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FRESH NEWS FOR BUSY PEOPLE...WEEKLY ON MONDAYS! MONTROSEM I R R O R

Issue No. 231, July 31, 2017

'THE INVENTORY IS JUST NOT THERE' LOCAL REAL ESTATE MARKET IS HOTTER THAN HOT



A shortage of inventory in the region has created a hot market for affordably-priced single family homes. Mirror staff photo.

By Caitlin Switzer

MONTROSE-Planning to sell your home? If your residence is affordably priced, you had better be ready to move—because this market is hotter than hot, experts say.

"There have been 410 sales in Montrose County during the second quarter of this year, compared to 344 for the second quarter of 2016," Montrose Realtor Betsy Spitzer said. "It's the perfect time to sell."

Heritage Title Company, which compiles statistics about the Western Slope real estate market, notes that this year to date, there have been 665 sales in Montrose County compared to 558 during the first half of 2016.

Dollar volume has more than doubled as well. During the first half of 2017, \$178 million in local properties were sold,

Continued pg 3

LIBRARY TRUSTEES VOTE TO SEEK MILL LEVY INCREASE IN NOVEMBER

MONTROSE-During a special meeting on July 24 the Montrose Regional Library District Board (MRLD) of Trustees voted unanimously to approve a resolution calling for an election to be coordinated with Montrose County for the Nov. 7 election. Excerpts from the resolution state, "The Library District having determined an increase to the Library District Mill levy of additional 0.85 mills as being necessary to fund the goals for the 2017-2021Stratigic Plan, adopted on March 6, 2017, shall ask voters to increase the District's mill levy from 3.00 mills to

3.85 mills at the 2017 coordinated

By Gail Marvel



Montrose Regional Library District Board (MRLD) of Trustees (L to R) Ed Hagins, Dave Segal, Lee Ann Riddoch, Caroline Evans, Chair Emily Schneider, Pam Baer and MRLD Executive Director Paul Paladino. Board member Robert Munday was absent, but submitted a letter of support. Photo by Gail Marvel.

"The Library District, in order to give voters more input into the

financial operation of the Library District,

Continued pg 7

in this

election."

Gail Marvel's Houses of Worship! Harry Alfred to head WHAFV! Art Goodtimes'
Up Bear Creek!

Rob Brethouwer...
short fiction continues!

GAIL MARVEL'S HOUSES OF WORSHIP: LDS CHURCH-BLACK CANYON WARD 'Let Us Be Swift to Hear the Word...'



Bishop Ben Maxwell, who has been in his position for four and a half years, stands in the foyer of the Church of Jesus Christ of Latter Day Saints, Black Canyon Ward. Photos in the sanctuary are not permitted. Photo by Gail Marvel.

By Gail Marvel

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

MONTROSE-On Father's Day, June 18, about 100 people attended services at the Church of Jesus Christ of Latter-Day Saints (LDS) Black Canyon Ward. Of those assembled approximately two-thirds were children and youth.

I was greeted by two young men who were missionaries, as well as Brother and Sister Mower, who are senior missionaries.

Organ accompaniment was played for hymns sung from the denominational hymn book. Selections included, "Love at Home," "While of These Emblems We Partake," (Sacrament Hymn) and "Families Can Be Together Forever" (Primary Children song). The 20-member children's primary choir, directed by Jennifer Burris, enthusiastically sang a special selection honoring fathers.

The congregation is more formally attired with the women and girls wearing skirts and dresses; the men and boys wear suits,

jackets, or white shirts and ties.

Bishop Ben Maxwell did not preach, but rather organized and conducted the service that day. He said, "I get the speakers." This congregation uses the King James Version Bible along with Book of Mormon and the Doctrine and Covenants.
Following an-

nouncements and the opening prayer, ward business is conducted, but this day there was no business.

The communion emblems, representing the body and blood of Jesus Christ, were served to participants seated in their pew. While many churches serve grape juice or wine to represent the bold of Christ, the LDS serve small individual cups of water.

The children were very quiet and respectful during Sacrament and Maxwell said, "Thank you for your reverence during Sacrament." However, I had to laugh to myself as it seemed the Bishop's words were the cue that it was now permissible to talk and a buzz of children voices ensued as they talked to siblings and parents.

With a Father's Day theme, Miles Maxwell young son of the Bishop, read a prepared tribute to fathers. The young man's quiet voice, coupled with hum of children's voices in the pews, made it hard to hear the full content of his obviously well-prepared thoughts.

Marinda Whitcomb read a story and gave a personal illustration of what it means to

be a good father. "My dad was the fifth of six children and the only boy. Dad practiced flexibility and taught us to be pliable and adaptable." Including her husband and father-in-law as examples she said, "Fathers lay down their lives day by day as they labor for their family. Fatherhood requires sacrifice and an excellent example is our heavenly Father." Whitcomb referenced fathers who played a role in the *Bible* (Abraham and Joseph), as well as fathers who play a prominent role in the LDS church (President Kimball and Joseph Smith).

Speaker Lynette Chandler presented a lesson from the book of James. She said, "The key verse is, "But be ye doers of the word, and not hearers only, deceiving your own selves" (James 1:19:22 KJV). Expounding on the text Chandler said, "Let us be swift to hear the word. I'm adding to the subject, but let us be swift to be forgiving, virtuous, clear, gentle, tender, give of ourselves, lift one another's burdens and help those in need. To do what is right, fulfill our obligations, pray and swift to try to be like Jesus." Adding the antithesis of swift Chandler said, "Be slow to hurt one another, to be unkind, exclude one another, take offense, rob and cheat."

Continuing with the theme of fathers, Chandler said, "Remember all of our folks all the way back to father Abraham. Let us remember them and receive their counsel. Let us be swift to rally around Joseph Smith as he was talking about fathers who have gone on before us."

Contact Information:

Church of Jesus Christ of Latter-Day Saints Black Canyon Ward Bishop Ben Maxwell 970-249-5347 1521 Hillcrest Montrose, CO 81401

Worship Service 9 a.m.



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MIRROR CLASSIFIED: HELP WANTED

PAONIA-Elsewhere Studios, an Artist Residency Program in Paonia, CO, is seeking a Program Manager - responsible for overseeing the residency facilities, and the daily management, administration, marketing, and community outreach for this program. This is a part-time position that pays \$15/hour for 15 to 20 hours a week. Deadline for applications is July 31st. Candidates will be informed by Aug. 15. Position starts between Sept. 1 and 15. For more information and to apply, go to: www.elsewherestudios.org/jobs

LOCAL REAL ESTATE MARKET IS HOTTER THAN HOT From pg 1

compared to \$124 million during the first half of 2016.

Foreclosure filings are down, with only 29 filings in the first half of 2017 compared to

Call/Text: 970.216.4895

45 in 2016. Completed foreclosures dropped from 43 in the first half of 2016 to just 19 in the first half of 2017.

"This is a good market, definitely," said

www.DanceAroundCO.com

Senior Vice President Annette Miller of Heritage Title Company, who compiles the statistics for the region. "The common thread we are seeing is that the inventory

> is just not there; that shrinks days on the market and puts upward pressure on the sale price." According to the Colorado Association of Realtors, in June of 2016, a single-family home would spend an average of 105 days on the market, with a 5.9-month supply of local inventory to choose from. This June, inventory has dropped to a a 4.4-month supply, and single-family homes spent an average of 86 days on the market.

What does this mean for you? "If someone is thinking about listing, they ought to be ready," Miller said. "Obviously there is a shortage of inventory right now. I truly feel like in this market, you've got buyers who are literally waiting for the next new listing."



OPINION/EDITORIAL: LETTERS

MANY ARRESTS AND SUCCESSES FOR OUR PHANTOM OFFICERS!

Dear Editor:

With shortages of law enforcement officers in Colorado, legalization of marijuana and increasing crime, Montrose Regional Crime Stoppers, Inc. was formed by several community volunteers three years ago.

Dependent on donations, this Colorado non-profit obtained an I.R.C. 501(c)(3) designation, re-activated the nontraceable telephone number at the MCSO Dispatch (970-249-8500) and began making public appearances and appeals (currently numbering 100) for Tips concerning crimes, criminals, drugs and stolen property. Today, in addition to the anonymous telephone number, Tips may be sent to the mobile app, **P3Tips** and via the website P3Tips.com. Tips resulting in an arrest may earn cash rewards which are paid anonymously at the S. Townsend branch of Alpine Bank, a continuing major supporter of the Crime Stoppers program.

To date, the program has resulted in the apprehension of more than 30 criminals, the clearing of 62 charges and the pay-

ment of more than \$6,000 in rewards.

Several noteworthy apprehensions include two counterfeiters, a sexual predator in Louisiana, the Walgreen robber, the two recent Montrose High School burglars and a fugitive from Gunnison who was arrested within 10 minutes of the Tip being received, thanks to the outstanding work of the MCSO Dispatch folks. The arrests are under-reported due to the difficulty of tracking Tip investigations through a number of different law enforcement agencies, including the Drug Task Force and the under-staffing of virtually every smaller agency.

With the average cost of a sworn law enforcement officer being between \$60,000 and \$80,000 annually and sometimes even more when major equipment is included, the tax-deductible donations to the regional Crime Stoppers program (receivable at 434 S. 1st Street, Montrose) are paying a gigantic return on investment. Electronic donations may also be made at Go Fund Me and Amazon Smile.

This small program has been recognized for its successes by Crime Stoppers USA, the national program with more than 350 nationwide members, and will be represented at its Annual Conference in September by our local President who will also be sworn in as a Regional Director and member of the national Board of Directors at that meeting.

Our region has outstanding law enforcement agencies and leadership but they need your help and support. If you are aware of a past crime, criminal, drugs or stolen property, report it via the Tips resources above. To help fund Crime Stoppers, make a tax-deductible donation. Most importantly, however, support our dedicated law enforcement officers and their staffs. They continue to dedicate their lives to making our beloved communities, residents and visitors safe and secure.

John W. Nelson President, Montrose Regional Crime Stoppers, Inc.



REGIONAL NEWS BRIEFS

HARRY ALFRED TO SERVE AS WHAFV INTERIM DIRECTOR

Special to the Mirror

MONTROSE- Harry Alfred has served his country, and has served on the board of the Welcome Home Alliance for Veterans (WHAFV).

Now, Alfred will serve as interim executive director for WHAFV until a permanent replacement for longtime Executive Director Emily Smith can be found. A planned replacement had been hired, but the situation did not work out.

"We are continuing our search for the right person to lead this organization," Alfred said. "But I have been on the board for 18 months, and I have been participating in programs here.

