



THE MONTROSE MIRROR

Issue No. 215, April 3 2017

2017 A GREAT WATER YEAR, EXPERTS SAY

By Caitlin Switzer

REGIONAL—Irrigation water is flowing to local fields, and reservoirs are filling. Ask any water professional in Western Colorado, and you will probably hear the same thing—this is a great year for water in Western Colorado.

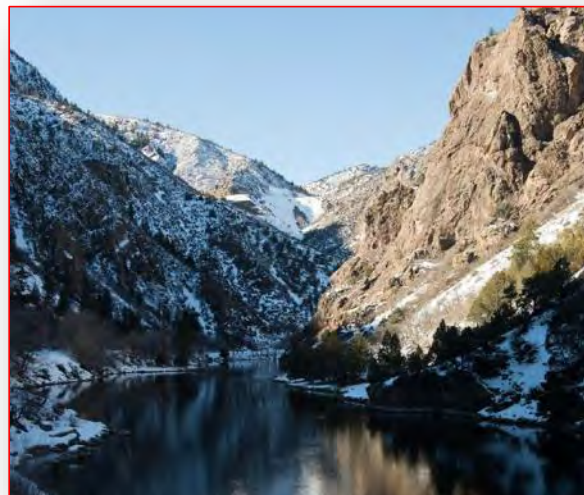
"We're watering up everything," Uncompahgre Valley Water Users Association (UVWUA) Manager Steve Anderson said. "If you need water, contact your ditch rider. And if you don't know who your ditch rider is, you can call us at the office."

Snowpack levels, at record highs earlier this year, have rebounded thanks to the recent cold snap, Anderson said.

"It's tailed off some, but it's a great water year—it really is."

January of 2017 was amazingly wet, noted Colorado Division of Water Resources Division Four

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The Gunnison River, shown on March 15 down stream from Crystal Dam. Courtesy photo United States Bureau of Reclamation.

EVAPORATIVE LOSS FROM UPPER COLORADO RIVER BASIN ALARMINGLY HIGH @ 20 PERCENT

By Art Goodtimes

NORWOOD-**DOCTOR BOB** ... I still get the chills thinking about Norwoodian Bob Grossman's review of the draft Colorado River plan that Gov. Hick released for public comment a few years back. It was one of those many statewide documents that county commissioners would like to read but cannot spare the time for – at least, not in that much exhaustive detail. However, Boulder émigré and retired atmospheric scientist from CU, Grossman had been San Miguel County's only private citizen who joined the lawsuit challenging the uranium mill licensing in Montrose County several years ago (a final decision on that lawsuit still rests in state courts). He was experienced reading weighty government reports. So I asked him if he was going to review the draft state water plan. He was ... A few weeks later, over breakfast at the Happy Belly Deli in Norwood, he told me how flabbergasted he was to

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Dr. Robert Grossman talking with Rick Hollinbeck at the Happy Belly Deli in Norwood. Photo by Art Goodtimes.

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HOUSES OF WORSHIP: CHURCH OF CHRIST (MONTROSE)

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-Roughly 60 people attended worship services at the Church of Christ (Montrose) on Feb. 5, 2017. In addition to greeters in the foyer, those in the auditorium were attentive to visitors and reached out with a welcome.

The Church of Christ is non-instrumental, and song leader Sam McCormick used a pitch pipe to provide pitch reference. The congregation's collective voice is impactful and their three-part harmony puts emphasis on the words to the songs. Selections included, "What a Day This Will Be," "'Til the Storm Passes By," "There is a Fountain" and "Pass Me Not." Generally speaking congregations who sing a cappella read music and participants can either use the hymnal, or read full sheet music displayed on the video screen.

In preparation for learning a new hymn, "The Spacious Firmament" written by Joseph Addison in 1712, McCormick first gave the audience a history and vocabulary lesson. "This hymn was written over 300 years ago and is a reshaping of Psalms 119, which was written 3,000 years ago. One word not normally heard today is ethereal sky, it's similar to celestial. We need help from sopranos if you sing soprano."

The Communion elements, the bread which represents the body of Christ and the juice which represents His blood, are served separately and individually as trays are passed throughout the congregation. Likewise, tithes and offerings are collected as trays are circulated through the audience.

The Bible text for the sermon "We are the Champions" was Roman's 8:31-19. Pastor George Robison said, "Today is called Super Sunday. Both New England and Atlanta are champions and they come



Preaching on Super Bowl Sunday, Church of Christ (Montrose) Pastor George Robison paid homage to NFL teams who are prepared to win championship games. Photo by Gail Marvel.

prepared...they come prepared to WIN! I didn't like either of the teams, but they are both champions. Winning isn't everything...it's the only thing."

Making application Robison asked, "Spiritually, how prepared are we in our lives? We are overwhelmingly conquerors. There is nothing anyone can do to take away our victory. NOTHING! How do I know that? God did not spare his son, his private collection, his unique property. We know we are going to be champions...because of the sacrifice of Jesus on the cross WE WIN!"

Noting that the Denver stadium holds about 75,000 people Robison reminded the audience that in the spiritual realm there is a great crowd of witnesses watching believers today (Heb 12:1). "We are part of the ultimate dream team. Why do they keep score in football? Because they like to win! There is nothing anyone can say or do to take away our victory."

Robison acknowledged the undermining work of Satan, "He brings charges against individuals and reminds you of your sins. He says you are not champions; that you are not godly people. Satan can use the

truth and use it against you, but God justifies the ungodly."

Referring to the Christian walk Robison said, "Someone may make fun of you for saying you are a Christian. Your feelings might be hurt, but you've never been beaten 39 times with a rod [the Apostle Paul]." Highlighting misplaced priorities, he said, "You open the door of the refrigerator and see yogurt and salad and you say, 'I'm just not feeling it.' When there is no ice cream in the freezer it's a bad day."

Unlike the Super Bowl, the contest between good and evil is a spiritual battle. Robison said, "None of us are spectators. We win when we choose to be a part of a winning team. Choose this day who you will serve."

At the conclusion of the service visitors were recognized and gifted with a small loaf of banana bread.

Contact Information:
Church of Christ, Montrose
1215 Calm Water Dr.
Montrose, CO 81401
George Robison, preacher
970-249-4720
Sunday Worship 10:30 a.m.



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2017 A GREAT WATER YEAR, EXPERTS SAY From pg 1




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Assistant Division Engineer Jason Ullmann. "Reservoir storage is above average throughout the basin states."

"It started to melt the second week of March," Ullmann said, noting that early runoff can cause problems for growers. "If it comes too early, it's not there when they are ready to plant." Cooler temperatures now will help to prevent that scenario, maintaining snowpack at higher elevations. "The (Water) Commissioners are expecting a good runoff year," Ullmann said, adding that no major river calls are expected this season. In fact, this region has not seen a "bad" water year since 2012.

Even with timed releases of water by the Bureau of Reclamation, expected to send 8,000 cubic feet per second (cfs) down the Black Canyon in mid-May, Blue Mesa is expected to fill, Ullmann said. As of April 2, the [Bureau of Reclamation snow information site](#) notes that snow water equivalent in the Upper Gunnison River Basin is at 123 percent of seasonal median.

Still, saving water remains important, UVWUA's Steve Anderson said. "Conservation has got to happen," Anderson said. "We're all part of the Colorado River Basin, and levels at Lake Powell and Lake Meade are frightfully low. It would be several years like this one to make any difference there." Also important are the rights of way along local canals, he said. "Our roads along canals are not parking lots," Anderson said. "We need to be able to access our canals, particularly if there is a problem—it could be flooding somebody."

TARA'S OWNER VISITS WITH BRIGHTON DESIGNERS



Tara's owner Laura Morris, above right, works with a customer at the Montrose Altrusa Luncheon March 25.

*By Kami Collins
Special to the Mirror*

DELTA-Laura Morris, owner of Tara's in Delta, recently had the opportunity to travel to L.A., where she met with the owners and designers at Brighton, a company that produces high-quality designer handbags, sunglasses, jewelry, lotions and perfumes, and other accessories. Tara's is proud to be the only retail outlet in Delta County that carries the Brighton line.

"There is not a company out there that is as wonderful as Brighton is," Morris said. She and other specialty boutique retailers from across the country were invited to meet with the Brighton designers, allowing for industry leaders to collaborate and brainstorm on fresh ideas to bring to the

specialty boutique retail industry.

The industry has faced enormous challenges within the last five years especially, with the upsurge in online shopping and a slowly recovering economy. Morris said her time at the conference was inspirational to her and other retailers. "We brainstormed a lot on how to be the best place in our respective towns for people to not only shop, but to serve as a real place where 'community' happens," she said. Brighton offered specialized training for boutique owners on how to improve customer experience, frontline leadership, brand integrity, brand confidence and visual merchandising.

"It was a wonderful experience meeting and learning from the Brighton designers, and I'm excited to implement some of what I learned at Tara's," Morris said.

REGIONAL NEWS BRIEFS

ATTEND BRIDGES OUT OF POVERTY EVENT IN DELTA APRIL 6

Special to the Mirror

DELTA-Please plan to attend a Bridges Out of Poverty educational event on Thursday, April 6th from 10a - 12p, at Westminster Hall, in Delta. The event will focus on how poverty starts, why it continues, and how to change the course. Hosted by Delta Health and Wellness Center Family Clinic; it's imperative that we understand it, and encourage all elected officials, community leaders, church & youth leaders, etc. to attend this 2 hour educational program. For more information please call: (970) 964-7740.

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DOLPHIN HOUSE HONORS CHILD ABUSE PREVENTION MONTH WITH ANNUAL OPEN HOUSE

"We would love it if everyone brought us some supplies," Dolphin House Executive Director Rhonda Follman



Dolphin House, above, will host its annual open house event April 20. Courtesy photo.

By Caitlin Switzer

MONTROSE-Bethannie Johnson. Tobi Joan Doyle. If it is painful to remember them, imagine how it felt to be them. In early 2016, Johnson, 3, and Doyle, 2, both joined a grim set of statistics: local children whose lives were cut short at the hands of abusive adults. Here on the Western Slope, Colorado Child Abuse Prevention (CAP) Month is about remembering, so it will not happen again.

In Montrose, several organizations that provide youth mentoring services are working hard to make a difference; while the Dolphin House Child Advocacy Center,

located at 735 South First Street, mitigates the impact of child abuse. The mission of the Dolphin House organization is to educate, advocate, and protect victims of child abuse. In its own words, Dolphin House is, "a child-friendly facility whose purpose is to provide child victims a safe, non-threatening place to tell what happened to them during necessary investigations of child abuse."

The Dolphin House web site notes that Child Protective Services, Law Enforcement, the District Attorney's Office, Mental Health Professionals, Advocates, Medical Professionals and the Dolphin House Victim Service Coordinator work as a team to deliver quality, comprehensive services to abused children and their families.

On April 20, Dolphin House opens its doors to the community for an annual open house event. "We will be giving tours to the community," Dolphin House Executive Director Rhonda Follman said. "Come in and learn more about what we do." Open house hours will be from 3 to 6 p.m. Donations will be accepted at that time; among the most needed items are individually packaged snacks, juice boxes, paper towels, toilet tissue and Kleenex. "We would love it if everyone brought us some supplies," Follman said, "because

these are things that come out of our budget if not."

Follman said that Montrose County's child welfare team, which works closely with Dolphin House, is hosting a bag drive this month, to collect duffle bags and suitcases for kids. "Sometimes kids come in here with all of their stuff in a plastic trash bag," Follman said.

