



# THE MONTROSE MIRROR

Issue No. 223, June 5 2017

## BOBCAT JACK TO HEADLINE 1ST BLUES IN THE PARK

By Caitlin Switzer

WEST END-It began with a chance conversation with a traveler. When West End RV Park owner Lloyd Delgado got to talking with a man who pulled off the road to dump a tank, Delgado quickly learned that the man was none other than Blues legend [Bobcat Jack](#), returning from Gateway.

"They got to talking," recalled Amanda Tomlinson, events director for the Nucla-Naturita Chamber of Commerce, "and Bobcat agreed to play a free show here!"

That turn of events quickly precipitated the hiring of Tomlinson, who has a strong background in local marketing and promotions, to organize and promote the first time concert at Naturita Town Park.

"We had the guy, the date, and the place, but no event coordinator," she said. "I started April 3."

With just two months to go, Amanda decided that a full-on blues festival was



*Bobcat Jack will headline the first Blues in the Park Festival.  
Courtesy photo.*

[Continued on pg 9](#)

## COUNCILOR FAILED TO DISCLOSE SHARED VACATIONS



*Montrose City Council regular meetings are held on the first and third Tuesdays at 6 p.m., with work sessions occurring at 11 a.m. on the day preceding the council meeting. Meetings take place in council chambers, the Elks Civic Building, 107 South Cascade Avenue. Photo by Mirror staff.*

By Gail Marvel

MONTROSE-A reader's tip led the *Montrose Mirror* to inquire about a potential conflict of interest with City Councilman Rex Swanson and the land swap between the city and the Adamson Family Trust.

### Background:

An agenda item for the April 3, 2017 city council work session was "Disposal of City Property Ordinance" presented by Director of Innovation and Citizen Engagement Virgil Turner.

The proposed ordinance allowed 17.6 acres of city owned property on Sunset Mesa to be swapped for a 16-acre parcel of property near Anderson Road owned by the Adamson Family Trust. The city described the Adamson property, "...as a parcel of land along the Uncompahgre River, which is important to further

[Continued on page 4](#)

in this  
issue

[Rob Brethouwer writes on  
subtle musical differences!](#)

[Art Goodtimes...  
Up Bear Creek!](#)

[Liesl visits the Black  
Canyon Animal Sanctuary!](#)

[Mark Rackay writes on  
skunks of Colorado!](#)

## HOUSES OF WORSHIP: CEDAR CREEK CHURCH



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—Rather than positioning himself in the church foyer, Cedar Creek greeter Kevin Thompson stood on the sidewalk street corner with bulletins to welcome worshippers to the March 26<sup>th</sup> service.

Attendees filtered into the auditorium with coffee and hot chocolate in hand and 11-year-old Lydia sat down next to me in the pew. With a knowing smile she said, "Our church is friendly, so I'm being friennndly."

The five-member praise team accompaniment consisted of two guitars, drums and a piano, and song selections included "Revelation Song," "He Reigns," and "This is My Father's World." The words to the songs were displayed on the video screen; however, because the screen was unreadable people unfamiliar with the songs could not participate.

Doug Kiesewetter made announcements which included hosting breakfast for the community the week before Easter, the death of a member who lost their battle with cancer, and the need for volunteers to dig up and transplant a church rose

bush. Prayer requests were solicited from the congregation and then in a corporate prayer Kiesewetter petitioned the Lord on each individual need, "We are so grateful we can bear one another's burdens."

During connection-time many attendees left their seat and moved around the auditorium greeting one another. Pastor Curt Mudgett's sermon titled "Alienation to Reconciliation" began with the illustration of Lady Liberty, "The Statue of Liberty was a gift from France and it became an icon of freedom for immigrant travelers from abroad." Mudgett read Emma Lazarus' famous poem and then spoke about opportunities and living under a constitution that guarantees religious freedom.

In a 180-degree turn, Mudgett said, "Early racial enmity triggered animosity and we haven't figured out how to be harmonious...with Native Americans, African Americans, Asians. Something is always stirring up strife. We have not discovered harmony...nor has anyone else. It doesn't matter what continent you're on, you can't get away from it. There is no political answer to [racial issues] and it's grieving to God."

Stepping back further in time Mudgett used Ephesians 2:11-18 as his text and

spoke about the struggle in the early church and the separation between Jews and Gentiles in biblical times, "Jews prejudged that God would not include Gentiles and the prejudice also went the other way. There was a lot of twisting of the Old Testament to justify bigotry and the Gentiles had animosity for the Jews."

Mudgett noted that racism is a problem of the heart and mere education is not the answer, "The human heart is basically not good." Recounting a 1986 peace march from Los Angeles to Washington DC that took years to plan, "Five thousand people were committed to participate, but the march stalled in Barstow, 120 miles east of Los Angeles. Half of the march went home and the remainder took up residence in an auto salvage yard. It had celebrity support, but self-destructed through bickering. Who were the real walkers and who were riding in cars? Finally, the group decided to hold an election, but the election was deemed invalid. Many ended the peace march by not speaking to each other and they became enemies."

The walls of hostility can be race, culture, language, dress or music. Mudgett said, "Human effort only goes so far — the answer to helplessness is Jesus. We see people as made in God's image. He is our peace and has broken down the divide wall. Walls of all kinds come down in Christ. The church is a working illustration of reconciliation and first we must be reconciled to our brothers."

As he dismissed the service Mudgett challenged the congregation to, "Be a peacemaker this week."

*Contact Info:*

*Cedar Creek Church  
222 South Townsend Ave.  
Montrose, CO 81401*

*Pastor Curt Mudgett, 970-252-1163  
Worship 10:15 a.m.*



**No reprints without permission.**

**Publisher: Caitlin Switzer, Circulation 9,400+**

**Note: Opinion/Editorial letters & Commentary do not necessarily reflect the opinions of Mirror owners or contributors. We do welcome all points of view and encourage contributions. 970-275-0646**

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

**[editor@montrosemirror.com](mailto:editor@montrosemirror.com)**





# MAJOR MORTGAGE

*Means Major Service!*

**LET MAJOR MORTGAGE JOIN YOU ON YOUR ROAD TO HOMEOWNERSHIP!**

**Conventional • FHA • VA • USDA Rural Development  
Jumbo • First Time Homebuyers • Refinance**

**CLICK HERE TO LEARN MORE!**

**[www.MajorMortgageMontrose.com](http://www.MajorMortgageMontrose.com)**



A division of AmCap Mortgage, Ltd., NMLS # 129122. Terms, conditions, and restrictions may apply. Loan products are subject to availability and credit approval. Not a commitment to extend credit. AmCap Mortgage is an Equal Opportunity Lender.

**Ninah Hunter**

*Mortgage Loan Originator*

NMLS#1088241 LMB#100047306

[nhunter@majormortgage.com](mailto:nhunter@majormortgage.com)



**Rebecca Kelln**

*Mortgage Loan Originator*

NMLS#1454352 LMB#100502506

[rkelln@majormortgage.com](mailto:rkelln@majormortgage.com)



**(970) 252-1700**

**701 S. Townsend Avenue • Montrose, CO 81401**

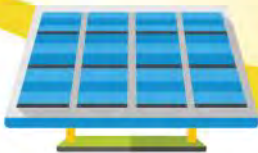
## MIRROR LEGALS: DMEA ANNUAL MEETING JUNE 15

### PUBLIC NOTICE

Official Notice of the  
Annual Meeting of the Members of  
Delta-Montrose Electric Association

Notice is hereby given of the 2017  
Annual Meeting of the Members of  
Delta-Montrose Electric Association,  
to be held on **Thursday, June 15,**

**2017** at the Hotchkiss High School, 438 Bulldog Street, Hotchkiss, Colorado, for the purpose of electing members to the Board of Directors, passing upon reports covering the calendar year 2016, and for transacting such other business as may properly come before the meeting. Registration will be held between 4:30 p.m. and 6:30 p.m., and the Business Meeting will begin at 6:30 p.m. The following Board of Director candidates ran unopposed and, pursuant to Association bylaws regarding entirely uncontested elections, will be deemed to have been elected at the Annual Meeting: Mark Eckhart (Region 7), John Gavan (North Region), and Damon Lockhart (Region 6).



**Electrical & Solar  
Installation**

*It's never been easier to go solar!*

Local full-service electrical contractor  
specializing in high quality yet affordable  
photovoltaic solar installations.

*Call  
Today!*

**970-249-0836**

**Josh Fabian, President**

113 Rose Lane, Unit E • Montrose, CO 81401

Cell (970) 209-5696 • Fax (970) 249-4715

**[www.dynamic-integration.com](http://www.dynamic-integration.com)**

**The Montrose  
Mirror...**

**Fresh news for busy  
people...reaching  
10,000 readers across  
the Western Slope and  
beyond, weekly on  
Mondays!  
970-275-0646.**

## ***COUNCILOR FAILS TO DISCLOSE FRIENDSHIP, SHARED VACATIONS***

### ***From page 1***

recreational opportunities within the City of Montrose, as well as important for planned public improvements.”

On April 18, 2017 Ordinance 2417 (first reading) appeared on the city council agenda and was presented by Senior Planner Garry Baker. Baker referred the council to the work session discussion which took place on April 3. However, during this public meeting there was no specific mention of the Adamson Family Trust property, but a simple reference to “land we are considering trading this for.” Swanson commented on the long-time negotiations for this property and Baker said, “I wanted to focus the discussion on your actions tonight...specifically on just making it

available for transfer.” Swanson made the motion and council voted unanimously to approve the ordinance.

On May 2, 2017 Ordinance 2417 (second reading) was on the city council agenda, presented by Director of Innovation and Citizen Engagement Virgil Turner and Senior Planner Garry Baker. Turner explained the city was interested in swapping the Sunset Mesa property for the Adamson Family Trust property. Swanson made the motion and council voted unanimously to approve the ordinance.

Swanson was present during all three presentations and made comments during the discussion. At no time did Swanson disclose his close personal relationship



***Montrose City Council, above, apparently saw no problem in a longtime friendship between former Mayor Rex Swanson, top left, and the Adamson Family, party to a city land swap. Swanson has vacationed with the Adamson Family at their condo in Mexico. Courtesy photo.***

with the Adamson family; a relationship that includes vacations with the Adamson family at their condo in Mexico. An inquiry revealed that city staff and council knew of Swanson’s close relationship with Adamson.

Without abstaining, recusing or making a public statement that he had no conflict of interest, Swanson not only publicly supported the land swap, but made both motions and voted to approve the disposal of the Sunset Mesa property — which is the first step to allow the property to be swapped for the Adamson Family Trust property.

The only posted Special Meeting on real estate matters which might have pertained to the land swap was held on Nov. 1, 2016 and called to order by then Mayor Rex Swanson. If the Adamson Family Trust property was the topic of discussion at this Special Meeting Swanson was a participant.

With the exception of the Special Meeting (executive session) the *Mirror* has attended all work sessions and official council meetings.

There is no public record of any “keep-Swanson-out-of-the-loop” meetings, when they occurred and whether or not Swanson was present.

Open Friday & Saturday from Noon to 6 p.m.

**A Lavender Emporium LLC**

*A Unique Place for Showcasing Colorado's Craftsmen & Artisans*

**We have Plants, Teas, Essential Oils, Culinary Lavender, Lotions, Soaps, Dryer Bag, Hydrosols, Skin Oils, Honey, and so much more.**

.... TRACY HARRISON ....

230 S. 2nd Street • Montrose, CO 81401  
970-210-8782 • beltzakatua@gmail.com

.... CO-OP RETAIL SPACE FOR RENT ....



## RANCH SORTING EVENT SHOWCASES AFFORDABLE FUN

By Gail Marvel

MONTROSE—A five-man arena ranch sorting practice is scheduled for June 10 at the Montrose County Fairgrounds. The session will take place from Noon-2 p.m. and admission is free to spectators.

Ranch Sorting, a nationally recognized sport, originated on cattle ranches where working cowboys on horseback sorted specific cattle from the herd — separating steers from heifers, or a calf that needed to be doctored. The rules for five-man arena ranch sorting are fairly simple. Ten head of cattle, each one with a number from 0-9 pasted on their back, are placed at one end of the arena. An announcer calls out a number and the team must then sort all 10 cattle in numerical order beginning with the number that is called. For instance, if the number three is called the sequence would be 3, 4, 5, 6, 7, 8, 9, 0, 1, 2. A judge, who sits at the foul-line, ensures that the cattle cross the line in numerical order. There is a 60-second time limit and the team that sorts the most cattle in the least amount of time is the winner. A team is disqualified if the cattle do not cross in order...or if one of them heads back to the herd.

Local instructor and organizer Heidi Hill said, "It is a very affordable and family friendly sport. You can ride with your friends, family, neighbors, or just show up



*Heidi and Matt Hill practice Ranch Sorting at their home arena. In October the Hills will host the 6<sup>th</sup> Annual Tough Enough to Wear Pink Sort and Silent Auction which will benefit a local cowboy or cowgirl who is battling cancer. For more information, contact Heidi Hill at 970-724-9402 (photo courtesy of Heidi Hill).*

with your horse and we'll put you on a team."

Riders ages five to 80 years-old participate in class divisions ranging from novice to expert and the cost of \$20 to \$30 per person is determined by the division. The Ranch Sorting practice on June 10<sup>th</sup> will draw about 50 teams of five-members each from all across Western Colorado. Ranch Sorting is also a component of the Mountain States Ranch Rodeo Finals

which will be held in September at the Montrose County Fairgrounds. Hill said, "We are expecting about 100 teams for that event and people will come from all over the state to compete for cash prizes." Matt and Heidi Hill, along with seven other Western Slope riders, recently competed in Las Vegas at the national competition. Hill said, "There were between 250-400 teams in each division. We didn't win any money...but we placed in the top 20!"

**249 8500**

**ANONYMOUS**

Download The APP. **P3TIPS** 

**MONTROSE REGIONAL  
CRIME STOPPERS**

*see something, say something*

## CITY TO MIRROR: \$100 FOR COPIES OF 3 COUNCIL EMAILS



By Gail Marvel

MONTROSE—There is a question of transparency in the City of Montrose as municipal business appears to be taking place behind closed doors, through emails and on the telephone.

The week of March 13, Montrose City Manager Bill Bell phoned councilmembers and proposed an ordinance to dissolve the Downtown Development Authority (DDA). Technically public meetings (quorums) can be avoided by talking to councilmembers individually. In this instance the individual phone calls resulted in the council giving a collective nod to allow Bell to quickly put the ordinance on the upcoming council agenda. Some DDA board members learned about Bell's intention to dissolve the organization from reading about it in the *Montrose Daily Press*.

At the March 21<sup>st</sup> regular meeting the council received pushback from citizens

and the DDA board, at which time Councilman Dave Bowman made a motion to table the ordinance. The motion was seconded by Councilman Roy Anderson and Councilwoman Judy Ann Files became the swing vote.

During general council discussion Files said of the split vote, "This evening's meeting has been difficult for all of us. I think we need to remember that we need to work together and we need to continue to discuss and do whatever it takes to come to a consensus." Bowman countered, "Tabling it is not the end of it...we work on it and come back."

Seldom is there a dissenting vote amongst council and the pattern of unanimous voting can give the impression that consensus has been reached prior to meetings.

On a reoccurring basis city staff and councilors use the phrase "We've talked about this in a work session," or "You heard about this in a work session." While councilors are privy to work session discussion, the general public does not attend the unofficial meetings. The onus is on council to fully vet agenda items during official meetings, which are video recorded for later review and reference.

Following a recent council meeting an off-the-cuff comment between two councilors led the *Mirror* to suspect that council had used group email correspondence to discuss city issues, which would be in violation of the Colorado Open Meetings Law.

On May 4, 2017 the *Mirror* submitted a Colorado Open Records Request (CORA) for all "reply all" emails sent amongst city council members for March and April of 2017. The preliminary search by the city IT

department determined there were more than 4,000 emails, which at 25 cents per page, plus research time, would be cost prohibitive.

The *Mirror* narrowed the search parameters to April 15 to May 1, 2017 (17 days) and asked for city council collective email discussions about the DDA.

The city IT department determined that out of 346 emails during that time period, only 107 were related to the DDA, and of the 107 only three emails included all city council members. "We found no evidence of "reply all" emails by city council members."

The IT department, the City Clerk's Office, the City Manager's Office and the City Legal Department spent 7.5 hours handling and reviewing the *Mirror* CORA request, for which they charged \$100 for research time and three photo copies.

The three emails obtained by the *Mirror* from the CORA request were all forwards:

- An email from Councilman Dave Bowman to Dave Bowman, who forwarded his council packet to himself.

- An email from Dave Bowman to Lance Michaels, former DDA Executive Director, that forwarded the city Procurement Manual to Michaels. The script from Bowman on the email read, "Here you go."

- An email from Councilman Roy Anderson to City Clerk Lisa DelPiccolo, which contained a draft of the DDA Memorandum of Understanding (MOU) forwarded from City Manager Bill Bell.

Even though the DDA has been a hot topic in the community, the result of the CORA request indicates it has not crossed the collective mind in council emails. In the words of Councilman Bowman... "Here you go."





## OPINION/EDITORIAL: COMMENTARY

### A MOM'S REMINDER...ALCOHOL WRECKS LIVES TOO

By Caitlin Switzer

MONTROSE—On May 19, the front page headline on the *Montrose Daily Press* insisted, “Drink Up.” The occasion? Promotion of an annual event that raises funds for causes to support local youth. To me, this is a great cause if there ever was one, and events that promote social drinking can be fun.

