists of choosing a minister mentor with whom they feel comfortable discussing their spiritual journey and development, and who they believe is a strong model of the characteristics of a Volunteers of America minister.

The candidates participate in weekly study meetings led by members of the church governing board which include the topics of: church history, introduction to the Bible, pastoral care and history of Volunteers of America.

The minister candidates are also required to submit a personal letter of intent, a letter of endorsement from their regional CEO or director, three letters of recommendation from colleagues and answer five essay questions in 300-500 word written responses.

These writings allow candidates to convey their motivations for becoming a minister, and also serve as an opportunity for



Two candidates are from Western Colorado: Erin Berge, Regional Marketing Director and Tara Cassidy, Admissions and Marketing Director at Valley Manor Care Center. Courtesy photo.

candidates and minister mentors to clarify the expectations of a Volunteers of America minister.

Prospective ministers are asked to attend Saturday and Sunday of the 2017 Volunteers of America’s national conference for orientation, which will take place April 22nd through April 26th at the Westin Dallas/Fort Worth Airport Hotel in Irving, Texas.

The minister credentialing ceremony will take place during Volunteers of America Annual Worship Service, to be held Sunday, April 23rd from 5 p.m. until 7 p.m. at the First United Methodist Church of Grapevine, Texas.

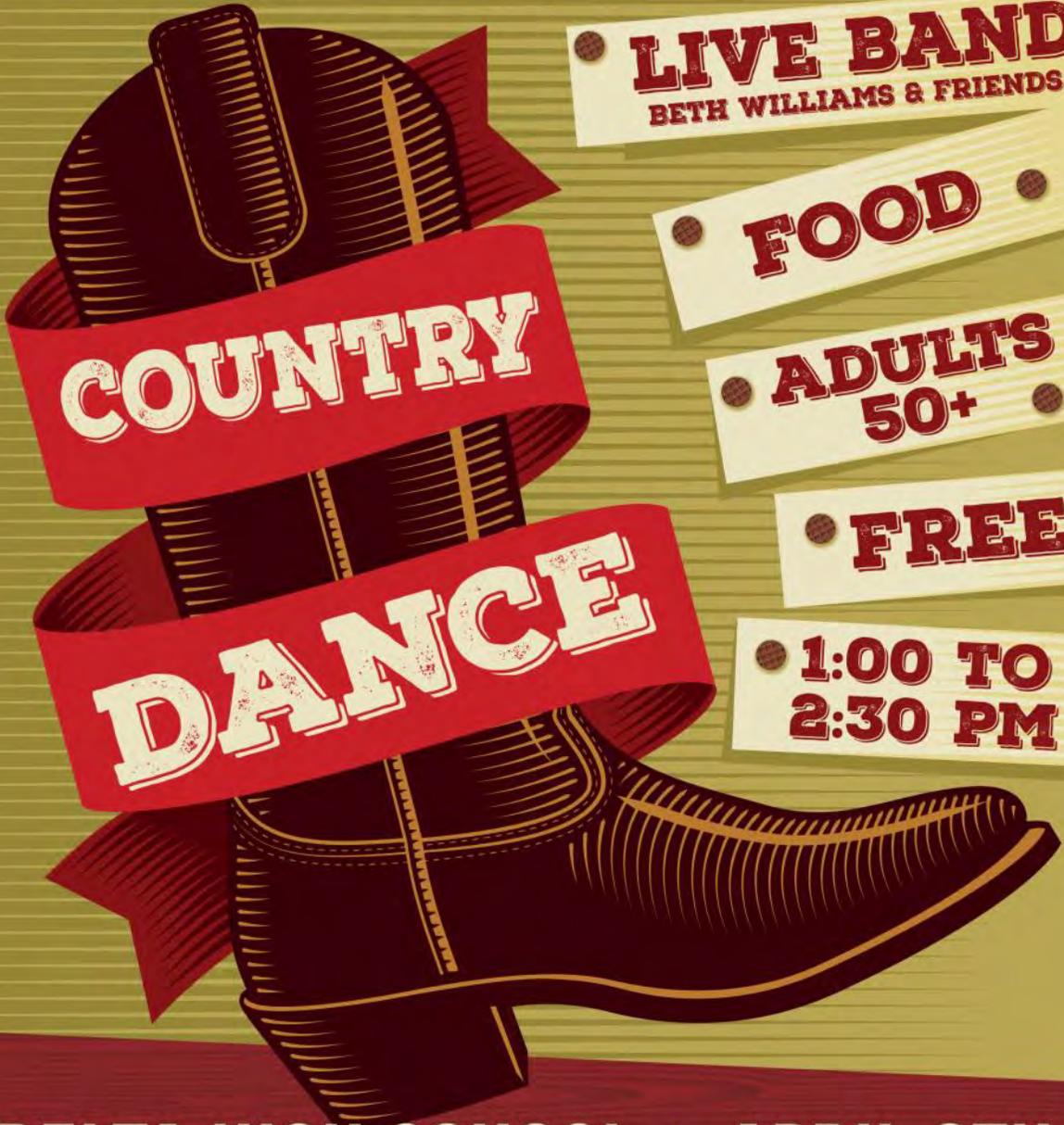
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REGIONAL NEWS BRIEFS

DELTA NURSES NOMINATED FOR 2017 NIGHTINGALE AWARDS

By Ramona Frazier, RN, Quality Assurance DELTA—On March 4, 2017 the Annual Western Colorado Nightingale Awards Banquet was held at the Colorado Mesa University Ballroom in Grand Junction. This event is a way to honor nurses who best exemplify the philosophy and nursing practice of Florence Nightingale, a 19th century nursing pioneer.

Delta County Memorial Hospital had three nurses nominated by their fellow co-workers. Lisa Waddington is the Trauma Nurse Coordinator and was nominated for her work in implementing the Stepping On program which helps improve mobility for senior members of our Community. A member of the Emergency Department nursing staff, Amy Culpepper, was nominated for her mentoring skills for new nurses and students orienting to the emergency department. Kathy Akers one of DCMH's CRNAs (Certified Registered Nurse Anesthetist) was recognized for her work with the Colorado Association for Nurse Anesthetists and educating Colorado legislators in Washington D.C. about the important role CRNA's contribute to healthcare in rural America.

Nurses from a variety of backgrounds across the State are recognized and nominated by their peers, supervisors, family and patients. The State Nightingale Committee recognizes two main categories of nursing practice 1) Clinical Practice which recognizes those nurses who provide di-

rect patient care and 2) Administrative/Education and Alternative Nursing, which recognizes nurses who impact other nurses, patients, and the community. Under the two main categories there are three sub-categories: Advocacy, Leadership and Innovation. This year there were 28 nominees from the Western Slope and six winners (Luminaries) will go on to the State Nightingale Event in Denver in May.

Delta County Memorial Hospital is very proud of their nominees and is very grateful to have such dedicated nursing professionals that go above and beyond to provide care and excellence to their patients and their community.



Nightingale award nominees Amy Culpepper, Kathy Akers and Lisa Waddington. Courtesy photo.

MONTROSE MEMORIAL HOSPITAL'S

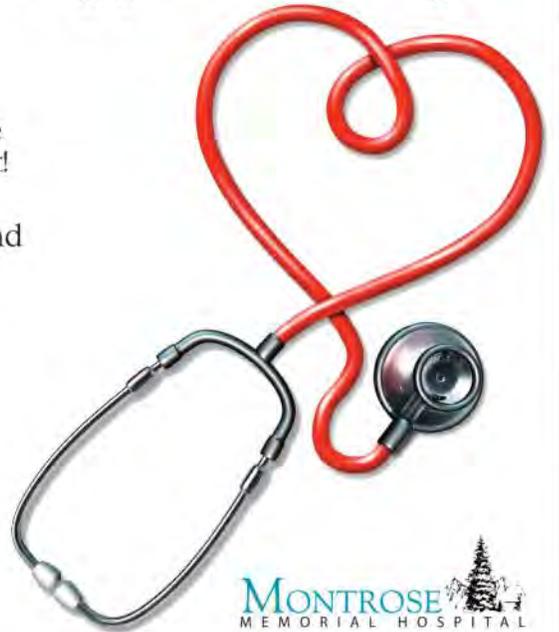
Cardiac Support Group

Please join us for a time of education & support!

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



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REGIONAL NEWS BRIEFS

ALTRUSA PRESENTS MONTROSE & OLATHE APPLE AWARDS



Special to the Mirror

MONTROSE-Altrusa International of Montrose is continuing their support of educators in Montrose and Olathe with our Altrusa Apple Award on a monthly basis. We are honored to recognize administrators, staff and teachers in our schools that exemplify the educational spirit throughout the school year.

We recognized the following recipients at the MCSD School Board meeting in March.

Photo Information (L to R): Nathan Gehm, Olathe Middle School 6th & 7th Grade Social Studies Teacher, Monique Gregory, Montrose High School French Instructor, Allison Nadel, Altrusa Member, Tony Ryan, Olathe High School Math Instructor.

MONTROSE EARLY CHILDHOOD CENTERS ACCEPTING APPLICATIONS

MONTROSE MEMORIAL HOSPITAL CONGRATULATES

FRANCIE SMILES



Congratulations on Your Retirement

Please join us as we honor Francie Smiles, for her nine years of service at MMH as the San Juan Cancer Center Resource Coordinator & more!