"I know the ropes, and I am happy to help as we move forward." With a new strategic plan and mission statement in place, the Welcome Home Alliance for Veterans continues to lead with programs and initiatives designed to make life better for veterans. Events are planned throughout the year in support of the mission;

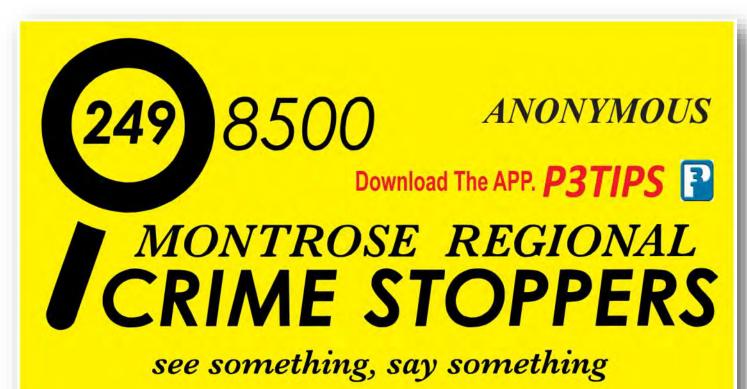
WHAV offers donors the chance to support the organization through event sponsorships.

For more information about the Welcome Home Alliance for Veterans, visit www.whafv.org or call 970-765-2210.

Setting the standard in serving those who stepped up to serve all of us. By strengthening services, identifying and filling gaps, creating programs and removing barriers, we prepare a place where any veteran can connect and feel supported by their community.



Veteran and WHAFV board member Harry Alfred, above, will serve as interim executive director for WHAFV until a permanent replacement for longtime Executive Director Emily Smith can be found. Courtesy photo.

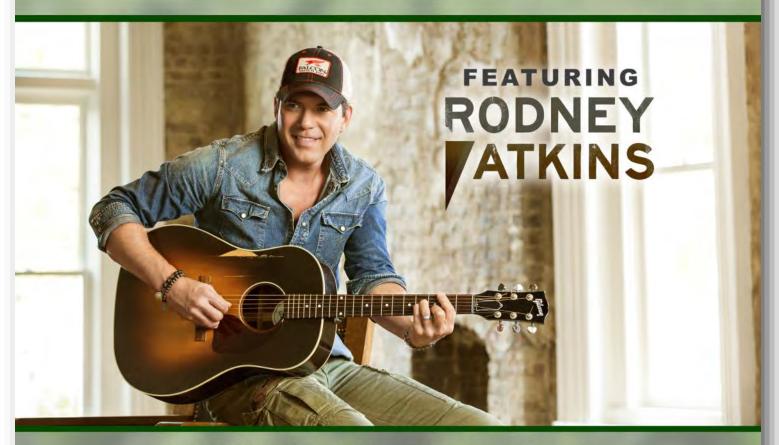




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LIBRARY TRUSTEES VOTE TO SEEK MILL LEVY INCREASE IN NOVEMBER From pg 1

and to provide more accountability to the voters of the District, will sunset the 0.85 addition to the mill levy in 10 (10) years." Board chair Emily Schneider said, "The 0.85 mill levy increase could raise about an additional \$450,000 a year for operations." The 0.85 mill levy increase equates to \$6.12 per year for each \$100,000, meaning that a home valued at \$200,000

would pay an additional \$12.24 a year. If approved by voters the 0.85 mill levy would sunset in 10 years and at that time revert back to the current 3.00 mill levy. Schneider said, "Fiscally it doesn't make sense to sunset for operations, but it shows respect for voters to say that in 10 years they can make the [another] decision. We are doing the right thing for the

voters." Beginning Wednesday, Aug. 2nd and going through Nov. 1, the Election Committee will meet every week in the Library conference room at 5 p.m. to work on the campaign. The official ballot language will be finalized by the first of September. This year's election will be held on Nov. 7 and mail-in ballots will go out to voters on Oct. 16.

REGIONAL NEWS BRIEFS

LOCAL STUDENTS GRADUATE FROM FORT LEWIS COLLEGE

Special to the Mirror

DURANGO- In a ceremony on Saturday, April 29, 2017, more than 400 Fort Lewis College graduates and their families packed Whalen Gymnasium for Fall Commencement. The speaker chosen to offer the Commencement Address was Kevin Gover, director of the Smithsonian Institution's National Museum of the American Indian.

Mikaylla Brown of Montrose . Brown graduated with a bachelor's degree in Art. Owen Parker of Montrose . Parker graduated with a bachelor's degree in Engineering.

Jeremy Koch of Montrose . Koch graduated with a bachelor's degree in Geology. Fort Lewis College is the Southwest's crossroads of education and adventure. Our blend of small classes, dynamic academic programs, and a liberal arts perspective leads to transformative learning experiences that foster entrepreneurship, leadership, creative problem solving, and life-long learning. And our unique & beautiful mountain campus, on a mesa above historic Durango, Colorado, inspires an active and friendly community with a spirit of engagement, exploration, and intellectual curiosity.





CITY TO INTERVIEW COUNCIL APPLICANTS AT WORK SESSION, APPOINT AT REGULAR MEETING

Mirror Staff Report

MONTROSE-CITY WORK SESSION-At the July 31 work session, the Montrose City Council will conduct interviews with potential city councilors to replace Rex Swanson, who recently resigned. Eleven candidates have expressed an interest in filling the open District II seat (see related article) and the at large seat, left vacant by Councilor Dave Bowman, who has resigned from the at-large seat to pursue the District II seat.

Council will also discuss updates to the Sales & Use Tax Code, and hear a second quarter police report, which continues to show a drastic spike in robberies and juvenile felonies in the City of Montrose. Council will hear a report from All Points Transit.

Topics that Montrose City Council will consider in future include Mobile Vendor

permit revisions, a City wayfinding sign project, and modifications to the election code will be Aug. 14. A discussion of incentives for the River Valley Health Center Development will also be discussed Aug. 14. On Aug. 15 will be a Second Quarter Budget Review and liquor license transfer for La Isla Mexican Restaurant. Council will consider purchasing a rotor gear box for the Wastewater Treatment Plant and will consider WWTP Clarifier Coating project contract recommendations on Aug. 15. **COUNCIL MEETING**-At the regular City Council meeting of Aug. 1, Council will consider making appointments to the District II and at-large seats and will administer the oath of office to new councilors. Council will consider making one or more appointments to the Downtown Development Authority (DDA) board. Applicants include Kirk Hartman, Alexander Parker,

Scott Riba, Chaynne Carter, and Julie Otto for vacant positions on the Downtown Development Authority Board of Directors. Council will consider approving on second reading Ordinances 2427-- zoning of the Panorama View Addition as an "R-1A" Large Estate district—and Ordinance 2428, which amends and approves expansion of the boundaries of the City's newlycreated REDO Overlay district. Also up for approval on second reading will be Ordinance 2429, which expands the City's boundary for curb-cut angle parking within the "REDO" Overlay Zone; and Ordinance 2340, authorizing the sale of real property. Peppertree South Planned Development Filings No.'s 9 and 10 will be considered, and public comment will be taken.

Following staff reports Council will adjourn.



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11 APPLICANTS ANNOUNCE INTENT TO SEEK COUNCIL SEATS

Mirror Staff Report

MONTROSE-The Montrose City Council will interview applicants for the District II open council seat during their work session on Monday, July 31st at 11 a.m.

Councilman Dave Bowman, who currently holds the At-Large seat, will resign from his position in hopes of being appointed to the District II seat.

The next day during the regular council meeting on Tuesday, August 1st, 6 p.m. the three remaining councilpersons, Mayor Judy Ann Files, Mayor Pro-Tem Roy Anderson and Councilman David Romero, will

select the District II representative.

District II applicants:

Dave Bowman - District II

Vincent C. Fandel – District II
Anthony Russo – District II
Brad Tate – District II
Edward J. Ulibarri – District II
Following the District II appointment council will select a representative for

council will select a representative for the vacated At-Large position from all the remaining applicants:

At-Large applicants:

Clifford Michael Bautsch – District IV Dave Bowman – District II Barbara Bynum – District III
David Crane – District IV
Vincent C. Fandel – District II
David M. Frank – District IV
Jeremiah Quintin – District I
Anthony Russo – District II
David A. Stockton – District IV
Brad Tate – District II
Edward J. Ulibarri – District II

Both the District II and the At-Large seats have a little over eight months remaining on their terms and each will be up for election in April 2018.



CITY EYES GENERAL FUND FOR SPECIAL EVENTS FUNDING

By Gail Marvel

MONTROSE-The city's Office of Business and Tourism (OBT) is funded through the Retail Enhancement Fund, which comes from retail vendors and those funds are under the purview of the city. Year to date \$122,539 has been collected for the Retail Enhancement Program. The Tourism Retail Advisory Committee (TRAC) is made up of business representatives and is an arm of the OBT.

On July 19, seven of the 10-member TRAC committee were present for the quarterly meeting. This committee has an agenda; however, the discussion is flexible and accommodates committee members who arrive late, or must leave early as dictated by their business responsibilities. General Reports and Updates on Activities:

There are a variety of sponsors and prizes for FUNC Fest. Rob Joseph, OBT Director/ Assistant City Manager said, "This is the fifth year and it is amping up. We knew it would take a while." The FUNC Fest date for next year is July 21, 2018. Joseph is working on a master plan for the next few years to build up the water program. "We're working with the recreation district to beautify the entrance to the park. We know we can't have everything at the same time, but we can add on to structures as money becomes available. Restrooms and changing rooms are a high priority, but a [visitor's] center for wayfinding is also important."

According to OBT Communications Manager David Spear there was no report on river activities; however, feedback on Taviwach Pond reveals that paddle board sales for a local business have increased due to the opening of the pond.

Joseph reported on the activities with Colorado Outdoors Project and the Marriott being built in the Urban Renewal Authority (URA). "Other hotels are talking and in the next three years there will be several hundred rooms available. We haven't announced several others that are interested."

Ride the Rockies was particularly successful because of ambassadors, who rode the shuttle busses throughout the event and answered questions about the community. Joseph said, "We were the only community that offered something like

shuttles and we got kudos."

Ride the Rockies and Rural Philanthropy Days coincided and Ashley Pietak reported that having two huge events at the same



time was chaos for hotels. "It was just crazy. We turned people away all week long."

Ride the Rockies was slow in confirming their schedule. Spear said, "One of the lessons we learned was to nail down the time so it doesn't conflict with other events." Debbie Blanchard reported on complaints posted on social media. "There were complaints on traffic from Ridgway to Montrose and from Montrose to Gunnison. So what if it takes you five more minutes to drive?"

Eric Feely said, "A lot more people liked it than complained."

Some foot traffic for downtown businesses was obstructed by truck generators and areas cordoned off by crime scene tape. Julie said, "Ride the Rockies was difficult and HopeWest had no exposure. Let's be more strategic in the future."

Lone Star Concert:

Feely said, "It was a great and we raised \$37,000 for two charities at the Bridges. We had 1,800 – 1,900 people, it was very successful."

Downtown Development Authority (DDA):

Blanchard reported the DDA will no longer be doing the Fourth of July event because of financial restraints. "This is the official hand-off of downtown events [large events]. The DDA will focus more on infrastructure, like Centennial Plaza." The DDA is not doing away with small promotional events, but will no longer do large scale community events.

Special Events Coordinator:

There is ongoing discussion within the group about hiring a full-time events coordinator, or hiring an independent special events contractor. The city is trying to juggle the Main Street Program with Special

Events. Joseph said, "The city is now looking at spending General Fund money on special events." Joseph looked for direction from the committee and Feely said, "I'm glad to see you are talking about using General Funds."