Most important, in April and all year round, is to remember to speak up for those who cannot speak for themselves.

"We are really encouraging people this year," Follman said. "If you see something, report, report, report."

Each year in April, the non-profit Illuminate Colorado coordinates a statewide awareness campaign called "Pinwheels for Prevention."

This year, Illuminate Colorado asks us all to do three things: **ask** for help, if you're a family that is feeling overwhelmed; **offer** to help, if you have the ability to assist a family in your community; and **donate** to an organization that works to prevent child abuse and neglect. "Parenting is hard, and every parent struggles at some point," the Illuminate Colorado web site states.

The child abuse prevention line is 1-844-CO4-KIDS.



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- Modern medicine can do amazing things, but that can also require some very difficult decisions.
- Your loved ones can't act on your wishes unless they know what they are.
- It starts with a conversation. Talk about your values and experiences, what's important to you.
- It can be a bit scary at first, but it's a great gift for the people who care about you.

Materials and resources for making your own advance directive will be provided.



MONTROSE ELKS LODGE: ELK TRACKS!



Montrose Elks Lodge

MONTROSE-Welcome to Elk Tracks, a periodic update of what is taking place at our local Montrose Elks Lodge, located at 801 So. Hillcrest, Montrose CO 81401. Bingo April 4, 2017 6:30 PM **All 3 Progressive games have reached "Must Go" status** and will be awarded no matter how many numbers or balls it takes to reach Bingo. **Over \$17,000 will be won by Bingo players at Montrose Elks on Tuesday.** Progressive Game 6 is worth **\$15,000**, Progressive Game 4 is valued at **\$1,199**, and Progressive Game 2 is **\$500**.

BINGO

Based on attendance, last Game 8 may pay over **\$900**. All will be awarded on April 4, 2017.

No seats may be saved with exception for a disabled person. Limited seating. When Maximum Capacity is reached, Bingo card sales will stop.

For the best Bingo game in the area be sure to visit Montrose Elks Lodge every Tuesday evening to play Bingo. **Doors open for this special Bingo session at 3 PM** and Card sales start at 5 p.m.

An "Early Bird" set of five quick games begins at 6:30 p.m. and the main Bingo session of eight games, including three Progressives, starts at 7 PM. (Public is welcome).

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The Montrose Elks Lodge will host a Cowboy Roundup to raise funds for local food banks on April 8. Courtesy image.



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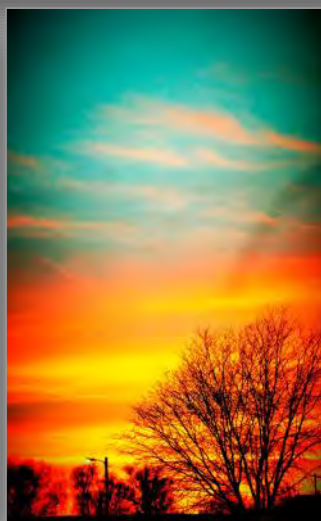
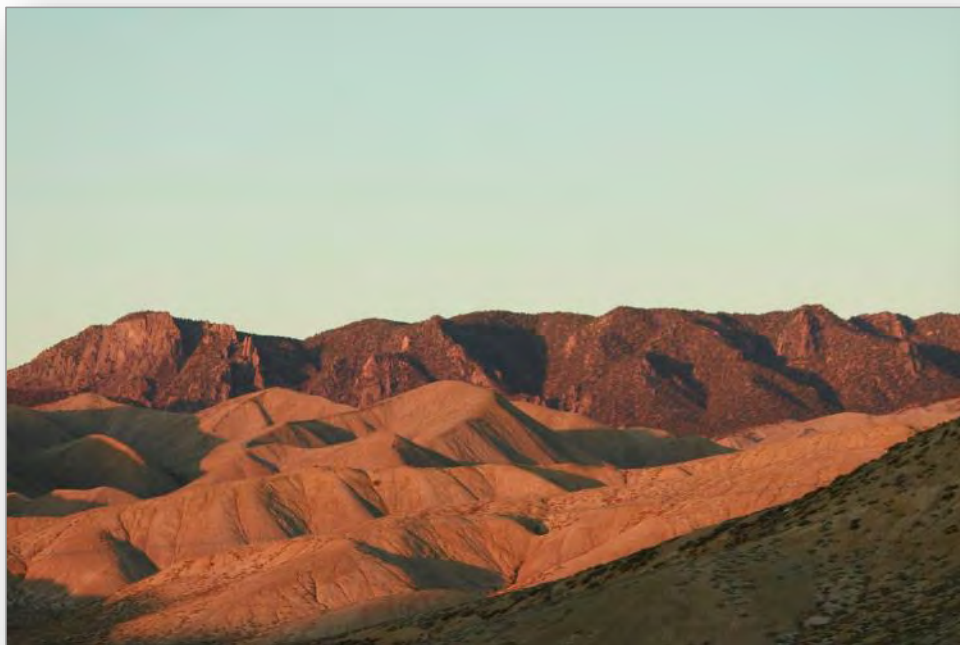
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Michele Gad is a Certified DelGiaccio Neuro Art Therapist, who assists individuals with cognitive or mental health challenges to live life as fully and independently as possible. She developed FAME in 2010 to better assist her clients. Sessions are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

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REGIONAL NEWS BRIEFS

NETWORKS UNLIMITED NAMED TO 2017 TECH ELITE 250 LIST

Special to the Mirror

REGIONAL-Networks Unlimited, Inc. has announced that **CRN**, a brand of **The Channel Company**, has named Networks Unlimited to its 2017 Tech Elite 250 list. This annual list honors an exclusive group of North American IT solution providers that have earned the highest number of advanced technical certifications from leading technology vendors, scaled to their company size.

To compile the annual list, The Channel Company's research group and CRN editors work together to identify the most customer-beneficial technical certifications in the North American IT channel. Solution providers that have obtained these elite designations—which enable them to deliver premium products, ser-

vices, and customer support—are then selected from a pool of online applicants.

Networks Unlimited prides itself on hiring the most skilled employees to stay ahead of the ever-evolving world of technology. All of our employees continually seek out training and certification on the newest technology trends and systems that will be most beneficial to our customers.

"This exclusive, ambitious group of solution providers boasts some of the most advanced IT certifications available from top technology suppliers," said Robert Faletra, CEO, The Channel Company. "They have adapted impressively to major changes in the IT channel, especially the shift to a more services-driven market, by expanding their skill sets and sharpening

both their technical and customer service expertise. Congratulations to our 2017 list, whose robust investment in their organizations has earned them yet another elite designation—the CRN Tech Elite 250."

Networks Unlimited President, Mark Swain, stated: "Being recognized by CRN as a Tech Elite in our industry is an immense honor."

He continues, "Being one of the top 250 IT solution providers in all of North America proves that by having knowledgeable staff and providing the best customer service is the best way for Networks Unlimited to continue to remain a leader in the industry."

Coverage of the Tech Elite 250 will be featured in the April issue of CRN, and online at www.crn.com/techelite250.

REGIONAL NEWS BRIEFS

MMH RANKS AMONG NATION'S TOP 20 RURAL COMMUNITY HOSPITALS



Special to the Mirror

MONTROSE-Montrose Memorial Hospital was recently named one of the Top 20 Rural Community Hospitals in the country by the National Rural Health Association (NRHA). It is also the only Colorado hospital ranked in the Top 20. The Top 20 Rural Community Hospital winners are those hospitals who have achieved success in overall performance based on a composite rating from eight categories: inpatient market share, outpatient market share, quality, outcomes, patient perspectives, costs, charges and financial stability. This group was selected from iVantage's Top 100 Rural Community Hospital list, re-

leased earlier this year.

"I want to thank our Board of Directors and our over 700 staff members for the hard work they contributed to Montrose Memorial Hospital receiving this extraordinary honor," said Steve Hannah, MHA, CEO of Montrose Memorial Hospital. "Our mission is to provide healthcare services to our communities with excellent service, compassion and fiscal responsibility. This achievement demonstrates that we live up to our values and deliver to our Friends & Family the excellent healthcare services they deserve & expect."

"MMH's staff and medical community earned this lofty recognition through their determined effort to provide the highest quality of care in a fiscally responsible manner," said Board Chair Ron Courtney. "What is especially gratifying to me is that this award is based on a 360 degree view of our health system including service, financial strength and quality of care. It is very hard to excel in all 8 facets they evaluate in ranking hospitals for this award-ranking in the top 20 is a tremendous ac-

complishment. I'm happy for Montrose as this recognition is just more evidence of what a great community we get to call home."

In the data analysis, Montrose Memorial Hospital was compared to approximately 800 other rural community hospitals in the nation. While some states have representation by multiple hospitals, most states aren't represented at all and only eleven of the fifty U.S. states have any hospital in the list.

The study is based off the Hospital Strength INDEX by iVantage Analytics, designed to objectively compare hospital performances in over 70 individual metrics spanning eight categories. According the NRHA, top hospitals in the study demonstrate "Loyal, satisfied patients," "Outstanding quality and safety programs," and other patterns of a strong hospital/healthcare system. Each of the Top 20 hospitals will be recognized in an awards ceremony during the NRHA's Rural Health Innovation Hospital Summit in May, taking place in San Diego, California.



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REGIONAL NEWS BRIEFS

FOURTH ANNUAL CAREGIVER SUMMIT & RETREAT

Special to the Mirror

REGIONAL-The Aging and Disability Resources of Colorado (ADRC) and the Community Living Services program of the Area Agency on Aging and Region 10, in conjunction with many healthcare and long-term care service providers, are hosting the 4th annual Caregiver Summit and Retreat on Tuesday April 25, 2017 from 8 am to 3pm at Grace Community Church (16731 Woodgate Rd, Montrose, CO 81401). Caregivers are invited to join in an educational and networking opportunity to strengthen and reinvigorate caregivers who are providing care to loved ones of any age. The cost to attend the Summit is \$15 per caregiver and includes lunch, educational materials, networking, and a resource book full of information to support caregivers. The Summit will host a variety of educational opportunities and vendors to help inform caregivers on subjects such as Understanding Mental Health Issues with Seniors, Managing Grief, Mindfulness and Caregiving, Connecting with Your Care Team, The Power in Self-Determination, Resources for Supporting Independence, and more.

The theme of this year's Summit is "Building Your Care Team" and will feature speakers from AARP and Cardinal Life, The Center for Mental Health, Region 10, Senior Community Care and Volun-

teers of America. This year's keynote speaker is Jane Barton; founder of Cardinal Life, author of "Caregiving for the GENIUS", and national speaker on aging and illness and its effects on caregivers and seniors. Ms. Barton's address is titled "Compassion Fatigue – When It Hurts to Care." Attendees will be able to select additional educational presentations that will help add to their skills as a caregiver and other unique experiences to further their understanding of aging and caregiving. While at the Summit, caregivers will also have a chance to enjoy networking with other caregivers to increase their support network and speak with professionals from a variety of service providers in the region. Lunch will be provided by Jammer's BBQ. Relaxing treatments including massage and other services will be available to caregivers in the "pamper" room.

For those who are unable to leave their loved one to attend, a Retreat staffed by licensed professionals

including nurses, CNAs, and a Certified Therapeutic Recreational Specialist will be available, where they can be safely cared for while attending the Summit and Pamper Rooms. The Retreat is free to those in attendance of the Summit. There are also options for in-home respite, if needed, also free of charge. Interested caregivers can arrange for retreat care when registering for the event. To register for the Caregiver Summit, go to <http://www.region10.net/event/caregiver-summit-retreat-2/> or call Region 10 at 970-765-3125.