However, Montrose is a community with a high number of youth who could be categorized as “at-risk;” a fast-growing number of drinking establishments; and absolutely no public transportation system or taxi service during the evening and late-night hours. We even made statewide headlines in a shameful way in 2013, when [Westword](#)’s Michael Roberts reported that 7<sup>th</sup> Judicial District Deputy District Attorney Lou Mehlig had just received his third DUI after a motor vehicle crash.

As a mother of three young people, I have always tried to communicate the dangers of drinking to my kids. When they reach the age of 21, my goal as a mother is to ensure that they know all aspects of the decision they make to take that first drink.

On May 12, I was reminded that for some people, alcohol is more than a choice. My two sons and I live in a very busy Downtown neighborhood, in close proximity to

a number of drinking establishments. In years past, I have had drunk drivers pull into my driveway and actually leave empty vehicles overnight; I have found an intoxicated man under one of our windows at dusk; I have had drivers who appear to be inebriated pull into my driveway and spin “doughnuts,” tearing up the grass; and one son and I had someone who appeared to be on drugs try to enter our car in broad daylight just a few blocks from home. I even found a dog on a leash—a leash that had been attached to a chair from Horsefly Brewing Company the night before—on my front porch, barking, one early morning.

However, on the afternoon of May 12, 2017, it was not a runaway dog who appeared suddenly on our porch, but a tall young man in a bike helmet who came rushing up the steps intent on gaining entry. My ten-year-old son burst in from the front walk, where he had been playing on his scooter. “Mom, there is a scary looking man in a helmet coming up the walk and he wants to come in our house!”

With no time to double check, I shouted for my child to call police while I slammed and locked the front door. I held it closed while the man pushed and shouted, “Open this door!!” And though it seemed

like hours, the Montrose Police arrived within seconds. After speaking with him, they took our would-be intruder to jail. This might be the end of the story, but it is not. I am a reporter as well as a mom. Upon receiving the Sheriff’s blotter on the following Monday, I realized just who our would-be invader had been. He was and is the beloved son of a local family, a child raised with the greatest of care, love and hope by people who have the best interests of the community in their hearts. His mother later told me that her child has a problem with alcohol—a “Jekyll and Hyde” issue. His parents had taken away his car keys that morning, and had talked about Mother’s Day plans.

I believe we can do better. In a community where public officials can be among the most prominent heavy drinkers, I know of at least one bright, promising young man who really never stood a chance. Without effective treatment, he and his family will be forever caught in a cycle of heartbreaking hangovers.

All parties must come to end. Whether you drink or not, in a town with no public transportation after dark, alcohol is everybody’s problem... will it be you and your family who suffer the next heartbreak hangover, or the next home invasion?

**CELEBRATING LOCAL BEAUTY.**



## INVESTIGATION INTO TRAILER PARK SHOOTING REMAINS ONGOING



*Normally quiet, the Ikie's Trailer Park had a shooting last week.*

By Caitlin Switzer

MONTROSE-According to Commander

Gene Lillard of the Montrose Police Department, the May 29 shooting of a 13-year-old boy in the Ikie's Trailer Park at 1308 East Main Street was intentional, and a person of interest is now being sought by police.

The shots were apparently fired from a neighboring trailer park,

the San Juan Trailer Park formerly managed by Great Homes Company of Grand

Junction, Lillard said. "The shooter leaned over the fence to shoot," he said.

"Thank God for video; with the information we have, we can put someone in jail for this."

San Juan Trailer Park resident Betty Summarell said that police came and seized video from her outside surveillance camera as part of the investigation.

"The investigator should be able to tell more than me," Summarell said. "Seen some really strange activity in my camera that night prior to the shooting."

The San Juan Trailer Park has been a constant hub of criminal activity over the years, but particularly so since the Great Homes Company removed its maintenance team several years ago.

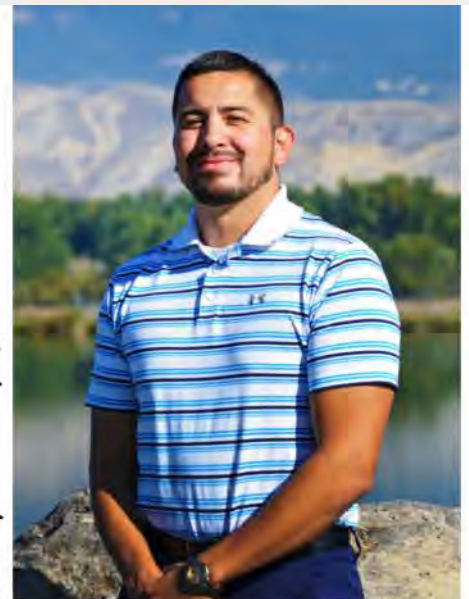
Though Montrose police have indicated that they have a specific person of interest in the trailer park shootings, the investigation remains active at press time.

Hi, my name is Tom Huerkamp, President of ProSpace+ Interiors and I am pleased and proud to acquaint you with our Customer Service Representative for Montrose & Delta Counties.

**Arthur Mendez**

Arthur has been a valued employee for 13 years. He started as a member of our installation team, during that time he attended INTELITEC College night classes for two years learning Auto Cad and earning his degree in architectural drafting.

Since then he has been our lead space planner, interior designer and product specifier. Last year Arthur expanded his role and now serves as our outside marketing person for the two counties.



Arthur's direct dial 970-773-2120

E mail [arthur@prospace.biz](mailto:arthur@prospace.biz)

 **ProSpace+**  
Since 1970  
Office Furniture | Space Planning | Installation  
**877-874-8006** [www.prospace.biz](http://www.prospace.biz)

**Western Colorado's Complete Office  
And Health Care Furniture Dealer  
Interior Design, Space Planning,  
Product Specification, Installation,  
Warrant & After Sale Service.**



## ***BOBCAT JACK TO HEADLINE 1ST BLUES IN THE PARK From pg 1***

the ticket.

"Bobcat Jack is the main event, with local talent throughout the day," she said. "We definitely hear more Country & Western music around here, so this is a chance to showcase our local artists and showcase the blues."

Vendors are encouraged to call Tomlinson if they wish to take part in the event, especially those who can provide food. The official vendor deadline is June 9, although "as long they can commit to being part of Blues in the Park, we can get the paperwork in," Tomlinson said.

And though it takes plenty of work to put on a first-time music festival in a rural community, "This is an inaugural event," Tomlinson said. "I intend to do this again next year."

Blues in the Park is supported in part by the [West End Pay it Forward Trust](#).

Click here to reach the [Nucla-Naturita Chamber of Commerce](#). To each events director Amanda Tomlinson, call 970-428-0307.

## **FOUNDATION CELEBRATES 20 YEARS WITH \$20,000 IMPACT GRANTS**

*Special to the Mirror*

REGIONAL-In celebration of its 20<sup>th</sup> anniversary, the Western Colorado Community Foundation (WCCF) plans to make a number of \$20,000 grants available for nonprofit initiatives across the western Colorado region.

The 20<sup>th</sup> Anniversary Fund grants are made possible through a \$50,000 challenge grant from the Boettcher Foundation with matching funds from WCCF donors and community members. The Boettcher Foundation generously awarded the challenge grant on the occasion of WCCF's 20<sup>th</sup> Anniversary. This grant is also in honor of Tim Schultz, who is retiring after 22 years of leading the Boettcher Foundation. Born in Grand Junction, he has been a long-time supporter of WCCF and a staunch advocate for initiatives that strengthen rural Colorado communities. The goal of the 20<sup>th</sup> Anniversary Fund is to support innovative projects in western Colorado where organizations collaborate to address unmet community needs.

Interested organizations should submit a brief letter of interest (LOI) by **June 30<sup>th</sup>, 2017**. Full information and LOI is available at [wc-cf.org/nonprofits/grantmaking](http://wc-cf.org/nonprofits/grantmaking) or by emailing Tedi Gillespie, Grants and Community Outreach Director at [tgillespie@wc-cf.org](mailto:tgillespie@wc-cf.org).

The Western Colorado Community Foundation is celebrating 20 years of managing charitable funds for community good across the seven counties it serves, including Ouray County. Currently, the Community Foundation manages 230 charitable funds totaling nearly \$60 million in assets, and awards over \$2.5 million in grants and scholarships annually.

- SKIP THE SEMINARS
- NO ONE SIZE FITS ALL
- KEEP IT SIMPLE

## **ESTATE PLANNING**

**LOCAL  
MONTROSE  
LAW FIRM**

### **SERVICES:**

- Update Your Plan
- Make a Will
- Form a Trust
- Nominate a Guardian
- Use Beneficiary Deeds
- Get POAs in Place



Call **CAROL VINER**  
for more information.

**970.249.2622**

152 COLORADO AVE.  
MONTROSE, CO

**WWW.MASTERSVINER.COM**

# BLUES IN THE PARK

## VENDOR ENTRY FORM

**WHEN: JUNE 24<sup>TH</sup>, 2017**

**WHERE: Naturita Town Park**

**SET UP TIME: Starting at noon**

(The event starts at 3Pm. If you need more setup time let us know, we will work with you)

For more information, contact Visitor Center at 970-865-2350,  
or Amanda Tomlinson at 970-428-0307 Email [nnaccdirector1@gmail.com](mailto:nnaccdirector1@gmail.com)

Please return entry forms and payment by **June 9<sup>th</sup>, 2017** to  
Visitor Center, P.O. Box 425, Naturita 81422 or deliver to 230 West Main, Naturita 81422

### 2017 Blues in the Park Vendor Entry Form

**NAME/ ORGANIZATION:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CONTACT NAME:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**TYPE OF VENDOR** (please give description): \_\_\_\_\_

(use back side if more space is needed)

<b>VENDOR FEE</b> (12x12 space)	\$25.00	
<b>ELECTRICITY</b> (additional)	\$10.00	
We will do our best not to duplicate Vendors. Vendors will be accepted on a first come, first serve basis	<b>TOTAL</b>	

**\*\*\* VENDORS WILL BE RESPONSIBLE TO SUPPLY CHAIRS/TABLES NEEDED \*\*\***



## REGIONAL NEWS BRIEFS

### 15-YEAR-OLD WYOMING RESIDENT DIES IN ATV ACCIDENT

*Special to the Mirror*

MONTROSE—On the afternoon of Sunday, May 28, 2017, a 15-year-old girl was involved in an ATV accident occurring approximately a half-mile west of the 15000 block of 6000 Road, south of Spring Creek Road, in rural Montrose County. Georgia Smits, of Jackson, Wy., died at the scene of the accident. The death is under investigation by the Montrose County Coroner's Office of Medical Investigation and the Montrose County Sheriff's Office. An autopsy is scheduled to confirm the cause and manner of death.

z o b i · m o b i

places vehicles jobs inside outside pets

sales services clothing events shout misc

set location create my ad help

Montrose 3 places

Olathe 1 place

Ouray 1 place

Telluride 2 places

**Montrose:** Fox Hills - 1.5 story 3 bed with office (possible 4th BD). Master on lower level. 2.5 bath. 3-car garage. Custom built with upgrades. Storage shed. 1 acre with irrigation, sprinkler system, and beautiful landscaping. 2527sq ft. \$385,000.

COME TO THE 2017  
SAN MIGUEL POWER ASSOCIATION  
**ANNUAL  
MEETING**  
JUNE 8<sup>th</sup> • RIDGWAY, COLORADO  
SMPA Office at 720 North Railroad St.

- 4:30-5:30 PM: Voting, Dinner, Activities
- 5:30-7:00 PM: Meeting, Prizes

• Dinner provided by:  
**provisions**  
CAFÉ & CATERING



• Gifts for all members  
who attend:

- Matted & Signed Landscape image  
from local photographer, John Coffman
- \$10 Bill Credit



SAN MIGUEL POWER ASSOCIATION



Touchstone Energy® Cooperatives  
The power of human connections®

• Keynote Address by: *Sue Hansen*  
..... SPEAKS!

• Music by: - David Nunn  
- Ouray County Chorus

• Activities, Games

• Election Results

• Door Prizes



THE CHALLENGE OF CHANGE

San Miguel Power Association is an equal opportunity provider and employer.



## GUIDE TO THE OUTDOORS FROM THE SHERIFF'S POSSE: SKUNKS IN COLORADO



*There are four species of skunk that make Colorado home. Photo by Mark Rackay.*

*By Mark Rackay*

REGIONAL-Just about everyone who spends time in the backcountry has some amount of fear for wild animals of one type or another. For some folks it is the mountain lion and others it may be a bear. Some of the toughest outdoor people I know have no fear whatsoever of big game animals, but will go running home to mommy at the sight of a rattlesnake.

I contend that the sight of one particular animal is enough to make everyone, from the bravest to the chicken hearted alike, scurry away: and that is the skunk.

There are four species of skunks that make Colorado home. The most common is the striped skunk (*Mephitis mephitis*)

that can reach 2 ½ feet in length and weigh a bit over 10 pounds.

The hog-nosed skunk lives in the pinion-juniper country of southeastern Colorado and reaches the same size as the striped skunk.

The other two species are the eastern spotted skunk and the western spotted skunk. Both of the spotted species are much smaller, weighing in at less than two pounds when fully grown. The spotted skunks are somewhat rare to see in Colorado.

Skunks used to be classified as part of the Mustelidae family of weasels and martens but recently reclassified as the Mephitidae family. All of that really does not matter much to us. What really matters is that they have loaded scent glands and know how to use them.

Striped skunks breed in February and March. The litter arrives in May and consists of six to eight kittens. These little rascals are capable of launching the caustic spray once they reach six weeks of age.

A skunk will give plenty of warning (usually) before he launches the spray. The spray is an oily, yellowish colored musk that smells so bad even the skunk can't stand it. Skunk scent has been described as a combination of ammonia, sulfur, sewer gas and garlic.

The technical name for the musk is called butylmercaptan. When the skunk feels threatened, the openings of a pair of musk glands on either side of the tail pop up.

The muscles will then constrict to disperse the musk as a spray or a thick stream. The odor is strong enough to leave a person sneezing, coughing, chok-

ing, gagging, nauseated and sometimes vomiting.

If the spray hits your eyes, it can actually cause temporary blindness, lasting for up to 15 minutes. And if that is not enough, a skunk can spray up to 8 times, launching the spray up to 15 feet. Once the spray is deployed, it takes at least a week for the skunk to refill those scent glands.

Skunks are nocturnal and rarely seen during daylight hours.

Since skunks are a major carrier of rabies, any skunk seen during daylight, or acting unusual, should be reported to Animal Control. Because of the rabies concern, all pets and especially dogs should be kept clear of skunks.

If a spray does blast you, forget the tomato juice, as it is an old myth that does not work. The most effective mix is 1 quart of 3percent hydrogen peroxide, ¼ cup baking soda and 2 teaspoons of dish soap. Use this mix on just about anything or anyone sprayed and rinse thoroughly with clean water.

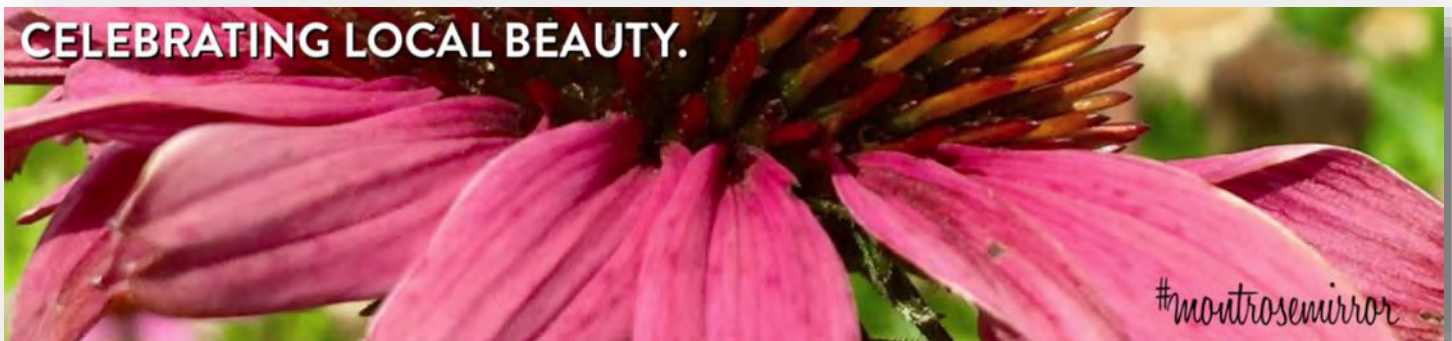
A solution of 2% vinegar and 98% water can help with the odor on pets.

I have been told that skunks can have their scent glands removed and make a great pet but I will leave that to someone else to find out. Besides, in Colorado it is illegal to have a skunk as a pet. For me, I will just enjoy seeing them at a distance, a great distance.

*Mark Rackay is a freelance writer who serves as a Director and Public Information Officer for the Montrose County Sheriff's Posse.*

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

## CELEBRATING LOCAL BEAUTY.



#montrosemirror





## Introducing Independent Living at The Homestead at Montrose

If you are over 55 and independent but would like to live in a community offering socialization and peace of mind, schedule a tour of our private one and two bedroom apartments. We're conveniently located across from the Montrose Pavilion Senior Center.

### Rent includes:

- All utilities: cable television, Internet and phone
- One nutritious meal per day
- Laundry privileges
- Socialization and invitation to all activities

Pricing starts at \$1210 per month, new residents only.