Pietak discouraged hiring an independent contractor, "With independent contractors you are not always their priority. A full-time person has your best interests in mind." City Councilman Dave Bowman suggested working with the county and having a shared position. The lack of communication between the city and the county was noted and in some cases, there are overlapping events such as the FUNC Fest and the county parade.

Wayfinding signs (directional signs) are scheduled to be installed by the end of the year. The item will be on the city council Aug. 14th work session agenda as it is anticipated that the Request for Proposal (RFP) will exceed the city manager's \$50,000 expense threshold.

This year the budget is being introduced earlier and the city is implementing a change in budgeting which is similar to fleet funding where departments will be asked to pre-pay for maintenance and repairs. Using the Pavilion as an example Joseph said, "If the Pavilion needs a new roof, they pre-pay so the city doesn't have to go into reserves."

In the first draft of the 2018 budget OBT is to pre-pay \$30,000 for their space. Blanchard said, "That seems really high." Paul Zaenger said, "That's high for the amount of use." Joseph will talk to city staff about the numbers.

It was suggested that with so many events going on TRAC should meet every two months rather than quarterly.

WEEHAWKEN DANCE FALL 2017 MONTROSE SCHEDULE

WEEHAWKEN MONTROSE

10am-10:45 Pre-Ballet with Miss Leeann (ages 2.5-5) 10:45-11:15 Story Book Ballet with Miss Leeann (ages 2.5-5)

4:00-5:00 Beginning Hip-Hop and Jazz with Miss

Caila (ages 5-7)

5:00-6:00 Intermediate Hip-Hop A with Miss Caila (ages 8-11, All may sign up for this class, Miss Val will class assist the first 4

weeks)

6:00-7:00 Intermediate Hip-Hop B with Miss

Valerie (ages 8-11, May sign up with approval from Miss Val Only)

7:00-8:15 Advanced Hip Hop with Miss Valerie

(ages 12+, teacher approval required)

MONTROSE @ PRECEDENCE ON MAIN

3:45-4:30 Pre-Ballet with Miss Leeann (ages 2.5-5) 4:30-5:15 Primary ballet Miss Leeann (ages 5-7) 5:15-6:15 Tap I with Miss Caila (ages 5-7)

MONTROSE- REC FIELD HOUSE

3:45-4:45 Ballet 1/2 with Miss Pang (ages 8-10)

WEEHAWKEN MONTROSE

4:00-5:30 Ballet 3/4 with Miss Caroline (ages 10 and up with instructor approval) 5:30-7:30 Ballet 4/5 with Miss Caroline (with instructor approval) 7:30-8:30

Teen lazz and Lyrical with Miss Caila

(ages 13 and up)

MONTROSE - @ PRECEDENCE ON MAIN

4:00-5:00 Wee little Hip Hop with Miss Leeann (ages 2.5-5)

5:00-5:45 Pre-Ballet with Miss Leeann (ages 3-5)

WEEHAWKEN MONTROSE

4:00-5:30 Ballet 3/4 with Miss Pang (ages 9+) 5:30-6:00 Pre-Pointe/Pointe for ballet level 3/4 with Miss Pang (instructor approval) 6:00-8:00 Ballet 5/6 with Miss Pang \ (with instructor approval, includes pointe)

MONTROSE @ PRECEDENCE ON MAIN

2:30-3:30 Tap 1/2 with Natasha (ages 8-10)

WEEHAWKEN MONTROSE

3:00-4:00

4:00-5:00 Ir Jazz and Mix it up! with Miss Natasha (6-8th grade, see additional info on website for weekly teacher and dance style schedule) 5:00-6:15 Sr Jazz and Mix it up! w/ Miss Natasha (grades 9-12, or with instructor approval, see additional info on website for weekly teacher and

Pom Jazz with Miss Valerie (ages 9+)

MONTROSE - BLACK CANYON GYMNASTICS

6:45-7:45 Year I Aerial Dance A with Natasha (6 week session, non-performing. Ages 10+) 7:45-8:45 Year I Aerial Dance B with Natasha (6 week session, non-performing. Ages 10+)

dance style schedule)

WEEHAWKEN MONTROSE

3:45-4:30 Primary Ballet w/ Miss Natasha (ages 5-7) 4:30-5:30 Tap/jazz (ages 5-8) with Miss Natasha 5:30-6:30 Ballet 1/2 (ages 7.5 -9) w/ Miss Natasha 6:30-8:00 Ballet 3/4 (ages 10+) with Miss Natasha 8:00-8:30 Pointe with Miss Natasha

The Fall 2017 Session runs for 12-weeks beginning the week of September 5th and ending with a performance of "The Nutcracker" December 9 & 10 at the Montrose Pavilion.

All students must enroll either prior to the program beginning or at the first class in person. Enrollments are not accepted after the third week of the session unless special approval is granted by the Artistic

New to Weehawken Dance? NEW students are welcome to try a class the first week free! Some needs-based scholarships are also available Deadline August 25, 2017.

For more information on Weehawken Dance policies, Lead Audition Dates, Ballet Uniform Information, Studio Etiquette, Semester Dates to Remember, Company Dance Info, etc, visit weehawkenarts.org

STANDARD PRICING*

(as of 09/01/17, 12 week session)

* = excludes aerial classes

30 minutes \$84 45 minutes \$162 60 minutes \$174 75 minutes \$192 90 minutes \$216 120 minutes \$285 Show fee (per class) \$35 Annual registration \$25

+ any costs associated with dancewear or tickets to the performances.

ww.weehawkenarts.org 70.318.0150





MONTROSE ELKS LODGE: ELK TRACKS



Montrose Elks Lodge

MONTROSE-Welcome to Elk Tracks, a periodic update of what is taking place at our local Montrose Elks Lodge, located at 801 So. Hillcrest, Montrose CO 81401. Public is welcome at all events listed. Bingo July 25, 2017 6:30 PM The sun came out after the summer storm boomed across Montrose causing flash floods on corners - bumper deep, bringing relief from hot dry weather. Then the Bingo crowd arrived ready to play. Card sales started at 6:00 and the "Early Bird" games paid \$15 each. The main Bingo session paid Winners \$60 for Regular games and \$65 consolation prizes for three Progressive games. During the consolation part of Game 6, a large groan and laughter echoed as 5 players waved their winning Bingo cards at the same time. The last Game 8 paid \$160 bucks to one lucky Winner. Overall, we had a lot of fun! (Previous \$500 Winner photo above)

Bingo August 1, 2017 6:30 PM Progressive Game four has reached "Must Go' status and \$1,199.00 will be awarded no



matter how many numbers or balls it takes to reach Bingo. Progressive Game 2 is valued at \$428.00 and will reach Must Go status at \$500.00. Game 2 can be won in 37 numbers or fewer. Progressive 6 is worth \$3,233.00 and must be won in 53 numbers or fewer or the prize posted will be awarded. Based on attendance, last Game 8 may approach \$200. Gift Card door prizes at the end of Game 3 are still receiving praise by players saying they are great and since they don't have to be used the same night when won, they can plan better and come to Bingo hungry. The three Bingo Gift Cards are good for one free Entrée: (Burger, Braut, Hot Dog, Nachos, Fries...), a Popcorn, Soda Pop, and a Candy Bar. For the best Bingo game in the area be sure to



visit Montrose Elks Lodge every Tuesday evening to play Bingo. Doors open at 5 PM and Card sales start at 6 P.M.. An "Early Bird" set of 5 quick games begins at 6:30 and the main Bingo session of 8 games, including three Progressives starts at 7 PM. It's a wonderful way to spend the evening having fun!



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 | 1819 Pavilion Drive, Montrose





4:00-8:00 pm | Riverbottom Park, Montrose

Bring chairs or blankets to sit on the lawn Beer & Wine for purchase from Horsefly Brewing Company

> PROCEEDS GO TO BENEFIT THE THERAPEUTIC RECREATION OUTDOOR ADVENTURE PROGRAM

Live Entertainment Lineup:

Roam Black Lab and The Banjo All About Me **Ascending Giants**



t Hot Dog

or purch



MONTROSE 1



Volunteers





































GET CLOSER TO THE MUSIC

& Let it Take You Even Further



Telluride Chamber Music Festival's

44th Annual AUGUST 8 - 13, 2017



Thursday, August 10 Sheridan Opera House

Milhaud Trio for Violin, Clarinet and Piano Brahms Sonata for Clarinet and Piano Dvorak Quintet for Piano and Strings

Saturday, August 12 Mountain Village Conference Center

Mozart Viola Quintet in C Brahms Trio for Clarinet, Cello and Piano

Suk Piano Quartet op. 1

Sunday, August 13 Michael Palm Theater

13 Michael Palm Theater

Robin Sutherland, Piano
Prelude & Fugue #1 in C Major by Bach
Ragamarole by John Adams
Grieg Sonata for Violin and Piano in c
Faure Quartet no. 1 For Piano and Strings

All Concerts \$30.00

Tickets & Information

TICKETS AVAILABLE AT TELLURIDE MUSIC CO. OR AT THE DOOR

FOR MORE INFO CONTACT THE FESTIVAL OFFICE (970) 417 - 0116 7:30 PM

7:30 PM

2:30 PM

REGIONAL NEWS BRIEFS

STATE FARM INSURANCE OFFERS TIPS FOR DRIVING ON WET PAVEMENT

Special to the Mirror

COLORADO-Did you know 74 percent of weather-related crashes happen on wet pavement?

Contrary to what most may think, only 17 percent of weather related crashes occur during snow or sleet. Source: U.S. Department of Transportation/Federal Highway Administration

The Centers for Disease Control report over half of all flood-related drownings occur when a vehicle is driven into hazardous flood water.

While a welcome relief to the heat, the monsoon season is presenting plenty of hazards for drivers. State Farm provided these tips, helping us with some wet weather wisdom.

Get wet road savvy:

Avoiding driving through standing water, putting yourself, passengers and your vehicle at risk. You can lose control in as little as six inches of water; deeper, moving water can cause stalling or carry vehicles away.

Reducing your speed on wet surfaces and allowing a safe following distance. Rain, oil and dust equal slippery conditions and traction problems on roads.

Check with your vehicles user's manual and read more about turning off cruise control. When roads are wet it might be best to allow the driver to control speed and react to conditions.

Paying attention to flood warnings and barricades. They're typically placed in areas where flooding occurs often and can be potentially dangerous.

Hydroplaning, the skidding or sliding of tires on wet surfaces, can happen anytime roads are wet.

If your vehicle hydroplanes: Don't panic. Avoid hard braking and quick turns. Ease off the gas, gently apply the brakes (lightly pump standard brakes, apply consistent pressure if you have ABS). Steer straight ahead or to a safe open area. Vehicle braking and traction control systems vary. Check your vehicle owner's manual to know your vehicle systems and recommended action.

If the unexpected happens, State Farm recommends reviewing insurance coverage with your agent once a year. Generally speaking, Comprehensive coverage helps you to recover after your vehicle has been damaged by flood.