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REGIONAL NEWS BRIEFS

GMUG NATIONAL FORESTS SPRING BURNING PLANNED

Special to the Mirror

DELTA- The Grand Mesa, Uncompahgre and Gunnison National Forests are preparing for spring prescribed burns. A total of nine areas are planned to be burned, pending appropriate weather, soil and vegetation conditions, and staffing. Burning may begin in early April and continue into June.

Significant planning for these burns has occurred and one of the most important considerations is public and firefighter safety. Fire managers have developed detailed prescribed fire plans that dictate conditions, staffing, and safety requirements. These plans also incorporate smoke permits from the State of Colorado. Most of the burns are designed to reduce vegetation build-up (fuels), improve wildlife habitat, and improve rangelands. The prescribed burns will be conducted only if conditions meet the prescription for a safe, effective operation and are within appropriate smoke dispersal parameters.

Prescribed fire smoke may affect your health. For more information see: www.colorado.gov/cdphe/wood-smoke-and-health

The following spring prescribed burns are planned:

Gunnison National Forest:

Los Pinos: Located approximately 35 miles southeast of Gunnison, also in the Cochetopa Park area. The objectives for this burn are to manage vegetation and improve wildlife habitat. Approximately 700 acres are planned to accomplish.

Myers: Located approximately 30 miles south of Gunnison in the Cochetopa Park area. The objectives for this burn are to

manage vegetation and improve wildlife habitat. Approximately 300 acres are planned to accomplish.

Grand Mesa and Uncompahgre National Forests:

Calamity Hills: Located approximately 8 miles southeast of Gateway, CO on the northwest corner of the Uncompahgre Plateau. The burn will be ignited by air resources (helicopter ignition). Approximately 1,700 acres are planned to accomplish.

Rocky Pitch: Located approximately 25 miles south of Grand Junction, CO on the south rim of Unaweep Canyon. The objective for this burn is to increase vegetation resiliency (species composition, stand structure and age) and reproduction of native ponderosa pine stands. Approximately 600 acres are planned to accomplish.

Glencoe Pine: Located approximately 13 miles northeast of Nucla, CO off of 25 Mesa road (NFSR #503). The objective for this burn is to increase the resiliency and reproduction of native ponderosa pine stands. Approximately 3000 acres are planned to be burned over a 4 to 6 day period.

Western Implementation Unit #5

Burn: Located approximately 7 miles southeast of Norwood, CO near the Goodenough Road (NFSR #516). The objective is to burn ponderosa pine understory that was mechanically treated three years ago. Approximately 650 acres are planned to accomplish.

Sanborn Park: Located approximately 5 miles northeast of Norwood, CO near Sanborn Park Road (NFSRs #530, #515, and #526). The objectives for this burn

are to increase the resiliency and reproduction of native ponderosa pine stands and to protect adjacent private property from the spread of large unplanned wildfires. Approximately 862 acres are planned to accomplish.

Thunder Road: Located approximately 6 miles southwest of Norwood, CO adjacent to Thunder Road (NFSR #609). The objectives for this burn are to increase the resiliency and reproduction of native ponderosa pine stands; increase range forage production; and improve wildlife habitat. Approximately 324 acres are planned to accomplish.

Ed Joe: Located Approximately 6 miles south of Norwood, CO adjacent to Ed Joe Road (NFSR #644).

The objectives for this burn are to increase the resiliency and reproduction of native ponderosa pine stands and to protect adjacent private property from the spread of large unplanned wildfires. Approximately 512 acres are planned to accomplish.

Little Monitor: Located approximately 20 miles southwest of Delta, CO along 25 Mesa Road/Delta-Nucla Road (NFSR #503). The objective for this burn is to increase the resiliency and reproduction of native ponderosa pine stands. Approximately 394 acres are planned to accomplish.

Sawmill Mesa: Located approximately 20 miles southwest of Delta along Cottonwood Road (NFSR #504).

The objective for this burn is to increase the resiliency and production of native ponderosa pine stands.

Approximately 620 acres are planned to accomplish.



REGIONAL NEWS BRIEFS

FINANCIAL COMPENSATION AVAILABLE FOR LANDOWNERS TO FORGO DEVELOPMENT, PROTECT FORESTLANDS

Special to the Mirror

FORT COLLINS-Colorado landowners who want to protect environmentally valuable private forest areas that could be threatened by development or conversion to other non-forest uses have the opportunity to submit proposals to protect their forestlands.

The Colorado State Forest Service is now accepting Forest Legacy Program proposals from Colorado landowners. The program authorizes the CSFS or U.S. Forest Service to purchase permanent conservation easements on private forestlands to prevent those lands from being converted to non-forest uses.

The purpose of the Colorado Forest Legacy Program is to protect environmentally

important private forest areas that are threatened by conversion to non-forest uses. The program provides an opportunity for private landowners to retain ownership and management of their land, while receiving compensation for unrealized development rights.

Forestlands that contain important scenic, cultural, recreation and water resources, including fish and wildlife habitat and other ecological values, and that support traditional forest uses, will receive priority. Landowners who elect to participate in the program are required to follow a land management plan approved by the CSFS. Activities consistent with the management plan, including timber harvesting, grazing and recreation activities,

are permitted.

The Colorado State Forest Stewardship Coordinating Committee will evaluate proposals and recommend to the state forester those proposals that have sufficient merit to forward to the U.S. Forest Service. Forwarded proposals will then compete at a regional and national level for funding.

The application deadline is July 28, 2017 for federal fiscal year 2019 funding. Proposals must be submitted by standard mail.

For additional information or to obtain an application packet, contact Susan Matthews at 970-491-6303. Applications also are available online at <http://csfs.colostate.edu/funding-assistance>.

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



MONTROSE
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DELTA TO HOST WOMEN IN BUSINESS EVENT APRIL 5

Special to the Mirror

DELTA-Please join us for another fabulous evening with your favorite ladies, at Women in Business. This will be the first event that Ariel Clinical Services has hosted as a Chamber Member; be sure RSVP to attend and support this amazing organization! Wednesday, April 5 from 5:30 p.m. – 7 p.m. @ 540 Main St., Suite 112 – Delta. RSVP to 874-8616.

*Thanks for reading the
Montrose Mirror on Mondays
and Janine Rusnak's Western
Weekend Blast on Fridays!
Your go-to sources for trusted,
local information in Montrose
and the West Central Region!*

REGIONAL NEWS BRIEFS

COLORADO PARKS AND WILDLIFE PROVIDES GUIDANCE ON HARVEST INFORMATION PROGRAM REGISTRATION FOR 2017-18



the current [Colorado HIP website](#) due to unforeseen delays with the implementation of CPW's new licensing system. Please write your 2017-2018 HIP number in the space provided on your 2017 license.

Phone registrations with a live operator, 24 hours a day, can be made via 1-866-COLOHIP (265-6447).

Special to the Mirror

DENVER -- The Harvest Information Program (HIP), Colorado Parks and Wildlife's harvest information-gathering system for hunters and anglers, will remain consistent for the 2017-18 seasons. Hunters will register either online or via live operator. Online sign ups will continue through

If hunting small game (including migratory birds and furbearers) in Colorado during the 2017 season, you must get a HIP number before hunting.

If not hunting small game (including migratory birds) in Colorado during the 2017-18 season, you do not need to participate in HIP.

Spring turkey hunters do not need to get a HIP number. HIP, the Harvest Information Program, is a joint USFWS/CPW program designed to improve small game and migratory bird harvest estimates.

In 1998, state wildlife agencies asked the USFWS (U.S. Fish and Wildlife Service) to develop a nationwide sign-up program for all migratory bird hunters.

State biologists were concerned that federal harvest estimates were not providing adequate harvest information using the traditional survey methodology. Colorado requires all small game hunters to sign up with HIP, to help CPW better estimate harvest for species that are difficult to address through a general small game survey. The 2017-18 HIP registration process is open at 12:00 A.M. April 1.

Sign up for your HIP number online or use the live operator service at 1-866-265-6447. For more information, see the [HIP Frequently Asked Questions](#).

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**LEAGUE OF WOMEN VOTERS OF MONTROSE
AND DELTA COUNTIES PRESENTS**

**"NONCITIZENS RIGHTS AND PROTECTIONS
UNDER THE U.S. CONSTITUTION"**



THURSDAY, APRIL 13, NOON & 5:30pm

MONTROSE REGIONAL LIBRARY COMMUNITY ROOM

**GUEST SPEAKER: KAREN SHERMAN PEREZ,
COLORADO IMMIGRANTS RIGHTS COALITION**

Just who are non-citizens? The public is invited to attend to learn more about the basic rights of non-citizens living in the U.S. and the protections that all individuals, regardless of immigration status, have under the United States Constitution.

Q & A TO FOLLOW.

The League of Women Voters, a nonpartisan political organization, encourages informed and active participation in government, works to increase understanding of major public policy issues and influences public policy through education and advocacy. For more information, go to www.montrose.co.lwvnet.org and click on *Calendar of Events*. Like us on Facebook.



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38 LOCATIONS FROM DENVER TO DURANGO

REGIONAL NEWS BRIEFS

BOATING, CHANGES UNDERWAY IN COLORADO LAKES AND RESERVOIRS



Special to the Mirror

DENVER - As ice comes off the lakes and reservoirs, many opened to boating on March 1 and several more will follow in April and May. Colorado Parks and Wildlife has coordinated a successful mandatory inspection and decontamination program statewide since 2008 to protect boating and angling, natural resources and infrastructure from harmful invasive species such as zebra and quagga mussels. Boaters can expect changes to the program this year due to a lack of funding to implement the program while the state searches for long term solutions to maintain protection.

A Colorado Supreme Court decision in 2016 eliminated a primary source of the Aquatic Nuisance Species (ANS) Program's funding, the severance tax. Since then, the statewide collaborative program has been faced with many challenges to maintain the program. CPW has allocated internal funds and worked with a broad partnership group to raise funds for the 2017 boating season and find sustainable funding solutions. With the need to protect our waters, facilities and infrastructure from the possibility of infestation of invasive mussels, CPW has appealed for assistance to our ANS program partners. These partners include municipal water providers, irrigation and water districts, federal and state agencies and counties that would share the risk if infestation were to occur.

"Although the main source of the program's previous funding is gone, we have received close to a million dollars from partners, in addition to funding allocated internally, enabling us to continue protecting most at-risk waters," said CPW Invasive Species Coordinator Elizabeth Brown. "We are pleased that ANS inspections will be curtailed at only a few waters this year, but a consistent source of funds is needed to maintain our protection program in future years."

State regulations require watercraft to be inspected and possibly decontaminated prior to entering a Colorado water body after being launched out of state. Boats coming from out of state pose the greatest risk to our waters. In addition, watercraft requires inspection after leaving a water body that is positive for any listed ANS in the state, and some managers and owners require inspection prior to launching at their specific lake or reservoir. Some watercraft are exempt from the mandatory inspection regulations, including hand-launched kayaks, canoes, rafts, belly boats, windsurfer boards, paddle boards, sail boards, inner tubes and float tubes.

"Without inspections and decontaminations, the risk of a harmful invasive species infestation increases significantly," said CPW Public Information Officer Lauren Truitt. "We have been able to prevent an infestation in Colorado and we will continue to work with the public and water owners and managers to prevent infestations in the future."

The state is currently working with partners to secure funding for waters that had ANS stations last year and are not funded for 2017.