Join us Wednesday, April 5
Open House: 3:00 – 6:00 p.m.
San Juan Cancer Center



Special to the Mirror

MONTROSE - The Montrose County RE-1J Early Childhood Centers will be accepting applications for the 2017-2018 school year beginning March 21st- March 23rd, 2017 at the MCSD RE-1J Early Childhood Center, 900 Colorado Avenue, Unit #4, Montrose (north of the Bus Barn). Applications will be by APPOINTMENT ONLY! Please call 249-5858 Monday-Friday, 8 am-4 pm to schedule your appointment. Transportation services are not available at this time. All children must be 3 or 4 years of age on or before September 15th, 2017. Please bring: Birth Certificate, a physician signed hospital record or a Baptismal record; Child's Up-to Date Immunization Records; A copy of your child last physical Medicaid card/CHP+ or Private insurance card; Court documentation proving foster care or kinship placement; Proof of Income for the last 12 months: 2016 Income Tax Return or an employer's statement for the Head Start child's parent(s)/ legal guardian(s) -AND- ALL supporting W2's; Documentation proving TANF, Child Support, Alimony, Military Compensation, Disability or SSI if applicable; One month of pay stubs for the last 30 days of employment; Employment Verification Form (provided by ECC).

Please contact ECC if parents/guardians

REGIONAL NEWS BRIEFS

MONTROSE RADIO STATIONS WIN FIVE CBA AWARDS IN DENVER

Special to the Mirror

DENVER-Cherry Creek Media took home five awards at the annual Colorado Broadcasters Association's "Awards of Excellence" on March 11, 2015 in Denver.

Awards Of Excellence (1st place): Best Morning Show: Scott & Theresa In The Morning (KKXX)

Best Radio Station Personalities: Scott & Theresa In The Morning (KKXX)

Best News / Talk Morning Show Host: Dan Lynch (KUBC)

Best Sales Event / Remote Broadcast: HappyNewMerryThanksmas (KKXX)

Best Sports Coverage: (KKXX) Cherry Creek Radio in Montrose comprises radio stations 94 Kix, Sunny 103, and News 580 KUBC. Station personalities competed against submissions from 22 Colorado radio markets. All entries are judged by out of state broadcasters. The awards Cherry Creek received are for the medium market level.

Contact Operations Manager Scott Staley for additional information: [970-249-4546 Extension 204](tel:970-249-4546).



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CITY TO ALLOW SWIMMING AT TAVIWACH DESPITE DROWNING DEATHS

Mirror Staff Report

MONTROSE-Despite swimmer deaths in the former quarry site, the City of Montrose will consider an Ordinance at the [March 20 Work Session](#) to allow swimming at Taviwach Park. The proposed ordinance reads as follows:

“Swimming on City Property: It shall be unlawful for any person to swim or wade in Rotary Park Pond, Riverbottom Park Ponds, or in other places within the City, at which the City has posted signs restricting swimming or wading. Swimming or wading in the Uncompahgre River adjacent to Riverbottom Park and at the Montrose Water Sports Park may only occur in designated areas. Swimming in Taviwach Park is permissible, incidental to use of non-motorized watercraft in accordance with posted signage.”

In other business, the City will introduce the Western Slope Software Developers Organization; discuss the awards of on-call City striping contracts; and consider a Memorandum of Understanding with Del-

ta-Montrose Electric Association (DMEA). The City Council will also discuss a Montrose County Land Exchange with Black Mountain Capital.

Topics scheduled for upcoming work sessions include a disposal of City Property Ordinance, Miami Road Farm Addition annexation and Gunnison Valley Transportation Planning Region (GVTPR) IGA on April 3. On April 4 will be the selection of new Mayor and Mayor Pro Tem as well as Earth Week and Arbor Day Proclamations. A Museum of the Mountain West presentation will be April 17, and a National Police Week Proclamation will be considered May 2.

[At the regular City Council meeting of March 21](#), Montrose City Council welcomes the arrival of Spring with a Youth Council report to City Council, a new wine & beer liquor license application for Amazing Glaze, and Ordinance 2412, imposing a surcharge on users of the Montrose Emergency Telephone Service Authority. Also to be considered is Ordinance 2413



The Lake at Taviwach Park in Montrose is the site of a former quarry, and more than one death has occurred here.

on first reading, City Manager Bill Bell’s controversial ordinance dissolving the City of Montrose, Colorado, Downtown Development Authority that was approved by voters in 2010 prior to Bell’s hiring.

Council will also consider an annual purchase of water meters in the amount of \$155,500. Following staff reports, Council will adjourn.

MONTROSE MEMORIAL HOSPITAL'S

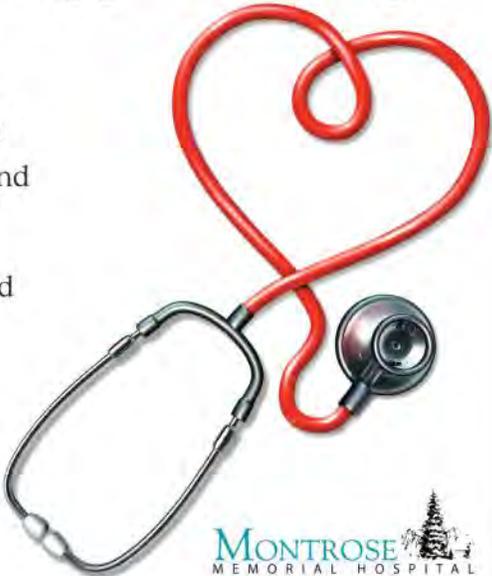
Cardiac Support Group

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



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OPINION/EDITORIAL: LETTERS

TIPTON, GARDINER SIMPLY USING MODERN TECHNOLOGY TO COMMUNICATE

Dear Editor:

A local publication had a negative article about Tipton and Gardiner using today's cost saving method of communicating with electronic systems. This is the communication used by many, and Democrats. It is what those under 50 do to save money on travel both personal and for business. I know (the author) Mr. John Harold and I assure you John has ever labor, cost saving piece of equipment known to farming including being a major user of a cell phone. Unfortunately John's father's Democrats ended with the loss of President Kennedy. All we have had since in that party is a group of less than honest and many less than intelligent losers, Johnson, Clinton and Obama to name a few. As a successful business man I can only hope John did not give up any farming subsidies in support of this group of carpet baggers. So John the next time you need to communicate with one of your relatives not living in this country, you should try Skyping with them it is great. And the next time you want to critique someone do it electronically; it is easier than a pencil and paper.

Doug Glaspell, Montrose

REGIONAL NEWS BRIEFS

MONTROSE MEMORIAL HOSPITAL CELEBRATES NATIONAL DOCTORS DAY

Special to the Mirror

MONTROSE-Their skills help heal the body. Their knowledge soothes the mind. Their compassion lifts the spirit. The treasured physicians who care for us impact our lives and the lives of our loved ones each day.

Montrose Memorial Hospital will join hospitals around the country to celebrate National Doctor's Day on March 30, honoring the talented physicians who serve our community. If you or a loved one

have ever been diagnosed with an illness or suffered an injury, you know the gratitude you feel for your caregivers.

We invite you to recognize a physician who cared for you or a loved one. Please go to www.MontroseHospital.com/give to make your tribute gift and send a note of thanks to a physician who has made a difference in your life. If there isn't a particular physician you would like to honor at this time, you can still make a gift to acknowledge the importance of excellent

medical care in our community. Your note will be delivered to your physician(s) and the gift amount will remain confidential. You can also deliver your tribute gift and note in person to the Office of Philanthropy at Montrose Memorial Hospital located at 725 S. 3rd Street. Our physicians tell us, the highest honor is a message of thanks from their patients. Please call 970-252-2744 with questions. Thank you for supporting our wonderful team of caregivers.



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

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

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

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

Valley Manor Care Center Memory Care Community
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Certified Dementia Care Validation Instructor
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Email: bgarcia@voa.org





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BOCC VOTES TO FIRE ATTORNEY IN HASTY MEETING From pg 1

questioned the timing of the special meeting, when a special meeting had been held on March 14 and a regular meeting is scheduled for March 20. Davis was the sole commissioner opposing Williams' termination.

Commissioner Glen Davis stated that in the end the County will pay far more than \$92,000 to terminate Williams' employment when benefits are factored in. "That being said, the I want to object to the hasty nature of which this meeting was called after I left town," Davis said by phone. "That bothers me tremendously...I will be back tomorrow afternoon and we also have a regularly scheduled board meeting on Monday."

Davis continued. "I object to the nature of this from the standpoint that it was all based on a credit card incident that Mrs. Williams was involved in. Three previous county commissioners hired an attorney to investigate that; he recommended to us not to terminate her employment over that. He found no evidence of fraud; if we did terminate her employment, he would like to be her lawyer."

Davis accused former County Commissioner Ron Henderson of placing information about the credit card incident on the internet, including confidential information obtained from Williams' personnel files.

"He also went after other employees in the County when he didn't get his way," Davis said. "I am on the record as opposing the termination, opposing the grounds on which you are basing it on...another lawyer will have to be hired, or some in-house council will have to take the position."

Davis accused Caddy and Rash of basing the decision to terminate Williams on hearsay. "I find this irregular and I find this upsetting."