\$3.8 MILLION IN COP FINANCING NEEDED FOR URA IMPROVEMENTS



The Montrose Urban Renewal Authority (MURA) Board of Commissioners get a design and development update on the URA. Photo by Gail Marvel.

By Gail Marvel

MONTROSE-The Montrose Urban Renewal Authority (MURA) Board of Commissioners met on July 24. With the exception of the District II vacant City council seat, all members of the commission were present.

Consideration of Contract Award - Montrose City Engineer Scott Murphy.

The three major areas of focus for the MURA are design, trail project and river improvement. Fish habitat is a component of improving the river and a number of habitat holders will be installed to increase fish numbers. Murphy said, "Design is the only thing we are talking about now." The city is working with a number of groups, "To make sure the vision is coherent."

Commissioner Brad Hughes questioned a portion of land near West Main that is outside the URA boundary, but is included in the design work. City Attorney Stephen Alcorn said it can be included, "As long as we can justify how it will benefit the URA boundary."

The Request for Proposal (RFP) generated five proposals. Murphy recommended awarding the contract to Ecological Re-

source Consultants in the amount of \$146,881 for the design and permitting of fish habitat and stream stabilization improvements within the Uncompangre River adjacent to the MURA boundary. Approved unanimously.

rose City Engineer Scott Murphy.

The Promissory Note between the MURA and the City of Montrose is for the design work previously mentioned. The Promissory Note of \$121,881, when combined with a \$25,000 administrative grant from the Colorado Department of Local Affairs, totals the contract award of \$146,881.00. Approved unanimously.

Design and Development Update - Montrose City Engineer Scott Murphy; Colorado Outdoors President David Dragoo; and Del -Mont Consultants Steve Stevenson.

Maps were presented that showed the proposed street alignments, the 2.3 acre Marriott site and the Chipeta Water District's main waterline running right through the property. Referring to the waterline Dragoo said, "It was a surprise. It never showed up on any title work."

By some estimations the design work may seem slow, but Stevenson said, "It's cheap to put it on paper, but it gets expensive when putting in sewer."

Chairman of the Mayfly Group Doug Dragoo said, "There are more good things to come, but we aren't able to talk about it yet."

Consideration of Promissory Note - Mont- Letter of Support for GOCO Grant - Montrose City Engineer Scott Murphy.

> Murphy requested the MURA write a letter of support for the \$ 2 M grant application for the trail that will connect the Montrose Recreation Center (south) to the Montrose Justice Center (north). Approved.

Construction Financing Options and Timeline – MURA Executive Director Bill Bell (City Manager.)

Bell said, "COP [Certificate of Participation] seems to be the way to go for the \$3.8 M rough budget. It's a ballpark estimate to get us going. It is the only viable option."

Hughes asked what the \$3.8 M will be used for and Bell said, "Sewer, roads, bike paths, curb gutter, sidewalks and storm sewer. At the next meeting we'll have the [financial] details."

Schedule Next Meeting - Sept. 27, 2017, 4:30 p.m. in the Centennial Room.

REGIONAL NEWS BRIEFS

SMPA, COBANK SEEK PROPOSALS FOR LOCAL ECONOMIC DEVELOPMENT GRANT FUNDING

Special to the Mirror

RIDGWAY-San Miguel Power Association Inc., in conjunction with its national cooperative partner, CoBank, is again seeking proposals for funding opportunities that stimulate and enhance our local economies. In order to financially support projects, programs and organizations that are actively working to improve the financial stability of local businesses, expand entrepreneurial opportunities and bring revenue to our towns and counties, SMPA will be awarding matching grants to selected applicants. Member organizations and businesses may apply for up to \$10,000 in \$1,000 increments in dollar-for-dollar matching funds depending on the costs of their initiatives. Initiatives may vary in size and scope but should aim to benefit the entire business community of a region, not just individual businesses.

The following definition of economic development will be used by SMPA Board of directors for evaluation of all proposals:

Economic development is the development of economic wealth of regions or communities for the well-being of their inhabitants. From a policy perspective, economic development can be defined as efforts that seek to improve the economic well-being and quality of life for a community by creating and/or retaining jobs and supporting or growing incomes and the tax base.

Interested parties should complete the application available by request. Email phora@smpa.com. Supporting documentation such as cover letters, proposal text or action plans may be appended. Qualifying projects should:

- Stimulate job creation in our area
- Promote economic growth
- Create/improve local commerce
- Maintain/strengthen existing businesses
- Enhance regional prosperity
- Offer sustainable progress; set the stage for economic development in the long run
- Build collaboration

- Show of our communities attributes
- Demonstrate ability to leverage funds The deadline for applications will be Oct. 16, 2017. Please mail or drop off your applications to a San Miguel Power Office in either in Nucla or Ridgway or mail to San Miguel Power C/O Paul Hora, PO Box 1150, Ridgway, CO 81432.

San Miguel Power Association, Inc. is a member-owned, locally-controlled rural electric cooperative with offices in Nucla and Ridgway, Colo. It is the mission of San Miguel Power Association to demonstrate corporate responsibility and community service while providing our members safe, reliable, cost effective and environmentally responsible electrical service. SMPA serves approximately 9,600 members and 13,300 meters and supports local communities with \$300,000 annually in property taxes and \$400,000 in energy efficiency and renewable energy rebates. SMPA is an equal opportunity provider and employer.



REGIONAL NEWS BRIEFS

TELLURIDE REGIONAL MED CENTER WELCOMES EXPECTING PARENTS AUG. 15

Special to the Mirror

TELLURIDE-Expecting mothers and their partners are invited to join the Primary Care team at the Telluride Regional Medical Center on Tuesday, Aug. 15, 5:30-6:30p.m., to learn about prenatal health and caring for newborns, specifically in this region.

"We'll cover pre-natal myths, oxygen needs for infants at altitude, normal schedules for well-baby checks and vaccines, how to get in touch with a nurse if there are questions, when to come in for a sick visit, postpartum depression, and resources for nursing," said Dr. Christine Mahoney, who specializes in Family Medicine at the Telluride Regional Medical Center.

This bi-lingual orientation for new families is open to everyone. The medical center intends to offer this service once every three months to be sure they're touching in with newly pregnant moms throughout the year.

For more information visit tellmed.org or contact Emily McGough.

ABACHICHE GUILTY OF DISTRIBUTION OF A CONTROLLED SUBSTANCE

7th Judicial District
District Attorney News Release
MONTROSE-On July 24, 2017 Ernest
Abachiche pled guilty to Distribution of a
Controlled Substance (Schedule 1 or II), a
class three drug felony, for selling heroin.
This plea was result of a criminal incident
that occurred on Oct. 10, 2016. This case
was investigated by the 7th Judicial District Drug Task Force. Mr. Abachiche entered pleas of guilty in several other criminal cases in Montrose, Colorado. He pled
guilty to the following: one count of Vehic-

ular Eluding, a class five felony; in two separate felony cases. A plea of guilty was also entered in two separate cases for domestic violence charges. Mr. Abachiche also admitted to violating probation in other cases. The Plea Agreement in these cases stipulated to a sentence of a total of eight (8) years in the Colorado Department of Corrections for the felony charges. On July 24, 2017, the Honorable Keri Yoder accepted the plea agreement and sentenced Mr. Abachiche to prison for eight (8) years. Mr. Abachiche will be re-

quired to serve a period of parole upon his release from the Department of Corrections. The Office of the District Attorney extends our gratitude to the 7th Judicial District Drug Task Force and all the officers involved in the investigation of these numerous cases and the apprehension of Mr. Abachiche. The amount of time and resources expended in the investigation of these cases was substantial, and these efforts led directly to the results in District Court and the incarceration of a serious offender.

MANAGEMENT OF SMALL ACREAGE PASTURES: SELF-GUIDED TOUR AT DELTA COUNTY FAIRGROUNDS

Special to the Mirror

DELTA-Tri-River Area small acreage landowners are invited to a "Management of Small Acreage Pastures Self-Guided Tour," during the 2017 Delta County Fair, scheduled for August 6-12 at the Delta County Fairgrounds, 403 S. 4th Street, Hotchkiss, CO. The 2-acre plot is located on the southeast corner of the fairgrounds, by the river.

The demonstration plot offers a hands-on view of 17 species of irrigated grasses and another 17 species of dryland grasses suited for Tri River Area climate and soils. These grasses can be used for agricultural and natural resource conservation purpos-

es, such as: growing hay, grazing livestock, weed suppression, erosion control, and enhancement of wildlife habitat. The grasses are planted on furrows clearly labeled. A plot map is posted and handout materials describing specie characteristics of each of the grasses are also available in a handout box.

Be sure to visit the Delta County Fair and take a few minutes to tour the grass pasture demonstration plot. The project is a cooperative effort by CSU Tri-River Area Extension, USDA Natural Resource Conservation Service, Delta County, Delta Conservation District, and the Colorado Association of Conservation Districts.



For more information please contact project coordinators: John Rizza – 243-5068 ext. 128 or john.rizza@colostate.edu
F. Isaac Muñoz – 249-3935 or f.isaac.munoz@colostate.edu.

REGIONAL NEWS BRIEFS

ANOTHER ZONE HITS THE MARK: MOMENTUM GROWING FOR ELEVATE FIBER



Elevate Fiber install specialist, Ray Saenz, with Elevate's 1,000th connected customer, Larry Foltz, in zone Montrose 721. Courtesy photo.

Special to the Mirror

REGIONAL-Yet another community can now boast that it has access to gigabit internet. Just this month, Elevate Fiber announced that a zone in Cedaredge met its goal for preregistrations and kicked off construction. Owned by Delta-Montrose Electric Association (DMEA), Elevate has made phenomenal progress in building a fiber optic network throughout the coop's service territory.

"Elevate is truly an example of the power of cooperative membership. Without the passion and support of our members, we could not have brought the company to life. It has been overwhelming to see members from all parts of our service territory express their need for high-speed internet and their appreciation for our efforts. I commend our board for representing our members' best interests and working to improve the quality of life in the region by building a fiber network," said Jasen Bronec, DMEA CEO.

Using a crowdsourcing approach, Elevate has already built fiber networks in portions of Paonia, Montrose, and Orchard City, with Cedaredge just now joining the ranks. To date, they have more than 1,300 live customers and more than 7,000 people in Montrose and Delta counties have expressed their interest.

"Response from our members has been extraordinary. We know it can be frustrating for people to realize that their community may not be able to get fiber this year. With more than 3,000 miles of

fiber to build across Montrose and Delta counties, it will take years to provide service in all DMEA communities. The success in the areas that already have service is contagious. The more communities that get live service, the more the excitement grows—let's keep the momentum going," said Bronec.

Elevate is building first in communities that have shown the most interest by preregistering at join.elevatefiber.com. Home and business installations are currently taking place in multiple zones. Residents and businesses in these zones are encouraged to sign up for service: Call 877-6873632, visit join.elevatefiber.com, or stop by a local DMEA office during normal business hours. The following zones have live service from Elevate:

Paonia 45: \$100 installation special is no longer available as the initial construction phase is complete. Service installations can take place at the regular \$199 installation fee.