Call or email Denise Swanson, Residence Director to schedule a tour.  
**970.252.9359** | [dswanson@voa.org](mailto:dswanson@voa.org) | 1819 Pavilion Drive, Montrose



**Volunteers  
of America®**

ADULTS ONLY

register online at [www.weehawkenarts.org](http://www.weehawkenarts.org)

## WEEHAWKEN DANCE

**SUMMER  
MONTROSE  
SCHEDULE**  
8 week session  
June 5-Aug 4

weehawken  
creative  
**ARTS**  
centers\*

[weehawkenarts.org](http://weehawkenarts.org)  
970-318-0150

### MONDAYS in Montrose

10:00-10:45 Pre-Ballet (ages 3-5) with Miss Leeann & Miss Pang  
10:45-11:30 Pre-Primary Ballet (ages 4-6) with Miss Leeann & Pang  
11:30-12:30 Wee Hip Hop with Miss Leeann & Miss Caila  
4:00-5:00 Ballet 1/2 with Miss Wendy & Miss Pang  
5:00-6:00 Beginning Hip Hop with Miss Caila  
6:00-7:00 Tap/Jazz with Miss Caila  
7:00-8:00 Tween/Teen Jazz with Miss Caila

### Summer Pricing

45 minutes to 1 hour = \$125 for 8 weeks  
Over 1 hour = \$187.50 for 8 weeks

### SPECIAL HIP HOP WORKSHOPS WITH MISS VAL in Montrose

#### June 9-11: Pom Poms and Popsicles:

Poms/Jazz Intensive from 5-7 pm in Montrose for ages 9 and up (\$60)

### TUESDAYS in Montrose with Miss Natasha

3:15-4:00 Primary Ballet (ages 5-8)  
4:00-5:00 Ballet 1/2 (ages 10-11)  
5:00-5:45 Pre-Ballet (ages 3-5)  
5:45-7:00 Ballet 3/4 ballet (ages 12+, includes pointe/pre-pointe)  
7:00-8:45 Ballet 4/5 (ages 14+, includes pointe)

### WEDNESDAYS in Montrose w/ Miss Pang, Miss Wendy & Miss Val

5:00-6:00 Ballet 3/4 ballet (ages 12 and up)  
6:00-7:45 Ballet 4/5 (ages 14 and up, includes pointe)  
7:45-8:45 Advanced Hip Hop Technique & Choreography (ages 13-18)

#### June 16-18: Hot And Humid Hip Hop:

Beginner/Intermediate Hip Hop from 5-7 pm in Montrose for ages 9-12 (\$60)

#### July 14-16: Fresh Fusion Hip Hop + Jazz:

Intro to Jaz with Hip Hop Flair Intensive in Montrose for ages 9-18 (\$60)



## REGIONAL NEWS BRIEFS

### MT VILLAGE LEADS THE WAY TO NEW NORMAL

#### *Special to the Mirror*

MOUNTAIN VILLAGE—Mountain Village may cover just over 3 square miles but the small community has big ambitions to help fight climate change, starting at home. Over Memorial Day Weekend, the town will shine a spotlight on its Green Gondola Project, and launch four programs to reward local residents for conserving natural resources and protecting the environment. These cutting-edge initiatives are part of a grassroots, community-wide movement to work toward The New Normal — the Telluride region's audacious goal of achieving carbon neutrality. The New Normal movement sprang from Mountainfilm, the annual film festival premiering Memorial Day weekend that has shared the powerful stories of grassroots movements for nearly four decades. As it pinpoints climate change as the defining issue of our time, the festival has identified specific ways the Telluride community can take simple, impactful steps to preserve the planet for future generations. Festival Director David Holbrooke says Mountainfilm can help propel action against climate change by leveraging the power of story to fuel innovation and community building.

"Can we do this? Can Telluride really go carbon neutral?" Holbrooke asks. "We don't know, but given what is clearly happening to our planet, we have to try."

The Mountain Village Resident Incentive Programs are one way the community is rising to the challenge, working to establish The New Normal.

The town is investing more than \$120,000 in four programs that educate and reward local residents and businesses for taking a range of environmentally friendly actions. The programs include:

- **SOLAR ENERGY:** Mountain Village homes and businesses are awarded a rebate of \$0.40 per watt for power generated by solar energy.
- **ENERGY EFFICIENCY:** Mountain Village offers free controllers for heat trace systems, promising to save 30-50 percent of electricity costs per winter.
- **WATER CONSERVATION:** Mountain Vil-

lage is paying for the entire cost of efficient irrigation systems for lawns and gardens.

- **HEALTHY FORESTS:** Mountain Village is reimbursing property owners up to \$5,000 for creating defensible space that reduce wildfire risks.

"These incentive programs are a great way to engage local residents in meaningful actions to address climate change and improve the environment in our own community," says Bill Kight, director of marketing & business development at Town of Mountain Village.

Kight notes that Mountain Village has a long history of environmental responsibility, from protecting area wetlands to working toward becoming Zero Waste. Mountain Village's mandatory recycling programs, efforts to protect native plants from noxious weeds, green power initiatives, and electric vehicle charging stations contribute further to its status as a leader in the fight to protect the planet.

The gondola, of course, may be one of the most impactful and inspirational of Mountain Village's commitments to green living and reducing the town's carbon footprint.

It's certainly the most unique — the only form of free transportation like it in North America! Providing more than 2.6 million passenger rides annually, the gondola offers an efficient mode of transportation that reduces carbon emissions, resulting in cleaner air and a community that's less reliant on cars.

The Green Gondola Project, launched a several years ago, has worked to offset the large amount of electricity needed to power the gondola with alternative energy sources by raising money from gondola riders. Key achievements of the Green Gondola Project to date:

- Funds collected through the Project have been used to install LED lighting and on-site solar panels, and buy wind power to provide the electricity used to operate the gondola.
- Since 2007, the Telluride Mountain Village Owners Association has offset 100 percent of the gondola's remaining tradi-



*View from the Gondola. Courtesy photo.*

tional electricity needs with renewable energy Green Blocks purchased from its electricity provider, San Miguel Power Association. These Green Blocks support energy efficiency and renewable energy programs throughout the region. 200,000 Green Blocks of renewable energy have been purchased, offsetting 20 million kilowatt hours of dirty electricity.

- The gondola's solar panels now generate 240,000 kilowatt hours of solar energy and prevent 463,200 pounds of carbon dioxide from polluting the environment annually.

"The renewable energy the gondola produces from solar panels is still a small fraction of the total it uses," notes Kight, "but the goal is to reach 20 percent."

In the face of daunting challenges presented by a warming planet, it's important to celebrate the community-led initiatives that are making a difference on a small scale.

"The results of Mountain Village's many green initiatives are powerful," says Mountain Village mayor Dan Jansen. "They have cemented the town's role as part of the vanguard actively working to fight climate change, and they help lay the groundwork for the Telluride region's movement to establish The New Normal." Additional facts and information on the incentives programs can be found at <http://townofmountainvillage.com/green-living/> and for more information on the Green Gondola Project or to donate online, visit <https://townofmountainvillage.com/green-gondola-project>.

## 3RD GENERATION CENTENNIAL MIDDLE SCHOOL SCHOLAR: GETTING INVOLVED HELPS WITH EVERYTHING

By Caitlin Switzer

MONTROSE-You could call it a family tradition. When students Zach Vincent and Brady Cassidy earned the Eighth Grade Overall Academic Achievement Awards from Centennial Middle School for the 2016-2017 school year, Cassidy was not the first person in her family to achieve

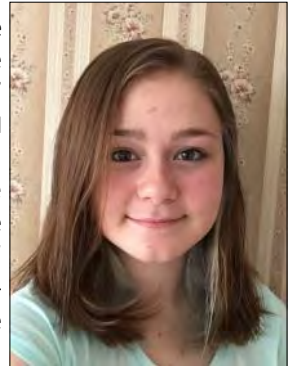
the recognition.

According to Brady's mom, Julie Carver Cassidy, Julie and her sister earned the same honor as ninth grade students. And, "My parents received the same award when they were in ninth grade at what was then Montrose Junior High School," Carver Cassidy said.

"I am a little sad to leave eighth grade," Brady said. "I had a lot of fun classes and the teachers were really great." Two of her favorites were Mr. Thompson and Ms. Gann.

Next year, "I will start looking at colleges once I become a freshman," Cassidy said. "And I plan to take the hardest classes I can just to keep my options open—all of the classes at MHS seem really fun."

Brady also plans to follow the same strategy that helped her achieve middle school success. "I want to try to get involved in as many things as possible," she said. "It helps with getting to know the teachers; it helps with everything."



**Brady Cassidy.**  
*Courtesy photo.*

 **MAGIC CIRCLE PLAYERS'**  
**THEATRE FOR CHILDREN**  
**Presents**

**A Play**  
**about a**  
**DRAGON**  
**by Steph DeFerie**

**June 9, 15 & 16 @ 7pm**

**June 10, 11 & 17 @ 2pm**

**Ticket Prices: Adults \$5, Children \$3**

**Tickets Online or at the Box Office May 16**  
**MagicCirclePlayers.com**

Produced under special arrangement by Samuel French.

### LEARN LOCAL LORE AND LEGENDS IN HISTORY TOUR!

*Special to the Mirror*

MONTROSE-The "Historical Legends and True Tales" walks are the Unknown stories of Montrose. You will discover what hidden stories happened behind the closed doors of our historical downtown buildings. We will uncover the locations of jails, sites of the saloons, speakeasy's and the hidden secrets of own town. On June 6 at 7pm starting at the Montrose County Historical Museum (21 N. Rio Grande). There is limited space so please RSVP, and it is a \$5/person donation. For more information please call 249-2085. The Montrose County Historical Museum will be hosting a one time guided Historical Cemetery Tour on June 17th, starting at 4 pm. Also learn how traditions have evolved over the century with the cemetery. Please meet at the Grandview Cemetery on Sunset Mesa. Please call 249-2085 for RSVP and the cost is \$10.00 per person, space is limited.





# A New Rural

## TAKING A DIFFERENT ROAD

**Join us at the DMEA Annual Meeting of Members  
to learn more about A New Rural.**

**When: June 15, 2017 | Where: Hotchkiss High School**

### **Schedule:**

**4:30 p.m. Doors open for registration**

**4:30 - 6:30 p.m. Booths and entertainment**

**5:00 - 6:30 p.m. Free grilled dinner,  
bratwursts from Hotchkiss Meats**

**6:30 - 8:30 p.m. Business meeting**

### **DON'T MISS THE FUN!**

- bucket truck rides
- kid's zone
- energy savings education
- giveaways from a mountain bike, smart TV, and more
- photo booth and contest
- Elevate booth and demonstrations





# WE GIVE A DIME

**Whatever your passion, change starts with you.**

Each time you use your debit card, Alpine Bank donates 10 cents to local nonprofits. Last year, Alpine Bank donated nearly \$1 million, one dime at a time. Spark change in your community by getting your card today. #WeGiveADime



## Alpine Bank

alpinebank.com

Member FDIC



38 LOCATIONS FROM DENVER TO DURANGO



## REGIONAL NEWS BRIEFS

### ALL POINTS TRANSIT TEAMS UP WITH HEAVENLY'S FROZEN YOGURT TO OFFER SUMMER DEALS TO YOUTH AND STUDENTS

#### *Special to the Mirror*

MONTROSE-All Points Transit is launching a special promotion to encourage students and youth to ride the public bus this summer.

The special summer promotion discounts 3-month passes to only \$20 for youth age 5-17 or to anyone with a student ID. Students regularly pay \$32.50 for a 3-month Montrose pass or \$65 for an Olathe/Montrose pass. A bus pass grants unlimited ridership on All Points Transit's public routes system. The public routes system has 80 stops in Montrose and Olathe, including the recreation center, Wal-Mart & Target, downtown restaurants, bike trails, and many more.

"We have great ridership from students during the school year," says TJ Burr, All Points Transit's Mobility Manager. "We want to see that continue and grow during the summer months. We've recently add-

ed stops that cater to youth, such as the recreation center. The bus is a great way to get around town without always having to rely on a parent or sibling or friend with a driver's license. Hopefully, we can take a little summer coordination stress off of Mom and Dad, too."

To sweeten the deal, those participating in the program will get 20 percent off their purchase at Heavenly's Frozen Yogurt throughout the summer when they show their bus pass to the cashier.

For those who want to start riding, but would like some extra assistance to understand and navigate the bus system, travel training is available through All Points Transit's Mobility Management program. Call for details.

To take advantage of this discount, youth / student passes must be purchased by June 30, 2017. Kids ages 0-4 always ride free. Call 970-249-1951 for more infor-



***This summer, three-month bus passes for All Points Transit are just \$20 for youth age 5 to 17 with a student ID. Mirror file photo.***

mation or stop by the All Points Transit office and transfer station at 431 South 2<sup>nd</sup> Street in downtown Montrose.

All Points Transit is a private 501c3 non-profit organization. More information on services and routes is available at [www.allpointstransit.org](http://www.allpointstransit.org).

#### MONTROSE MEMORIAL HOSPITAL



### 3D Mammography

THE ADVANTAGE OF A WIDER VIEW

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

Make your mammogram appointment with MMH today by calling 970.252.2540.



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

## NON-PROFIT ECONOMY THRIVING ON MAIN STREET

### Mirror Staff Report

REGIONAL-With a third non-profit retail shop opening on Montrose's Main Street, the local not-for-profit "business" economy appears to be gaining strength. Habitat for Humanity of the San Juans, which helps families and individuals achieve affordable home ownership, opens its ROOMS by Habitat store at 432 E. Main Street in Montrose on June 7, joining the Green Cupboard, which supports the Sharing Ministries Food Bank, and the long-time Main Street presence of Heirlooms for Hospice, which benefits Hopewest.

Statewide, the number of actual 501c3 organizations has mushroomed in recent years, causing Colorado's Attorney General to request \$350,000 from the 2017-2018 budget for a unit to oversee charities and protect charitable assets. According to Colorado Nonprofit Association President Renny Fagan, the number of charities registered in Colorado that publicly fundraise has tripled over the last decade. The Colorado Secretary of State's office lists more than 50 Montrose County non-profit organizations presently in good standing.

What makes a non-profit that sells goods to the public different from a business? According to Internal Revenue Code, a not-for-profit organization must be organized and operated exclusively for one or more exempt purposes. Those purposes may

include the following: charitable, educational, religious, scientific, literary, fostering national or international sports competition, preventing cruelty to children or animals, and testing for public safety.

However, while an organization may enjoy tax exempt status, the law becomes complex when applied to non-profits that sell goods directly to the public. IRS rules state that if

*the charitable organizations conducts sales for a total of 12 days or fewer during a calendar year and the net proceeds from all these events do not exceed \$25,000, the sales are not subject to sales tax. As soon as the organization reaches either \$25,000 in net proceeds or conducts sales for more than 12 days a year, the organization must obtain a sales tax license through the Department of Revenue.*

And the Colorado Secretary of State points out that, as in the case of the City of Montrose, "Home-rule jurisdictions make their own tax regulations and must be contacted directly for information."

Those interested in the overall health of Western Colorado's non-profit economy have an opportunity to learn from the experts this month at the 2017 [San Juan Rural Philanthropy Days Conference](#), which will take place at the Montrose Pavilion June 14 – 16. A statewide program of Community Resource Center (CRC),



*Habitat for Humanity of the San Juans, which helps families and individuals achieve affordable home ownership, opens its ROOMS by Habitat store at 432 E. Main Street in Montrose on June 7. Mirror Staff photo.*

Rural Philanthropy Days provides non-profit leaders access to resources they need to make a stronger impact. This year's keynote address by June Bradham of Corporate DevelopMint.

### which came first:

substance  
abuse

11.2  
MILLION

9.2  
MILLION

substance abuse disorders  
& mental illness

mental  
illness  
36.7  
MILLION

CH  
THE CENTER  
for mental health

970.252.3200  
FOR MORE INFORMATION

970.252.6220  
EMERGENCY SERVICES



# COMMUNITY NEWS BRIEFS: ARTS & CULTURE

## AMERICAN PICKERS TO FILM IN COLORADO



*As they hit the back roads from coast to coast, Mike and Frank are on a mission to recycle and rescue forgotten relics. Courtesy photo.*

a documentary series that explores the fascinating world of antique 'picking' on History. The hit show follows Mike and Frank, two of the most skilled pickers in the business, as they hunt for America's most valuable antiques. They are always excited to find

remarkable and exceptional items. The pair hopes to give historically significant objects a new lease on life, while learning a thing or two about America's past along the way.

Mike and Frank have seen a lot of rusty gold over the years and are always looking to discover something they've never seen before. They are ready to find extraordinary items and hear fascinating tales about them.

AMERICAN PICKERS is looking for leads and would love to explore your hidden treasure. If you or someone you know has a large, private collection or accumulation of antiques that the Pickers can spend the better part of the day looking through, send us your name, phone number, location and description of the collection with photos to:

[americanpickers@cineflix.com](mailto:americanpickers@cineflix.com) or call 855-OLD-RUST.

**facebook:** @GotAPick AMERICAN PICKERS is produced by Cineflix Productions for History. New episodes air Mondays at 9pm EST on History.

### Special to the Mirror

MONTROSE-Mike Wolfe, Frank Fritz, and their team are excited to return to Colorado! They plan to film episodes of the hit series AMERICAN PICKERS throughout the region in July 2017! AMERICAN PICKERS is

sizeable, unique collections and learn the interesting stories behind them. As they hit the back roads from coast to coast, Mike and Frank are on a mission to recycle and rescue forgotten relics. Along the way, the Pickers want to meet characters with

weehawken creative arts presents the

Aug 12: 9am-5pm & Aug 13: 10am-5pm  
in Ridgway's Town Park - Ridgway, CO  
[WWW.RIDGWAYRENDEZVOUS.COM](http://WWW.RIDGWAYRENDEZVOUS.COM)

# SAN JUAN RURAL PHILANTHROPY DAYS

Elevating Leadership and Collaboration



Montrose, Colorado | June 14-16, 2017

Montrose | San Miguel | Ouray | Gunnison | Hinsdale

A three-day conference convening nonprofit professionals, funders, elected officials, business leaders, and public agencies. Meet one-on-one with funders, participate in professional development opportunities, and network with regional community leaders.