County resident Mike Wilson spoke during the time for public comment, saying he wished to address three topics. "First I would like to highlight that there is a disconcerting pattern developing where the BOCC schedules special meetings whenever potentially political or highly controversial topics are to be addressed. These pre-

viously unplanned meetings make it difficult for the public to be aware of the meeting or to be engaged at a moment's notice." Wilson pointed out that the special meeting was "sandwiched" between two existing meetings scheduled five days apart.

He also questioned the overall need and appropriateness of the meeting. "I am not aware that there has been a suggestion of inappropriate or inadequate performance by the current Montrose County attorney. The County attorney works for the citizens of the County and must represent them in a way that is consistent with the law and that will best serve them. The attorney should not be a political pawn when perceived to be an obstacle to someone's agenda. There are better ways for the community to spend \$92,000 other than on a severance package to enable a hidden agenda or ulterior motive."

Wilson also questioned the veracity of the newly released business plan for the Montrose County Events Center, and the assumptions on which the plan is based (see related article). "The projected financial losses seem inevitable and perhaps intentional because of these flawed assumptions."

Williams herself also addressed the BOCC prior to the vote of termination.

"...I am glad this day has come, because the last three months have been miserable," she said. "I knew this was a fait accompli because neither of you have tried to get to know me in the last three months. I feel like I have done a good job for the County...we have done a lot with the office; we have modernized it, streamlined it, I believe we give excellent service."

"...I want to speak very highly of the staff we have here, and I hope you recognize that," Williams said. "We have a really good team; they work their tails off, they work well together, and I think that they serve the County very well. I hope that you keep that in consideration, because they're very nervous right now."

County resident Becky Waugh spoke as well.

"I don't have any personal knowledge of what's going on here per say, but I do find

it very irregular..." Waugh said. "As most people know, Teresa and I have been on the opposite side of many issues—with the Uncompahgre Pit and the gravel plant, the asphalt plant, we have been on opposite sides. So I am not here defending her, but curious about this process, which seems highly irregular and very, very speedily done."

"I think perhaps we need more explanation on what is going on."

Also taking time to address the BOCC was Montrose County Clerk & Recorder Tressa Guynes, who spoke about a pattern of harassment engaged in by a former commissioner.

"...when I first became clerk...the county commissioners received a letter from a person I had previously worked with, a very disgruntled person who I had to take action towards...one of the county commissioners ended up taking that letter to the press and going public with it."

Though the accusations proved to be unfounded, the former commissioner shared the letter with her staff as well, causing her problems and defaming her, Guynes said.

Commissioners also voted two to one in favor of General Business Item No. 2, which read as follows: "Consideration and possible approval of payment of severance consisting of twelve (12) month's salary in the amount of \$120,200, plus healthcare benefits including for spouse, plus payment of leave benefits consisting of accrued vacation and sick leave, with applicable taxes and other required withholdings deducted, in the total payout amount of NINETY TWO THOUSAND, SIX HUNDRED FIFTY NINE AND 29/100 DOLLARS (\$92,659.29) to Teresa S. Williams, as payment in full by Montrose County in accordance with the termination and severance requirements in the Employment Agreement between Teresa S. Williams and Montrose County. Payment of any earned compensation to date, such as salary and/or benefits, is not included in this severance amount, and will be paid by Montrose County to Teresa S. Williams in accordance with County Policy and Procedure."

REGIONAL NEWS BRIEFS

ALPINE BANK CELEBRATES KRIS GARDNER'S RETIREMENT



Kris Gardner.
Courtesy photo.

Special to the Mirror

GLENWOOD SPRINGS – Alpine Bank is readying for the retirement of one of its long-time, dedicated employees. On April 30, Kris Gardner will retire after 42 years with Alpine

Bank. During those years, Kris has not only seen changes in the banking industry, she has been an integral part of them. As Chairman and Founder Bob Young remarked at a recent board meeting, "Kris has been part of every milestone and achievement Alpine Bank has enjoyed."

Kris started her career with Alpine Bank

in 1974 when the bank in Carbondale was called Roaring Fork Bank and had been in business only a little over a year. Young remembers, "Kris started soon after we opened our second bank in Snowmass Village. We were looking for someone who could step into a role in Carbondale."

Kris set to work doing virtually every job a person can do in a bank, from teller to bookkeeper, proof operator to cashier, operations officer, loan officer to manager, and even janitor, earning money for a trip to Hawaii. In 1980, newly promoted to vice president, she helped open what was then called Valley Bank and Trust in Glenwood Springs. As president of the soon-to-be West Glenwood Springs Alpine Bank, Kris applied for the charter, got the approvals in place, supervised the construction and proceeded to run the bank. Kris reminisced, "Little did I know when I wandered into what is now Alpine Bank Carbondale some 42 years ago, that I was starting a fantastic career journey that

most people can only imagine. I would not trade the years for anything."

Kris was made a director of Alpine Bank and senior vice president of the holding company in 1985. She ends her career with holding company duties and administration of the bank, as well as working closely with the bank's shareholders. Her final title is chief administration officer and she is a member of the bank's senior executive team. So what will retirement hold for Kris? "I am looking at this as an awesome opportunity to leave my Alpine family and spend time with my lifelong family. I feel like I am leaving at an opportune time—the bank has a management team in place that is second to none under the guidance of Bob Young and Glen Jammaron (Alpine Bank president). I am very grateful that I am going to have the opportunity to stay involved at the board of director level so I can stay connected to the continued success of my Alpine Bank family and coworkers."

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Art for Tots M, Th, S

Abstract Painting Canvas

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And More Classes!

REGIONAL NEWS BRIEFS

MONTROSE MEMORIAL HOSPITAL CEO STEVE HANNAH ANNOUNCED BOARD CHAIR FOR RURAL HEALTHCARE GROUP



Steve Hannah.
Courtesy photo.

Special to the Mirror
MONTROSE-Montrose Memorial Hospital CEO Steve Hannah was chosen as Board Chair for the Western Healthcare Alliance (WHA) based on his commitment to leadership and regional collaboration, community

health and ensuring rural health is viable, according to WHA's Vice President of Outreach and Communications Angelina Salazar.

Hannah, who has served as CEO for Montrose Memorial Hospital since 2014, will guide the organization's long-term planning and strategy and will preside over multiple WHA meetings yearly. The

Western Healthcare Alliance is an organization that provides business solutions for rural healthcare entities and serves 29 healthcare communities in the region including hospitals and other healthcare entities in Colorado and eastern Utah. WHA helps member healthcare facilities and medical communities with various resources—including: hosting educational opportunities, sharing best practices, and utilizing membership numbers to receive better price points in supplies.

Salazar noted Hannah's experience with healthcare entities in both rural and urban settings also played a role in the decision. A Colorado native, Hannah previously led healthcare facilities as a CEO in Wyoming, Montana, Illinois and Georgia before returning to his home state.

"Steve's 25 years of broad healthcare experience will add a valuable perspective as our organization advances," said Carolyn Bruce, Chief Executive Officer of

Western Healthcare Alliance. "We appreciate his willingness to serve as WHA Board Chair and look forward to benefiting from his leadership and counsel."

"I am pleased to serve in this role for the Western Healthcare Alliance," said Steve Hannah, MHA, CEO of Montrose Memorial Hospital. "Though we are an assembly of independent healthcare entities, it is important we collaborate and work together to ensure the communities in the region have access to excellent care."

Hannah is also the Chair of the San Juan Accountable Care Organization (SJACO), a regional collaborative entity that promotes health by enhancing member organization's abilities to effectively manage costs and quality with the Medicare population.

Montrose Memorial Hospital has been a member of the Western Healthcare Alliance since the organization's inception in 1989.

LIVING WELL WITH CHRONIC PAIN: CLASSES BEGIN APRIL 6

Special to the Mirror
MONTROSE-Living Well with Chronic Pain and Illness is an eight-week class beginning April 6th from 5:30 to 7 p.m. This wellness course is designed to help those dealing with chronic pain and illness to live life well.

Participants will gain: mindfulness and coping skills for managing pain and stress; strategies for improving day-to-day life with chronic illness/pain; teachings around Mindfulness-Based Stress Reduction (MBSR) - a curriculum shown to strongly decrease stress related to illness and pain. Each class is \$30 and participants are encouraged to commit to all eight weeks.

For more information please call Solutions Wellness Center (970) 249-4449.

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.
- **SAFETY:** For older adults, home can often become a dangerous place without proper repairs.
- **SUPPORT:** Sometimes we all need a little help from our friends.
- **CARE:** When living at home is no longer an option, we can help.
- **CONNECTIONS:** When you outlive all of your friends and family, who do you turn to?



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

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

REGIONAL NEWS BRIEFS

SKELETAL REMAINS FOUND NEAR SAWMILL MESA AREA IDENTIFIED

Special to the Mirror

MONTROSE—On Saturday, Oct. 29, 2016, hunters in the Sawmill Mesa area of the Uncompahgre Plateau west of Montrose reported the finding of skeletal material believed to be human remains. The Montrose County Sheriff's Office and the Montrose County Coroner's Office of Medical Investigations with the help of the Montrose County Sheriff's Posse recovered bones and fragments of clothing. A forensic autopsy was ordered by Montrose County Coroner Dr. Thomas M. Canfield, MD and performed by Dr. Michael Benziger, MD at the Montrose Memorial Hospital Forensic Laboratory. The bones were considered consistent, but not definitive, as those of Gerry "Hoop" Reed, a 56 year-old male of Nucla, Colo.