Orchard City 104: \$100 installation special is no longer available as the initial construction phase is complete. Service installations can take place at the regular \$199 installation fee.

Montrose 721: Installations are still taking place and the \$100 installation special is still valid. This zone is almost complete and the \$100 installation special will end soon

Paonia 47: Installations are still taking place and the \$100 installation special is still valid. This zone is almost complete and the \$100 installation special will end soon.

Hotchkiss 48: Installations are still taking place and the \$100 installation special is still valid.

Cedaredge 125: Construction is underway. Installations will begin soon and the \$100 installation special is still valid.

Many neighborhoods in Montrose could also see fiber soon if the momentum continues. Six zones, in particular, are already more than halfway to their preregistration goals:

Montrose 418: 85% to goal, 26 more preregistrations needed Montrose 425: 80% to goal, 20 more preregistrations needed

Montrose 427: 58% to goal, 46 more preregistrations needed

Montrose 417: 55% to goal, 31 more preregistrations needed

Montrose 426: 53% to goal, 38 more preregistrations needed

Montrose 813: 52% to goal, 346 more preregistrations needed

There is no cost to preregistering for service and doing so secures the \$100 installation special. Once construction is complete in a zone and Elevate crews move out of the area, the installation fee increases to \$199.

As the zones reach their preregistration goals, Elevate releases them for final design and construction.

On average, it takes four to six months to complete a full build out of a zone.

"If your community isn't close to its goal yet, don't worry. The end goal is to provide access to our network to every DMEA member. We're only one year down with many more ahead, but that has always been the reality of this project.

An entire fiber project cannot be built overnight or even within two years. The continued patience and support of our members is what will make Elevate a long-term success," stressed Bronec.

Individuals can stay updated by following Elevate's blog in the updates section at join.elevatefiber.com, following them on Facebook, or stopping into the Customer Experience Center at the DMEA Montrose Office.

Elevate Fiber is a wholly-owned internet subsidiary of DMEA, building a fiber network to DMEA's service territory. Service offerings at this time include a 100 Mbps (megabits per second) internet option, and 1 Gig (1,000 Mbps) internet option. Elevate will soon be offering a voice (phone) option and is exploring a future video (TV) offering that will bring local channels and streaming solutions to members at a lower price compared to traditional cable/dish offerings.

Learn more and preregister for service at join.elevatefiber.com.

REGIONAL NEWS BRIEFS

MOUNTAIN VILLAGE HOSTS NATIONAL NIGHT OUT, ICE CREAM SOCIAL AUG. 1

Special to the Mirror

MOUNTAIN VILLAGE— Bringing together community members and emergency responders, the Mountain Village Police

Department is excited to announce the sixth annual National Night Out Tuesday, Aug. 1. From 5 p.m. to 8 p.m., the community is invited to join their neighbors, police, and fire department teams at the Mountain Village's Village Court Apartments (VCA) for a free ice cream social, hot dogs, and tours of police cars, fire trucks and ambulance. Free gun safety locks will be available, and the Telluride Fire District will offer free blood pressure readings. Also, this year's festivities will

include free hot dogs, swag, karaoke, games, a donut eating contest and much more!

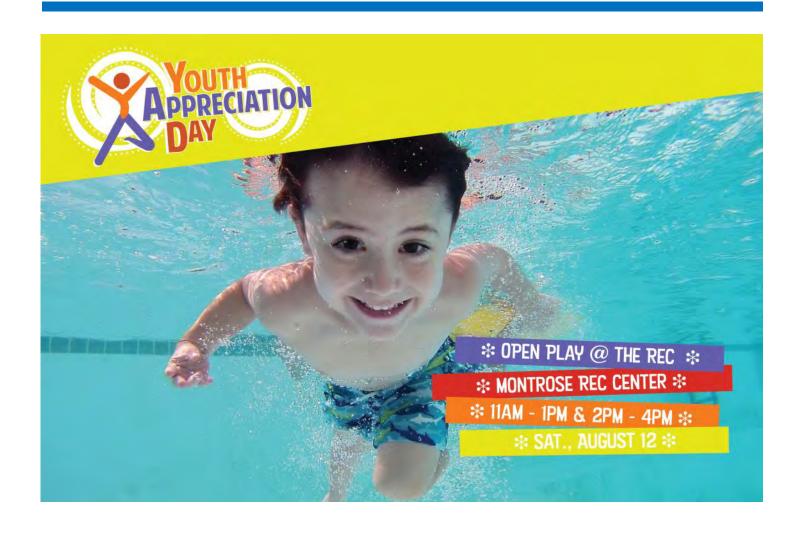
Millions of neighbors take part in National Night Out across thousands of communities from all fifty states, U.S. territories, Canadian cities, and military bases worldwide on the first Tuesday in August. National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our communities safer, more caring places to live. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a real sense of com-

munity. Furthermore, it provides an excellent opportunity to bring police and neighbors together under positive circumstances.

"Once again, we are excited to bring together our neighbors and residents to get to know one another and the first responders who serve them in the community," said Mountain Village Police Chief Chris Broady.

"A huge thanks goes to the Village Court Apartment staff for taking the lead in organizing this year's event."

For more event information, contact Cecilia Curry at the Village Court Apartments at <u>970.369.8233</u>.







FOCUS · ATTENTION · MEMORY EXERCISES

FAMC 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

REGIONAL NEWS BRIEFS

MAN ARRESTED AFTER SHOOTING IN GATEWAY

Special to the Mirror

GATEWAY - Rick Whited, 54, was arrested Sunday evening after reports of an active shooter in Gateway.

At 4:16 P.M. several law enforcement agencies responded to reports of a male shooting at cars passing by on Highway 141 from a truck parked a half mile north of the Gateway Canyons General Store.

Gateway Canyons Security Guards were the first on the scene. They engaged in gunfire with Whited and were able to pin him down until reinforcements arrived. The Mesa County Sheriff's Office, Grand Junction Police Department, Colorado State Patrol, Bureau of Land Management, and Montrose County Sheriff's Office all responded.

Whited was detained and arrested. He sustained minor injuries from the incident. No one was shot.

No civilian injuries were reported. At least one car was damaged.

An emergency notification went out to 106 homes in the area to advise them to shelter in place with windows and doors locked during the incident. The shelter in place has been lifted.

Highway 141 was closed for a couple of hours while the Mesa County Sheriff's Office investigated. It has since opened to traffic. Courtesy photo MCSO.







The Mirror

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



PLAYING FOR A LIVING: COLORADO MUSICIAN A.J. FULLERTON

By Caitlin Switzer

COLORADO-At age 22, blues musician A.J. Fullerton is already a seasoned professional, playing an average of 200 to 250 shows per year. "I have played 27 shows this month," Fullerton acknowledged last week. "It keeps me pretty busy."

He's busy enough that, though he now lives in Fort Collins, Fullerton has not spent much time there lately. Besides, having been raised in Montrose, "I don't really consider anywhere else my hometown." After all, A.J.'s career officially began here, with plentiful gigs in night-clubs that he was too young to patronize, and countless private parties.

A.J.'s true home base is dad Dave Fullerton's suburban house, which doubles as a crash pad and bed and breakfast when A.J. arrives, often accompanied by a bandmate or two. As a self-taught musician, A.J. also says that his father has been a musical influence as well. "From my point of view, he gave me inspiration," A.J. said, "and I have had mentors along the way." Local mentors include Rob Jones, an early influence, as well as musicians Lobo Loggins and Kipori Woods. "Also, Donny

Morales," A.J. said. "He let me sit in on

open mics." Over the past year, the accolades and awards have accumulated so quickly it can be hard to recall them all. In 2016, the Colorado **Blues Society** alone has recognized A.J. as "best slide guitar," "best acoustic act," "best young per-

former," and

"best solo-duo act," (with friend Nic Clark). He represented the Colorado Blues Society at the International Blues Challenge in Memphis earlier this year, where he was the first participant from Colorado's Western Slope and the youngest to present in his category, and was nominated as Westword newspaper's Best Colora-

do Blues Artist in 2016. He has even played the prestigious Durango Blues Train with friend Nic Clark, and will once again perform at the Telluride Blues and Brews Festival.

Though he does not have a favorite gig, that's only because he has loved them all. "Every gig has something cool about it,"



A.J. relaxes at his dad's house in Montrose, with his collection of amplifiers. Fullerton credits his father with inspiring his love for music.

PLAYING FOR A LIVING: COLORADO MUSICIAN A.J. FULLERTON

he said. "But I particularly like playing shows where I can be outside. It's great energy. I guess that's the Western Colorado guy in me; anytime I can be outside, I will."

Guitar playing was A.J.'s first passion, but today his strong singing style also draws praise. "It's funny, I come from more of a classical background—guitar is my thing—but I was coerced into joining the choir at the age 14 or 15. It dawned on me that I could go in and do music from a different angle."

Professional influences include the likes of Charles Bradley and Marcus King; A.J. said. "I like lots of types of music...!'m go-

ing to see Derek Trucks and Hot Tuna and I'm pretty stoked about that. I opened for Patrick Sweaney in 2015, and I am a big fan of his."

The music industry allows Fullerton to travel, and do what he loves. However, despite his youth, he approaches the business of music like a business. "He does all of his own business and administrative work," said A.J.'s father Dave.

Coming up next for A.J. will be the release of his latest album, Kalamath. The Denver release date is Aug. 24, and A.J. will perform a release concert at the Marina at Cherry Creek. Here in Montrose, there will be a Western Slope album re-

lease party in the fall. And though life is increasingly busy for A.J. Fullerton, he wouldn't have it any other way.

"It's good to be back playing some shows around here," he said.

"I met a friend for lunch at City Market, and four or five people came up to talk to me about music. For the past year, I have found that when I go places, they have heard of me.

"Will I be doing this my whole life?" he asked in response to a question. "I don't see why not unless I suffer a tragic double arm amputation."

To follow A.J, Fullerton, visit www.ajfullerton.com.

COMMUNITY NEWS BRIEFS: ARTS & EDUCATION

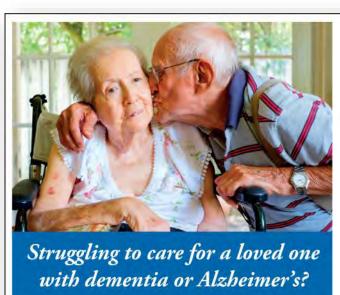
TEACHER TRAINING OFFERED FOR CHILDREN'S YOGA INSTRUCTORS

Special to Art & Sol

GRAND JUNCTION-Kidding Around Yoga is excited to announce they are offering regularly scheduled children's Yoga teacher trainings worldwide, as well as online specialty courses. The next local training is in Grand Junction at Yoga West Collective (1025 Main Street) on September 9 and September 10, 2017.