**Registration is filling up quickly! Register today for \$150 to reserve your spot!**

**Hurry to register today!**

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



## REGIONAL NEWS BRIEFS

### ROSS STORES LEND A HELPING HAND TO BLACK CANYON BOYS & GIRLS CLUB

#### *Special to the Mirror*

MONTROSE-For the month of February, local ROSS stores in Grand Junction and Montrose worked hard to raise money for the Black Canyon Boys and Girls Club. ROSS stores have long since been an advocate and fundraising partner for the Boys and Girls Clubs of America, and the local ROSS stores are no exception. In 2016, a total of \$2,500.00 was raised by the Grand Junction and Montrose stores. The 2017 total of \$3,605.77 went toward helping the Montrose and Olathe Boys and Girls Club units. The Montrose ROSS store raised funds in part with an employee sponsored bake sale one Saturday. Black Canyon Boys and Girls Club Executive Director, Bud Taylor, pictured right alongside Montrose ROSS store Manager, Amanda Lannon, stated "we are excited to partner up with the local ROSS stores again next year and continue this great tradition of supporting the Club."



### BRING THE WHOLE FAMILY! DMEA ANNUAL MEETING IN HOTCHKISS JUNE 15

#### *Special to the Mirror*

REGIONAL-Delta-Montrose Electric Association's (DMEA) Annual Meeting of Members will be held Thursday, June 15, 2017, at Hotchkiss High School, 438 Bulldog Street. The fun kicks off at 4:30 p.m., with bucket truck rides, kid's games, educational booths, and Elevate Fiber demonstrations.

DMEA and Elevate employees will serve up a free grilled dinner of bratwursts from Hotchkiss Meats, as well as provide information on how to save energy, electricity safety, and high-speed internet. Elevate representatives will provide information about home WiFi technology, streaming options, and the benefits of fiber. Plus, attendees can check in on the progress of their community while celebrating the kickoff of construction in Hotchkiss. The event is free to attend and the public is welcome.

The event will also mark the election of three candidates who are running unopposed for DMEA's Board of Directors. The following candidates shall be declared elected at the start of the business meeting at 6:30 p.m.:

District 6: Damon Lockhart

District 7: Mark Eckhart

North Region: John Gavan

New this year, DMEA is also holding three pre-meeting community workshops aimed at helping entrepreneurs and small

businesses prosper in rural America. The workshops will take place at the school prior to the meeting from 2:30 – 4:30 p.m.

**What's Working in Rural America**  
Diane Smith is the founder and CEO of American Rural, a non-profit dedicated to ensuring robust opportunities for rural and small town Americans. Join Diane for a discussion about how we can increase opportunities for prosperity in our communities. Rural areas are rich in social capital and innovative potential that often goes unnoticed and underutilized. We will discuss how to better harness this potential and help our communities prosper.

**Crowdsourcing in Rural America**  
Bailey White is a senior partner with Civitium where he is dedicated to developing rural wireless and fiber optic broadband networks and the businesses that make them sustainable. Developing rural broadband networks and rural services and businesses in general can be challenging. Join Bailey to learn about and discuss trends affecting our economy and community based techniques to mitigate challenges and provide for more growth!

**How to Get the Most out of Your Internet**  
Ashley Brown is a telecommunications marketing consultant who loves the direction technology is taking rural lives and communities. Join Ashley, from the Pivot Group, for a group session to learn about Elevate Fiber and the power fiber internet

is bringing to our communities.

The workshops are designed specifically to help small businesses wanting to expand their market, entrepreneurs trying to find their place in rural communities, businessmen and women looking to find new customers, non-profits searching for effective ways to fundraise and garner support, and individuals who need help navigating the tech-centric world. They are free to attend, but seating is limited, so members must RSVP by Friday, June 9 to [darleen.carron@dmea.com](mailto:darleen.carron@dmea.com) or (970) 240-1273.

The meeting portion of the event will begin at 6:30 p.m., with reports from co-op CEO, Jasen Bronec, and Board President, Bill Patterson. It will also include a special appearance by Diane Smith. Smith will speak about the changing nature of work and current tech trends and what they mean for rural America. Smith is an entrepreneur, policy expert, and writer who lives in Whitefish, Montana who believes that rural America has much more to offer than it's often given credit for.

DMEA members in attendance will receive a free bamboo cutting board, while supplies last, and have the opportunity to win a variety of door prizes. More information about DMEA's annual meeting and election can be found online at [www.dmea.com](http://www.dmea.com) or by emailing [public.relations@dmea.com](mailto:public.relations@dmea.com).

## REGIONAL NEWS BRIEFS

### VOLUNTEERS OF AMERICA, ALPINE BANK PARTNER TO BRING FLAG DAY CELEBRATION TO DOWNTOWN MONTROSE

#### *Special to the Mirror*

MONTROSE-Volunteers of America and Alpine Bank will present a free, patriotic Flag Day program on Wednesday, June 14, 2017 in Centennial Plaza, located next to City Hall on South 1st Street.

In 1916, President Woodrow Wilson issued a proclamation that officially established June 14 as Flag Day; in August 1949, National Flag Day was established by an Act of Congress. It commemorates the adoption of the flag of the United States, which happened on that day in 1777 by resolution of the Second Continental Congress.

"That the flag of the United States shall be of thirteen stripes of alternate red and white, with a union of thirteen stars of

white in a blue field, representing the new constellation."-- This was the resolution adopted by the Continental Congress on June 14, 1777 following the report of a special committee which had been assigned to suggest the flag's design.

The program will begin at 11:30 a.m. opening with an invocation, followed by the Montrose High School Color Guard presentation of the colors, the national anthem by singer Beth Williams, a Flag Day proclamation by Montrose Mayor, Judy Ann Files and a special program from Marilyn Cox, Montrose local. Guest are invited to enjoy patriotic musical entertainment by Beth Williams during a free lunch of hot dogs or hamburgers from noon until 1:00 p.m.

"We wish to share the importance of our nation's flag with the community. It is a symbol of freedom and unity," said Erin Berge, regional marketing director for Volunteers of America.

"We invite everyone to come out and celebrate with us, especially our local veterans, active service members and all others who love and honor our United States flag."

"This should be a great community event. Personally, I am looking forward to hearing reminders of our flag's history," said Allison Nadel, Community Relations Director for Alpine Bank.

"With our partnership with Volunteers of America our hope is that all come out to hear those same reminders."



**CHECK OUT THE WESTERN WEEKEND BLAST**  
*FUN & EVENT ROUNDUP*

**ENJOY** a FREE, light-hearted online news blast focused on events throughout the Western Slope.

**CONTACT** Janine Rusnak, Publisher  
 970-249-5008 • [j9publishing@gmail.com](mailto:j9publishing@gmail.com)  
[www.westernweekendblast.com](http://www.westernweekendblast.com)

**ADVERTISERS**  
 always welcome!





# FAME

FOCUS • ATTENTION • MEMORY EXERCISES

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

## *Did you know?*

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

## *Benefits healthy aging adults and may effectively treat:*

- Stroke Survivors
- Youth & Adult ADD/ADHD
- Alzheimers & Dementia
- Depression & Anxiety
- Traumatic Brain Injuries
- PTSD

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

*Contact Me for a  
Free Consultation!*

**Michele Gad**  
**970-948-5708**

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



# FLAG DAY CELEBRATION



**WEDNESDAY, JUNE 14**



**Join us for a patriotic program in Centennial Plaza,  
Montrose (next to City Hall on S. 1st Street)**

**Presented by Alpine Bank and Volunteers of America**

## **PROGRAM**

**11:30 am to noon**

## **FREE LUNCH**

**(Hamburgers and hot dogs)**

**Noon to 1:00 pm**

- Color Guard – Montrose High School
- National Anthem – Beth Williams
- Flag Day Proclamation – Montrose Mayor, Judy Ann Files
- Special Guest Speaker – Marilyn Cox
- Post Program Entertainment – Beth Williams



**Alpine Bank**  
Member FDIC



**Volunteers  
of America®**



**FULL SERVICE TREE COMPANY • PROFESSIONALLY TRAINED • FULLY LICENSED & INSURED**



**WHEN YOU NEED THE BEST**

**CALL US!**

**GREG'S TREE SERVICE**

Pruning  
Tree Trimming

Removals  
Stump Grinding

**970.240.1872**

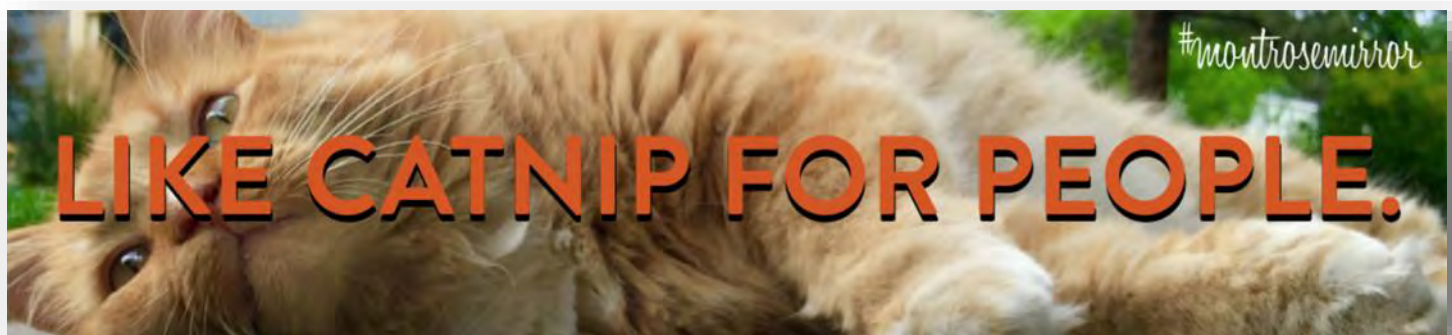
## REGIONAL NEWS BRIEFS

### MEDICARE INFORMATIONAL MEETING SET JUNE 13 IN MONTROSE

*Special to the Mirror*

MONTROSE-Feeling lost in the maze of Medicare? Region 10 and the State Health Insurance Assistance Program (SHIP) are offering an informative seminar on how to navigate the Medicare system on Tuesday, June 13th, 6:30 p.m., at 300 N. Cascade Ave., Montrose.

These "Medicare And You" seminars are free and no registration is necessary. SHIP counselors are also available for one-on-one counseling sessions in the Region 10 services area. To schedule an appointment call [970-249-2436](tel:970-249-2436), Ext. 213.





## REGIONAL NEWS BRIEFS

### MT. VILLAGE HOLDS TOWN COUNCIL CANDIDATE FORUM JUNE 7

#### *Special to the Mirror*

MOUNTAIN VILLAGE-The Town of Mountain Village will hold a Town Council Candidate Forum Wednesday, June 7 beginning at 5:15 p.m. at Mountain Village Town Hall. Wilkinson Public Library will moderate the event. There will be a candidate meet and greet starting at 5:15 p.m. followed by candidate introductions at 6:00 p.m. The format will include opening statements by each candidate and two questions pertinent to the election prepared by library staff. Each candidate will be given a specified amount of time to answer each question. To close, the moderator will ask for written questions from the audience if time permits. The Forum will be streamed live at [townofmountainvillage.com/video](http://townofmountainvillage.com/video) and available to watch on-demand immediately following the event.

ly following the event.

The Town of Mountain Village Regular Municipal Election will take place June 27 to elect three Town Council Members. Ten candidates declared their candidacy for the upcoming election, and are listed on the ballot in this order: Paul Oupadia, Suse Connolly, Marla Meridith, David Schillaci, Jack Gilbride, Angela R. Pashayan, Natalie Binder, Richard Child, Jonathan Greenspan, and Patrick L. Berry. To learn more about each candidate, visit <http://townofmountainvillage.com/election>. The three Town Council seats up for election are currently held by councilmembers Cath Jett, Marty McKinley and Michelle Sherry. Jett is termed out after serving two, four-year terms. She first served on Council in 2009 and as mayor pro-tem from July 2013 to June 2015.

Councilmember McKinley has decided not to pursue a second term and has served as mayor pro-tem since July 2015. He joined Council in March of 2014 by appointment, filling the seat of former Councilmember Richard Child. Sherry, who is eligible to serve another four-year term, decided not to run for a second term. She was first elected to serve on Council in 2013. The last regular municipal election held in 2015 had one of its biggest turn outs with 13 candidates vying for four open seats. Once elected, the new Council will convene July 20. Ballots will be mailed to registered voters between June 5 and June 12, and may be returned either by mail or in person to Town Hall, located at 455 Mountain Village Blvd., on or before June 27 to be counted. On Election Day, polls will be open from 7 a.m. to 7 p.m.



**Weehawken Adult Summer**

**JUNE 24 & 25**  
**MIXED MEDIA ALCHEMY**  
WITH LAUREN MANTEGON

**JULY 8**  
**PANORAMA CONCERTINA**  
WITH ALICIA BAILEY

**JULY 9**  
**MINIATURE DIORAMA BOXES** WITH ALICIA BAILEY

**JULY 16-19**  
**MODERNIZING THE LANDSCAPE 3-DAY ACRYLIC WORKSHOP** WITH CLAUDIA HARTLEY

**JULY 28-30**  
**VIBRANT WATERCOLORS WORKSHOP** WITH CLAUDETTE BARKER

**SEPT 30 & OCT 1**  
**CREATIVE NATURE & LANDSCAPE PHOTOGRAPHY** WITH MICHAEL E. GORDON

[www.weehawkenarts.org](http://www.weehawkenarts.org)

**weehawken creative ARTS centers**  
weehawkenarts.org  
970-318-0150





WITH  
*Love,* FROM  
*Iceland*

Icelandic Folk  
and American Classics

Wed, June 21  
7:00p

THE  
*Lark &  
Sparrow*  
HISTORIC VENUE

511 E. Main St.  
Montrose

\$20 adults; \$10 youth (under 18)

Hjorleifur Orn Jonsson is dean of the school of music at the HOF Cultural Center in Akureyri, Iceland -- a regionally-renowned institution educating musicians of all ages, from throughout Scandinavia. His wife, Rannveig is a classically trained vocalist with a sweet and thrilling soprano voice. Together, they present Icelandic folk songs in their heartwarming show: With Love, From Iceland.

## OPINION/EDITORIAL: COMMENTARY

### SB 17-267 PROTECTS COLORADO HOSPITALS FROM BUDGET CUTS

*Dear Editor:*

The passing of SB 17-267, Sustainability of Rural Colorado, marks a significant moment in Colorado history. This bill will move the Hospital Provider Fee into a separate enterprise, protecting Colorado's hospitals from a half billion-dollar budget cut. The bill sponsors and legislators created a legacy for the future of health care in Colorado and for the value of working together to find common ground. This bill has been described as the "compromise of the decade."

We applaud SB 17-267's sponsors and all Colorado legislators who supported the bill. They serve as a national model for their ability to work across the aisle on behalf of all Coloradans. Senator Don Coram and Representative Marc Catlin are specific examples of how important it is to elect leaders who are committed to representing the best interest of Coloradans and keeping their constituents' interests at the heart of the debate.

On behalf of the hospitals in Senate District 6 and House District 58, we thank Sen. Coram, Rep. Catlin, and all Colorado legislators for their ongoing efforts to work across the aisle to ensure a healthy, sustainable and prosperous future for all Coloradans.

*Sincerely,*

*Steve Hannah, MHA, CEO Montrose Memorial Hospital*

*Will McConnell, CEO Mercy Regional Medical Center, Durango*

*Brad Cochennet, CEO Pagosa Springs Medical Center*

*Kent Rogers, CEO Southwest Health, Cortez*

### FRUSTRATED WITH MIRROR COVERAGE OF IN-TOWN OPTIONS FOR KIDS

*Editor's note: The following was in response to [my story in this issue about a lack of rec district options for in-town kids this summer](#). I did not ask about the reasons for the field house closure decision, but Mr. Sherbenou feels that the information is important so we are running his response here. I did ask why nothing had been done to accommodate kids in the city who do not have a ride to the new CRC.—Caitlin*

*Dear Editor:*

This is a tough email to have to write, but I must. I'm frustrated by your recent posts. You are not representing my comments accurately; you are misquoting me. We have had going on seven years of good interaction and I've always appreciated your reporting. However, with the current facebook posts, you are not telling the full story.

If you decide to write the story in your Monday edition, please highlight the fact that the required fixes at the Field House pushed the construction schedule back, which forced us to not open the Field House Outdoor Pool as we were planning. This includes the need for structural fixes to the metal building that were more involved than we first anticipated. We also had to replace additional electrical wiring, the skylights and the fire alarm system due to the corrosion caused by 30 years of humidity. We had every intention to operate the Field House Outdoor Pool this summer including having it in the 2017 budget. Yet, with the construction delays caused by the additional, required work to make the building safe and operational for the next several decades, we were forced to cancel the operation for this summer.

Also, you are making it seem as though we don't care about access to the CRC or other MRD facilities for the entire community. Nothing could be further from the truth. In fact, we are in the midst of an effort in partnership with the City to pursue a 2M GOCO Connect grant. This would build two underpasses, safely crossing the two busiest roads in Montrose, Highway 90 and Highway 550. This project would also add 2.25 miles of 10' trail on either side of the river trail. Kids from some of the poorest neighborhoods, including the trailer parks north of main, would then be able to bike safely to the CRC on trails that are mostly separated from traffic. They would also be able to access the Field House and outdoor pool in the same, safe and comfortable manner. The greatly improved access to the parks and rec system for some of the lowest Socio Economic Status neighborhoods is a major strength of our grant request. We find out this month if we are invited for a full application. See attached for the map of our proposal.