A forensic anthropological examination was ordered by Dr. Canfield and performed at the University of Northern Texas Human Identification Forensic Laboratory. That examination is complete and confirmed the identity as that of Mr. Reed. The cause of death is hypothermia due to exposure and the manner of death is certified as accidental.

DELTA COUNTY ECONOMIC DEVELOPMENT TO HOST ANNUAL MEETING

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. 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.



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MIRROR IMAGES...2017 4TH GRADE PE SHOWCASE!



Mirror Staff Photos
MONTROSE-For the past 35 years, Montrose County School District RE-1J Fourth Graders have produced a showcase for parents and community members. Showcases were held on March 16 at Montrose High School; pictured are students from the first showcase, with Olathe, Johnson and Northside elementary schools. Students worked hard for months ahead of time to prepare their routines, from riding bikes and bowling to parachutes, cup stacking, dancing and other physical activities.

Oak Grove and Cottonwood elementary schools were scheduled to follow.



FAMILIES ARE KEY DEMOGRAPHIC FOR NEW COUNTY EVENT CENTER



Above, Montrose County staffer Emily Sanchez shares information with the BOCC about the Event Center Business Plan.

Mirror Staff Report

MONTROSE-The Montrose Board of County Commissioners (BOCC) heard specific details of the Montrose County Event Center Business Plan at a special meeting March 14. Montrose County Government Affairs Director Jon Waschbusch, Fairgrounds Manager Emily Sanchez and Media Relations Director Katie Yergensen presented the plan to the BOCC for review. Certain assumptions were taken into account in preparing the plan, Sanchez noted.

Among those assumptions: that the project will be completed on time and within the \$9 million budget; that significant operating necessities will not be covered in the original budget; that sponsorships can be sold; that Grand Junction will choose not to move forward with an events cen-

ter project of its own; that ventilation will be adequate for gas and diesel events and that heating will be sufficient for winter events; that no additional fixed seats will be installed; and that inmate labor will be continue to be available. "With those in mind, we looked at the market and started to build a plan."

Former County Commissioner Ron Henderson, in the audience, asked about the proposed Grand Junction project.

If Grand Junction voters were to approve their event center, "It would have pretty significant impacts," Waschbusch said. "We need to be able to pull from Grand Junction for paid events." Approximately 275,000 people live within a single day's drive market area, he said, adding that pulling visitors in will be critical to the success of the new Montrose Events Center, due to the demographics of this community.

"In short, we are broker, older, and we have less kids than Colorado as a whole."

Families are a key demographic for the new event center, Waschbusch said.

Establishing multi-day events will increase revenues as time goes on, Sanchez noted.

"The more multi-day events we can draw, the easier things are going to be."

Four comparable facilities were discussed, including those in Casper, Wyoming; Rapid City, South Dakota; Heber City, Utah; and Clovis, New Mexico. "Each

of them has something in common with us that makes them relevant," Sanchez said.

The draft Montrose County Event Center Business Plan states the mission, "...to drive economic development by establishing Montrose as a regional destination for events and entertainment."

Long term goals include increasing the economic impact of the Montrose County Event Center to the local community, and developing an economically sustainable facility: "By 2023, the Montrose County Event Center will host 30 events with annual attendance of 45,000," states Strategic Result No. 1. Strategic Result No. 2 reads, "By 2023, the net operating loss of the Montrose County Event Center will be no more than 40 percent of operating revenue as compared to operating expenses."

Revenue sources to be developed include facility rentals; food and beverage; sponsorships; memberships; and amenities.

The draft business plan outlines marketing and advertising, operations management, and finances.

Though exit options exist if the MCEC fails to meet financial goals and strains county finances, "the ultimate goal of the facility is to leverage and attract promoters, participants, and attendees to this area to spend additional dollars, stay the night, invest in the community."

The financial plan as presented showed a net operating loss of \$584,740 in year one, and of \$508,304 in year ten.

DELTA AREA CHAMBER OF COMMERCE SPRING EXPO MARCH 31 – APRIL 1



Bill Heddles Recreation Center
60+ booths inside and out for fun filled weekend for the whole family!
FREE ADMISSION THIS YEAR!

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 piñon-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 commu-

nities," 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.

For information on wildfires and fire

restrictions in the area, call the Southwest Colorado Fire and Aviation Management Unit Information line (970.240.1070), visit the Montrose Interagency Dispatch website (http://gacc.nifc.gov/rmcc/dispatch_centers/r2mtc/), or follow us on Twitter (https://twitter.com/SWD_Fire) and Facebook (<http://www.facebook.com/BLMMontroseFireUnit>).

The Southwest Colorado Fire and Aviation Management Unit covers the BLM Colorado's Southwest District and the Gunnison Field Office (BLM), the Uncompahgre Field Office (BLM), and Tres Rios Field Office (BLM) in the Colorado counties of Archuleta, Conejos, Delta, Dolores, Gunnison, Hinsdale, La Plata, Mesa, Mineral, Montezuma, Montrose, Ouray, Rio Grande, Saguache, San Juan and San Miguel.

USE YOUR MIND FOR PAIN MANAGEMENT: LIVING WELL WITH CHRONIC PAIN & ILLNESS

Special to the Mirror

REGIONAL-Between 2002 and 2014, rural Colorado saw a 140 percent increase in opioid overdose deaths compared to a 96 percent increase in urban areas during the same time frame. Nationwide, deaths from accidental drug overdoses grew from 2,475 deaths in 1979 to 38,675 in 2014 and those numbers continue to grow at alarming rates. In seeking a solution to the rapidly growing epidemic and the unnecessary deaths by many in our rural communities, Solutions Wellness Center is providing mindfulness-based chronic pain classes for those dealing with chronic pain and illness. This low-cost solution helps people manage pain without the harmful and addicting side-effects of opioid pain relievers.

Pain is the body's way of letting someone know that something is wrong. Chronic pain occurs when the pain response becomes habitual and self-reinforcing, and then the pain can persist for months or

years after the initial injury or illness, significantly affecting one's physical and emotional well-being. Chronic pain disables more people than cancer, diabetes, and heart disease combined. In the past, opioid pain relievers were the first line of action to help people manage their pain. Unfortunately, these medications can be very addictive and come with a host of side effects, and can even lead to death. Opiates affect the part of the brain that controls breathing, and large doses can slow breathing to the point where it is fatal. If opiates are mixed with other sedatives such as alcohol, life-threatening breathing problems can be magnified. If taken with stimulants, people may not realize that they have over-dosed because the stimulant can mask the sedating effects of opiates.

Through research, we have learned much about managing chronic pain. We know that managing emotions can help reduce the intensity of a person's pain, and mind-

fulness has been shown, in multiple studies, to be one of the most effective ways of doing this.

Mindfulness meditation practice has also been linked to improvements in immune system functioning, reduced stress-vulnerability, and enhanced sense of well-being. Solutions Wellness Center uses mindfulness skills, cognitive behavioral therapy and solution-focused brief therapy to help individuals reduce the effects of pain.

These therapies, along with changes to nutrition and exercise, typically provide people with a better quality of life and a significant reduction in suffering related to living with pain and illness.

Karen Dunn Pritchard, LPC, CHT, leads the Living Well with Chronic Pain and Illness class. Karen is a Certified Hakomi Therapist and brings a wealth of experience and training to the group.

For more information please call Solutions Wellness Center (970) 249-4449.

ISSUE 89 March 20, 2017

ART & SOL

BARREL RACING: A FAST-PACED, FAST GROWING SPORT



Above, renowned Western Colorado barrel racer Jodie Sheffield. Courtesy photo.

By Caitlin Switzer

REGIONAL-It's a fast-paced sport where the competition is fierce...and it's dominated by women. In her [History of Barrel Racing](#), writer Gail Hughbanks Woerner reveals that the development of this growing sport has been nearly as rapid as the event itself. "Barrel racing has come a long way in a relatively short period of time when reviewing the development of rodeo," Woerner writes, "in less than sixty years the sport can boast prizes equal to all other rodeo events."

The Montrose Community has a strong community of barrel racers, said Barrel

racer Tara Olson, who serves as editor and publisher for the Colorado West Barrel Racers Association (CWBRA). "There are actually quite a few racers who come from Montrose," she said. "And some local people have gone on to PRCA competitions. The money is always great—I'm not gonna lie!"

Relatively new to the sport, Olson believes that for her, the competition is with her own personal best. "I compete for myself and my horse to make my time better," she said. "But there are a lot of people who need to win that check to go on to the next week's competition."

Among Western Colorado's top barrel racing competitors is a young professional rider from Silt named [CJ Vondette](#). "She is on the circuit," Olson said, "Her mother still goes with her to races because it is so stressful." Though Vondette is in her 20's, barrel racing is a sport in which people of all ages can participate. "One of our coaches is 65 years old," Olson said. "There is no age limit, though we do have senior and youth divisions."