Kidding Around Yoga trainings provide adults interested in teaching Yoga and stress-management to children the unique skills required for building strength, flexibility, and mindfulness. Through interactive games, original music, and traditional Yoga practices, KAY instructors teach the *whole* child – body, mind, and spirit. Participants also have the option of enhancing their teaching skills through KAY's specialty online courses, designed to introduce Yoga to special populations.

"Our program provides educators, parents, therapists, and coaches methods to teach Yoga and stress management techniques to children so they can find peace on the inside, regardless of what is happening around them," says Haris Harini Lender, founder of Kidding Around Yoga.



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



COMMUNITY NEWS BRIEFS: ARTS & EDUCATION

MONTROSE COUNTY SCHOOL DISTRICT RE-11 SUMMER HAPPENINGS

Special to Art & Sol

MONTROSE-Centennial Middle School Special Education Teacher, Katie Jenkins, was recently selected as a 2017 Grand Junction Rockies Teacher of the Year. She will throw out the first pitch at the August 6th GJ Rockies game and Centennial Middle School students and families will receive fifty free tickets to attend the baseball game.

Montrose County School District applied for the Colorado Department of Education 'School Health Professionals Grant' which provides state funding for student behav-

ioral health and substance abuse prevention supports. Funding for the grant is generated from retail marijuana sales. We've received notification that Montrose will be awarded \$750,000 to be allocated over the next three years toward hiring two new School Social Workers, an additional Registered Nurse, curriculum, training, and various substance abuse and behavioral health resources [Final award is in mid-August].

Montrose High School has been selected for the 2017 City Lights Project Fellowship through the Telluride Film Festival this

Labor Day weekend. MHS is one of two Colorado schools selected for this competitive, once-in-a-lifetime event. Two MCSD staff and six Montrose High School students will attend the Telluride Film Festival at no cost (room, board, and VIP film festival passes provided). In addition to experiencing award winning films debuting at the festival, students will spend five days in a range of different master classes and conferences with Hollywood directors, actors, and filmmakers.

Please contact Matt Jenkins for more information.

WIN PRIZES, SUPPORT COMMUNITY RADIO AT KAFM RADIO DAZE RAFFLE



Montrose Adult Diabetes Support Group

Exercising with Diabetes by Jedd Beros, EP-C, CSCS MMH Exercise Physiologist Tuesday, August 1 6:00 PM MMH Conference Room A

No RSVP required Questions? Call Teresa at 970-240-7280 Join us the 1st Tuesday of the Month at 6 PM (except Holidays)

Next Month:

Sept. 5 Bleeding Gums, and Elevated Blood Sugars, Jill Holyfield, RDH



800 South Third Street, Montrose, CO 81401 970.249.2211

MontroseHospital.com

Special to Art & Sol GRAND JUNCTION-Join the KAFM team at our Annual Radio Daze Raffle on Aug. 12 from 3 to 9 p.m. at Kannah Creek's Edgewater Brewery, 905 Struthers Ave, Grand Junction, CO 81501. We will have four bands: Thomasina Russell and Friends, Bicycle Annie, Lincoln Pants Band, and Zac Grant. The brewery will donate 100 percent of the proceeds from their specialty brewed 300 Watt Ale. Raffle will be held at 8:30 pm. Need not be present to win. Raffle Prizes are generously donated by: Brown Cycles \$1200 Gift Certificate; JB Hart KORG SP500 Digital Keyboard value \$1595; Palisade Cafe 11.0 \$100 Gift Card; One Night Stay at The Wine Country Inn with Wine Reception and Dinner for Two at Caroline's \$200; KAFM Radio Room Season Pass \$500 Main Street Bagels \$100 Gift Card; Pagosa Springs Four Corners Folk Festival Two 3-day passes \$300; Julie Glassman Indian Peaks Necklace \$500; Alpine Bank North Face Jacket \$149 Hampton Inn Stay-cation for Two Nights and A Gift Card to Bin 707 \$50; Face Time Facial Gift Certificate \$95; The Art Center Family Membership \$50. Tickets are \$10 or Three for \$20 for Raffle tickets on-line go to www.kafmradio.org or call 241-8801.



COMMUNITY NEWS BRIEFS: ARTS & HERITAGE

LOCAL VOLUNTEERS LEAD GARDEN TOUR AT ANASAZI HERITAGE CENTER

Special to Art & Sol

DOLORES— The Bureau of Land Management's Anasazi Heritage Center will offer a free tour of its native plant beds and garden seminar on Saturday, Aug. 5, at 9 a.m.

Ann Street-Joslin, Colorado Master Gardener, and Jan Sennhenn, retired Colorado State University Extension Agent, will showcase the garden plots while sharing insight about plants that do well in the area. They will discuss plant selection for high altitude and high desert gardens, compatibility of plants, irrigation, weed and pest management as well as general gardening topics. This free garden tour will last about an hour.

The BLM works to serve the American family and provide opportunities to connect the public to America's natural and cultural heritage. The gardens at the Anasazi Heritage Center are open daily to the public during regular museum hours, 9 a.m. to 5 p.m. For more information about the Anasazi Heritage Center, Canyons of the Ancients National Monument and upcoming events, visit https://www.facebook.com/BLMCanyonsoftheAncients/





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38 LOCATIONS FROM DENVER TO DURANGO

COMMUNITY NEWS BRIEFS: ARTS & CULTURE

SAN JUAN CHAMBER MUSICFEST WILL BE AUG. 17-22

Special to Art & Sol

OURAY-The Ouray County Performing Arts Guild proudly presents the 16th annual San Juan Chamber MusicFest, taking place Aug. 17-22.

The festival – OCPAG's flagship event – features four exceptional guest musicians, under the artistic direction of concert pianist Max Levinson, producing five concerts in Ridgway, Ouray and Montrose, Colo. SJCMF has a stellar line-up of guest musicians this year including violinist Nurit Pacht, violist Jessica Pickersgill, cellist Allison Eldredge and classical guitarist Rami Vamos, opening up new possibilities for a huge selection of repertoire.

The San Juan Chamber MusicFest kicks off on Thursday, Aug. 17 at 7:30 p.m. at the Ouray County 4-H Event Center with the Classical Cafe Internationale.

This delightfully informal concert features a variety of classical music selections from around the world.

Premium ticket holders are invited to attend a catered reception prior to the concert at 5:45 p.m.

Next on the schedule is the Festival Concert on Friday, Aug. 18 at 7:30 p.m. at the Wright Opera House in Ouray. The program, "Fame and Obscurity," includes Beethoven's "Archduke" Trio, solo piano music by Schubert and a trio for guitar and strings by Araciel.

On Sunday, Aug. 20 at 3 p.m., the San Juan Chamber MusicFest offers its first ever Montrose salon concert, taking place at a private home in Cobble Creek. SJCMF musicians will perform a program titled "Singing with Instruments" featuring Faure's G minor Piano Quartet and Schubert's "Arpeggione" Sonata (violin and guitar arrangement).

Prior to the concert, Secret Garden Catering will serve a delectable afternoon tea.

SJCMF musicians let their hair down and delight children young and old on Monday, Aug. 21 at a whimsical family concert

featuring Professor Wolfgang Amadeus Schmutzinberry (aka classical guitarist and music educator Rami Vamos) at the Sherbino Theater in Ridgway at 10 a.m.

Entry is by donation.

The festival concludes with the highly anticipated Salon Dinner Concert on Tuesday, Aug. 22 from 5-8:30 p.m.

This memorable concert offers the same program of chamber music that will be performed at the Montrose Salon Concert and a gourmet dinner by Secret Garden Catering at a private home in a lovely rural setting near Ridgway. Tickets for the SJCMF concerts are available at www.ocpag.org with the exception of salon tickets, which must be purchased in advance by calling OCPAG president Sue Hillhouse at 970-626-2970. The San Juan

Chamber MusicFest is made possible with generous support from the Western Colorado Community Foundation's Dave and Mary Wood Fund, the Massard Trust, Flower Motors, Alpine Bank, Citizens State Bank, Michael Hockersmith Law, Scott Middleton Accounting and Consulting, Mountain Market of Ridgway, the Woman's Club of Ouray County and the Carol Rieger Fund. David and Gaynelle Mize are sponsors for the Montrose Salon.

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



COMMUNITY NEWS BRIEFS: CHURCHES

FIRST CHURCH OF THE NAZARENE CELEBRATES 100 YEARS IN MONTROSE





On Aug. 13th the First Church of the Nazarene will celebrate 100 years of ministry to the Montrose community. Courtesy photos.

By Rev. Buddy Cook

MONTROSE-On Aug. 13th the First Church of the Nazarene will celebrate 100 years of ministry to the Montrose community.

On Feb. 18, 1917, the Montrose Nazarene Mission organized in a small storefront on Cascade Avenue with Rev. M.R. Dutton as pastor along with nine charter members: Mrs. R.A. Leisy, Mr. and Mrs. A.H. Eggleston, Mrs. Mary Frazier, Mrs. J.F. Blankenbaker, Mrs. W.S. Foster, Mrs. W.N. Carkhuff, Mrs. Anna Christianson, Mrs. Dianne Mobrey.

The church was later incorporated on March 16, 1920. Over the years, God has given the church many good people including Whipple Chester, former City Editor with the Montrose Daily Press.

The first meeting place of the church was in the old telephone building on North Cascade Avenue. At a later date, the services were moved to a rented hall next to the W.C.T.U. building on Main Street and from there to a rented hall on the corner of Main and Selig. This required having

some Sunday

School classes in the old court house which was located across the street in the present location of Ace Hardware. Under the leadership of Rev. and Mrs. J. F.Ransom, the church greatly prospered and the First Church of the Nazarene was built at 30 South Selig (currently the location of The Journey church) and dedicated in 1924.

A great need for larger facilities prompted the church to start a building fund and twelve lots on Mesa and South Twelfth streets were purchased in 1966. On June 3, 1967, through the leadership of Rev. Willis J. Lambert, a financial campaign with the theme "Building by Faith for Tomorrow" was launched. The congregation responded by pledging \$20,000 to be paid in three years. Construction of the current building at 12th and Mesa began in November 1967 and services were held in the new church on Mother's Day, May 12, 1968

Lots of things have changed in the last

100 years and the Montrose of today looks decidedly different than the Montrose of 1917.

However, from a store front location to the present day church facility the people of the First Church of the Nazarene continue to reach out with love to share Jesus with their friends and neighbors in the Montrose area. A desire to become a "Loving, Growing, Family of God" is at the heart of the people called Nazarenes.

The anniversary celebration begins with coffee and donuts at 9 AM followed by a Sunday Morning service at 10:00 AM which features former pastor Dr. Bob Broadbooks who is currently the USA/ Canada Regional Director for the International Church of the Nazarene.

The celebration will conclude with a potluck dinner and time for visiting in the afternoon. The First Church of the Nazarene and current pastor Rev. Buddy Cook warmly invite the Montrose community to join them in their celebration.