"There are two main ways mussels can get to bodies of water. The primary way is by moving overland attached to boats, trailers and equipment. The other is by moving downstream, and since we are a headwaters state and there are no mussels upstream, this is not going to happen," said Brown. "If a body of water suffers an infestation here, all downstream states could also be infested. This is why Colorado's waters are not just a state priority but a national priority."

To mitigate the reduction in statewide inspections this year and align with western U.S. regional priorities CPW passed new regulations earlier this year which now require all watercraft operators, including those vessels on the exempt list, to "clean, drain and dry" in between each launch. In addition, boat operators must pull water drain plugs and remove plants upon exiting the water and before leaving

the parking area. It is now prohibited to travel overland with water drain plugs in place and vegetation attached.

"We focus on the highest risk waters because there has never been, and will never be, enough money to staff every boat ramp in Colorado or across the nation with inspectors and decontaminators," said Truitt. "It is up to every boater, angler and recreationist to clean, drain and dry their watercraft and equipment in between each and every use to ensure they are not moving ANS from one water to another. Many invaders, including young zebra and quagga mussels, are microscopic and can't be seen with the naked eye. Draining water is critical to stopping the spread."

Invasive species can include zebra and quagga mussels, New Zealand mudsnail, Asian carp, rusty crayfish, Eurasian water-milfoil, and other plants and animals. As is the current situation in many lakes and reservoirs across the U.S., zebra and quagga mussel populations can quickly grow to the billions, clogging reservoir infrastructure and endangering the food chain.

"CPW depends on the support of boaters and anglers to prevent the introduction and spread of zebra and quagga mussels and other invasive species, which is critical to providing outstanding water-based recreation in Colorado," said Brown.

"All vessel owners need to be aware of the dangers of ANS and the small but effective steps they can take to ensure their vessels don't introduce an invasive species into our waters, causing irreversible harm."

CPW's invasive species program has been very successful in preventing infestations of invasive species ranging from zebra and quagga mussels to noxious weeds in bodies of water in Colorado. Through mandatory inspection stations at waters throughout Colorado, CPW has prevented adult mussels from entering and establishing in our lakes and reservoirs.

Long-term funding for this program will allow CPW to continue working alongside water owners and the public to keep the state's waters clear of infestation and open for recreationalists to enjoy. Learn more about ANS at [the CPW website](#).

REGIONAL NEWS BRIEFS

CPW NEEDS ANGLERS HELP WITH STUDY



also stocking 100 rainbow trout "broodstock" which are in the 16-20"-plus inch range. To determine how the fish respond to bait, lures and flies, CPW has "marked" the 800 fish by clipping the small adipose fin that

use to access the survey with their smart phones as soon as they get done fishing for the day. Anglers are asked to record their catch, including fish they released, after each day of fishing. Those fishing can take the survey more than once. The survey should only take a couple of minutes to complete. A CPW volunteer will also be at the reservoir to answer questions.

"We rely on anglers to help us manage fisheries," said Jim White, CPW's aquatic biologist in Durango. "This information will be valuable for our hatchery and stocking programs. Plus, we're giving folks a chance to land some big fish."

The cell phone service at Pastorius Reservoir is good, so anglers with cell phones can record information on the spot. The survey can also be completed at home. No personal information will be collected through the survey. The daily bag limit at Pastorius Reservoir is four trout, and the possession limit is eight fish. The reservoir is located south of Durango on La Plata County Road 304. Anglers are reminded that they need a new fishing license for the year starting April 1.

Special to the Mirror

DURANGO – Interested in catching a 20-inch rainbow trout? Thought so. Colorado Parks and Wildlife is asking for help from anglers to learn about the "catchability" of different strains of rainbow trout that are stocked in reservoirs. Aquatic biologists have stocked Pastorius Reservoir with 800 of a new strain of rainbow trout as part of a special project. To increase angler interest and participation in the project, CPW is

located on the backs of the fish. Starting March 29 anglers at Pastorius are being asked to record the number of fish they catch that are marked (no adipose fin) and unmarked (adipose fin present) and to answer a five-question on-line survey. The survey is expected to run about two weeks. Clipping the fin causes no harm to the fish.

CPW has posted signs at the reservoir with a QR code and web link anglers can



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

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

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

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

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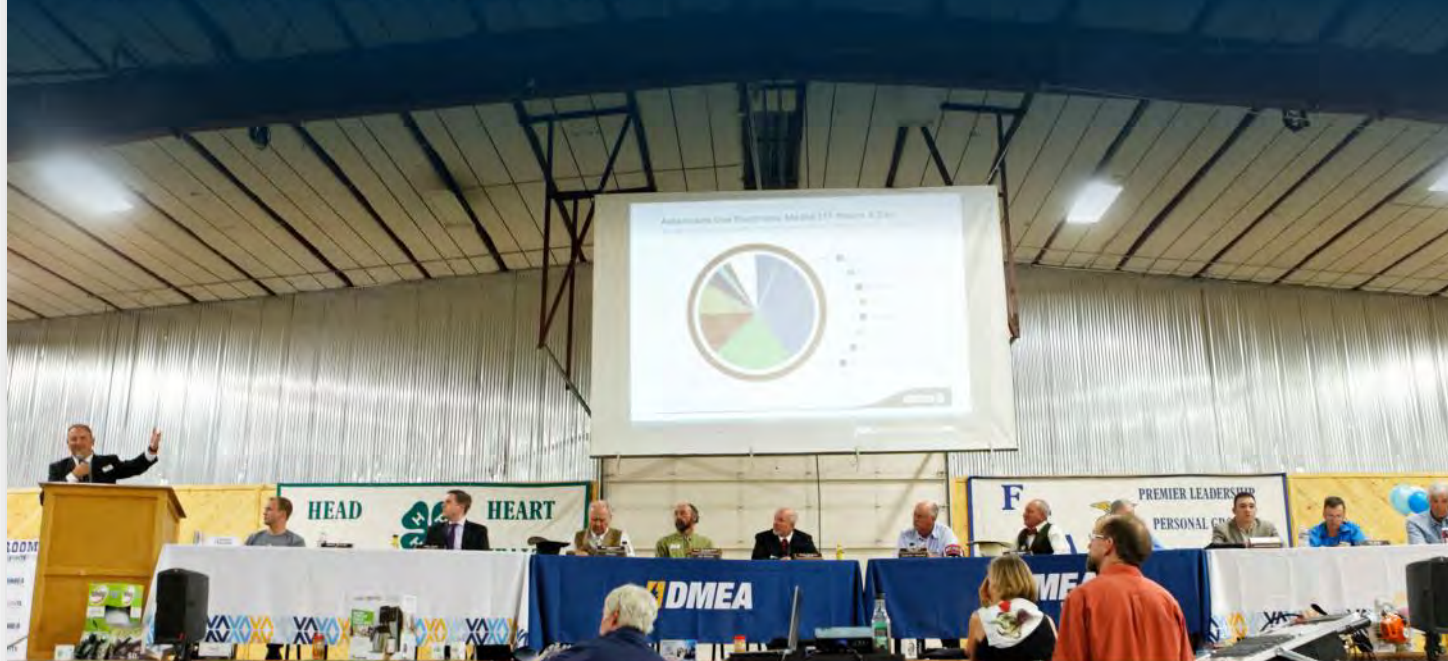
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TAKE SEAT AT THE TABLE

Run for DMEA's Board of Directors



DMEA is seeking candidates to run for its Board of Directors in the following areas:

District #6: DMEA territory in and around the City of Delta

District #7: The Surface Creek region extending from HWY 92 north to the Grand Mesa

North Region: Delta County

If you reside in one of the above areas and are interested in helping lead your cooperative, nominate yourself. Pick up your nomination packet at either DMEA office beginning Monday, March 27. The deadline to return your nomination packet is Monday, May 1. The elections will take place at DMEA's Annual Meeting of Members on Thursday, June 15, 2017.

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MIRROR IMAGES...WOMAN'S CLUB FLEA MARKET



Photos by Gail Marvel.

MONTROSE-The Montrose Women's Club Spring Flea Market was held Saturday, April 1, at Friendship Hall. Pictured, setup for the popular annual event began Friday, March 31.

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OPINION/EDITORIAL: LETTERS

RENEWABLES ARE THE ANSWER FOR SUSTAINABLE LIVING

Dear Editor:

How fortunate we are to have a day to recognize and celebrate our wonderful planet earth and all of its natural resources. This year's emphasis should be on how we can start the necessary transition to clean energy for a sustainable future. As virtually all educated people know, reliance on fossil fuels is not only unsustainable, but is polluting our fragile planet and its atmosphere to death.

This is, not just a bellwether call for an adjustment in our infrastructure and our way of life, but an unfolding of a wonderful new approach to living in harmony with nature and its ecosystems. As we adopt this new approach to sustainable living we will see this, as not only environmentally beneficial, but as the solution to such concerns, as we see locally, as a need for an improved economy and more jobs. Renewables are the answer.

The technology is already available for a complete transition to renewable energy. When we develop the will to do it we will put the proper infrastructure in place for it to happen. Colorado is already one of the leaders in renewable energy and we have many wonderful examples of efforts in this regard, such as NREL, RMI, SEI, and our own DMEA.

This Earth Day let's think big and consider our sustainable and enriched future in harmony with Mother Earth.

Wayne Quade, Montrose

RECOGNIZING THE IMPORTANCE OF NATIONAL SERVICE

Dear Editor:

Tuesday, April 4th, marks the Fifth Annual Mayor and County Recognition Day for National Service. On this day, mayors and elected officials throughout the nation highlight the impact of national service programs that help meet local needs, strengthen communities, and increase civic engagement on a daily basis. Mayors and county officials from Mountain Village, Olathe, Ridgway, San Miguel County, Sawpit, and Telluride have already signed on to participate, and we're hoping for more!

As AmeriCorps VISTAs, we are part of a national service program that provides volunteers who make a year-long, full-time commitment to non-profit organizations and public agencies across the nation. VISTA was developed with the intent to create and expand programs that bring low-income individuals and communities out of poverty. In Colorado, there are currently 1,112 local service sites, with 7,084 Senior Corps and AmeriCorps members. In fact, between Montrose and San Miguel counties, there are approximately 10 AmeriCorps VISTA volunteers serving our communities.

We live in a country of opportunity, yet far too many people struggle every day due to their economic situation, cultural and/or racial background, physical wellbeing, among other factors. As a result we, and countless other service volunteers nationwide, work to better our communities and help increase accessibility to opportunities that establish the general wellbeing of all people.

For us, to serve this community is to recognize the opportunities we have been granted in our own lives, and give back to those not as fortunate. This means paving the way for more people to have access to the resources that will better their lives. More than one-third of Americans will be poor at least once for two months or more during their lifetime, making this an issue for the masses rather than just a select few. By addressing factors like disability, childcare, healthcare, geography, race, and even climate change, we can help combat poverty within our nation.

We thank AmeriCorps and the communities we serve for this incredible opportunity to make a change.

Sincerely,

Connie, Katie, and Alexis

Tri-County Health Network VISTAS,

Matt

Telluride Foundation VISTA



REGIONAL NEWS BRIEFS

EARTH DAY – ALPINE BANK E-WASTE RECYCLE EVENT

Special to the Mirror

RIDGWAY– Do you have electronic waste that you don't know what to do with, maybe we can help. In celebration of Earth Day, Alpine Bank, along with the Town of Ridgway, is hosting an E-Waste Recycle Event in Ridgway on Saturday, April 22 from 10am – 2pm. Bring you monitors, laptops, desktops, keyboards, printers, copiers, audio & visual equipment, TVs, cell phones and cables & accessories to **the athletic fields on Chipeta Drive & County Rd 23**. Because of the complex recycling process, expect to pay a small recycling fee per item. Alpine Bank

will cover up to \$10 of the recycling cost for each person or business.