Again, I hope we can continue our open interactions where you ask good questions and I answer them the best I can. But if I feel you are misrepresenting my words, District policies or objectives, I will only answer questions over email.

Thanks for your consideration.

*Take care,*

*Ken Sherbenou, Executive Director Montrose Recreation District*



## TWO MORE LIQUOR LICENSES TO COME BEFORE MONTROSE CITY COUNCIL, CITY AUDIT TO BE JUNE 19

### Mirror Staff Report

MONTROSE-Montrose City Council plans to discuss the Cerise Park Amphitheater project at the upcoming [work session](#) June 5. Also on the agenda are a division of property on Sunset Mesa West and a permit for the City's July 4 Fireworks display. Included in the [work session packet](#) is a report from the Region 10 League for Economic Assistance & Planning (Region 10). Items up for discussion at future work sessions will include the Panorama View Addition annexation hearing; High Plains Pizza, Inc. liquor license transfer application; Intrinzik LLC tavern liquor license application; and 2016 Audit Presentation will be June 19. The Miami Road Farm Addition zoning ordinance and Panorama View Addition Zoning Ordinance will be discussed July 18.



At the [regular City Council meeting of June 6](#), Council will hear a HEAL Cities and Towns Presentation, as well as four possible Ordinances. On the agenda are Ordinance 2420 on second reading, for the annexation of the Doogan Addition No. 1.; and Ordinance 2421 on second reading, for the zoning of the Doogan Addition No. 1 as an "R-1", Very Low Density District. Also up for approval are Ordinance 2422 on second reading, for the annexation of the Doogan Addition No.2; Ordinance 2423 on second reading, providing for the zoning of the Doogan Addition No. 2 as an "R-1", Very Low Density District. Finally, Council will consider approving Ordinance 2424 on first reading, amending the zoning district designation of 2600 6485 Road from "P", Public District, to "R-2", Low Density District.

Council will hold a hearing on the annexation of the Miami Road Farm Addition as well, and will consider a release of covenants between the City of Montrose and the Montrose Recreation District.

Council will consider awarding the \$146,040.40 Northside Sidewalk Improvements construction contract to Western Gravel Constructors, and will consider awarding a \$1,094,738.46 Westside Arterial Phase II construction contract to Rundle Construction.

Following staff reports Council will adjourn.

FROM NAPA VALLEY TO NEW YORK CITY  
**WE STAND OUT FROM THE REST WITH**  
**QUALITY & PRECISION**  
 AWARD-WINNING CUSTOMER SERVICE  
 VOTED BEST OF THE VALLEY 13 YEARS RUNNING  
**SCOTT'S PRINTING & DESIGN**  
 IS A SMALL PROFESSIONAL  
**PRINTING & DESIGN**  
 FIRM BASED IN MONTROSE, COLORADO  
 WITH THE TALENT & TECHNOLOGY  
 TO HELP YOU PUT IT IN PRINT.

scott's  
printing & design solutions

SINCE 1978

Look for the time and temperature sign at 315 South 12<sup>th</sup> Street – or visit us online at [www.scottspainting.com](http://www.scottspainting.com)

[tel] 970.249.2611 :: [fax] 970.249.7068

SPONSORED BY  
THE SHERBINO



# RESPONSIBLE VENDOR TRAINING

---

*Certified training for all servers  
Restaurants, Bars & Special Events  
\$20 nonprofit person (\$15 addtn'l from org)  
\$25 for profit person (\$20 addtn'l org)*

**The  
Sherbino  
604 N.  
Clinton St.**

**Tuesday  
June 20**

**10AM  
to  
1PM**

PRE-REGISTRATION SUGGESTED, DROP INS WELCOME  
STEPHANIE@SHERBINO.ORG OR 970-318-0892



## REC DISTRICT FAILS TO OFFER IN-TOWN OPTIONS



**Youth age 10 and older can get a three-month pass from All Points Transit for \$20. Mirror staff photo.**

*By Caitlin Switzer*

MONTROSE-Unscheduled Downtown kids are out of school and on their own this summer, unless they can find a way to the

new [Community Recreation Center](#) at 16350 Woodgate Road, MRD Director Ken Sherbenou told the *Mirror* last week (see [related letter](#) from Sherbenou in this issue).

Though in years past, youth in the Downtown area could scrape together a few bucks and make their own way to the outdoor pool on South Rio Grande, this year there are no Rec District options or in-town programming for those who have nobody to drive them to a regular activity or program.

"We've do have programs going on at McNeil Field," Sherbenou said. "We've got youth baseball and youth softball; the registration deadline has passed but you can still sign up. And we have

summer enrichment at the Rec Center.

"But we made the decision not to open the outdoor pool this summer," he said, noting that the field house and outdoor pool will reopen together in 2018. So for Downtown kids with nothing to do, "It's a matter of coming to the rec center, and finding a way to get there."

Rec District Board President Barbara Bynum, when asked to comment on the issue of serving children in the Downtown area, said "Caitlin, I think you already have your story so I don't have any further comment."

[All Points Transit](#), which operates a bus service in Montrose, said that youth 10 and older may ride solo, and those younger may ride when accompanied by an adult.

"We actually have a program for student or youth, where if you sign up before the end of June you can get a three-month pass for just \$20."





# NEXALIN TECHNOLOGY

## The Future Of Healthcare Is In The Brain

FDA-Cleared • Drug-Free Treatment

**Anxiety • Depression • Insomnia**

Co-Occurring Conditions Treated Include:  
Phobias • Addiction • OCD • ADHD • PTSD

XcelerateVitality.com  
970.596.1920



GET YOUR LIFE BACK

## REGIONAL NEWS BRIEFS

### HABITAT FOR HUMANITY OPENS NEW STORE ON MAIN STREET

#### *Special to the Mirror*

MONTROSE-Habitat for Humanity of the San Juans will host a grand opening for their new store, ROOMS by Habitat, on June 7.

The grand opening festivities begin at 10 a.m. Wednesday with a ribbon cutting ceremony at the new store located at 432 E. Main St., in Montrose.

Everything in the store—which showcases a curated selection of antiques, original

oil paintings, jewelry and household décor as well as unique new merchandise—will be marked at least 20% off, with opportunities to save more when shoppers join the monthly giving DreamBuilder's Club.

Habitat Kids Care volunteers will sell lemonade and refreshments. The first 15 guests to the new store will receive a gift bag.

Proceeds from the store will support Habitat's mission to build affordable

homes in Montrose, Ouray and San Miguel Counties.

"We are excited and proud to launch this new way to shop and support Habitat's mission with an experience that's both different and complementary to our beloved ReStore," said Brandon Costello, Habitat for Humanity of the San Juans Retail Director.

Habitat's flagship ReStore is located at 1601 N. Townsend, in Montrose.

### PAONIA HOSTS AN IN-DEPTH LOOK AT THE AMERICAN HEALTH CARE SYSTEM @ PARADISE THEATER JUNE 25

#### *Special to the Mirror*

PAONIA-On June 25, 2017 at 3PM at the Paradise Theatre in Paonia, Indivisible groups including the North Fork Valley, Crawford and Montrose and the Delta Democrats will host a free nonpartisan event addressing current healthcare crisis.

Bob Semro, a retired Colorado Healthy Policy Analyst will discuss: **Opening the Black Box: Spending, Cost, and Waste in the American Health Care System.** Health care costs on Colorado's West Slope are among the highest in the United States. Mr. Semro's presentation offers a glimpse into a system that has created some of the most high-priced healthcare in the world. Come and learn about why American healthcare is so expensive. The American healthcare system is not a free-market, where prices are transpar-

ent, consumers have choice and competition leads to lower costs. As a result, our healthcare system offers some of the highest priced healthcare in the world while leaving millions of Americans uninsured or without access to affordable care.

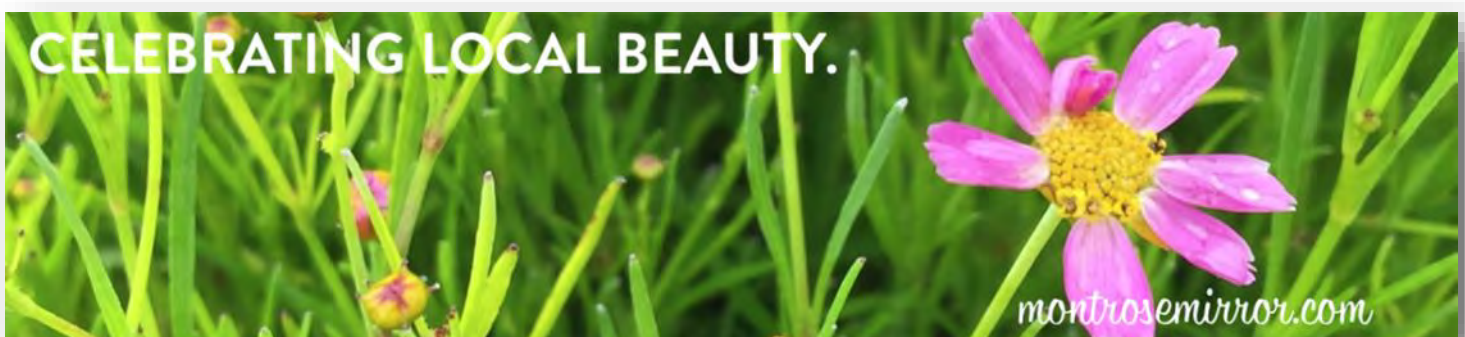
For families, healthcare costs are growing twice as fast as average household income. On average, the cost of hospital services has grown by about 10 percent a year.

National spending on prescription drugs increased by two thirds over the last ten years and is projected to increase by the same amount over the next ten years. On top of that, thirty cents of every dollar spent on health care in the United States can be classified as waste. That total is more than all of the money this country

spends on K-12 education.

Bob Semro is a Colorado native who worked in the private healthcare sector for more than 25 years. He was a Health Policy Analyst for the Colorado Consumer Health Initiative and the Bell Policy Center and served on the Colorado Blue Ribbon Commission on Health Care Reform, the Home Health Care Advisory Committee for the Colorado Department of Health and Environment, the Colorado Consumer Insurance Council and various advisory groups for the Colorado Health Insurance Exchange.

The Indivisible Project is a registered 501c (4) nonprofit whose mission is to fuel a progressive grassroots network. Across the nation, over 5,800 local groups are using the Indivisible Guide to hold their members of Congress accountable.





## REGIONAL NEWS BRIEFS

### GMUG PUBLIC AFFAIRS OFFICER LEE ANN LOUP TO RETIRE

Special to the Mirror

REGIONAL-The Grand Mesa, Uncompahgre and Gunnison National Forests have announced the retirement of Lee Ann Loupe, Forest Public Affairs Officer, on June 1. Lee Ann has been the Forests' representative for media, legislative affairs and various other roles over the past 11 years. Her first Forest Service job was on the Wasatch-Cache National Forest, working as a snow ranger and firefighter. She worked as a forester in Norwood in the mid 1980's and continued her 36-year career in numerous assignments across four regions of the Agency and on five different national forests.

According to Scott Armentrout, GMUG Forest Supervisor, "Lee Ann has been instrumental in many things on the GMUG and throughout the agency." He went on to say that the experience Lee Ann brings to her position will be missed; however, we wish her all the best in retirement.

She and her husband Monte plan to remain in the Delta area. She stated, "It's been a great career and I've worked with a lot of dedicated people and in some pretty amazing places." When asked what her plans for retirement are, she stated, "To enjoy the summer; travel a bit; spend more family time; and perhaps some future part-time or contract work to keep busy."

### GMUG NFS ANNOUNCES KICK-OFF OF FOREST PLAN REVISION

Special to the Mirror

REGIONAL-The Grand Mesa, Uncompahgre and Gunnison National Forests has begun efforts to revise the Forest Plan. The revision process begins with the assessment of current conditions and identifies if there is a need for change in management direction. This is a public process that invites input from forest stakeholders, landowners, local/state/federal government officials, Native American tribes and others. The assessment process relies on existing information, including best available science, and invites interested stakeholders to provide additional information and feedback about what they think the Forest Service should address in revising the Forest Plan.

According to Samantha Staley, Forest Planner, "Essentially, this is the opportunity for the public to help identify what's

going well and what's not going so well on the Forests." She went on to explain, "Changes have occurred on the landscape since the original 1983 Forest Plan was written, such as the current bark beetle epidemic and other forest health issues, and incredible growth in recreation. We also have better scientific information now, and better approaches to adaptively manage our changing resources."

Scott Armentrout, Forest Supervisor, noted that the planning effort is "not starting from scratch. More than one thousand stakeholders participated with us in the 2000s for our last Revision process. We are starting with their work and building from there." Forest resource specialists have been actively updating draft assessments to snapshot current conditions of the Forest resources.

The Forest Service will take three years

to revise the Plan. Public engagement is a key element in this effort. In order to keep interested stakeholders involved, communications will be targeted and strategic, utilizing a variety of tools, including meetings, webinars, posting information and updates on the website and through email.

A series of public open houses is planned for later this summer to help citizens understand the assessment process, review preliminary assessment information with resource specialists, and to provide input into the assessment process. Specific information on where and when these meetings will be held will be provided at a later date. For information on the Forest Plan Revision process and updates for public meetings, please reference the GMUG NFS' website at: [www.fs.usda.gov/goto/ForestPlan](http://www.fs.usda.gov/goto/ForestPlan).

CELEBRATING LOCAL BEAUTY.



## OPINION/EDITORIAL:COMMENTARY

### THE MORAL OF THE STORY...THE GOLDEN RULE STILL APPLIES

By Timothy Storrs

Montrose Philosopher

MONTROSE-I hated Physical Education growing up. I have short legs, and most all PE things require running. With short legs one must run three times faster than the rest of the participants. This resulted in me not being able to win any competitions that required running, and also resulted in many sore winners shaming me for not being able to compete.

This dynamic translates to a lot of areas in life, jobs being one of them. I have been diagnosed with ADHD (prior conditions along with it). I had gone through like 40 different jobs before I was diagnosed; till then I believed the narrative 'Try harder' and 'It's your own fault.' It is very discouraging to have confidence when one goes through so many jobs. If it was not for the promise I made when I was 17, I would have killed myself a long time ago. When I was 17 I tried twice to commit suicide, then decided to let the third time be up to God. I tried twice because I was convinced

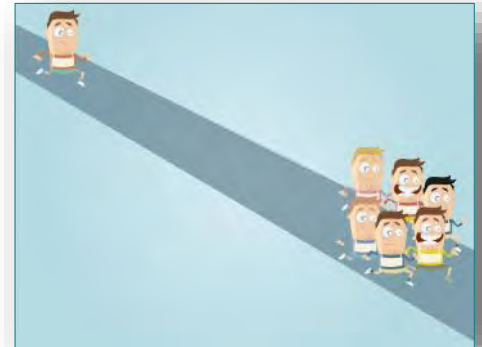
that I was worthless and that I had no hope for a future.

Fast forward 36 years, and 65 jobs later. I still lack confidence; the only confidence I had was my ability to get a job. I worked hard to look for work with my daughter dependent on it. When I got let go, I would head straight to the want ads to get another job.

This current Administration in Washington thinks that it is more moral to Force someone to run faster than they are capable of than to address their needs (attack the person, not the argument).

Doing the research, I have found out that we as taxpayers pay less than 20 bucks a year for food stamps and welfare. Still, some are claiming they do not want to be forced to pay less than 20 a year to help people; they would rather force someone to run faster than they are capable.

How is this Moral? How is it Moral to care more about saving 20 bucks, and adding to the suicide mentality, by convincing people 'It's their own fault' and to 'try



harder?

We as a Society must put our foot down on this.

Attack the argument, not the person. Education and medical care will help to this end. Education to teach people Job skills and how to look for work, Medical care to get undiagnosed medical conditions medicated and addressed. Finally, more mental health care, and easier access to mental health care. WE have to fix the problems not hide them, not ignore them, and not shame anyone who is less than perfect.

*John Billings, together with Weehawken Creative Arts*  
present

## THE ANNUAL AMATEUR SCULPTING CONTEST

### JUNE 11

**ADULT CATEGORY & YOUTH CATEGORY \*CASH PRIZES!**  
**CONTEST RUNS 1-3 PM. AWARDS AT 4 PM**

<p>\$500 1st Prize Adult </p> <p> \$300 2nd Prize Adult</p> <p>\$200 3rd Prize Adult </p> <p> \$250 Billings Award Adult</p>	<p> \$200 1st Prize Youth</p> <p> \$100 2nd Prize Youth</p> <p> \$50 3rd Prize Youth</p> <p> \$150 Billings Award Youth</p>
--	---

**INFORMATION:**  
[WWW.WEEHAWKENARTS.ORG](http://WWW.WEEHAWKENARTS.ORG)  
970.318.0150

**ONLINE REGISTRATION  
NOW OPEN!**



## REGIONAL NEWS BRIEFS

### BRENT WEST SENTENCED TO PRISON FOR SEVEN YEARS FOR 2ND DEGREE ASSAULT WITH A DEADLY WEAPON

#### *Special to the Mirror*

DELTA—On May 14, 2016, police received a report of a man at the Maverik store in Delta, Colorado, making suicidal statements. The man was identified as Brent West. He left the Maverik store and went to the residence of the Stephanie Hansen and assaulted her with a weapon, causing significant injuries to her head. West then proceeded to shove her to the ground and continued the assault by kicking and attempting to strangle Ms. Hansen. This assault took place in the presence of her minor children. Ms. Hansen and her children have been greatly affected by the violent actions of Brent West.