COMMUNITY NEWS BRIEFS

GRIEFSHARE SUPPORT GROUP AT ROSEMONT BAPTIST CHURCH

Special to Art & Sol

MONTROSE-There will be a GriefShare – Grief Support Group on Tuesdays @ 2 pm. Workbook \$15 (Voluntary Donation) Aug. 22 – Nov. 14, 2017. You don't have to go through the grieving process alone. GriefShare is a caring group of people who will walk along side of you through life's most difficult experiences. Rosemont Baptist Church, 1598 E Niagara Rd Montrose, CO. (970)249-4887. www.RosemontBaptist.org.

WANT TO WIN A 2017 JEEP WRANGLER OR \$25,000?

Special to Art & Sol

MONTROSE-The Black Canyon Boys and Girls Club is holding a raffle! A 2017 Jeep Wrangler or \$25,000.00 is up for grabs. Tickets are 5 for \$100.00 or 1 for \$25, and are available by emailing Bud Taylor at btaylor@bcbgc.org, texting tickets to 970-209-6814, or by calling 970-249-5168. The winner will be chosen at the Club's 3rd Annual Crab Crack Event on November 17, 2017. You do not need to be present to win. For additional information please visit http://www.bcbgc.org/ or visit the Black Canyon Boys and Girls Club on Facebook.



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Delta: Senior Community Meals office

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COMMUNITY NEWS BRIEFS: ARTS & RECREATION

COLORADO PARKS AND WILDLIFE REMINDS HUNTERS OF LEFTOVER LIST LICENSE SALES

Special to Art & Sol

DENVER - Colorado Parks and Wildlife reminds hunters that Leftover limited licenses (licenses remaining after the primary and leftover draws) go on sale in person and by phone Tuesday, Aug. 1 at 9 a.m. MDT. These licenses will also be available for online purchase starting at midnight on Aug. 2nd, MDT.

The frequently updated list of leftover licenses is now available for review at http://cpw.state.co.us/thingstodo/Pages/BigGame.aspx. Over-the-counter licenses with caps for bear and over-the-counter unlimited licenses are currently available for purchase online, by phone at 1-800-244-5613 or in person at CPW locations or

license agents.

"A valid license is an essential step in planning your hunt each year in Colorado," said Cory Chick, CPW's license manager. "Being familiar with CPW's hunting regulations and brochures can help you decide on the right tag for the right location and learn the appropriate rules to follow in those areas."

All purchases require a current and valid photo ID, proof of residency, social security number, and a Hunter Education card, unless the hunter was born on or before Jan. 1, 1949. Online verification requires input of the hunter education information located on the card and the state in which it was issued. Be sure to bring this card

with you for in-person sales.

To sign up for a Hunter Education course go to http://cpw.state.co.us/learn/Pages/HunterEducation.aspx. Apprentice licenses are available in 2017, as well as hunter education test-out options for U.S. military and individuals 50-years of age or older. Learn more at http://cpw.state.co.us/learn/Pages/HE-Test-Out.aspx.

Visit cpw.state.co.us/BuyApply/pages/ hunting.aspx for more information on purchasing licenses. If you have questions about hunting or hunt planning, contact CPW at 303-297-1192.





All Day: Free Kid's Cone - McDonald's (both locations). Free kid's cone.

8am - 10am: Pancake Breakfast & School Supplies - Montrose Daily Press, 3684 N. Townsend. Chow down on pancakes & sausages for the whole family. Free backpacks and school supplies for kids while supplies last.

9am - 11am: Macks Entertainment Open Gym - Macks Entertainment, 1865 E. Main. Tumble, romp, jump, play, and bounce away. No outside food allowed.

9am - 4:30pm: Tours & Arts & Crafts - Ute Indian Museum, 17253 Chipeta Rd. Free admission for kids, plus arts and crafts while supplies last.

10am - 12noon: Open Dance Workshop - A Time to Dance Studio, 1912 S.
Townsend. Ages 3-6: 9:30-10:10am & 10:15-10:55am; Ages 11 & Up: 1111:40am; Ages 7-11: 1-1:40pm; Acrobatics/mat ages 7 & up: 11:45am-12:30pm.

10am - 12noon: Museum of the Mountain West - 68169 E. Miami. Guided tours of historic buildings. Kids free with paid adult; \$6/adult.

10am - 12noon: K9 0xx Police Dog Demonstrations - Chow Down Pet Supplies on Main Street.

10am - 2pm: Bugs in the Garden - Montrose Botanic Gardens, 1800 Pavilion Dr. Make your own bug tic-tac-toe game or go on a scavenger hunt through the gardens. Kids 3-12 years old.

10am – 8pm: Mini Golf - Cedar Creek RV, 126 Rose Lane. One round of free minigolf for all youth. Children under 10 years must be accompanied by a paying adult; \$3/ adult.

11am: Free Movie "Smurfs: The Lost Village" PG - Fox Theater Downtown.

11am - 1pm: Open Play @ the Rec - Montrose Rec Center, 16350 Woodgate. Kids under 7 must be accompanied by a paying adult; \$4/adult. Pool space limited to first 350 people. Hosted by MRD.

11am - 3pm: Pioneer Times - Montrose County Historical Society Museum, 21 N. Rio Grande Ave. Free admission for kids and a fun scavenger hunt; \$1 per adult.

2pm - 4pm: Open Play @ the Rec - Montrose Rec Center, 16350 Woodgate. Kids under 7 must be accompanied by a paying adult; \$4/adult. Pool space limited to first 350 people. Hosted by MRD.

2pm - dark: Golf - Black Canyon Golf Course, 1350 Birch St. Junior golfers play free (18 and under). Accompanying adults, \$1 per hole green fee and ½ price cart rental. Must supply own clubs.

4pm - 6pm: Macks Entertainment Open Gym - Macks Entertainment, 1865 E. Main. Tumble, romp, jump, play, and bounce away. Free for the whole family. No outside food allowed.

4pm - 7pm: Minecraft Night - Proximity Space, 210 E. Main. Young gamers unite for the ultimate Minecraft challenge. Ages 10 and under. Must be accompanied by adult. Bring a laptop.

8pm - 10pm: Movie on the lawn - Montrose Rec Center, 16350 Woodgate. Bring your chairs and blankets for a night under the stars. Free popcorn and a classic movie about a boy called Smalls, pickup baseball games, and a legendary balleating dog. Hosted by Black Canyon Boys & Girls Club.

* FOOD & FUN AT RIVERBOTTOM *

* 10:00AM - 1:00PM *

Watermelon Feast - Ute Park. By City Market and the Montrose Lions Club.

Touch-a-Truck - McNeil Parking Lot. Fire trucks & hose demonstrations, MMH helicopter, police cars, ambulances, MRAP, bucket truck rides, giant dump truck, & water truck. Provided by Montrose Memorial Hospital, Montrose Fire District, Trans Care Ambulance Service, DMEA, Montrose Police Department, Montrose County Sheriff, & Haynes Excavation.

Fly Fishing - McNeil Park Pond. Fly cast with the Gunnison Gorge Anglers.

Kiddie Carnival - McNeil Fields. Carnival games, face painting, photo booth, bean bag toss, inflatables, snow cones, nerf targets, rock painting, huge slip-n-slide, & POWER the robot. Sponsored by Montrose Recreation District, Alpine Bank, Tri-State G&T, Haynes Excavation, Montrose Rocks, & Black Canyon Boys & Girls Club.

Rec Fest - Ute Park. Head down to the park for a fun-fest: Hot dogs, dunk tank, soccer kick & maze, football throw & field goal kicking, batting cages, golf pitch, basketball free throws, archery, hockey shots on goal, speed throws, bike derby, climbing wall, obstacle course, & photo booth. Provided by MRD, Montrose Rotary Club, The Home Depot, Cascade Bicycles, Dalby Wendland & Co., Crossfit Agoge, & Prestige Event Rentals.

Stand Up Paddle Boards - McNeil Park Pond. Learn how to stand up paddle board. Board, paddle, & life jackets provided. Parental supervision required. Provided by Montrose Kayak & Surf Shop.

Bookmobile - Ute Park. Grab a free book for kids and your most important back-to-school supply - a library card. Provided by Montrose Regional Library & Altrusa International of Montrose.

Horsedrawn Carriage Rides. Ride the loop from Holly Park to Riverbottom Park with the Y-Hitch Suffolk Punch Horse Team. Made possible by City of Montrose.











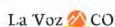














COMMUNITY NEWS BRIEFS: ARTS & RECREATION

DRONES IN THE DESERT DRONE RACE SET FOR SEPT. 2-3 @ WHITEWATER HILL

Special to Art & Sol GRAND JUNCTION-It's been called the sport of the future, the sport for techies, the sport that is growing faster than any other sport in the world.

That's drone racing - and it's coming to Grand Junction. Drones in the Desert will fly with blinding speed for two days, Sept. 2-3 at 3320 Whitewater Hill. Cash prizes totaling \$600 will be awarded: \$300 for first, \$200 for second, and \$100 for third place winners. Registration fee is \$30, the deadline is Aug. 18. Schedules, rules, registration and more can be found at gjmodeleers.com. The public is invited to watch for free.

Hosted by the Grand Junction Modeleers Flying Club, the two-day event is being produced by The Other Guys - Colorado Drone Racing, one of the premier racing clubs in the country.

Lee Simcox, president of the Modeleers, said hosting the race was a natural fit.

"We have the perfect place to fly for all types of RC models," he said. "Partnering with The Other Guys brings a lot of experience to our club." Ownership of drones -



Drones in the Desert will fly with blinding speed for two days, Sept. 2-3 at 3320 Whitewater Hill. Courtesy photo.

both hobby and commercial - has grown so much that hosting a drone race is a natural next step for the club. He added that the club has several members who own drones, some of them holding commercial permits from the FAA.

Matt Roper, president of The Other Guys, has been racing for more than 5 years and

is considered one of the most experienced racers in the region. "We're really excited about coming to Grand Junction," he said. "We know there are a lot of talented racers here - we'll all learn from each other." His club will bring the equipment, gates, and obstacles.

Western Colorado Community College is one of the sponsors of the race and will video tape both days of the races. These videos will be available to both clubs and racers, posted to Youtube.

Safety is a priority for both clubs and all racers will be given safety training before the races. Registration is open to drone racers who hold current membership to the Academy of Model Aeronautics.

The Grand Junction Modeleers has been in existence for 60 years and has more than 80 members. The Other Guys - Colorado Drone Racing has more than 200 members. Both clubs are members of the AMA, which is sanctioning the race.

Sponsors for the race are: Western Colorado Community College; Hobby Hut Models; Aridlands Natural Resource Consulting; Armstrong Consultants; True Value Hardware; and Domino's Pizza Orchard Mesa.

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- **FOOD:** In the most affluent country on earth, seniors have to choose between food and medicine.
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 - SUPPORT: Sometimes we all need a little help from our friends.
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- **CONNECTIONS:** When you outlive all of your friends and family, who do you turn to?