Another woman who has helped define the sport of barrel racing today is Jodie

Sheffield of Delta's [JMoney Horses](#). "She was in Grand Junction this weekend, at the [Rope-n-Run](#)," Olson said, "and she used to compete on the professional rodeo circuit."

For those who have not been to an event, the pace and excitement of Barrel Racing can be something of a surprise. "It's not just about pretty horses and little girls," Olson said. "It's about the camaraderie of horse, rider and spectators. I'm still pretty jacked about it. I have three horses—one that I ride, one in training, and one baby horse." And though quarter horses remain very popular, good barrel horses can come from a variety of breeds, she said.

"Some horses hate it, other horses love it. The crowd is also part of the mix at barrel racing events.

"Sometimes you get a really supportive crowd and they will yell for someone," Olson said, adding that most events lately draw between 30 to 50 competitors.

And the competition is fierce. "With a 17-second ride, you think you have a chance," Olson said. "At 20 seconds, you're already out of a check."

Here in Montrose, Fans can catch barrel racing action at the Montrose County Fairgrounds on March 25 during the "Ride for the Arena" event, weather permitting.

The Telluride Institute's Talking Gourds Poetry Program Announces

The 20th Annual
FISCHER PRIZE

in memory of Elaine & Mark Fischer



Open to all poets
living in the U.S.

This year's judge:
Chris Ransick

Poem & Payment Submission Deadline:
April 22, 2017

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\$1000 first prize winner
(plus \$500 travel allowance)
with five \$200 finalist prizes
(with \$100 travel each)

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The Prizes will be awarded
at the Telluride Literary Arts Festival
in southwestern Colorado
May 19-23, 2017

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For more information:
talkinggourds.weebly.com/fischer-prize.html
or contact Art Goodtimes at shroompa@gmail.com



CRASH BURGER EATERY MAKES A SPLASH UPTOWN!



Crash Burger is open at 646 East Main in East Montrose (EMO). Courtesy photo.

By Liesl Greathouse

MONTROSE-Looking for a good, old-fashioned hamburger joint to enjoy with the whole family? Then check out the new Crash Burger in Uptown Montrose.

Opened on Jan. 23, their website describes Crash Burger as a ‘Family owned and operated old fashion style drive-thru and walk up window hamburger place. Nothing but the best fresh products used daily.’

“We thought it would be needed here in

Montrose, something that was quick, and we had the opportunity to be Downtown” explained Crash Burger owner and CEO Steve Wood. “We don’t do frozen patties, instead we do fresh hamburgers every day and we try to get them out as soon as possible.”

The response from the community to Crash Burger showed quickly when the restaurant ran out of food by 1:30 p.m. on the first day of their ‘soft’ opening, and even a couple other days after. “We were crazy busy, but now we’re just busy,” Wood said.

Wood believes that one of the reasons for their current success with Crash Burger has been tapping into the past. “We give them a product like their mom used to make,” he said. “It’s more the nostalgia, like old hamburger joints.”

After working in and out of the restaurant business most of his adult life, Wood started Big Head BBQ in 2010. Moving that business from a downtown location to just catering, they eventually closed its doors to open Crash Burger this year. Now the whole family helps with Crash Burger in some way, with Wood’s wife doing the books, and his daughters, son-in-law and good friend working as managers.

“Tom [Hennessy, owner of Colorado Boy Pizzeria & Brewery] suggested we do it [open Crash Burger],” Wood explained. “He helped us with the business end of

things and it opened up an opportunity for me to work with my family, which is my favorite part. [In terms of owning a restaurant,] I enjoy putting out a good product that people like, that people want. It’s about pleasing the customers.”

Thinking ahead, their goal in the warmer weather is to finish up the outside of the building, including adding some outside seating areas, getting music playing outside, and overall just making the building look better.

“Street appeal, consistency, and making product the best it can be are what we are focused on,” Wood said. “We try to be consistent and improve our products every day. We show up and do the best that we can. We want to make this place for customers and employees be a great place to eat and work.”

Wood welcomes new customers to come and check them out. “If you haven’t tried us yet, come give us a try,” he said. “If you want to, leave feedback, comment on our Facebook page or talk to us at the window. The majority of the responses have been positive. We appreciate the town’s support.”

Crash Burger is located at 646 E Main St in Montrose.

They are open 11 a.m.-8 p.m., Monday-Saturday, closed Sunday. For more information, call 249-0825 or visit their Facebook page at <https://www.facebook.com/Crash-Burger-1148451298571134/>

LOCAL BOY SCOUTS EXHIBIT AT MONTROSE HOME & GARDEN SHOW



Special to the Mirror

MONTROSE-Montrose Boy Scouts and Cub Scouts had a presence at the Montrose Home & Garden Show. At left, new scouts are sworn in. Photos by Wayne Quade.

PEER KINDNESS: CHANGING AND SAVING LIVES



PEER Kindness ED, MCSD Staff, and Barbara Coloroso at IBPA (International Bullying Prevention Association) Conference. Courtesy photo.

By Liesl Greathouse

MONTROSE-In 2015 the community of Montrose was shaken by the suicide of Montrose High School junior Caitlyn Haynes, attributed to the peer bullying she suffered. Arising from that heartbreak came the 'Before You Hate, Think of Cait' program, designed to help students shift their perspective when it came to bullying. Now, that program has been changed into a broader organization aimed at helping more people, while still keeping Cait's legacy alive. That organization is called PEER Kindness.

PEER Kindness was established in January 2017. They are a nonprofit organization with a mission to work in partnerships with schools, youth programs, community organizations, business leaders, families, and youth to reduce bullying and to foster a PEER stance. PEER stands for: be **Positive**, be **Encouraging**, be **Emphatic**, be **Respectful**.

While 'Caitlyn Haynes' is now attached to a foundation that provides scholarships in her name, PEER Kindness was formed to continue her legacy in another way. "We renamed it to connect with what Cait was to other people [positive, encouraging, emphatic and respectful], and if her peers had been the same to her, would she have still been here? We think so," explained Robyn Shank, Executive Director of PEER

Kindness.

Shank added, "Our mission is simple in words, but different in action: We want to reduce bullying in our community. But bigger than that, we want to reduce it in the country and in the world. We are forming a partnership with schools, youth organizations, church organizations, and business leaders. We believe that the more community involvement and awareness, the greater success of our mission."

Another big goal of the organization is creating a safer environment for the reporting of bullying. Often kids do not want to report bullying because they don't think adults will do anything about it, are ashamed it's happening, or they fear retaliation from the bully. "We want to standardize how people react to bullying as teachers, youth leaders, or as someone who is a witness to it or who is reported to about it," Shank said. "We want to build trust with kids..."

So far the organization has worked with the Montrose County School District RE-1J, Mothers of Preschoolers (MOPs) and will be presenting at other local events to spread the word about what they hope to achieve. The organization has also received a grant of \$360,000 over the next three years, which is helping them establish programs in our local elementary schools and start directly reaching out to

kids to hear about their experiences with bullying. "The kids will have a voice and I hope to see over the next three years [with the grant] a decrease in bullying incidents and an increase in reporting of bullying incidents," Shank said.

Response from the community has been positive, with a lot of people happy to see the work that began with 'Before You Hate, Think of Cait' continue. "Three-quarters of people have either been a bully, been a target, or have witnessed bullying," Shank said. "It's an emotional connection and a familiar cord with so many people. Many people are open to what PEER Kindness is doing. While some of the stories of bullying can be hard to hear, a lot of people want to be educated and become an advocate, learning what the difference is between 'bullying' and 'peer conflict.' Many people want this and are hopeful that the effort and resources [with PEER Kindness] will help shift peer culture into a kindness one."

If anyone wants to get involved with the organization or support it in some way, their website helps connect people with opportunities to donate time or money. "We are also collecting stories from people about bullying," Shank added. "With bullying, we often talk about the bully or the victim, but there are a lot more people involved than just that. A bully is seeking peer attention, so there are often about 10-12 other kids who witness it. Many of those witnesses know it's wrong and go home, but don't know who to tell about it. We want to talk with kids and adults about being a bully, a target, or a witness." While PEER Kindness is just getting started, Shank is excited for the future of the organization. "I love that we can really create a system of change," she said. "Not just say things, but actually ask, 'what is our policy? How do we report bullying? How do we teach victims to refuse it?' I have also felt a great impact on kids when they share their stories with me [about bullying]. I can help empower them to share their story so they can help other kids. And that's just getting started." So remember, 'Take a **PEER** Stance, Choose Kindness Now!'

For more information, visit peerkindness.net.

COMMUNITY NEWS BRIEFS: ARTS & CULTURE

MONTROSE COMMUNITY BAND TO PLAY FREE CONCERT @ PAVILION APRIL 2

Special to Art & Sol

Join us for a pleasant concert of dancing and toe tapping on Sunday, April 2nd, 3 p.m. Montrose Pavilion. We'll entertain you with: Polkas, Waltzes, Rags, a Tango, a Chacha, and Big Band favorites.

www.montroseband.com.

NEW LOCAL THEATER COMPANY FEATURED @ SHERB TALK MARCH 30

Special to Art & Sol

RIDGWAY-Jack Canfora will be the special guest at the Sherbino Theater Sherb Talk on thursday, March 30. Step into the world of a unique artistic collaboration with UpstArt and Jack Canfora. A brand new local theater company, UpstART, and New York playwright, Jack Canfora combine forces to bring the regional premier of his play, *Jericho*, to your doorstep (performance dates April 6-9 at the Wright Opera House). This Sherb Talk will introduce UpstART (newest addition to the local theater scene), screen Canfora's award winning pilot, *The Small Time*, and discuss the process of bringing his play, *Jericho*, to the local stage. Doors at 7 p.m.