Mr. West was charged with First Degree Burglary, Second Degree Assault/Deadly Weapon, False Imprisonment, Menacing as well as Violation of Protection Order and Violation of Bail Bond Conditions, among other charges. On March 20, 2017, Defendant West entered a plea of guilty to Second Degree Assault/Deadly Weapon, a class 4 felony crime, as an act of Domestic Violence. The Plea Agreement called for a prison sentence of at least 5 years but no more than 8 years.

At the sentencing hearing held on May 22, 2017, the Honorable Steve L. Schultz, Judge of the Delta District Court, imposed a sentence of seven (7) years to the Colo-

rado Department of Corrections. Mr. West was remanded into the custody of the Delta County Sheriff's Office for transport to the Department of Corrections.

Ms. Hansen was present at the sentencing hearing and told her story to the Judge. The District Attorney and the prosecutors involved in this case greatly admire Ms. Hansen's resilience and courage. Several officers from the Delta Police Department were involved in the investigation of this case, including Sgt. Bentler, Officer Poole, Officer Neil, and Officer Braslin. Their outstanding work on this case is greatly appreciated by the District Attorney.

### 26-MILE MOUNTAIN BIKE RACE AND FESTIVAL FEATURING LIVE MUSIC, COLORADO BOY BEER, FOOD AND GAMES ON JUNE 10<sup>th</sup> IN HARTWELL PARK

#### *Special to the Mirror*

RIDGWAY—World-class mountain bikers will descend onto Ridgway's newly minted trail on June 10<sup>th</sup> for the inaugural RAT RACE, a 26-mile singletrack circuit showcasing Colorado's freshest singletrack. The race is open to riders of all ages and abilities—it begins at 9am from Ridgway's Hartwell Park and will feature two 13-mile loops on the RAT trails.

After the RAT RACE, The Ridgway Fat Tire

Festival kicks off at high noon with bands, Elder Grown and Fire in the Pines. The festival will feature brews from Ridgway's own Colorado Boy, 3 different food trucks, a silent auction, feats of strength, and more!

Race Organizer and resident RAT Sundra Hines had this to say, "We've raced bikes around the world and I couldn't be more excited to share the trails we've built—they truly are something to behold. It's

going to be a really fun, fast race."

Festival Organizer, Jasmine Oenick remarked, "We brought in some amazing bands and great food, not to mention our favorite brews—this is going to be a great way to kick off the summer music season in Ridgway. We're all really excited to get the party started!"

For more information, visit [www.facebook.com/ridetherat](http://www.facebook.com/ridetherat) or [www.ridgwaytrails.com](http://www.ridgwaytrails.com)

### LEARN WHETHER SENIOR DRIVERS ARE 'FIT TO DRIVE'

#### *Special to the Mirror*

REGIONAL—Older drivers are disproportionately represented in fatal crashes on Colorado roads. According to the CDOT Problem Identification Report, there were 640 drivers who were involved in a fatal crash between 2012 and 2014.

Drivers age 65 years and over represented 65 percent of total drivers involved in a fatal crash, 73 percent of drivers at fault for the fatal crash, and 71 percent of peo-

ple who sustained fatal injuries because of the crash. Older adults are more frequently involved in, found at fault for, and sustain fatal injuries because of major crashes. This data suggests that adults need to consider alternative transportation options as they reach 65 years old and continue to age. Public transportation options are available for all ages and abilities across the Western Slope of Colorado, and assistance is available to help plan your

trip on the bus. All Points Transit, Grand Valley Transit, and Road Runner Stage Lines offer discounts for Seniors and provide daily bus service within and between Grand Junction, Montrose, Telluride, and Durango.

Visit the website [fittodrive.org](http://fittodrive.org) to learn how to recognize signs that it's time to limit or stop driving a personal automobile and information about what bus service is in your neighborhood.

ISSUE 99 June 5 2017

# ART & SOL

## ANIMALS, HUMANS HELPING EACH OTHER: BLACK CANYON ANIMAL SANCTUARY



*The BCAS welcoming committee. Courtesy photo.*

*By Liesl Greathouse*

REGIONAL-With the many stray and feral animals that abound across the country, animal rescues and animal shelters often get overcrowded and underfunded. But one local animal rescue is working to provide a unique environment for stray dogs and cats to flourish and find the perfect 'forever home' for them-- the Black Canyon Animal Sanctuary(BCAS).

BCAS is an unconventional animal shelter licensed by the State of Colorado that was started in 2009 by Debbie and David Faulkner. "The dogs and cats (at different facilities) live in a communal living environment, are separated into play groups

and not always kenneled," Debbie explained. "They have access to inside or outside with large fenced play yards as they await permanent homes."

The Faulkners designated five acres on their personal 40-acre ranch to be used by BCAS at no cost to the organization. Using personal funds they built a 2500-square-foot animal shelter for use by BCAS. "The organization was started because, as a foster home for dogs and cats for a local res-

cue, we realized there was an immediate need for a privately-owned and operated animal shelter for stray and abandoned dogs and cats," Debbie said. "In 2012 an indoor/outdoor cat facility was built on Pat and Mike Gwinn's personal property due to space constraints at the main BCAS facility. Katmandu Inn, now home to all sanctuary cats, operates within the BCAS. Pat and Mike are amazing cat caretakers."

BCAS provides emergency vet bill assistance for folks whose pets have encountered a medical emergency but have no way to pay for it. This is based upon the balance of the Sanctuary's 'Emergency Vet Fund' and the financial condition of the

pet's owner. They also offer temporary safe housing for dogs in emergency situations when space is available, and if behavior is appropriate for a communal living environment.

But BCAS's unique Silver Whiskers Program in particular draws a lot of attention for its goal of helping both senior animals and senior humans. "It was created in 2012 after getting a call from a hospice organization about loaning a senior dog to a patient (Ken) whose dog had died," Debbie explained. "Ken's health was spiraling out of control as he began refusing meds and was in a deep depression. A dog was placed with Ken, who lived another two years (six months of that was in a care facility that allowed Hank the dog to live with the man). Ken was a gruff guy. He really didn't think he could love another dog and was fairly aloof upon arrival to meet Hank the Basset/lab mix. Once Hank sat up on his back legs Ken got the biggest grin I've ever seen. From that moment on Ken and Hank were inseparable and I was told Ken passed away with Hank on his bed and his paw on Ken's arm at the care facility.

"Hank is now on assignment with a 93-year-old client."

Realizing that pets can positively affect the health of

*Continued next page*



## ANIMALS, HUMANS HELPING EACH OTHER: BLACK CANYON ANIMAL SANCTUARY

### From previous page

humans and that the program could be a vehicle to save senior dogs and cats in shelters, the Silver Whiskers Program was born. The program is designed for clients 65 years of age or older or disabled people of any age. "Typically they live only on Social Security or Disability and want a pet but, because they fear the pet will outlive them or they can't afford to properly care for one, they do not get a pet," Debbie said. "Based upon client income/expenses the program will pay all or part of expenses associated with pet ownership, and a Volunteer Animal Advocate is assigned to each client to assist with transport, food delivery and monitoring the health and welfare of both the pet and client. When the client becomes ill or can no longer care for the pet, BCAS will take the pet back and care for it until the client is well or it lives out its life here at the sanctuary."

The adoption stories that Debbie shares show how deep the connection between humans and animals can be. "A senior man came to the sanctuary to pick out a dog to be his companion," she said. "He couldn't decide between two, so he said he would go home and think about it. As he walked to his car one of the dogs he couldn't choose from opened my office window, ran to his car and jumped in be-

fore the man could. He looked at me and said, 'Well I guess I didn't have to make the decision after all, he did!' He came back in, signed the adoption agreement and off they went both smiling!"

To help the organization care for the dogs and cats, monetary donations of any size are always greatly appreciated. "All pennies can turn into dollars!" Debbie said. "We have no paid employees, no rent, no utilities, so all donations go directly to buy dog/cat food, medical care and pet supplies. We spay/neuter, microchip and vaccinate all dogs and cats and do serious feline disease testing on all cats."

For the Silver Whiskers Program, they also need a few volunteers in the Montrose area to be Volunteer Animal Advocates. There is a training program provided.

Anyone interested in donating or volunteering can contact Debbie for more information. With all the work that goes into BCAS, Debbie always comes back to why she does what she does-to foster better relationships between animals and humans. "I love helping dogs and their owners that are really in need of help, such as helping with vet bills, or behavior advice or any advice concerning their pet," she said. "My favorite part of the sanctuary is



David Faulkner and Lilah. Courtesy photo.

the Silver Whiskers Program and seeing the real difference a pet can make in the health and wellbeing of a human. I once placed a younger Westie with a woman on a walker. I was concerned the dog wouldn't get proper exercise, but six months later the woman was walking without a walker and going two miles a day with the dog! Proof pets really do aid in good health."



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

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

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

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

**Valley Manor Care Center Memory Care Community**

1401 South Cascade Ave., Montrose

Led by Brandi Garcia  
Certified Dementia Care Validation Instructor

**970-249-9634 or 970-275-6115**

Email: bgarcia@voa.org



# GROW WEALTHY...BUILD HEALTH & WELLNESS!



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

As usual in Montrose, summer has arrived not long after our last snowfall and with little if any springtime. I am spending as much time as possible outdoors, especially since we have not had that constant nagging wind every afternoon that we often experience this time of year. Hopefully all of you are getting outside for your dose of sunshine, wearing your sunscreen and staying hydrated. Don't forget those sunglasses too. June is cataract awareness month, a topic that many of us may think doesn't pertain to us because we aren't old enough to have cataracts. However, it is important to know what a cataract is, the symptoms, how cataracts develop and be proactive about preventing or at least slowing down their growth which will require routine eye exams.

Did you know that cataracts are the leading cause of vision loss in the United States and the leading cause of blindness in the world! According to recent statistics over 22.3 million Americans have cataracts and more than half of all Americans have cataracts by the time they are 80 years old. Cataracts can also sometimes be found in young people or even newborn babies.

**What is a cataract?** Your eye works like a camera which needs a lens to focus on an image. When the lens is dirty or cloudy, the camera can't take a good, clear picture. A cataract is a clouding of the eye's lens, which blocks or changes the passage of light into the eye. The

lens of the eye is located behind the pupil and the colored iris, and is normally transparent. The lens helps to focus images onto the retina - which transmits the images to the brain. If you have a cataract, your vision may become blurry or dim because it stops light from properly passing through to your retina.

## **What are the symptoms of cataracts?**

Everyone who gets a cataract experiences it differently but generally a person with a cataract experiences cloudy or blurry vision. Lights may cause a glare, seem too dim or seem too bright. It may be hard to read or drive, especially at night. If you have a cataract, you may see halos around lights, such as car headlights, that make it hard to focus clearly. Colors may not seem as bright as they used to be or you may have to change your eyeglass prescription often.

Cataracts usually form in both eyes, but not necessarily at the same rate. They can develop slowly or quickly, or progress to a certain point, then not get any worse. As a result, you may not notice large changes in your sight right away. Be aware of the following: Blurred vision, double vision, ghost images, or the sense of a "film" over your eyes. Lights seem too dim for reading or close-up work, or you are "dazzled" by strong light.

You change eyeglass prescriptions often and the change does not seem to help your vision. You may also be able to see the cataract in your eye; a milky or yellowish spot in your pupil.

**What causes cataracts?** Exposure to heat or UV rays from the sun are not the only cause of cataracts and while the exact cause of a cataract is unknown, most often a cataract is part of the aging

process. As you get older, you are at greater risk of developing a cataract. Other possible risk factors for cataracts include the following:

- Certain diseases, such as diabetes and/or metabolic disorders
- Inflammation in the eye
- Hereditary influences
- Events before birth, such as German measles in the mother
- Long-term steroid use
- Eye injuries
- Eye diseases
- Smoking

## **Types of cataracts include...**

**Age-related** – 95% of cataracts are age-related, usually after age 40.

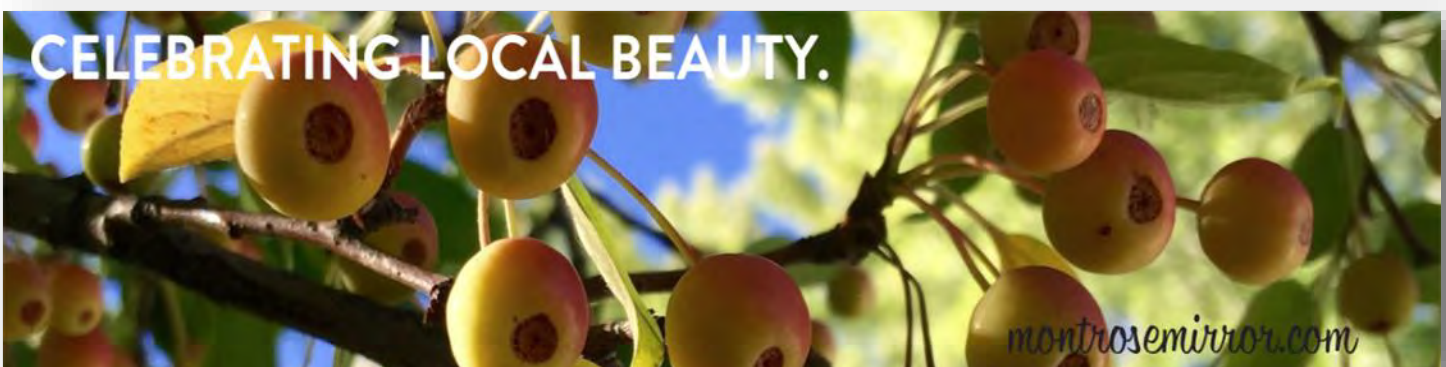
**Congenital** – These are present at birth, usually caused by infection or inflammation during pregnancy; possibly inherited.

**Traumatic** – Lens damage from a hard blow, cut, puncture, intense heat or chemical burn may cause cataracts.

**Secondary** – Some medicines, eye disease, eye infection, or diseases such as diabetes cause these types of cataracts.

**Take action!** Cataract surgery has restored vision to millions of people and is a quick outpatient procedure with proven success. Every year in the U.S., more than two million cataract surgeries are performed. The key to detecting cataracts and preventing vision loss is regular eye exams. If you are 65 or older, you should get a complete eye exam every one or two years, even if you are not experiencing signs or symptoms of vision issues.

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





**High Country RV Park & Nucla—Naturita Chamber of Commerce  
present:**

# **BLUES IN THE PARK**

**JUNE  
24TH**

**3PM-9PM**

**FREE EVENT**

**AT NATURITA TOWN  
PARK**

**FOR MORE  
INFORMATION**

**CALL**

**970-865-2350**

**OR CHECK OUT THE BLUES  
IN THE PARK EVENT ON  
FACEBOOK**

**IF YOU ARE INTERESTED IN HAVING A BOOTH**

**FEATURING**

**BOBCAT JACK**

**JOINED BY**

**LOCAL**

**WEST END**

**TALENT**



## REGIONAL NEWS BRIEFS

### RADIO ROOM TO WELCOME KEITH A. REA JUNE 23



*A singer/songwriter, instrumentalist, Keith brings a wealth of experience to the stage as well as a variety of styles and genres. Courtesy photo.*

#### *Special to Art & Sol*

GRAND JUNCTION-On Friday, June 23 the Radio Room welcomes Keith A. Rea at 7:30 p.m. A singer/songwriter, instrumentalist, Keith brings a wealth of experience to the stage as well as a variety of styles and genres. From love songs to train songs, Keith's lyrics conjure stories of people, places, and situations that feel both familiar and yet somehow fresh. His instrumental styling's cover the landscape from finger picked ballads to raucous twelve bar blues. Keith is a singer-songwriter based in Longview, Texas. He travels throughout the United States and just finished recording his second project for national release "Life's an Open Road". Keith is a veteran of over 40 years in the music business.

*"When I ran into Keith Rea at the*

*Mucky Duck on a recent trip to Houston, I was immediately intrigued with his new CD just from the title, "North Bound Train". As I have a song called "South Bound Train" I was interested on his take on the rails going in the opposite direction. I recently have shared the dreamy "Paradise Shoes" with my listeners. Other highlights, for me, include the title track, "North Bound Train", the jazzy "Honeysuckle Wine" the Celtic flavored "Dunkeld" and "Don't Blame Me". The album is solid throughout." Gary Taylor - Friday at the Coffee House - KWMV*

*"With a sound that hovers somewhere between folksy observational story-telling, an old-fashioned country vibe and West Coast singer-songwriter fare, it's probably best to file him directly in the 'Texas Troubadour' box and leave it at that. Of course, that puts him in the company of songwriting greats such as Townes Van Zandt, Guy Clark and Eric Taylor, so I'm sure he won't mind." Tony S. - Leicester Bangs*

Tickets are \$12 in advance and \$15 at the door and may be purchased by calling (970) 241-8801, Ext. 223 or online at [www.kafmradio.org](http://www.kafmradio.org). The Radio Room is located at 1310 Ute Avenue, Grand Junction, CO 81501. Doors open at 7 p.m.

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

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

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

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



[www.voahealthservices.org](http://www.voahealthservices.org)  
[www.Facebook.com/VOAWesternSlope.org](https://www.facebook.com/VOAWesternSlope.org)  
**1-844-VOA-4YOU** Toll Free Assistance Line



## MIRROR IMAGES...ARTS & CULTURE



*A.J. Fullerton and Nic Clark packed the car for a sold-out show on the Durango Blues Train June 1.  
Photos by David B. Fullerton.*

A promotional graphic for a singing competition. The background is a scenic view of the San Juan Mountains with snow-capped peaks and autumn-colored trees. A large microphone is positioned in the foreground. The text 'the Voice of the San Juans' is prominently displayed, with 'brought to you by Altrusa of Montrose' below it. Two large blue stars at the bottom contain the event details.