About Alpine Bank

Chartered in 1973, Alpine Bank is an employee-owned organization with assets exceeding \$3 billion. With headquarters in Glenwood Springs and 38 banking offices across Colorado, Alpine Bank employs nearly 600 people and serves more than 130,000 customers with retail, business, wealth management*, mortgage and electronic banking services. Alpine Bank has a 5-star rating for financial strength by BauerFinancial, Inc., the nation's leading bank rating firm. The 5-star rating is BauerFi-

ancial's highest rating for financial institutions. Learn more at

www.alpinebank.com.

*Alpine Bank Wealth Management services are not FDIC insured, may lose value and are not guaranteed by the bank.

About the Town of Ridgway

Ridgway is a welcoming, community-minded, rural town situated in a beautiful mountain valley. We support learning, creativity and culture.

We share a deep connection to the outdoors. We are committed to being economically sustainable and ecologically responsible.

REGISTRATION NOW OPEN FOR SAN JUAN RURAL PHILANTHROPY DAYS!

Special to the Mirror

REGIONAL-Registration is now open for the 2017 San Juan Rural Philanthropy Days Conference, which will take place in Montrose, CO on June 14 – 16, 2017. Non-profits, foundation staff, government leaders and community volunteers will convene for a three-day conference to learn from one another and collaborate on projects and funding opportunities to improve efforts and outreach in the region. The RPD program provides a powerful opportunity for the state's most influential funders and local grantseekers to strengthen partnerships to better meet the needs of rural Colorado communities. It results in increased access to resources, relationships and skill building opportunities for important community projects. Online registration is now open at www.sanjuanrpd.org through May 31st. Early bird registration is available at \$125 until April 28th. Registration will then be available at \$150 for grantseekers. Your registration fee covers three days of programming including capacity building sessions, funder panels, networking opportunities, funder roundtables and meals. Community Resource Center has made scholarships available for participants from across the five-county region.

Each conference culminates in a series of round table discussions that take place on the last morning of the conference. Each grantmaking entity hosts a table in a

"speed dating" style session. During several sessions, nonprofits rotate tables to share their story, briefly presenting their nonprofit mission and program focus.

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- **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?

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CITY TO NAME NEW MAYOR, MAYOR PRO TEM APRIL 4

Mirror Staff Report

MONTROSE-When the Montrose City Council convenes for a [work session](#) on Monday, April 3, items up for consideration will include an Intergovernmental Agreement (IGA) with the Region 10 Gunnison Valley Transportation Planning Region (GVTPR). Council will also consider a land exchange with the Adamson Family Trust, trading a City-owned parcel on Sunset Mesa for a parcel located along the Uncompahgre River.

Council will consider ordinance 2416, dedicating a parcel of City-owned land to RE-1J schools for Columbine Middle School in exchange for a parcel owned by RE-1J; and will consider the annexations of Doogan Additions One and Two and the Miami Road Farm Addition.

Items up for discussion at future City Council meetings or work sessions will include the selection of a new Mayor and Mayor Pro tem, and Earth Week and Arbor Day proclamations on April 4. On April 17, City Council will hear a presentation by the Museum of the Mountain West and a first-quarter police department report. A first quarter budget review will be presented April 18, and a National Police Week Proclamation on May 2. Hearings on the

Doogan addition annexations will take place May 16, while a hearing on the Miami Road Farm Addition Annexation will be June 6.

At the regular [City Council meeting of April 4](#), Council will hear Earth Week and Arbor Day proclamations, and will make a presentation to outgoing Mayor Rex Swanson. A new Mayor and Mayor Pro Tem will be named for the 2017-2018 term.

Following a brief recess, Council will reconvene with the new officials in place. Up for consideration will be Resolution 2017-03, setting the hearing date of the Doogan Addition annexations; and Ordinance 2414 on first reading. Ordinance 2414 will allow swimming at Taviwach Park in connection with use of non-motorized watercraft.

Council will consider approving Ordinance 2425 on first reading, changing the zoning of the Uniwest Minor Subdivision Lot 1 from R-2 Low Density District to r-3 Medium Density District; and changing the zoning of the Uniwest Minor Subdivision Lot 2 from B-2 Highway Commercial District to B-3 General Commercial District. The Ordinance will also change the zoning of the Edstrom Minor Subdivision from B-2 Highway Commercial District to B-3 General Commercial District.



Despite recent drowning deaths, the City will allow swimming @ Taviwach in connection with non-motorized watercraft. Mirror file photo.

Council will consider approving Ordinance 2416 on first reading as well, dedicating a piece of City-owned land to RE-1J schools for Columbine Middle School in exchange for a parcel owned by RE-1J.

Council will consider awarding contracts to Stripe-A-Lot and American Striping for on-call pavement marking services, and will consider a Memorandum of Understanding (MOU) with Delta-Montrose Electric Association (DMEA).

Following staff reports, Council will adjourn.





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GROW WEALTHY...BUILD HEALTH & WELLNESS!

UNDERSTANDING DEPRESSION: A COMMON BUT SERIOUS DISORDER



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

By Michele Gad
REGIONAL-April 7th is World Health Day and this year's theme is "Depression - Let's Talk." The topic itself may sound depressing but becoming familiar with various types of depression, symptoms and treatment options can be beneficial in

many ways and may even save a life.

Depression is one of the most common mental disorders in our country. Current research suggests that depression is caused by a combination of genetic, biological, environmental and psychological factors that affects people of all ages, from all walks of life, throughout the world. Depression (major depressive disorder or clinical depression) is a common but serious mood disorder. It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working. To be diagnosed with major depressive disorder or clinical depression, the symptoms must be present for at least two weeks.

Some forms of depression are slightly different and may develop under unique circumstances with risk factors that include: 1) Personal or family history of depression, 2) Major life changes, trauma, or stress, 3) Certain physical illnesses and medications. The following highlights the definition of major depressive disorder or clinical depression: **Persistent depressive disorder** (also called dysthymia) is a depressed mood that lasts for at least two years. A person diagnosed with persistent depressive disorder may have episodes of major depression along with periods of less severe symptoms. **Perinatal depression** is much more serious than the "baby blues" (relatively mild depressive and anxiety symptoms that typically clear within 2 weeks after delivery) that many women experience after giving birth. Women with perinatal depression, experience full-

blown major depression during pregnancy or after delivery (postpartum depression). The feelings of extreme sadness, anxiety, and exhaustion that accompany perinatal depression may make it difficult for these new mothers to complete daily care activities for themselves and/or for their babies.

Psychotic depression occurs when a person has severe depression plus some form of psychosis, such as having disturbing false fixed beliefs (delusions) or hallucinations. The psychotic symptoms typically have a depressive "theme," such as delusions of guilt, poverty or illness.

Seasonal affective disorder (SAD) is characterized by the onset of depression during the winter months, when there is less natural sunlight. This depression generally lifts during spring and summer. Winter depression, typically accompanied by social withdrawal, increased sleep and weight gain, unfortunately and predictably returns every year.

Bipolar disorder is different from depression, but it is included in this list is because someone with bipolar disorder experiences episodes of extremely low moods that meet the criteria for major depression (called "bipolar depression"). However, a person with bipolar disorder also experiences extreme highs called "mania" or a less severe form referred to as "hypomania." Other types of depressive disorders recently added include disruptive mood dysregulation disorder (diagnosed in children and adolescents) and premenstrual dysphoric disorder. Untreated depression can prevent people from working and participating in family and community life. It can lead to, or be accompanied by, a host of other health issues such as chronic joint pain, limb pain, back pain, gastrointestinal problems, tiredness, sleep disturbances, psychomotor activity changes, appetite changes, obesity, high blood pressure and even suicide. Good news! According to NIMH (National Institute of Mental Health) Depression, even the most severe

- *Between 1990 and 2013, the number of people suffering from depression and/or anxiety increased by 50 percent.*
- *Close to 10 percent of the world's population is affected by depression or anxiety.*
- *Even in high-income countries, 50-80 percent of people with depression do not get treatment.*

cases, can be treated. The earlier that treatment can begin, the more effective it usually is. Depression is generally treated with [medications](#), [psychotherapy](#), or a combination of the two. If these treatments do not reduce symptoms, electroconvulsive therapy (ECT) and other brain stimulation therapies may be options to explore. No two people are affected the same way by depression and there is no "one-size-fits-all" for treatment. It may take some trial and error to find the most effective treatment for an individual diagnosed with depression.

Here are other tips that may help you or a loved one during treatment for depression: Try to be active and exercise. (Remember your friend Vitamin D and spend some of your activity/exercise time in the sun.) Set realistic goals for yourself and celebrate when you attain them. Try to spend time with other people and confide in a trusted friend, relative or mental health professional. Try not to isolate yourself, and let others help you. Sometimes that means asking for their help. Expect your mood to improve gradually, not immediately. Postpone important decisions, such as getting married or divorced, or changing jobs until you feel better. Discuss decisions with others who know you well and have a more objective view of your situation. Continue to educate yourself about depression. As always, please consult with your health care professional(s) if you suspect you or somebody you know is struggling with depression. Knowing when to reach out for help is strength, not a weakness.

Please feel free to contact me at michellegad.fame@aol.com or 970-948-5708 if you have, questions, comments or suggestions.



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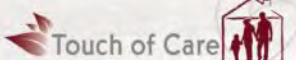
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- Resources that Support Your Independence
- Understanding Senior Mental Health Issues

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ISSUE 91 April 3, 2017

ART & SOL

JAZZ GUITARIST CHARLIE HUNTER TO PERFORM @ THE WRIGHT OPERA HOUSE MAY 4

By Caitlin Switzer

OURAY-Hear a world-class artist in an intimate, beautiful setting when [Guitarist Charlie Hunter](#) comes to the Wright Opera House in Ouray on May 4. According to his label [Groundup Music](#), Hunter is touring to promote his latest album *Everyone Has A Plan Until They Get Punched In The Mouth*. Hunter's 17th album is named for a remark once spoken by heavyweight boxing champ Mike Tyson, and features 10 new songs that were recorded in Hudson, New York.

"Charlie performs his simultaneous bass, rhythm and solo magic on his custom seven-string electric guitar, proving once again that Charlie Hunter is a leader of modern jazz guitar improvisation," the label web site states. Hunter's bandmates today include Kirk Knuffke (cornet), Bobby Previte (drums), and Curtis Fowlkes (trombone).

Charlie Hunter is a veteran of the Telluride Jazz Festival, and has played extensively in Front Range cities like Denver, Boulder and Fort Collins. This will be his first time performing a concert in Ouray, however. "I have driven through Ouray, and I always thought it would be neat to play there," Hunter said last week, in an

interview from his home in New Jersey. "I don't smoke weed, so I will just be enjoying the beautiful scenery in Colorado!"

Hunter and his band usually play two sets of one hour each. "That's generally how we roll."

And though his career has earned him a global following and critical acclaim, Hunter still does all of the driving when he takes to the road. A lifelong professional musician, Hunter grew up in the San Francisco Bay Area. "I have played so many different kinds of music," he said. "It's all I've ever known."

Though he has other responsibilities as a father of two teenagers ("it feels like 100!"), Hunter spends much of his time on the road these days, performing. "I want to see a full house, so the house can make money," he said of his upcoming concert in Ouray. "And it's going to be fun for the audience!"