Talk at 7:30 p.m. \$10 suggested donation at the door.

About UpstART: Founded by local theater artists, Kate and John Kissingford, UpstART: Theater that Moves, seeks to Awaken, Enliven & Entertain audiences in Ouray County and beyond, by presenting professional quality theater and education through a Rural/Urban collaboration of artists. Visit UpstART by clicking [here!](#)

About Jack Canfora: Jack is the winner of the 2016 Webby Award for Best Writing Online TV & Film for the pilot of a web series he co-wrote and co-created with Andrew Rein, *The Small Time*, www.thessmalltimeseries.com His Off Broadway plays include *Poetic License*,

(59E59 Theaters), featuring Geraint Wyn-Davies, and *Jericho*, (59E59 Theaters), featuring Jill Eikenberry. Among his numerous regional productions are *Place Setting* (New Jersey Repertory), which was a finalist, along with plays by Teresa Rebeck, Elaine May and Edward Albee for *Best Play*, 2007, *Newark Star Ledger*, *Tennessee Williams: A Life* (w/ Harris Yulin) (Guild Hall), featuring Eli Wallach, Harris Yulin and Mercedes Ruehl and *Jericho*, (NNPN Rolling World Premiere: New Jersey Repertory Company, Phoenix Theatre, Florida Studio Theatre) Favorite acting roles include *Hamlet* in *Hamlet* and *Mercurio* in *Romeo & Juliet*. He lives in New York with his dog, Daisy.

DONATE FOOD FOR A \$45 LIFT TICKET TO CRESTED BUTTE MOUNTAIN RESORT 3 NON-PERISHABLE FOOD ITEMS PER PERSON TO BE DONATED TO LOCAL FOOD BANKS

Special to Art & Sol

CRESTED BUTTE-In an effort to help the local community, Crested Butte Mountain Resort (CBMR) is hosting two Food Pantry Donation Days this winter. The two event dates are January 8 and April 2, 2017.

Both Food Pantry Donation Days support the Crested Butte and Gunnison food banks. Guests who donate three non-perishable, non-expired food items or one pack of diapers will receive a voucher for a \$45 full day lift ticket, valid for that day

only.

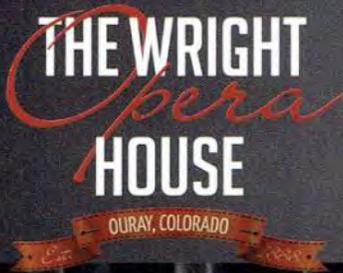
"As a company we value our local community and are always looking for ways to be supportive, and give back. Providing food for both the Gunnison and Crested Butte food pantries is a great way for the CBMR family to help." explains Ethan Mueller, president of CBMR.

"We are proud to be doing this event for the third year in a row to support families in need in the Gunnison Valley." When a guest brings three cans of non-perishable

food or one pack of diapers to the Adventure Center on January 8 or April 2 between 8 a.m. and noon, they will receive a coupon for a \$45 lift ticket to be used that day.

Volunteers will help collect food donations and sort into boxes. CBMR will then transport the goods to the food shelves.

The local food pantries encourage canned protein items, such as tuna, chili, peanut butter and soups, but of course all donations are welcome.



presents

UpstART
Theater that Moves

Jericho

A Play by Jack Canfora

Join US

Thurs 4/6, 7:30pm (preview)
Fri 4/7, 7:30pm
Sat 4/8, 7:30pm
Sun 4/9, 4pm

The Wright Opera House
Advance: \$12 preview / \$15 performance
Door: \$15 preview/ \$18 performance

tickets & information:
www.thewrightoperahouse.org
970-325-4399

About Jericho

When Beth accepts her boyfriend's invitation to Thanksgiving, she has no idea what she is stepping into. His witty, charming, troubled Jericho NY family will serve a nice turkey dinner along with plenty of chaos, revelation, and redemption. Everything is on the table in this funny and moving play about the things that tear us apart... and the things that help put us back together.

Rated PG-13

Made possible in part by a grant from the Telluride Foundation

About UpstART

UpstART seeks to Awaken, Enliven & Entertain audiences in Ouray County and beyond, by presenting professional quality theater and education through a Rural/Urban collaboration of artists.

www.upstartmoves.org

NEWS BRIEFS: RECREATION & CONSERVATION

LEARN TO HUNT MULE DEER AT CPW SEMINAR IN MONTROSE

Special to Art & Sol

MONTROSE-If you want to learn how to hunt deer or to sharpen your hunting skills, plan on attending a free afternoon seminar with Colorado Parks and Wildlife, 2-5 p.m., March 25, in Montrose.

CPW District Wildlife Manager Mark Richman will lead the session and provide expert tips on improving your chances of harvesting a mule deer. Richman will talk about how to understand habitat, how habitat influences your hunt, and how to adapt your hunting techniques depending on when you hunt. He will also explain how to use CPW's statistics to optimize your license-draw strategy.

"This is a great seminar for all hunters, no matter your age or your experience level," Richman said. "There's always more for hunters to learn."

The event is limited to 30 people, so please call CPW's Montrose office to reserve a seat, 970-252-6000. The seminar will take place at the CPW Montrose office, 2300 S. Townsend Ave., U.S. Highway 550.



SCD CELEBRATES 75 YEARS WITH PRODUCER/TEACHER AWARDS!



Pictured are honorees Conservation Producers of the Year Greg and Martha Catlin; 6th grade poster contest winners Jedidiah Williams and Angelica Claice; Conservation Educator of the Year Krista Javoronok. Courtesy photo.

Shavano Conservation District

REGIONAL-The Shavano Conservation District celebrates 75 years with a Conservation Producer of the Year Award and a Conservation Teacher of the Year Award. Greg and Martha Catlin and Keith and Donna Catlin, received the *Conservation Producer of the Year* plaque at the Shavano Conservation District's 75th Annual Meeting and Dinner on March 10th held at the Holiday Inn. Greg accepted the award on behalf of the family. The Catlin Family began farming on Spring Creek Mesa in 1949. Over the last 45 years the Catlins have completed numerous conservation projects on their farm, including concrete ditches, underground & gated pipe, land leveling, and careful irrigation water management. In fact, Keith Catlin received the Conservationist Farmer of the Year award in 1999.

Recently, Greg has added cover crops to the family farm cropping system to improve soil health, increase winter pasture, and to benefit their future cash crops. The first year working with cover crops, Greg set up test plots following sweet corn and did a side-by-side comparison. Broadcasting seed from the back of a corn topper into the existing sweet corn was a laborious process when seeding an entire field, so the next year Greg arranged for the Olathe Spray Service to aeri ally drop the cover crop seeds onto the sweet corn field. By the third year, Greg planted sweet corn and barley fields to cover crops. As a stop on the Soil Health Team's Fall Cover Crop Tour, the Catlins allowed other farmers and the interested public to visit their fields to see how cover crops can benefit the soil, improve pasture, and put nutrients back in the ground for fol-

lowing crops.

Krista Javoronok also received her award as Conservation Educator of the Year Award at the SCD Annual Meeting on Friday night. Krista was a non-formal environmental educator for 12 years before she started teaching in the classroom. She has worked for the Colorado Forest Service and Colorado Mountain Club as a conservation educator. Currently as a 4th grade teacher in Ridgway,

Krista encourages conservation in the classroom (turning off the lights, reusing or recycling), takes her class out on field trips to learn about local land uses (such as farming, ranching, and mining), teaches on renewable and nonrenewable resources through class tours at San Miguel Power, organizes two service projects a year for her class (planting trees, spreading seeds, trail work, etc.), and leads her students on walking field trips to observe local plants and animals.

This year Krista's goal is to have her students develop a field guide of things they found on their walk.

Other Awardees at the Shavano Conservation District Annual Meeting included 6th Grade Poster Contest Champions, Angelica Claice, Olathe Middle School, and Jedidiah Williams, San Juan Christian Home Educators.

COMMUNITY NEWS BRIEFS: ARTS & EDUCATION

QUILTMAKERS AND THEIR INFLUENCES ON OUR LIVES: A HISTORY LESSON



Gail Garber.
Courtesy photo.

Special to the Mirror
MONTROSE-The Black Canyon Quilt Show Education Committee has invited nationally recognized quilt maker, artist, author, teacher and lecturer, Gail Garber, to Montrose. Gail will present a lecture and

trunk show entitled, "Quiltmakers and Their Influences on Our Lives: a History Lesson" on Friday, April 7, 2017 at 6 p.m. in the Pioneer Room at Friendship Hall (1001 N 2nd St., Montrose, CO). The public is welcome. Although tickets may be available at the door, due to limited seating, it is suggested that advance reservations be made with Margaret at 417-4772. Cost is \$15.00 for this entertaining evening. On Saturday, April 8, Gail Garber

will be conducting an all day workshop in the Pioneer Room.
Advance registration for this class is required. Details, supply list and the registration form can be found under the Education tab at www.blackcanyonquiltshow.com. Entry forms and General Rules for the annual July quilt show are now available under the Show tab at www.blackcanyonquiltshow.com.