**the Voice of the San Juans**  
brought to you by Altrusa of Montrose

**Blind Auditions**  
Saturday  
July 15  
Magic Circle Theatre

**Final Competition**  
Saturday  
September 23  
Montrose Pavilion



During the BOCC Meeting on 5/15/17,  
Resolution No. 21-2017 was approved.



Per the Resolution, BOCC Meetings will now be held on the

**1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the Month**

**Start Time: 9:30am**

This change goes into effect for the second meeting of June, which  
is **June 21st, 2017**. A full schedule can be found on the Montrose  
County website [www.montrosecounty.net](http://www.montrosecounty.net)



# COMMUNITY NEWS BRIEFS: ARTS & CULTURE

## ACOUSTIC POWERHOUSE DUO TO PERFORM IN MONTROSE

### *Special to Art & Sol*

MONTROSE-Healthy Rhythm Music Services (HRMS) announces "NATHAN MCEUN & NATALIE GELMAN: LIVE IN CONCERT AT THE GALLERY" • Saturday evening, June 24, 2017, at Healthy Rhythm Community Art Gallery in Montrose, Colorado! The two world class musicians will perform an intimate acoustic concert for only 50 concertgoers.

Advance Studio (Reserved Seating) is \$15 and Main Gallery (Reserved Seating) is \$30 when purchased at the Gallery. Concertgoers can also purchase reserved seats online at [www.healthyrhythm.net](http://www.healthyrhythm.net). All seating is \$3 more night of the show. This is an all seated ticketless event.

Space limited to 50 people. Doors open at 7p.m. Show starts at 7:30p.m. Street and rear lot parking available.

Healthy Rhythm Music Services is a creative arm of Healthy Rhythm Consulting. The mission of HRMS is to Identify, Manage, Enhance, and Promote Independent Artists and Bands who have a deep commitment to a career in music. The Gallery/Performance Venue is located at 68 S Grand Ave, Montrose, Colorado.

## ARTISTS' ALPINE HOLIDAY

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](http://ourayarts.org) for more information and to register!

## NEW FACE AND EXCITING SUMMER SCHEDULE FOR PALM ARTS IN TELLURIDE

### *Special to Art & Sol*

TELLURIDE-Palm Arts is excited to announce another busy summer performance schedule for the Michael D. Palm Theater and the new Black Box Theater for 2017. Palm Arts is proud to support more than 100 performances including dance programs, lectures, live music, children's theater, and movies this summer. Palms Arts is again partnering with Mountain Film Festival, Telluride Nightgrass, Telluride Chamber Music Festival, Telluride Theater, and Telluride Film Festival in support of the arts and arts education in

the region. Just as exciting for the cast at Palm Arts is the newest addition to the team Chris Vann. Chris has come aboard as the new Programming and Development Director and has already hit the ground running. Chris has been involved in the San Juan non-profit arts community for over a decade and just recently finished a tenure as the Theater Manager for the historic Wright Opera House in Ouray, Colorado. Chris is also the President for the Telluride Society for Jazz non-profit organization and is bringing a collaborative approach to his new position at Palm

Arts. "I'm looking forward to continuing to support student artists and student artist performance opportunities in our mountain communities." says Vann. "The Palm Arts performance complex gives me a unique opportunity to continue that mission." Palm Arts kicks off the summer programming season June 2nd at 4pm with a Palm Kidz performance by the family friendly Big Bang Boom in the intimate Black Box Theater. Tickets are \$5 at the door. For more information on upcoming events and tickets visit [www.telluridepalm.com](http://www.telluridepalm.com).



# STEM SUMMER CAMP

Where: Centennial  
Creation Center at  
CTMS

When: July, 31st- August, 4th

Who: Current 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders

Time: Morning session - 8 am-noon  
Afternoon session - 1 pm- 4 pm

Cost: \$40 per session

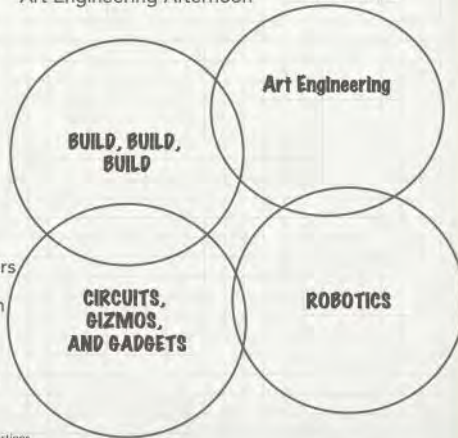
Scholarships available on request  
and evaluation of need

Email [meghan.waschbusch@mcscd.org](mailto:meghan.waschbusch@mcscd.org) with questions

What and When:  
Robotics- Morning  
Circuits- Afternoon  
Build, Build, Build- Morning  
Art Engineering-Afternoon

Online registration: <https://goo.gl/forms/r4fvwHIGQFEWtGQc2>

Make checks  
payable to MCSD.  
Register at District  
Office or CTMS



## REGIONAL NEWS BRIEFS

### TRAVEL TALKS @ RIDGWAY'S SHERBINO THEATER BEGIN JUNE 7

#### Special to Art & Sol

RIDGWAY-Treat yourself to an evening of travel, without the price of a plane ticket. Enjoy a series of community driven presentations featuring different areas of the world where others have traveled. Get the inside scoop on the cuisine, interesting sites, lessons learned, recommendations of where to visit, and/or share in the perspective of how the presenters experienced their world travels. Four individuals have signed on to present on June 7th, each having 15 minutes to present. Take a trip with the four of them, to different areas of the country, and the world, at Sherbino Travel Talks. Doors at 6:30 pm with talks starting at 7 pm. Entry by donation only.

### BE SAFETY-MINDED WHEN OUT ON YOUR PADDLEBOARD!

#### Special to Art & Sol

DURANGO- Going out on the stand-up paddleboard is a great way to experience our state's waters, so Colorado Parks and Wildlife is urging boarders to stay safe while on rivers and reservoirs.

"Paddleboarding is easy to learn and almost anyone can have fun doing it," said Scott Rist, head ranger at Paonia, Sweitzer Lake and Crawford state parks. "But because it's easy, a lot of people don't realize that you can get in trouble when you fall off. We urge everyone to wear life jackets and use a tether."

Every year Colorado State Park rangers report that paddleboarders must be rescued after they've been separated from their boards. Most lakes and reservoirs in Colorado are windy; if you fall off your board the wind can push a board out of reach. On rivers boards can flow out of reach on the moving water. Combine that with very cold water and boarders can get in trouble quickly. "We still have a lot of snow in the mountains and the run-off is coming later than usual this year, so cold water temperatures will be an issue throughout the summer," Rist said.

Children under age 13 must wear a PFD when on the water. Life jackets for children must also be fitted properly to give them safe buoyancy in the water.

For more information about safe boating, go to: <http://cpw.state.co.us/learn/Pages/BoatingSafety.aspx>.

Online registration: <https://goo.gl/forms/r4fvwHIGQFEWtGQc2>

#### Build, Build, Build:

In this class campers will design and build a new project each day to take home! Campers will build projects of all sorts such as: bridges, straw roller coasters, cork shooters and ball launchers. Campers can then complete a hydraulic lift, hydraulic robot, or hydraulic hand. Campers will also engage in fun engineering mini challenges. Taught by Mrs. Waschbusch, Engineering and Science teacher at Centennial Middle School- Morning Session

#### Circuits, Gizmos, and Gadgets:

Campers will learn about the workings behind electronic circuitry while creating gadgets and gizmos that they can take home! In this class we will learn about the structure of circuits, the components that make them up, and how to solder them together to create working electronics. Campers will start by creating simple paper circuits, progressing to the assembly and soldering of advanced assemblies such as creeping bugs, electronic dice, memory machines and random decision makers. Prior electronic or soldering experience is not required, all levels are welcome. Taught by Mr. Thompson, Applied Engineering and Math teacher at Centennial Middle School- Afternoon Session



#### Robotics:

In this class students will use our VEX IQ robotics equipment to build working robots with driving and lifting mechanisms. We will learn how each robot works, including how sensors drive feedback and response, in order to be able to program each robot to work on autopilot or autonomously. Campers will become familiar with ROBOTC programming language, which is used in robotics applications throughout the world. We will also get a chance to apply our new knowledge towards real-world extension activities, as well as compete against each other in our battle arena! No prior robotics experience is needed, all levels are welcome. Taught by Mr. Thompson, Applied Engineering and Math teacher at Centennial Middle School- Morning Session

#### Art and Engineering:

Campers will explore the creative and thought provoking world of art and engineering. Campers will build single gadgets that can create artistic pieces. Campers will also design their own gadgets. Campers will also be introduced to the world of 3d print and design. Campers will create an original design to be printed and brought home! Taught by Mrs. Waschbusch, Engineering and Science teacher at Centennial Middle School- Afternoon Session

Make checks  
payable to MCSD.  
Register at District  
Office or CTMS

#### STEM CAMP REGISTRATION:

Name: \_\_\_\_\_  
Email: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Current Grade: \_\_\_\_\_

#### Morning Session 8-12 : (\$40)

Robotics ☐

Build, Build, Build ☐

#### Afternoon Session 1-4 : (\$40)

Circuits ☐

Art and Engineering ☐

Parent pick up plan:

My camper will be:

Walking ☐

Picked up ☐

Online registration: <https://goo.gl/forms/r4fvwHIGQFEWtGQc2>

STEM CAMP  
Centennial  
Creation Center  
at CTMS

When: July,  
31st- August,  
4th



## REGIONAL NEWS BRIEFS

### VENDORS SOUGHT FOR FORT UNCOMPAGHRE TRADE DAYS

*Special to Art & Sol*

DELTA—"Trade Day Saturday", Fort Uncompahgre, Saturday, June 24, July 29, Aug. 26 and Sept. 23, 9 am to 4 pm, 440 North Palmer Street, Delta, CO. The Fort is looking for vendor's with historic and or appropriate items to sell or trade at this event. Free 10 x 10 Spaces available. Also, looking for Food vendors. For more information contact Chris at the Fort at 874-8349 or 640-7076.

### DON'T MISS BLACK CANYON QUILT SHOW JULY 21-23!

*Special to Art & Sol*

MONTROSE-Mark your calendar for July 21-23! The 22nd annually Black Canyon Quilt Show is coming to the Montrose Pavilion with three days of "eye candy"!

This year's theme is Kaleidoscope of Stars and will feature over 150 quilts that vary in size from miniature to king, including art quilts, wall hangings and youth projects. 15 committees of volunteers have been hard at work planning this spectacular show since September, and they are almost ready for prime time!

The public will also have opportunities to participate by choosing the Viewer's Choice quilt, purchase tickets for the amazing raffle quilt (which helps us pay for the Pavilion rental), or attending one of three classes and/or a lecture by Nicole Dunn titled Quilts that Make us Happy.

A professionally judged show, this event has been called the best quilt show in Colorado. Categories for judging include, but are not limited to, Best of Show, Best Hand Quilting, Best Professional Quilting and Best Appliqué. This

year's Challenge Quilt theme is Stars Among Us and will also be judged. Entrants in this category must create and complete every part of the quilt themselves.

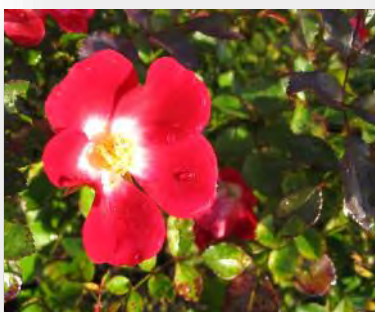
There will be 150 door prizes, seven vendors, appraisals of new and antique quilts by Bobbie Aug, and a Boutique of quilted

and knitted items for sale. Beneficiaries of this year's Boutique will be Region 10, a local non-profit that provides Community Living Services for seniors. Boutique items are hand made items including journals, purses, wall hangings, table runners, afghans, bed sized quilts and place mats... something for everyone!

**The Montrose Mirror  
Classified Ads  
are online  
at [zobi.mobi](http://zobi.mobi)**



[zobi.mobi/montrose](http://zobi.mobi/montrose)





## NOTES FOR THE JOURNEY...

Exploring Classical Music With Rob Brethouwer

### SUBTLE DIFFERENCES CREATE DIVERSE ART FORMS

Lumping things together for the sake of saving time and for the purposes of avoiding any real thought is at best lazy and at worse dangerous. The individual characteristics of people, places, or things, are what make them interesting and worthy of individual attention. I know people who would take great offense if they heard someone say, "If you have seen one you have seen them all," when it comes to something such as artwork. Generalizations such as "All sports are boring, especially baseball," will infuriate a great many Mom and apple pie sports fans. It is absolutely no different when it comes to the world of classical music.

You receive an itinerary for a group tour to Vienna, Austria and you notice that three of the planned activities are an operetta on Tuesday night, a musical on Friday night, and a matinee performance of an opera on Sunday afternoon. You may think to yourself, "why offer three of the same thing when one would have been just fine?" Two main things make these three performance offerings similar: music, people on stage, and some sort of singing before it all done and the lights go dark. Being aware of the differences will not only make the performance enjoyable, but will also avoid embarrassing conversations at intermission when you proudly tell somebody that you just loved the opera *Hamilton*.

Think of these three musical offerings as the Holy Trinity. For the sake of clarification they will be referred to as Big Daddy, Junior, and The Spook. In this comparison and clarification, opera is most certainly Big Daddy. An opera is sung from start to finish always with musical accompaniment

most often coming from a full orchestra. Any actual speaking in opera is known as "recitative" as will be accompanied by a harpsichord and/or cello. Two composers known for their recitative are Wolfgang Amadeus Mozart in an opera such as *The Marriage of Figaro* (*Le Nozze de Figaro*) and Giachino Rossini in his opera *The Barber of Seville* (*Il barbiere di Siviglia*). A take away from this is that in opera everything is sung with accompaniment.

Moving down the Holy Trinity we now come to Junior. We are now talking about operetta. The main difference Junior and Big Daddy is that operetta is smaller in general from the staging, the orchestration, subject matter, and the singing. The best examples of operetta is anything composed and written by Gilbert and Sullivan. Famous operettas of these two collaborators include *The Mikado*, *Pirates of Penzance*, and *H.M.S. Pinafore*. Lighter than opera in all ways that will make most often for a shorter evening than going to an opera. Got it? Good.

We conclude with The Spook. If you ever get confused about what is what just relate The Spook to *The Phantom of the Opera* and you will remember that you are dealing with a musical. A musical is a story told through singing, dance, speaking/acting, and is accompanied by live or recorded music. Here is what you will see in a musical but not an opera. Two people walking down the street holding hands. A conversation is taking place about household chores and who should be doing what. In the middle of this spoken and non-accompanied dialogue, one of the actors has simply had enough and bursts forth in song and dance telling the other individual why he/she should not have to



take out the garbage three times a week. Spoken dialogue violently interrupted by song and dance. There you have a musical in a nutshell.

Big Daddy, Junior, and The Spook. All very entertaining in their own ways but with differences among them that should be learned and noticed before lightning strikes you down for grouping things together for the sake of saving time.



Just in thyme for spring ...

# The Mirror

Homegrown content with flavor.



# COMMUNITY NEWS BRIEFS: ARTS & EDUCATION

## WEEHAWKEN SUMMER DANCE IN MONTROSE BEGINS THIS WEEK

*Special to Art & Sol*

MONTROSE-Weehawken Dance will once again be offering a summer dance session in Montrose at 3010 S. 9th Street, Weehawken Montrose. The session will begin the week of June 5th and Weehawken will also be offering several weekend "intensive" classes with instructor Valerie Kepler, known to her students as "Miss Val".

Classes will be offered for ages 2.5 up to 18, and will include ballet, hip-hop, jazz, tap and poms, with most classes being offered in the afternoons and evenings to accommodate parent's work schedules as well as students other commitments. "This summer, Weehawken is super excited to be adding a new instructor, Miss Caila Clardy. The addition of this new teacher means that we'll be able to offer more classes with her on our staff" said Director of Programming, Trisha Oakland.

In order to help accommodate families, Weehawken will have a representative on-site for preregistration the week before dance will begin, on Wednesday, May 31 and Thursday, June 1 from 4-6 pm. Another pre-registration day will also take place on Saturday, June 3 from 1-4 pm. Dance wear will also be available for sale during these times.

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



Never too chicken to report the facts.

#integrityatitsfinest

montrosemirror.com



**J-M  
PHOTOGRAPHY**

**For assignments  
& rates please call  
Jennifer  
McClanahan @  
970-765-2280**

# Up Bear Creek by Art Goodtimes

## ROTHMAN NAMED WESTERN SLOPE POET LAUREATE

**TALKING GOURDS...** Prof. David J. Rothman, director of the Gunnison-based Colorado Western State University's Graduate Program in Creative Writing, was named the fourth Western Slope Poet Laureate at the Telluride Literary Arts Festival earlier this month. He follows in the footsteps of Rosemerry Wahtola Trommer of Placerville, Aaron Abeyta of Antonito and some forgotten poet from the Wrights Mesa area ... Rothman also directs the annual Writing the Rockies literary conference and the Headwaters Poetry Festival, is editor of Western's national journal of poetry and criticism, *THINK*, has served as poet-in-residence for Colorado Public Radio, and is southwestern representative for the Association of Writers and Writing Programs. His poems, essays and scholarly work have appeared in journals around the country. His most recent books are *The Book of Catapults* (White Violet Press, 2013), *Part of the Darkness* (Entasis Press, 2013) and *Living the Life: Tales from America's Mountains and Ski Towns* (Conundrum Press, 2013) ... His appointment is for two years and he is planning some interesting programs around this honorary title.