According to the Wright Opera House web site, "Charlie has a unique, jazz-funk style playing on a custom seven string guitar where he plays bass lines, chords, and solos all at the same time. "...Whatever the song, Charlie brings a fresh new approach and one-of-a-kind interpretation to everything he plays."



Guitarist Charlie Hunter will perform at the Wright Opera House in Ouray on May 4. This will be the first time Hunter has played a concert in Ouray. Courtesy photo.

A limited number of \$14 pre-sale tickets will be sold through www.thewrightoperahouse.org. Tickets the day of the show will be \$25. Doors and bar open at 6:30 pm with the show starting at 7 pm.

COMMUNITY NEWS BRIEFS: ARTS & CULTURE

SAN JUAN INDEPENDENT FILM FESTIVAL ANNOUNCES LINEUP

Special to Art & Sol

MONTROSE-The third annual San Juan Independent Film Festival (SJIFF) will be April 14 & 15 at the Montrose Pavilion. [SJIFF](#) announced this year's lineup recently on its FACEBOOK page, and features more than 40 carefully curated short and feature films from the revered Telluride [Mountainfilm on Tour](#).

The lineup includes the Oscar-nominated "Life, Animated" and two tour film premieres. The festival kicks off with an all-ages, family-friendly film block Friday afternoon and gets right into the action with the ski fantasy film premiere: "John Shocklee: A Fairy Tale", followed by a later evening Adrenaline film block.

Saturday's films begin in the morning and run through the night, and include a late morning Kids Kino block (geared for families with younger children), a midday screening of the tour premiere, "The Perfect Flight" and a Best of the Fest Shorts Block followed by a DJ dance party at the Pavilion to celebrate and to top off the festival. There will also be Q&A's and mingling sprinkled throughout the agenda

with film stars Harold Mintz, the altruistic game-changing organ donor and Johnnie Jameson, the charismatic legacy Los Angeles marathon runner as well as "Strongwater," the epic river surf filmmaker Jordan Halland.

"We have packed our festival with something for everyone. We truly want this to be an all-inclusive community event that families, couples, friends, teens and toddlers can rally around, enjoy and look forward to every year," said Colleen Burke, Executive Director, Habitat for Humanity of the San Juans, SJIFF co-presenter.

"We structured these two days to include special times for families with young children to be engaged by films perfect for young minds. We also hope teenagers will come out to have fun and be inspired. And we insisted on upscale food and beverages for our more discerning filmgoers."

Delta-Montrose Electric Association's ELEVATE Fiber Optics, recently signed on as the presenting sponsor of the festival.

"We are so excited ELEVATE decided to up the ante on their initial sponsorship to be the festival's presenting sponsor. ELE-

VATE's mission aligns nicely with the messages and forward thinking mentalities of many of the themes in our films," said Sara Plumhoff Executive Director of Montrose Community Foundation, SJIFF co-presenter.

"The festival is grateful for all its sponsors, many of which have been with us since its inception."

Telluride Mountainfilm is one of America's longest running film festivals and has been described as "inspiring."

Telluride Mountainfilm on Tour commands sold out dates in venues around the country, and typically benefits local charities.

One-hundred percent of the proceeds of the SJIFF featuring Telluride Mountainfilm on Tour will benefit Habitat for the Humanities of the San Juans & Montrose Community Foundation.

To purchase tickets and for a full festival schedule and program visit www.SanJuanFilmFest.com.

Passes include VIP, General Admission Full Festival, Single Day, Student \$10 passes and free to children 5 & under.

FINAL CAMPAIGN TO RENOVATE THE WRIGHT OPERA HOUSE

Special to Art & Sol

OURAY-The Friends of the Wright Opera House announces the main phase of the renovation and restoration of Ouray County's historic Wright Opera House. The funding campaign is off to a promising start with \$950,000 already contributed and pledged toward the \$1.5 million total required. Objectives include making the building safer, stronger, and more able to support itself financially, so it can continue its 129-yr-old mission as a cultural center of Ouray County.

Two years after completing the initial renovation of the street level lobby area, the FWOH contracted with local architect, Kit Meckel of Meckel Design Build, to create a remodel of the 1888 building. Meckel, working closely with Mark Orgren,

head of the FWOH building committee, Mick Graff, SHF grant administrator, David Singer, historic restoration consultant, and Kieran Doone, volunteer construction advisor created plans that include expanding the present lobby area

into the back of the building to accommodate ADA restrooms, a catering kitchen and show bar; replacing the upstairs bathrooms with an upstairs concession area; designing a rear auditorium wall that is retractable allowing the auditorium to be combined with the lobby area when open,



Courtesy image Friends of the Wright Opera House.

or pulled closed for theater or concert events. Because the renovations will take place in phases, the Wright is able to continue programming and has a full schedule through December 2017. We plan to work around events and do not expect the building to be closed at any stage for more than a few days at a time.

COMMUNITY NEWS BRIEFS: ARTS & CULTURE

SHERBINO THEATER WELCOMES TROUT STEAK REVIVAL APRIL 5

Special to Art & Sol

RIDGWAY-On Wednesday, April 5th, The Sherbino is thrilled to welcome the win-

ners of the 41st Telluride Bluegrass Competition, Trout Steak Revival. Trout Steak Revival is soulful narratives, heartfelt

songwriting, tightly-woven instrumentation, and harmonies rooted in years of friendship. Blending the foregoing, Trout Steak Revival pushes the envelope on a progressing genre while drawing creatively from the many canons of American roots music. Trout Steak Revival has earned a place in the mountain states bluegrass scene, performing to sold-out audiences, earning the International Bluegrass Music Association 2016 Official Showcase Recognition and Momentum Band Nomination, winning the 2014 Telluride Bluegrass Festival Band Competition, appearing on the Today Show in 2015, and even winning an Emmy Award for a soundtrack with Rocky Mountain PBS. Their most recent album, "Brighter Every Day," was released in March 2015. Produced by Chris Pandolfi of the Infamous Stringdusters, the album has radio play and acclaim both in Colorado and across the world. Doors for this show are at 7:30pm with music starting around 8:00pm. Tickets can be purchased in advance online at, www.sherbino.org, and at the door the night of the show. Advance ticket price is \$15 and \$18 at the door.



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COMMUNITY NEWS: AWARDS & SCHOLARSHIPS

NURSES 4 NURSING MEMORIAL SCHOLARSHIP

Special to Art & Sol

MONTROSE-Four generations of nursing: Margretta Kelly VanCamp was a registered nurse in WWI and worked over 30 years in Western Colorado before her death. Margaret Jean VanCamp Balderston was a registered nurse for 66 years, worked in Montrose and was a civic leader in the community. Tina MacQuarrie Wilson has worked as a licensed practical nurse in the family center at MMH for 35 years and holds a current IBCLC certification. Jeana Wilson Woody is a registered nurse at HopeWest and Hospice. The goal of this scholarship is to help others find the true love of nursing by offering a \$500 scholarship to a qualified individual seeking education in the nursing field.

Name:-----

Address:_____

Date of graduation from high school:_____

College/University/Technical college to which you've been accepted:_____

Major:_____

Career goal/area of interest in nursing:_____

Please attach:

1. Detailed resume- include work experience and community service.
2. Essay- 250 words on why this field interests you

Please return via email attachment to nurses4nursing@yahoo.com by April 30, 2017. Recipients will be announced at the annual Nurse's Day Celebration on May 11th 2017 at Canyon Creek Bed and Breakfast.

COFFEE REVIEW: CIMARRON COFFEE ROASTERS' KOCHORE 'OUTSTANDING'

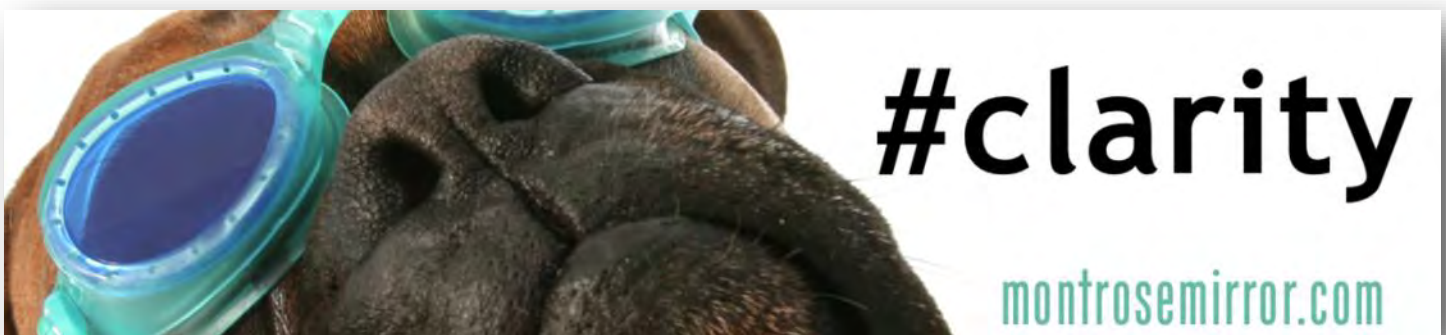
Special to Art & Sol

MONTROSE-Coffee industry guide, *Coffee Review*, recently rated Cimarron Coffee Roasters' first submission to the guide, Ethiopia Yirgacheffe Kochore, at 93 points. *Coffee Review* conducts blind, expert tastings of coffees and reports the findings in the form of 100-point reviews, much like those in the wine industry.

"We're beside ourselves to receive an outstanding rating the first time we presented a coffee for evaluation," said Eric Palumbo, owner of Cimarron Coffee Roasters. "We always felt like we were offering world class coffee, but it's really encouraging to get validation from a trusted publication."

Coffee Review described Ethiopia Kochore in their blind assessment as: "Deeply sweet, floral toned. Jasmine, roasted cacao nib, white peach, cinnamon, incense-like notes (frankincense) in aroma and cup. Crisp, gentle acidity; satiny-smooth mouthfeel. The sweet-toned finish is flavor-saturated, resonant with suggestions of jasmine and stone fruit in particular."

Ethiopia Kochore is currently available at Cimarron Roasters' pour-over bar in Montrose, and is in the brewed coffee rotation at Cimarron Coffee & Books in Ridgway. Beans can be purchased in-store or online at cimarronroasters.com.



COMMUNITY NEWS BRIEFS: ARTS & CULTURE

UTE INDIAN MUSEUM TO HOST PUBLIC PRESENTATION ON UTE STEM PROJECT

Special to Art & Sol

MONTROSE—With the grand re-opening of the expanded and renovated Ute Indian Museum months away, History Colorado will continue consultations with representatives of the Ute Mountain Ute Tribe, Southern Ute Tribe and the Ute Indian Tribe—Uintah and Ouray Reservation when they gather in Montrose this month. Consultations are not open to the public, however the public is invited to attend a free evening presentation on Monday, April 10 at 6:30 p.m. located at the Ute Indian Museum, 17253 Chipeta Road. The presentation will be provided by History Colorado on the National Science Founda-

tion's Advancing Informational STEM Learning program grant awarded to History Colorado.

In September 2016, History Colorado was awarded a five-year \$2.2 million grant for the "Ute STEM" project to explore the integration of Western science, technology, engineering and math (STEM) and Native American Knowledge bases. Ute STEM expands on established, successful collaborations between History Colorado, the three Ute Tribes, and scientist partners. Ute STEM programs are designed to provide rural residents with increased engagement with relevant STEM experiences and opportunities to develop 21st century

skills. This project will highlight Ute peoples' systematic knowledge of plant use, engineering of wood shelters, mathematical patterns in beadwork, and sound amplification for music and dance.