JESSICA ENNIS OF MONTROSE ADMITTED TO CORNELL COLLEGE

Special to Art & Sol

MOUNT VERNON, IA- Students from around the country were admitted to Cornell College for the Fall 2017 semester, including Jessica Ennis of Montrose (81401).

One of the select "Colleges That Change Lives," Cornell College in Mount Vernon, Iowa, is a national liberal arts college with a distinctive One Course At A Time curriculum. The One Course schedule provides students the chance to dive into their studies, focus more intensely on the disciplines of their choice, and learn authentically with the unique freedom to shed the confines of the traditional classroom to study off-campus, pursue research, or accept an internship--all without missing out on other classes. Cornell is nationally recognized for its value, including by Kiplinger's, which included Cornell on its list of the 100 best values in private colleges for 2016, and the Fiske Guide to Colleges, which named Cornell College one of the 24 "Best Buys" among private colleges. An average of 93 percent of Cornell graduates complete their degrees within four years. For more information, visit www.cornellcollege.edu.

OLATHE MIDDLE/HIGH SCHOOL STATE ARCHERY TOURNAMENT RESULTS

Special to Art & Sol

OLATHE-Olathe Middle/High School students recently competed in the State Archery in the Schools Tournament. 287 archers from sixteen different schools competed in the 3rd annual virtual tournament. Below are the results for the OMHS teams:

In the middle division, OMHS finished in 1st and 2nd place. In the high division, OMHS finished 1st. First place teams in each division receive automatic bids to the 2017 National NASP Tournament in Louisville, KY in May.

Individual results:

Middle Division: Kacie Dunap finished 1st; Aleja Baugh, 2nd; Gavin Lindsey and Sarah Baugh, 3rd; Tristian Osgood, 4th; and Abigail Rubalcaba and Kael Mattics, 5th.

High Division: Victoria Bingham and Dayton Sofka finished 1st; Makenna Pope and Nate Hoey, 2nd; Shayann Dahl, 3rd; Teagon Harris, 4th; and Lindsey McLaughlin, 5th.

Twenty-six Olathe students qualified for Nationals.



COMMUNITY NEWS BRIEFS: ARTS & RECREATION

BUY YOUR COLORADO 2017 FISHING LICENSE NOW

Special to Art & Sol

COLORADO-Coloradans can purchase a 2017 fishing license starting March 15 through Colorado Parks and Wildlife. An annual license is good starting April 1, 2017 through March 30, 2018.

CPW provides a range of options for anglers from the annual fishing license to the one-day fishing license as well as educational opportunities for those new to angling.

“Colorado provides outstanding fishing across the state for an amazing diversity of species ranging from cutthroat trout and kokanee to walleye and bluegill,” said Doug Krieger, CPW’s aquatic section manager.

“I encourage experienced anglers to introduce a friend or family member to fishing this season. Fishing is a great activity to share with someone else and a great chance to get outside and enjoy Colorado’s natural resources.”

CPW stocks 90 million fish annually into waters throughout Colorado in order to ensure good angling opportunities. CPW does not receive general tax dollars and fishing license fees support all statewide hatchery and fish-stocking operations.

Buy a license online at CPW’s [secure license application portal](#) or by phone at 1-800-244-5613.

For individuals aged 18 through 64, a \$10 Habitat Stamp is required with the first license purchase for the year. For more information, [read about the Habitat Stamp](#).

Youth under age 16 can fish for free and CPW provides opportunities throughout the season to learn how to fish. Check the [calendar on the CPW website](#) for upcoming clinics.

Don’t forget to buy a state park pass when you buy your license. Colorado state parks offer 37 places to fish, 365 days of the



An annual license is good starting April 1, 2017 through March 30, 2018. Courtesy photo.

year.

Get tips and stay up to date on Colorado fishing regulations by reading the [2017 Colorado Fishing Brochure](#).

CPW also sends customers that sign up through the secure license application portal emails providing updated fishing conditions, tips, news and upcoming events as well as regulation updates.

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COMMUNITY NEWS BRIEFS: ARTS & CULTURE

DOWNTOWN COLORADO, INC. ANNOUNCES DAVID SCOTT BALICKI OF LA JUNTA AS THE WINNER OF THE STATE-WIDE "CRUSHING ON COLORADO" PHOTO CONTEST

Special to Art & Sol

DENVER -- Downtown Colorado, Inc. (DCI), a nonprofit membership organization committed to building better communities through education and technical assistance, is excited to announce the winner of the Crushing on Colorado Photo Contest, a movement to celebrate the people, places and objects that make Colorado a wonderful place to live.

The winner of the 2017 Crushing on Colorado Contest is David Scott Balicki with a picture of La Junta City Park. David said "*The La Junta City Park is the heart of the town and a place where kids, families, and pets come together for fun. This 1930s WPA Project features a fishing pond, basketball courts, tennis courts, horseshoe pits, a skate park, and plenty of open areas for fun.*"

DCI is a statewide organization that strengthens communities across Colorado by supporting local governments and districts in their efforts to support small businesses and grow a sustainable local economy.



Courtesy photo Downtown Colorado, Inc.

FISCHER PRIZE OFFERS \$3K 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 au-

thor 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.

For more info, visit: talkinggourds.weebly.com

MONTROSE MEMORIAL HOSPITAL



3D Mammography

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

Make your mammogram appointment with MMH today by calling 970.252.2540.



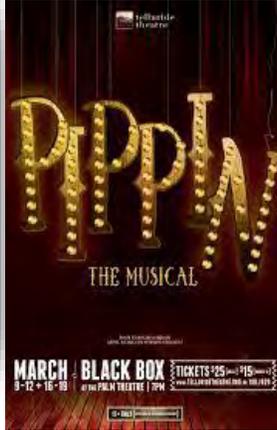
Montrose Memorial Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Up Bear Creek by Art Goodtimes

THE MOUNTAINS MY ADOPTED HOME



Above, Art Goodtimes at the Saraceno "Cloud Cities" Show at the San Francisco Museum of Art (photo by Tony Alioto). At right, poster for Pippin. Courtesy photos.



WEEKLY QUOTA ... "The climate is a common good, belonging to all and meant for all. At the global level, it is a complex system linked to many of the essential conditions for human life. A

very solid scientific

consensus indicates that we are presently witnessing a disturbing warming of the climatic system. In recent decades this warming has been accompanied by a constant rise in the sea level and, it would appear, by an increase of extreme weather events, even if a scientifically determinable cause cannot be assigned to each particular phenomenon. Humanity is called to recognize the need for changes of lifestyle, production and consumption, in order to combat this warming or at least the human causes which produce or aggravate it." —Pope Francis, from his encyclical *Laudato Si*, On Care of our Common Home (2015)

PIPPIN ... Since its Broadway debut in 1972, and its appearance and awards at the Tony presentation that year and in a later revival year, the show been a community theater workhorse, winning a sturdy life of its own. The Telluride Theatre folks produced a version the past couple weeks. It was great fun with spectacular singing and dancing ... It's the flimsiest of pseudo-historical plot-lines (Charlemagne?), but with a Brechtian cabaret feel that provides a light vehicle for some quite entertaining chorus scenes and songs. Imagine a play within a play put on by a traveling troupe who use the post-modern trick of breaking the fourth wall, interrupting the script, and having actors speaking to each other and to the audience directly. So in that way it's kind of daring, as well as old-fashioned ... The new Black Box Theatre at the Palm was the perfect venue – small, intimate, but

with a great extended stage and floor. The simplest of sets. Powerful lights. Live music. Everything worked to accentuate the ensemble troupe of all-women dancers and singers – who really made the musical work. I loved the songs. The dances were mesmerizing. Everyone added something different to the mix ... I hope lots of folks got to see it.

POETRY PAONIA ... The Talking Gourds Traveling Tour is bringing poets to Delta County starting this coming Thursday, March 23rd. Paige Blankenbuehler is organizing the 7 p.m. event at Wisehart Springs Inn on 39508 Pitkin Rd. just outside Paonia (northwest on Pitkin Rd. off of Colo. Hwy. 133, going up on Pitkin Mesa and then left on Royal Road) ... First featured poet is Grand Junction veterinarian Frank Coons. His first chapbook was a finalist for the Colorado Book Award. For more info, contact paigeb@hcn.org or 720-333-5350

FIRSTBORNS ... "Firstborn are smartest" the headline in the newsmagazine *The Week* read. And no, that didn't make me no genius, but the trio of brothers I sprang from played out sibling roles just like R.D. Laing suggested we would, each specializing in a different skill set – the oldest (me) took smarts, the middle one took looks, and the little guy was tough. Knocked me into the kitchen when our pops put on boxing gloves and encouraged us to go at it ... So it rang true when I read of the research at the Universities of Edinburgh and Sydney that examined data from 5000 American kids and found that "firstborns consistently outperformed their younger siblings on IQ tests – including for reading, matching letters, and picture vocabulary – and that disparities began just 12 months after birth" ... Like all things, though, it's just a head start. Where you take that start is anyone's guess, and your own path.

MIKAYLA ... A wonderful young poet from back east sent me this week's Talking Gourd poem. It's about bullying, although one might not suspect it from her wonderful metaphoric way of approaching the topic.