**EVERETT MAROLF** ... Sanborn Park feels a lot sadder these days, with the passing of Everett. I had the occasion more than once to spend time visiting with the Marolfs and found him and his wife to be wonderful people ... I even convinced a national youth forest products group to visit their ranch and survey a wildfire that had threatened the park a few years back. They were charming guides, and their opinions were a bit more frank, rural and close-to-home than agency people would have liked. Which is why I really wanted this environmentally-leaning group to visit with Everett and Ella. They got an earful ... Everett was a rancher, logger, and a heavy equipment operator for the county and the local home-owner association, keeping the roads clear ... He was a very good man.

**MUSTANGS TAKE STATE** ... As a former Little League and Babe Ruth player, I was

impressed to see the Nucla High nine, with some significant help from Norwood and Naturita, sweep the regionals, quarterfinals and then take state – overpowering perennial powerhouse Holly to win the Class 1A state baseball championship. Congrats to a dream team and the good work of coach Randy Gabriel.

**WALLA WALLA** ... We trucked on the way back from Sara Mae's Whitman College graduation, with its lovely commencement speech by Kenyan activist Wangari Maathai, who lauded the privileged education of graduates being welcomed into the global elite but stressed their obligation to work for social justice as the responsibility that comes with such privilege ... Rio, Benny Thorneycroft and I made it back in a straight shot except for a repeat meal stop at Mr. Wok in Boise. Korean take-out or dining. Inexpensive. Tasty. We ordered by phone and got it to go ... Oh, and an inadvertent detour almost to Monticello in the midst of a perplexing wee hour discussion of a New Zealand math problem ... The way out was more leisurely. Rio and I caught the lovely (relatively new) hot springs in Idaho City -- The Spring. With its very steamy steam room (think Turkish bath) and an outdoor pool under the stars (they bring you mixed drinks poolside) ... The good folks there directed us to a great camping spot. And in the morning my boy and I visited Trudy's Kitchen, the local eatery, where Trudy held court like Karen LaQuey used to do in Norwood. Her father is Roger Jackson, a Boise County Commissioner, whom I'd chatted with the last time I was through the area, some 10-15 years before. He's in his '80s, and back in office after a short break. Still logging too. Them's the old style of Westerners. Just keep keeping on ... Taking back roads we even found our way to Placerville, Idaho – about as small as our version in San Miguel County.

**TRATTORIA DI SOFIA** ... Trattoria Di Sofia is my new favorite eatery in Montrose (along with the always good Campobber) ... Born Italian, I've mostly avoided Italian



*Dr. Rothman conjuring a lyric margarita at El Paraiso in Gunnison after the Headwaters Poetry Festival several years ago (courtesy photo).*

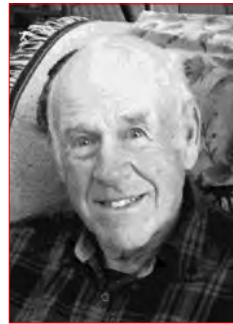
restaurants. The good ones are pricey. And the bad ones are Chef Boyardee with tablecloths ... But Trattoria is one of those rare, unpretentious, moderately priced dinner and lunch venues where the food is very good.

It may be counter-intuitive, but start with the red-checkered tablecloths. That's a clue. All the excellent neighborhood Italian cafes in San Francisco sported them when I was growing up ... Service is key too. And unlike some start-ups, the Trattoria has excellent service. Waitrons here are polite, attentive, never intrusive but always at your service. When I asked for our prosecco to come with dinner – it did. Not before. Not at the end of the meal. But right after the entrees arrived. I love that kind of attention to detail ... Finally, and most importantly, the food. I ordered raviolis – to see what they did with this classic dish. No red sauce can compare with Mama Bontempi's six-page recipe, but the marinara was good. The raviolis were al dente. And tasty. The calamari fritti was a great appetizer – lightly breaded and cooked just right. Great salad, great desert ... Montrose can be hard to find a tasty meal for a modest price, but Trattoria Di Sofia delivers. And I mean to your home, as well as to your table. 110 N. Townsend, in a funky little diner with a silly porch. 249-0433.

Highly recommended.



# Up Bear Creek by Art Goodtimes



*From left to right:  
Rio Coyotl at Mr. Wok in Boise, Idaho  
(photo by Art Goodtimes); Rio Coyotl  
and Art Goodtimes in Placerville,  
Idaho (photo by Rio Coyotl); Everett  
F. Marolf (courtesy photo).*

## THE TALKING GOURD

### Graduation Practice

The snow starts falling around sundown.  
Heavy, wet, no one expects it to stick.  
Everyone at the scholarship ceremony  
remarks upon it, brushing it from coats  
already put away for the season.

Everybody has a story about the last time  
it snowed so late, when they were younger,  
back when the winters were longer...

It keeps falling all evening, as student  
after student is ushered across the stage  
to receive the blessings of their elders  
in money. How we go on, how we  
extract a commitment from the youth  
to continue the trajectory we perpetuate.

But the dreams do sparkle like balloons  
above the stage, sparkle like the names  
of far off places:- Emory-Riddle, Vanderbilt,  
Drury, or the more pedestrian state schools,  
Montana Utah, no less sparkling or far away.

Our children look confident, accepting  
of the roles we're thrusting upon them;  
their faces shine in the gaze of the adults,  
like beautiful animals, as they pass  
across the stage among the rented flowers.

Outside, it keeps snowing. By the time  
we leave and head home, the trees  
are beginning to bend with the weight.  
The power goes off around nine; all night  
our dreams weave through the crack and whoosh  
of branches breaking off of the trees. There are  
six inches of heavy wet snow by morning.  
Everything is bowing in awe.

-Tracy Lightsey  
Montrose

## COMMUNITY NEWS BRIEFS: ARTS & CULTURE

### FIFTH ANNUAL MICHAEL MCCULLOUGH SCULPTURE CONTEST JUNE 11

#### *Special to Art & Sol*

RIDGWAY-The Fifth Annual Michael McCullough's Amateur Sculpting Contest is looking for anyone who would like to try to sculpt three to five pounds of clay into a masterpiece in just two hours. A panel of professional artists determine the winners awarding hefty cash prizes.

In honor of Michael McCullough, John Billings, Sculpture House and Weehawken Creative Arts will present the 5th Annual Ridgway Amateur Sculpting Contest Sunday, June 11th. Artist Check-in will run from Noon until 1 pm at the McCullough's old studio: The Old Firehouse on Lena (across from the Ridgway Post Office). The contest will run from 1 pm until 3 pm. The public is welcome to silently observe during the 2 hour creation period. In addition, the O'Learys (the new owners of the Fire Department building) will be generously underwriting snacks and refreshments for all to enjoy. There will be a one-hour break for judging, followed by an awards ceremony reception, starting at 4 pm.

Adult Registration is \$30 in advance or \$35 on June 11<sup>th</sup> (the day of the event). Youth Registration is open to all ages and is \$15 in advance or \$20 on June 11<sup>th</sup> (the day of the event). Registration is



limited to only 15 youth.

The registration fee includes a 3-5lb (three pounds for youth and five pounds for adults) block of clay and sculpting tools. Additional tools may be brought in from home, but armatures are not allowed. Professional sculptors are asked to not enter this contest, as this contest is intended for amateur sculptors only. Please note that there is not a theme participants can create as they wish. Practice clay is available in five-pound bricks for \$25 from Weehawken Creative Arts more information is available by phone at 970.0318.0150.

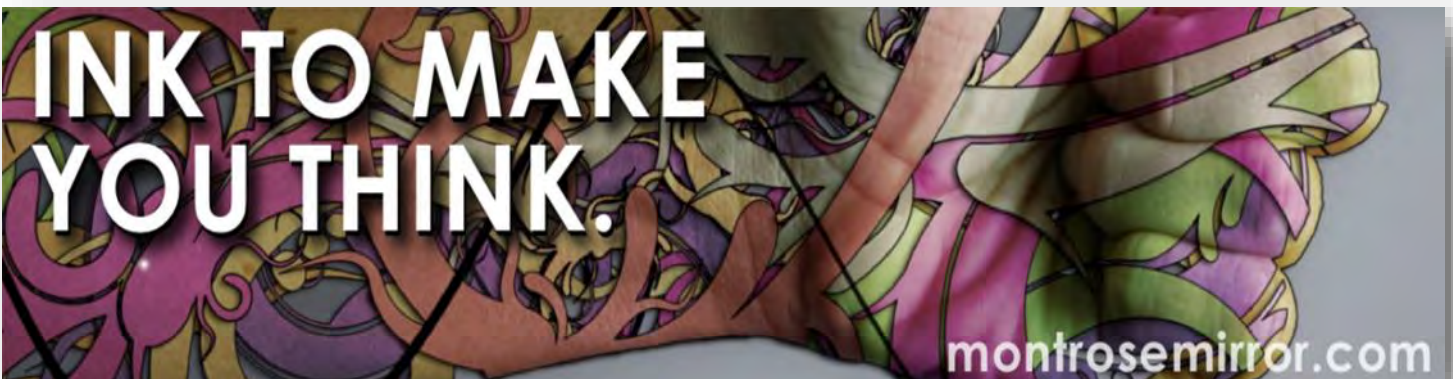
The hefty cash prizes include: \$500 1st



*Western Slope Sculptor Michael McCullough with his muse, Lucy Boody (left) and Carolyn Bellavance. Mirror file photo.*

prize adult, \$200 1st prize youth, \$300 2nd prize adult, \$100 2nd prize youth, \$200 3rd prize adult, \$50 3rd prize youth, \$250 John Billings Award Choice adult and \$150 John Billings Award Choice youth.

John Billings, Sculpture House and Weehawken Creative Arts are the event sponsors. Additional support is provided by Ridgway Creative District Committee volunteers. For more information and to register visit Weehawken Creative Arts at [www.weehawkenarts.org](http://www.weehawkenarts.org) or call Weehawken at 970-318-0150.





# MIRROR IMAGES...MHS END OF YEAR AWARDS



*MHS Perfect attendance award winners-L-R Calvin Merritt, Madisyn Minerich, Aidan Gipe, Cassandra Beer, Eric Sanderson, Kori Drye, Jared Burrows and Jacqueline Cortez-Suarez. Courtesy photo.*



*MHS Junior Awards-L-R Jared Gray- Colorado School of Mines Medal of Achievement in Math and Science, Emerald Spindler – Frederick Douglass & Susan B. Anthony Award, Mason Weig – George Eastman Young Leader Award and Joseph Catanese – Xerox Award for Innovation & Information Technology. Courtesy photo.*



*MHS May Division Awards: L-R: Mark Schwarz, Evelyn Castillo, Evan Quintero-Lopez, Kelsey Rycenga, Dyllon Barker, Bailee Phillips, Brian Grijalva, Sierra Murphy-Hughes, Ryan Sander-son, Kate Castillo and Beau Duncan. Courtesy photo.*

*Congratulations to all Montrose County School District RE-1J students for hard work and another great school year!*

## *Hold the Date! Upcoming Business and Cultural Events*

### 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](http://ourayarts.org) for more information and to register!

**OURAY MUSEUM**-The Ouray County Historical Society Museum is now Open. Further inquiries please contact 970-325-4576 ,

Email: [ochs@ouraynet.com](mailto:ochs@ouraynet.com) or visit our website: [ouraycountyhistoricalsociety.org](http://ouraycountyhistoricalsociety.org).

**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 3<sup>rd</sup> Thursday of the month. Meeting location - Red Cross Training Center, 5<sup>th</sup> and Gunnison in Grand Junction, 6:15 p.m.

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

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

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

### MONTHLY-

**June 5-8**-Mountain Skywalkers Stiltwalking workshop in Ridgway from Noon to 3 p.m. If you already have stilts, bring them! If you do not, a pair will be provided for you to use. If you would like your own stilts at the end of this class, you can buy a pair from Miss Heather. Each stilt walker will be well prepared to sharpen their skills in Yogini circus camp for our annual performance and have the opportunity to stilt in the July 4th parade.

**June 10**-Ties that Bind will be shown at Gallery De La Luz, 128 Palmer St., during the month June, with an artists reception and opening on Saturday, June 10, 4-8 p.m. For information: [AnnMBarker@hotmail.com](mailto:AnnMBarker@hotmail.com).

**June 10**-Barn Dance & BBQ, 5:30 @ Antler Ridge, benefit for Warrior Resource Center. Live music by Narrow Gauge, catered by Camp Robber, cash bar. For tickets visit [www.whafv.org](http://www.whafv.org).

**June 10**-Ute Indian Museum Re-opening Celebration, Saturday, June 10, 10 am - 3 pm.

**June 10**-HRMS Presents "Karen Mercer: Live at the Gallery", Healthy Rhythm Art Gallery, Saturday June 10, 7:30 p.m. Advance GA/VIP are \$5/\$10 available at Healthy Rhythm Art Gallery (68 S Grand Ave, Montrose) or online at [www.healthyrhythm.net](http://www.healthyrhythm.net). For more info contact 323-270-6284.

**June 12-15**-Mountain Skywalkers Stiltwalking workshop in Ridgway from Noon to 3 p.m. If you already have stilts, bring them! If you do not, a pair will be provided for you to use. If you would like your own stilts at the end of this class, you can buy a pair from Miss Heather. Each stilt walker will be well prepared to sharpen their skills in Yogini circus camp for our annual performance and have the opportunity to stilt in the July 4th parade.

**June 13**-Feeling lost in the maze of Medicare? Region 10 and the State Health Insurance Assistance Program (SHIP) are offering an informative seminar on how to navigate the Medicare system on Tuesday, June 13th, 6:30 p.m., at 300 N. Cascade Ave., Montrose. These "Medicare And You" seminars are free and no registration is necessary. SHIP counselors are also available for one-on-one counseling sessions in the Region 10 services area. To schedule an appointment call [970-249-2436](tel:970-249-2436), Ext. 213.

**June 13**-Ignite Montrose is Tuesday June 13 at 7:30 pm at Canyon Creek Bed and Breakfast (820 East Main, Montrose). Stop in for an entertaining evening of fast-paced presentations (five minutes with 20 slides) from community members sharing their passions. You won't be bored – visit Ignite Montrose on facebook to find out more.

**June 13**-Alpine Photography Club Meeting, 7 pm @ Colorado Mesa University, 245 S. Cascade Ave., Room 106. Presentation: Social Media and Photography by Philip Sheetz. Tech Tip: Back Button Focusing by Lynn Campbell Sharing: Painted with Light. Photo Critiques: Open. All are welcome to attend.

**June 14-17**-The 2017 San Juan Rural Philanthropy Days Event will be in Montrose, CO June 14-16, 2017 - learn more at [www.sanjuanrpd.org](http://www.sanjuanrpd.org) . For Scholarships Available: Apply by April 7th! For Early Registration at \$125 rate: April 3 - 28th. For Regular Registration at \$150 rate: April 29 - May 31st.

**June 14**-Volunteers of America and Alpine Bank will present a free, patriotic Flag Day program on Wednesday, June 14, 2017 in Centennial Plaza, located next to City Hall on South 1st Street. The program will begin at 11:30 a.m. opening with an invocation, followed by the Montrose High School Color Guard presentation of the colors, the national anthem by singer Beth Williams, a Flag Day proclamation by Montrose Mayor, Judy Ann Files and a special program from Marilyn Cox, Montrose local. Guest are invited to enjoy patriotic musical entertainment by Beth Williams during a free lunch of hot dogs or hamburgers from noon until 1 p.m.

**June 15**-Delta-Montrose Electric Association's (DMEA) Annual Meeting of Members will be held Thursday, June 15, 2017, at Hotchkiss High School, 438 Bulldog Street. The fun kicks off at 4:30 p.m., with bucket truck rides, kid's games, educational booths, and Elevate Fiber demonstrations. New this year, DMEA is also holding three pre-meeting community workshops aimed at helping entrepreneurs and small businesses prosper in rural America. The workshops will take place at the school prior to the meeting from 2:30 – 4:30 p.m. They are free to attend, but seating is limited, so members must RSVP by Friday, June 9 to [darleen.carron@dmea.com](mailto:darleen.carron@dmea.com) or (970) 240-1273. The meeting portion of the event will begin at 6:30 p.m., with reports from co-op CEO, Jasen Bronec, and Board President, Bill Patterson.

**June 21**-Lark & Sparrow presents With Love From Iceland. \$20 adults \$10 youth age 18 and under.

**June 24**-The Wesley hand bell Ringers of Christ United Methodist church, Salt Lake City Utah Directed by Katie Lay will be coming to perform June 24 at 7: 30 p.m. at the Montrose United Methodist Church. This is a free concert, donations accepted.



# 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](mailto:Editor@montrosemirror.com)

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

*The Montrose Botanic Gardens will host its annual fundraiser garden tour from 9 am to 2 pm on Saturday, June 10. Tickets are \$15 per person or \$10 for Society members. Tickets may be purchased by cash or check at San Juan Gardens or Camelot Gardens prior to the event. Tickets and garden tour maps will be available on Saturday at the Botanic Gardens, located adjacent to the Montrose Pavilion. For more information, visit [www.montrosegardens.org](http://www.montrosegardens.org). Photo courtesy of Erica Lewis Kennedy.*



**F A M E**

FOCUS • ATTENTION • MEMORY EXERCISES

*Contact Me for a Free Consultation!*

**Michele Gad • 970-948-5708**

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

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

*Benefits healthy aging adults and may effectively treat:*

- Stroke Survivors
- Depression & Anxiety
- Youth & Adult ADD/ADHD
- PTSD & Traumatic Brain Injuries
- Alzheimers & Dementia

**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!