The History Colorado team along with representatives from the three tribes will continue private consultations in Montrose until April 12. They will review the new exhibits, planning for the grand re-opening and discussions on the programming for Ute STEM. For more information on the public Ute STEM presentation, please contact [970-249-3098](tel:970-249-3098). The renovated and expanded Ute Indian Museum will be open to the public in June.

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COMMUNITY NEWS BRIEFS: ARTS & OUTDOORS

TRI RIVER AREA EXTENSION ANNOUNCES 2017 NATIVE PLANT MASTER PROGRAM



Special to Art & Sol

REGIONAL-The Tri River Area Extension is accepting applications for its 2017 Native

Plant Master Program. Participants in Native Plant Master courses learn identification, ecology and human uses of selected

Colorado plants emphasizing sustainable landscaping and invasive weeds.

This year we will have classes in three areas as well as other classes and events in celebration of the 20th Anniversary of Native Plant Masters. The sites include: Colorado National Monument, The Black Canyon of the Gunnison and The Grand Mesa. Each location course consists of three classes. Participants can take one site or more per year. A Colorado Flora Certificate can be earned by taking 3 site location courses and A Native Plant Masters can be earned by earning the CO Flora Certificate and by volunteering.

The Colorado National Monument is offered on Saturdays in April and the other classes are on Fridays. Colorado National Monument classes begin April 22nd so register soon! Black Canyon classes begin June and Grand Mesa classes are in July. Courses are offered on a space available basis. Please contact Susan Carter at susan.carter@colostate.edu or 970-244-1834 for more information or to register.

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Up Bear Creek by Art Goodtimes

20 % EVAPORATIVE LOSS FROM UPPER COLORADO From page 1

was to realize the word “evaporation” didn’t appear once in the entire draft. As a member of the Colorado scientific community, he immediately wrote a ten-page comment to the authors of the draft, alerting them to the fact and posing solutions ... That was the start of a campaign of sorts for Dr. Bob and a quick tag-a-long role on my part.

Not long afterwards I attended a CU-sponsored international workshop <http://clouds.colorado.edu/results.html> in Boulder, which Bob had inspired and catalyzed to examine evaporative loss. Scientists were alerted and responsive. The workshop particularly examined the science of reservoir measurements and models. It turned out that the way the U.S. Bureau of Reclamation estimated evaporation was surprisingly primitive ... That is, put a small pan beside a large body of water, measure how much evaporation occurs over time over the pan, and extrapolate that ratio over the entire reservoir (maybe over the entire year). More modern techniques have been around for 50 years, but they weren’t being used ... Perhaps as a lay attendee, what fascinated me most was the fact that maximum evaporation losses do not appear in the summer (as the shallow pans showed), but fall/winter (when the pans are brought in because they freeze) ... Bob found that Reclamation is still using an analysis of outdated pan observations reduced to a table to estimate evaporation from their Colorado River Basin reservoirs.

They do not use current meteorological data for the estimate. And even with their marginal data, Reclamation documents show that their largest reservoirs Lakes Mead and Powell evaporate on the order of 1.5 million -- yep that’s “million” -- acre

-feet of water a year. That is about 20 percent of the Upper Basin allotment to the Lower Basin ... What were they thinking? Those entrepreneurial water buffaloes, government engineers and the politically short-sighted who built the Colorado River System that serves five states -- Colorado, Utah, Arizona, Nevada, California? ... Would Colorado citizens have ever signed a compact if they knew 20 percent of the water they were sending downstream was being lost to evaporation, over and above what the other states were entitled to? ... Something very wrong has happened. And as everyone is coming to realize, water matters.

JEANETTA CALHOUN MISH ... Our headliner at last May’s Telluride Literary Arts Festival was just appointed the Oklahoma State Poet Laureate. It’s a two-year term. Mish is the director and a faculty mentor at The Red Earth Low-Residency Creative Writing MFA Program at Oklahoma City University ... “I selected Dr. Mish because of her immense passions for poetry and our great state,” Oklahoma Gov. Mary Fallin explained. “I am confident Dr. Mish will continue to provide excellence in the field of poetry and engage citizens of Oklahoma in this art form ... Mish has written several books of poetry collections, including *Tongue Tied Woman*, *Oklahomeland: Essays*, *What I Learned at War and Work* is *Love Made Visible*, which won the 2010 Oklahoma Book Award for Poetry and the 2010 Western Heritage Award for Poetry ... The state poet laureate program is facilitated by the Oklahoma Arts Council. The Council works with the laureate to coordinate activities and appearances in communities throughout the state ... Amber Sharples, executive director of the Oklahoma Arts Council, said Mish is well known and highly regarded within Oklahoma’s

poetry community.

“Beyond Dr. Mish’s own exceptional writing credentials, she has advanced the careers of Oklahoma writers through her teaching and through her Norman-based publishing company,” said Sharples. “We look forward to enabling her to broaden her impact by reaching students and adults across Oklahoma as state poet laureate” ... Let’s hope we bring her back to Western Colorado soon.

SULPICIAN ... That was the order of Roman Catholic priests -- founded in France -- that were responsible for staffing the seminaries I attended out in California half a century ago. Just last year, the new archbishop of San Francisco, a conservative protégé of Pope John Paul I, has given the Sulps the boot after over a hundred years of service, and taken over running St. Patrick’s in Menlo Park (St. Joseph’s having been closed after the Loma Prieta earthquake ruined its buildings) ... Some of us ex-sems on a listserve called SemNet have decided to try to honor the outgoing Sulpician Order by recalling three teachers from our educational past and giving a brief run-down of what they meant to us ... Here’s my first choice below.

FR. ROBERT GIGUERE, P.S.S ... At St. Patrick’s Seminary I really hoped I would get Bob Giguere as my confessor. If I had, I may not have left the seminary in my first year there. I deeply admired the man. He had been a visiting priest at St. Joseph’s Parish in Mountain View, where I lived. I’d served as an altar boy for him more than once.

He impressed me with his kindness, his spirituality and his aura of grace and good humor.



Jeanetta Calhoun Mish.
Courtesy photo.

THE TALKING GOURD

Snowflakes come down
And bicycles chase off.
Trees dance with wind,
Eyelids fall with degrees.
The drum of dreams
sounds like a vacuum.

-Bozydar Mikosz
from *Dead Mouse on a Dog Walk*
(Sher & Bradley Publ., 2016)

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NOTES FOR THE JOURNEY...

Exploring Classical Music With Rob Brethouwer

EVERY OPERA BEGINS WITH A WELL-TOLD TALE



Anna Netrebko sings the title role of Donizetti's *Lucia di Lammermoor* in her Met role debut, with Piotr Beczala as her lover, Edgardo. Mary Zimmerman's hit production, first seen in 2007, was staged as a Victorian ghost story. Courtesy photo Monmouth University.

For this installment in the "origins" series, we finish with a brief look at the origins of operatic works. These are often very direct and not as involved as the origins seen in symphonic works. In opera, the story is paramount and the origins of an opera often provide the very foundation for the story and the words sung by the singers on stage (libretto).

Our first opera to be discussed is a tragic opera composed by Gaetano Donizetti called *Lucia di Lammermoor*. The basis for the work comes from the historical novel *The Bride of Lammermoor* by Sir Walter Scott. Just like that the origin is known and can be used as a background to better understand the story presented on stage. A few things need to be said about this opera, as it is one of the most virtuosic and musically brilliant in the entire repertoire. The lead role of Lucy Ashton (Lucia) is for a coloratura soprano. This simply means that the role demands a high clear soprano voice that is capable of runs, trills, cadenzas, and singing of the absolute highest caliber. The performance leads up to the famous "Mad Scene" that showcases all of the skills and talents of our lead-

ing soprano. The music is fast and could be described as violent. The music symbolizes strife, anxiety, stormy weather, family dysfunction, and ultimately, madness.

As a side note, this opera is being performed by Opera Colorado in Denver in May 2017 and at Santa Fe Opera in Santa Fe, New Mexico in July and August 2017. Both companies will offer audiences world-class performances. To us in this area, this brings local availability to some of the best opera productions in the country.

From the hills of Scotland in the 17th century we will now proceed to 15th century

Spain. *Il Trovatore* was written by Italian opera composer Giuseppe Verdi. The opera is based on the play *El trovador* by Antonia Garcia Gutierrez. The play was his most successful and is filled with bizarre and fantastic incidents. If you are looking to attend an opera that will put a smile on your face then you should likely look elsewhere. The story involves a baby being thrown into a fire, suicide by poison, and of course the sweet angst of love. There are tunes in the opera that are hummable and are highlights of the performance. The first is the *Anvil Chorus* or *Gypsy Chorus* from Act 2 scene 1 and the second is the tenor aria *Di quella pira* in Act 3 scene 2. The tenor aria is a showpiece that will often stop the show because of the applause offered to the tenor. We are now in 1740's Vienna and the opera is *Der Rosenkavalier* (The Knight of the Rose or The Rose-Bearer) by composer Richard Strauss. This Strauss should not be confused with the "Waltz King" Johann Strauss, Jr. The origins of this opera also come from a novel, entitled *Le amours de chevalier de Faublas* by Louvet de Couvrai, and Moliere's comedy *Monsieur de Pour-*

seaugnac. The opera is sung in German and features four main characters. Recordings of this opera are abundant as it is often performed.

Elements of the tale include a top secret weapons project, the drama of World War II, world-class scientists pulled from their classrooms and laboratories, and the personality of the man leading this project, Dr. Robert Oppenheimer. The opera is *Doctor Atomic* by contemporary American composer John Adams. The opera is based on the events that took place at Los Alamos during World War II and the story is based on the scientists working on this project and the buildup to the first atomic bomb test on July 16, 1945. As with two other operas by John Adams, *Nixon in China* and *The Death of Klinghoffer*, the story is more focused on the personalities of those involved in historic events rather than the events themselves. The story of this opera may be more relatable to some because the events portrayed are in recent history and the opera itself is sung in English. It should be remembered that the operas discussed could make an entire career for a Musicologist. One single act can be studied indefinitely and be interpreted in different ways. The lives of composers can be studied for years and everything will still not be known. Entire doctorate dissertations have been written on single arias, single acts within an opera, and an opera itself. Our purpose here is to simply demonstrate the origins of operas as mere starting points for further musical or literary exploration. This is one of the beautiful things about opera; there are so many layers to explore that the task is never complete and can offer a lifetime of listening and reading. *Experiencing Verdi: A Listener's Companion* by Donald Sanders. Rowan and Littlefield, Lanham, MD, 2013. *Donizetti's Lucia di Lammermoor (Opera Classics Series)* by Burton D. Fisher. Opera Journey's Publishing, 2000. *Richard Strauss: The Man and his Works* by Henry T. Finck. Frederiksen Press, 2008.



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

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

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Colorado-ology Manager Jaime Walsh shows off the wall of socks, left, and more at the new store @ 328 Main Street in Montrose. Photos by Liesl Greathouse.

By Liesl Greathouse

Looking for fun and unique gifts for yourself or the whole family? Check out the newly opened Colorado-ology store on Main Street in Montrose!

The store offers a wide selection of bags, eyewear, umbrellas, jewelry, scarves, clothing, men's toiletries, sportswear and memorabilia for various teams, and an entire wall of fun socks.

Colorado-ology owner Debbie Blanchard also owns D'Medici and Hypoxia, all three of which are located on the same block on Main Street. "When we just had D'Medici, people asked for more sports/active stuff, but we were too crowded," she said. "So we started Hypoxia for those things, but then people were asking for more Colorado logo wear, sports team logo wear, and Hypoxia is also now full. We had also been hearing from tourists that they could never find anything for children, baby size and up."