SAN FRANCISCO ... There was a time when I missed the coast of my birth. And the City of the Sixties, with its wild experimentation. Those days when my world shifted from the bedrock Catholicism of my family to the unfettered alternatives of the Haight-Ashbury. It was a heady time ... But it was also a narrow window. In my life. Going back recently, as welcome as the walking was, the magic of Golden Gate Park, the seldom-trodden stairs and dead end streets of Bernal Heights, Noe Valley and a dozen other hilly neighborhoods, still it wasn't my home. It was a city. The traffic was like Denver. Deadly. Noisy. Smelly. A city with memories, but also with intractable issues. Homelessness. Gentrification. Skyrocketing costs ... The days of sharing a \$30 a month bungalow in the Inner Sunset were long gone. More like \$3000 a month for anything bigger than a closet ... But it's an exciting place. A time of high tech. Changing jobs as common as changing shampoos. Big salaries. Smart perks. The SF Museum of Modern Art (SFMOMA) with its dazzling Botta-designed original renovated with the new textured thrust of the expanded Snøhetta wing. My daughter and her partner love it. It's just not what interests me anymore ... These warm March days on the high plateaus of the Colorado River I'm getting a head start on my garden. Starting outdoor projects. Enjoying warm days and cool nights. Living the life of the mountains. That's my home now.

Up Bear Creek from previous page

THE TALKING GOURD

The Flower

There's a flower in the distance, the color of snow
 She lives in the far distance
 She's constantly watching all the other flowers
 In the distance it's a lonely life for that flower

But she always trying to keep her thoughts optimistic
 But all of the thoughts seem imaginary- just like a dream-
 for that new flower bloom
 It feels like a thousand years away, a million miles from here

Then she woke up on day and saw a crack in the earth
 It was like the size of a flower
 She was nervous about this new flower,
 it could be a friend or her worst enemy

She woke up that day the new flower sprouted
 She was more nervous than she's been in her whole life

-Mikayla Gigliotti
 Reading, Massachusetts

Montrose County School District
 MONTROSE & OLATHE

2017-18 school year

Kindergarten ROUND-UP

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

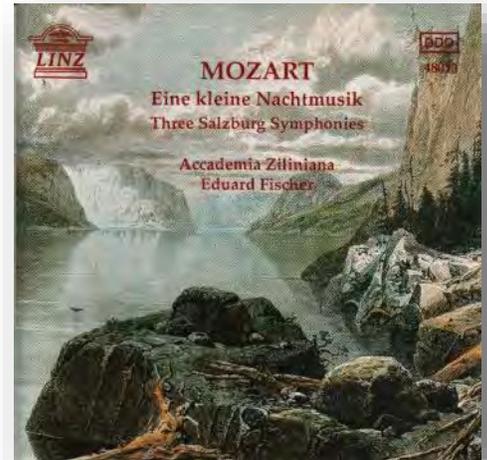
WHERE DO CLASSICAL MUSIC COMPOSITIONS BEGIN?

Where do works in the classical music genre originate? As we will find, some are complex in nature and some, like our first two pieces, are quite simple. So simple in fact that they may be simply called notes of thanks and nothing more. Ludwig van Beethoven had stayed for a period of time on the estate of Countess Maria von Erdody and the piano trios subtitled the "Ghost" and the "Archduke" were dedicated to her for her generous hospitality. The formal names of the trios are *Piano Trio in D, major Op. 70 No. 1* and *Piano Trio in E-flat major, Op. 70 No. 2 "Archduke"*--the two best known of the Beethoven piano trios. The "Ghost" trio is in three movements and gets its name from the eerie second movement. The "Archduke" is in four movements.

In August of 2015, this author absolutely gushed over Bela Bartok's *Piano Quintet* that was heard at that year's Santa Fe Chamber Music Festival. Every single human in the auditorium was completely blown away by this work and it received a thunderous and sustained round of applause. This piece was composed when Bartok was only 23-years old and was surprised in his later years when he saw how well the piece had help up over time. The

origins, according to Bartok, "...projected his ideal of National Romanticism and sought an even closer integration of 'Western' and "Eastern" influences..." It was long thought that Bartok had destroyed the score but in fact it had been preserved "in his Hungarian estate and published by Zenemukiado of Budapest in 1970."

Some origins are quite vague in their specifics but have a history as part of the overall life of a composer. The well known (trust me, you have heard it) *Eine Kleine Nachtmusik, K. 525* by W.A. Mozart was composed in August of 1787 and was by design a suitable piece for domestic occasions. This was a few months after his father had died and the music is as happy as anything Mozart had written up to that point. Historically, this piece was the "conclusion to the remarkable series of Serenades and Divertimenti on which Mozart had embarked twenty years before, as a ten-year old." This piece can be heard played in performance by a small orchestral ensemble, a string quartet, a brass quintet, and almost any other format of instruments you can think of. A popular piece for beginner and advanced musicians, the composition is a perennial favor-



ite.

Our discussion of musical origins has started out slow and easy. As we progress through this topic, the discussions will gradually become more in depth and lengthy. By the time we reach our final discussion in the opera genre, your reading and listening lists will have grown by leaps and bounds. BIBLIOGRAPHY *The Bartok Companion* ed. Malcolm Gillies (Portland, Oregon) The Amadeus Press, 1993.

Mozart, M.A. "Eine Kleine Nachtmusik" *Eine Kleine Nachtmusik, Three Salzburg Symphonies*. Eduard Fischer, conductor. Lydian Records, 1992. CD-liner notes.



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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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COMMUNITY NEWS BRIEFS: ARTS & EDUCATION

BLACK CANYON BOYS & GIRLS' CLUB NAMES OLATHE YOUTH OF THE MONTH!



Special to Art & Sol

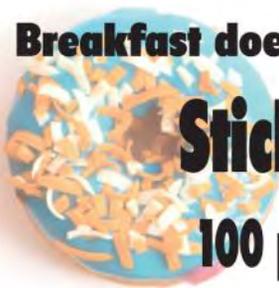
OLATHE-The Black Canyon Boys & Girls Club Olathe Unit announced today that Zoe Bachman, pictured at left, was the February Youth of the Month for Olathe. The Black Canyon Boys & Girls Club likes to recognize and reward a youth from each unit every month who displays exemplary behavior, strong character, and active involvement in the Club. Proudly sponsoring Zoe this month is Western Slope Orthopedics.



Breakfast doesn't have to have calories any more.

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Hold the Date! Upcoming Business and Cultural Events

MARCH 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.

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 23-Know Your Rights! On Thursday March 23, @ 5 PM at Montrose Regional Library/Colorado Mesa University Room 102. An immigration attorney, Belén Albuja, will share information and answer questions about a variety of immigration topics. This program is free and open to all.

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.

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.

March 31-April 1Delta Area Chamber of Commerce Spring Expo. Free Admission! 60 Booths! Bill Heddles Rec Center in Delta.

March 31-BLM's Southwest Resource Advisory Council will meet from 9 a.m. to 4 p.m. on Friday, Mar. 31, at the Montrose County Fairground Building Pioneer Room, 1001 N. 2nd St. The meeting is open to the public, with public comment scheduled for 11:30 a.m. Individuals who want to provide comments should register with the BLM by sending an email to sborders@blm.gov by Wednesday, Mar. 29. Written copies of public comments should be submitted for the administrative record. Agenda items include officer elections, an overview of the Dominguez-Escalante National Conservation Area's Resource Management Plan and travel management implementation.

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 2-Free Concert: Dance the Night Away! Montrose Community Band! Join us for a pleasant concert of dancing and toe tapping on Sunday, April 2nd, 3 p.m. Montrose Pavilion. We'll entertain you with: Polkas, Waltzes, Rags, a Tango, a Chacha, and Big Band favorites. www.montroseband.com.

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 7-The Black Canyon Quilt Show Education Committee has invited nationally recognized quilt maker, artist, author, teacher and lecturer, Gail Garber, to Montrose. Gail will present a lecture and trunk show entitled, "Quiltmakers and Their Influences on Our Lives: a History Lesson" on Friday, April 7, 2017 at 6 p.m. in the Pioneer Room at Friendship Hall (1001 N 2nd St., Montrose, CO). The public is welcome. Although tickets may be available at the door, due to limited seating, it is suggested that advance reservations be made with Margaret at 417-4772. Cost is \$15.00 for this entertaining evening.

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

April 8-Delta "Senior" Prom! Music by Beth Williams. Delta High School, 1 to 2:30 p.m. Call 970-765-3123 for information.

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 and tickets here • <https://www.facebook.com/events/1305125622843850/>

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2nd Wednesday: All Points Transit

3rd Wednesday: Black Canyon Boys & Girls Club

4th Wednesday: Valley Manor Care Center

5th Wednesday: Community Options Inc.

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

*After dining, attach the coupon to the bill
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bill will be donated to the
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Contact the Montrose Mirror:

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www.montrosemirror.com



Above, kids watch as crews move large rocks in the Uncompahgre River on March 15. Mirror staff photo.



At left, a track hoe moves rocks in the Montrose Water Sports Park. Photo by Dave Fullerton.



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- PTSD & Traumatic Brain Injuries
- Alzheimers & Dementia

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