And so, Colorado-ology was born. They carry a large selection of brands that include eyewear by Native and Suncloud, Kavu bags and clothing, SakRoots rope bags, Chala bags, Green Tree laser cut jewelry, and more.

While they recently had their soft opening, Colorado-ology will have its grand opening May 3-6, with lots of fun things to do. They will also have special promotions for Ride The Rockies on June 15 and for

July 4 celebrations. They recently showcased some of their clothing and accessories at the Altrussa Luncheon, which garnered a lot of interest. "We sold a lot of bags there," said manager Jaime Walsh. "We technically opened three days before the show and people were asking 'what is it? Where is it?'"

"We wanted to open earlier, but had issues with suppliers," Blanchard added. "We are excited to just get open, after having even stayed up until 4 a.m. one night getting things ready. We will definitely have more items coming in, but we wanted to get it open so people can see it and recognize it."

One of the biggest attractions to the store is their entire wall of socks, including brands like Foot Traffic, Crew Socks, and Wit! "We say that customers see the sock wall and stay for everything else," Blanchard said. "It is unique. We offer a variety of brands and it continues to grow. If you can't find a sock you like, then you don't really like socks. They all have character."

For toiletries, they offer 'manly man' items in the form of Made in the USA Duke Cannon soap, shaving cream, shampoo, and more. They also offer the Skinny Coconut Oil line.

Tourists will find Colorado logo t-shirts, flags, flasks, mugs, playing cards, stickers, decals, and magnets. "We also offer National Geographic trail maps of the entire area," Blanchard added. "We had so many requests for them, but had no space

at Hypoxia."

For the sports fans in town, the store features an entire room dedicated to unique sportswear and memorabilia of all kinds. The main NFL and NHL teams featured at the store include the Steelers, Packers, Broncos, Cowboys, Toronto Maple Leafs, Pittsburgh Penguins, and Chicago Blackhawks. Fans will find not just jerseys, but also socks, mugs, heritage banners, and even salt and pepper shakers. "Things that will make your man cave or office look good," Blanchard said. "We even have a small fridge that plugs into

your car that helps keep food warm or cold."

And, not to be left out, is the line of clothing for toddlers by Mud Pie. "They are high quality toddler clothing for both girls and boys," Blanchard explained. "Their clothing has horses, chicken, fish, sports, etc. on them. This is really granny gift central or the perfect gifts for baby showers. I have five grandsons and boys clothing tends to be crappy, but this is really nice. We love the quality and variety."

Walsh is excited for people to get to know their products. "It's awesome when someone comes in looking for a specific thing, like a specific sock, and we can try to find it," she said. "We get a lot of people stopping in and saying, 'I wish I knew about you for a birthday gift for someone.' I love making people happy with unique things."

For Blanchard, opening Colorado-ology is just a continuation of her love of Main Street. "I believe in downtown and the American small town Main Street," she said. "If it goes away, we lose [that spirit]. In Main Street shops you can find unique gifts and specialty items. It's quaint. I want people to feel happy when they come in and are able to find something for themselves or a small gift for a loved one."

Colorado-ology is located at 328 East Main Street in Montrose.

They are open Monday-Saturday, 10 a.m.-6 p.m.. For more information, call 249-8323.

CHANGING THE WORLD FOR THE BETTER: TELLURIDE ANIMAL FOUNDATION



Above left, Katja Wichland Rapaport, who, along with her husband Josh Rapaport, founded TAF, as well as rescued pets and volunteers, top middle and right. Courtesy photos.

By Liesl Greathouse

TELLURIDE-For the organizations in our area working to help animals of all kinds, financial support and volunteers are critical. To help support and promote such organizations is the Telluride Animal Foundation(TAF).

Started in 2011, the mission of TAF, according to their website, is ‘...to reduce the number of homeless pets. TAF focuses on supporting existing shelters and sanctuaries through targeted funding, sponsoring spay/neuter initiatives to fight euthanasia, providing food for struggling owners to keep their animals in their care, and networking rescue animals to increase awareness and adoption rates.’

“We started it as we saw a need to help needy families and their animals, as well as homeless animals in our community,” explained Katja Wichland Rapaport, who, along with her husband Josh Rapaport, founded TAF. “Our first rescue pup as a couple is Bella- a chow we rescued who had been on death row in Denver. We realized how so many shelter pets are so amazing and are stuck at the shelters. We wanted to educate people on adopting and giving a rescue a chance. We also saw a need to help families who couldn’t afford spay and neuter, horse owners who couldn’t afford hay, etc. We thought, ‘we can raise the funding and distribute it to those in need.’”

They originally started the Telluride Thrift Shop to raise the funds for TAF. It was incredibly successful and they eventually donated it to the Second Chance Humane Society and now receive quarterly donations to TAF to help continue its work.

Besides helping fund spay and neuter clinics at the Montrose Animal Shelter,

TAF also helps a local project called the Snip and Tip Cat Project, which traps feral cats and fixes them in the Montrose area. They normally hire a vet and do as many as possible in a day. They have fixed almost 2,000 cats since inception. “We believe all these areas are our neighbors and we want to help the surrounding communities with the pet overpopulation problems,” Rapaport said. “We believe the key to helping animals is spay and neuter and promoting adoption at local shelters.”

Monetary donations to TAF are always appreciated, as a little bit can go a long way. TAF has an extremely low overhead and no salaries, so all proceeds can go to saving animals. They are able to donate the money to various organizations throughout the Telluride Region and the greater Southwest, including the Black Canyon Animal Sanctuary, For the Luv of Dogs, Hoof & Paw, Second Chance Humane Society, and Spring Creek Horse Rescue.

“Josh and I volunteer all our time,” Rapaport added. “We started this foundation to help others and we like people to know that we are not employees of TAF. We donate approximately 120-150k dollars a year and there are lots of moving parts to a foundation like ours. We believe in giving back.”

Volunteers are also welcome for various projects with TAF or TAF also encourages people to volunteer with their local rescue groups. Some volunteer opportunities include walking dogs or socializing with kittens at local humane societies, fostering a dog or cat, volunteering at a spay/neuter clinic or helping take care of horses at an equine rescue. Rapaport also added a more recent opportunity: “We are look-

ing for families who might want to foster puppies and mama dogs. Often mamas are found on the reservation lands very pregnant or with newborns. Giving them the opportunity to have a safe home for the puppies to thrive is key, then adopting puppies out is easy!” Contact TAF for more information.

Seeing how much TAF has done and what they continue to do in the future is the best part of the foundation for Rapaport. “My favorite part is the large impact we have been able to make in the surrounding areas by helping families who may not have an extra 200-300 dollars to fix their pets, to offer a very affordable option to do fix their pet,” she said. “I love helping families who want to do the right thing but may not have the means. Also, I love looking at the charts that show how many puppies one female dog can create over her lifetime if not fixed. Then I see that we have fixed almost 11,000 dogs and cats and how many unwanted litters we stopped from happening.”

For anyone wanting to make a difference in the lives of animals in their community, Rapaport encourages people to help educate others. “Promote spay and neuter programs, and convince all your friends and family to help an animal that already needs a home,” she said. “It’s frustrating to me that five million dogs and cats are euthanized each year and yet people continue to buy dogs. Do not ever buy a dog online. Always inspect a place that sells dogs and don’t let them meet you in a parking lot, etc. There are just too many puppy mills and people breeding animals inhumanly. But really just go to your local shelter and adopt!”

For more information, visit telluride-animalfoundation.org or call 765-8382.

Hold the Date! Upcoming Business and Cultural Events

MARCH ONGOING-

NOW - JUNE 26, ONLINE REGISTRATION OPEN

Artists' Alpine Holiday 57th Annual Juried Art Exhibit

Categories: Oil/Acrylic, Watercolor, Drawing & Printmaking, Pastel, Mixed Media, Sculpture, Photography and a Student Division. All entries will be eligible for Best in Show (\$500) and each category will have awards for first (\$400), second (\$200) and third (\$100) place. Show will be held at Ouray Community Center, July 27 - Aug. 5, 2017. Go to ourayarts.org for more information and to register!

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-

April 6-Bridges Out of Poverty educational event on Thursday, April 6 from 10 a.m. - 12 Noon at Westminster Hall, in Delta. The event will focus on how poverty starts, why it continues, and how to change the course. Hosted by Delta Health and Wellness Center Family Clinic. For more information please call: (970) 964-7740.

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

April 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 10--At 6:30 p.m., Citizens' Climate Lobby meeting at Centennial Room behind Montrose City Hall, off plaza-Citizens' Climate Lobby is a non partisan effort to inform and influence legislators of sustainable means to slow the effects of pollution. All are welcome.

April 11-Alpine Photography Club Meeting, 7 p.m. @ Colorado Mesa University, 245 S. Cascade Ave., Montrose. Room: 106 Presentation: Wedding & Portrait Photography By: Mike & Joey Boese of Peak Life Photography Tip: Website Demo by Tara Hough Sharing: Doors & Windows All are welcome to attend.

April 13-Montrose-Delta League of Women Voters presents, Non-Citizen Rights and Protections Under the U.S. Constitution, @ Noon and @ 5:30 p.m. in the Montrose Regional Library Community Room.

April 14-Health Care Decisions Day-Volunteers of America presents an Informational session at Proximity Space (210 east main Street), from 1 to 2 p.m.

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

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

April 17-21-Partners Mentoring Auction!! Items closing daily www.partners-west.org 249-1116.

April 20-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.

April 20-Dolphin House Spring Open House and Supply Drive—3— 6 pm @ 735 South 1st Street— Montrose.

Join us to tour our facility, meet our staff and help us supply the Dolphin House. Supplies needed include individually packed snacks, juice boxes and paper products.

April 21-22-Weehawken Dance presents "Cinderella" April 21 at 6 pm and April 22 at 2 pm at the Montrose Pavilion.

April 22--Montrose County Historical Museum will hold spring clean-up at the Museum starting at 9 am till Noon.

Give Back Days

At Mi Mexico Mexican Restaurant

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

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

Over 200 entrees to choose from!

1st Wednesday: The Homestead at Montrose

2nd Wednesday: All Points Transit

3rd Wednesday: Black Canyon Boys & Girls Club

4th Wednesday: Valley Manor Care Center

5th Wednesday: Community Options Inc.

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

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

**SUPPORTING IS
NOW DELICIOUSLY
REWARDING.**



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

*Coupon must be present

Contact the Montrose Mirror:
970-275-0646

Editor@montrosemirror.com

www.montrosemirror.com

Springtime has blossomed in Montrose. Mirror staff photos.





**Kindergarten
ROUND-UP**



**2017-18
school year**

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

April 19 (NES-PES) & 20 (CES-JES-OGES-OES)
8 am - 4 pm Evening Registration Available
 Check your Boundary School for Registration Times

How to Register:

- Visit www.mcsd.org - Click Announcements
- ~ Click on Kindergarten Registration
- ~ Complete either the English or Spanish Form
- ~ Print the Form - Bring to Registration
- ~ Attend Kindergarten Round-Up in April

What to Bring:

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

**Cottonwood
(CES)** 249.2539
3500 Woodgate

**Johnson
(JES)** 249.2584
13820 6700 Rd.

**Northside
(NES)** 249.2554
528 N. Uncompahgre

**Oak Grove
(OGES)** 249.6867
62100 Hwy 90

**Olathe
(OES)** 252.7940
326 N. 3rd St.

**Pomona
(PES)** 249.2514
1045 S. Cascade