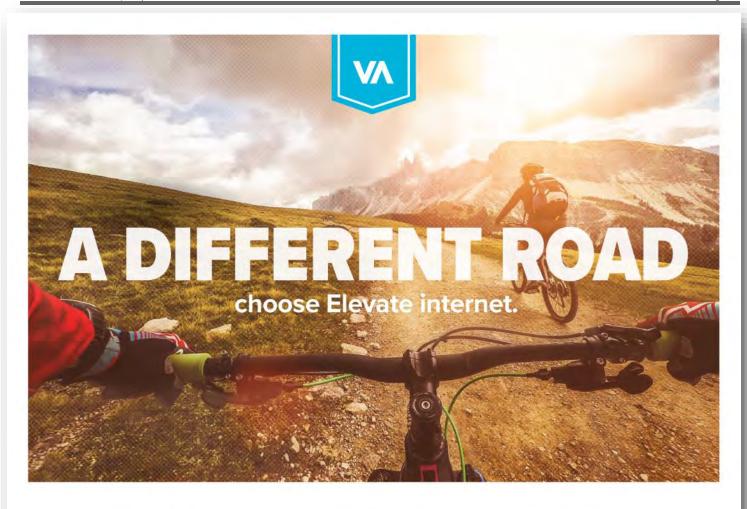
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NOTES FOR THE JOURNEY...

Exploring Classical Music With Rob Brethouwer

OLIVIA TRENPAZ INTRODUCES HERSELF....

My name is Olivia and you have been reading about me in a short story as I told it to a friend of mine. I thought it was important that you knew more about me before my story comes to its conclusion. I was born and raised in Philadelphia and I have a younger sister, a twin brother, and an older brother. My Mother is a college Professor of French Literature. My father worked at GE as a Systems Engineer before quitting the corporate world to become a Sculptor.

I graduated from high school at age 16 and attended Dartmouth College where I earned a double BA in Mathematics and Music. My instrument is the bassoon and my degree was performance based. I've been at Harvard University for just over a year where I have been working on a Master's degree in the History of Science along with taking preparatory work leading to doctoral studies (Ph.D.) in Music. My obsession is with the history and origins of specific pieces of music and searching for other pieces that are only rumored to exist. My life in Cambridge is hectic, and my primary focus is on my studies.

I live with three roommates in a loft style apartment that works out because we rarely see each other. The two guys and one other woman are all very nice and we get along well when we are around each other. The price is right and the atmos-

phere is low key. I recently earned a position as on-call/standby/as-needed/extra bassoonist with the Boston Symphony Orchestra. This position requires daily practice on top of everything else that is going on in my world. I am very fortunate that my graduate work is mostly covered by a series of grants, fellowships, and scholarships. My daily costs are low (except for coffee) so vast sums of money are not necessary in order for me to exist. My family has money, so if I was in a pinch I know I have that fall-back position. I am well aware how grateful I am to be in this position.

My primary means of transportation are my own feet or my bicycle. I have access to a 1985 Green Volvo if needed but which mostly sits in a garage at the home of a friends parents. My own parents have always been amazingly supportive and my siblings are just great enough to like but not so needy that they need to be seen on a daily basis. My family is one that gets along well but has other interests outside of each other. In my opinion, the way a family should function. Ever since I was five I knew that I like boys and girls, men and women, equally and I identify as bisexual. This is the best of both worlds without the drama of heterosexuality. This never fazed my family and they have been nothing but supportive of me and every

choice I have made since day one. After reading this far into my story, you have likely formed a mental image of me. Let me help you refine that image just a little bit. I am 5'2" and I have naturally curly dark brown hair. My eyes are blue and I am petite and athletic. I have three piercings and four tattoos. What they are of and where they are located I will leave to your imagination. Let me say that they are not conventional and I do not have anybody's name tattooed anywhere on my body. My politics have been described as fiercely liberal and my religious upbringing was non-existent and my entire family are outspoken loud and proud Atheists. Growing up my Father had the opportunity to travel the world while working with GE and I had crossed off 14 foreign countries on my "to go" list by the time I was 15. One beach in the south of France made me realize that I am a nudist at heart and am truly the most comfortable when wearing as few clothes as possible. I am quite fortunate that I did not grow up in a backwards small town somewhere as being smart, bisexual, Atheist, nudist, and a scorching liberal might not have been pleasant while growing up in Headscratch, Kansas. As I mentioned, my story is nearing its conclusion and I hope you have enjoyed my unexpected and strange musical adventure.





COMMUNITY NEWS BRIEFS: ARTS & RECREATION

CPW OFFERS FREE PARK ENTRANCE TO ACTIVE-DUTY MILITARY AND VETERANS

Special to Art & Sol

DENVER- Colorado Parks and Wildlife offers free park entrance to active-duty military and veterans during the entire month of August as a result of House Bill 15-1045, signed into law May 27, 2015.

"We are very appreciative of Colorado's military community and encourage them to take advantage of this offer to get out and enjoy the recreational opportunities within state parks," said CPW Director, Bob Broscheid.

Archery, boating, rock climbing, hiking, geocaching and wildlife-viewing, along with well-equipped nature centers and picnic areas are just a few of the options available for service members to relax and recharge. Additional outdoor recreation opportunities can be found in the Parks Guide.

CPW encourages eligible individuals to get their pass in advance at any CPW office or state park to avoid delays at the gate on a planned recreation day.

Veterans and active-duty military personnel (including active duty, Reserve and National Guard members) can obtain a military hang-tag pass valid for free admission during the month of August by showing the CPW parks staff one of the following:

Active or retired military identification, DD Form 2,

DD Form 2765,

DD214,

Veterans Affairs medical card, A current Colorado Driver's License or state issued identification card with the veteran seal printed on it.

Once eligibility is confirmed, the military

hang-tag pass is issued to the service member. The hang-tag pass is valid when hung from the rear-view mirror of a service member occupied vehicle, and admits all passengers of that vehicle.

Though park entrance fees are waived for veterans and active-duty personnel in the month of August, activities like fishing and camping will still require a valid license and permit. Go to http://cpw.state.co.us/placestogo/parks/Pages/parkMap.aspx to locate a state park near you.

Free access for veterans and active duty military is slated to continue every year in which general fund dollars are appropriated by the General Assembly.

Visit http://cpw.state.co.us/placestogo/parks/Pages/default.aspx for more information.

1st Annual Women's Leadership Circle Luncheon

featuring



Carrie Morgridge
Vice President of the
Morgridge Family Foundation
Award-Winning Author
Named Among Top 25 Philanthropy
Speakers in the United States

Adventures in Philanthropy: Real Stories of How Passion Changes the World

> August 11, 2017 Holiday Inn Express

\$50 Registration Fee 11:30 a.m. - 12:00 p.m. Social 12:00 p.m. - 1:30 p.m. Lunch & Presentation

Carrie Morgridge currently serves as the Morgridge Family Foundation's Vice President and Chief Disruptor. Carrie is the award winning author of Every Gift Matters - How Your Passion Can Change the World. Carrie currently serves as the CO CEO for Share Fair Nation - a non-profit she founded. Over the past few years, Carrie and her husband John have defined the philanthropic focus of the foundation on transformative gifts in education, conservation, the arts and health and wellness.

Event made possible by Montrose Memorial Hospital and the Women's Leadership Circle
To make your reservation, call 252-2744
Sponsored by the Holiday Inn Express



COMMUNITY NEWS BRIEFS: ARTS & EDUCATION

WEEHAWKEN OFFERS MIXED-MEDIA ASPEN TREE FOREST WITH KELLIE DAY AUG. 25



Courtesy image Kellie Day.

Special to Art & Sol RIDGWAY-Have you fallen in love with an aspen tree forest in Colorado? Join Weehawken Creative Arts in Ridgway to paint one – large scale – on an oversized canvas to hang on your wall at home. Local mixed media artist Kellie Day will take you through the process of using fun, uplifting, and playful mixed media techniques to build up layers on your canvas, and turn them into an aspen tree forest. You will learn to spray paint colorful stencils, layer brilliant paint colors with gels, and top it all off with fluttering leaves made of all sorts of mixed media methods. Kellie Day says, "This one-day workshop will allow you to experience the freedom of working large, and create your own mixed media aspen tree forest."

Golden Art Educator Kellie Day will be teaching this class. Though an accomplished artist, Day started painting seriously when she was 40. Her artistic medium is mixed media on canvas. "I love losing myself in collage, and then sketching an image on top, and then painting over

that. I take out all my energy with large, cheap paint brushes or rubber squeegees, and move acrylic paint across my many layers," said Day. "I like how my collage always ends up peeking through the painting. You never know what you might find. It could be a sufi poem, or a saucy romance novel."

"Mixed Media Aspen Tree Forest" with Kellie Day will be offered on August 25 from 11 am until 4 pm. The cost for this workshop cost is \$105 and includes all materials. Students must register in advance through Weehawken Creative Arts at www.weehawkenarts.org (adult arts classes tab) or by calling Weehawken at 970.318.0150. A minimum number of students must be met in order to guarantee the class, so interested students are encouraged to register several days in advance. More details area available at www.weehawkenarts.org or facebook.c om/weehawkenarts.





tery. But

Up Bear Creek by Art Goodtimes

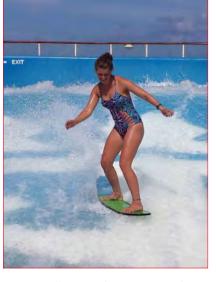
CRUISING THE CARIBBEAN WITH FAMILY



The Royal Hawaiian Cruise Ship Allure of the Sea docked at Labadee in Haiti.



Sara Friedberg getting shipboard surfing instructions at the Flowrider.



Sara Friedberg catching waves at the Flowrider.

ALLURE OF THE SEA ... Fifteen years ago my late wife Mary Friedberg's relatives gifted our young family with a sea cruise. My young son Gregorio was only three, and remembers only a few fragments of the trip. My daughter Sara had a chance to bond with Mary's sister Jean and brothers Bill and Bob along with their wives and children, and with her grandparents Harold and Pat, as well as our Turkish in-laws. Jean had married into the Ozler family of orchardists in Adana. Suddenly I was an uncle to nephew Ozbek and niece Deniz. Their father Ali was a very generous and cosmopolitan man of the world. I was in awe of him, and uncertain around everyone else ... As a Green hippie politician on a slim salary -- still recovering from debts incurred during an earlier hostile divorce, I had no idea what to expect on a Royal Caribbean cruise ship, or what was expected of me in a traditional Catholic family I didn't really know. It was an adventure far outside my realm of experience, but I felt welcomed, if a bit of a strange duck in an unfamiliar pool ... Fast forward to this summer. The Friedbergs decided to honor Harold on his 90th birthday with a second cruise, and gifted me and my two grownup kids with a shipboard room. I was honored to be included as part of the extended Friedberg family. Mary had passed away five years ago. I was able to be with

her at the end, singing her into the mys-

the Friedbergs didn't have to include me in their family. That they did was an honor. And it made this second cruise a far more meaningful experience for me ... Cruise ships are like floating amusement parks, with all manner of activities for adults and children. Bob treated us to an off-boat Jamaican adventure, fishing for mahi mahi (we caught two) and snorkeling a coral reef. All of the Friedbergs love good food, and Bill is a connoisseur of fine wines. Meals, and a wine bar gathering before dinner, became our evening social rituals. Deniz had only recently married the family's newest addition, a wonderful Frenchman, Valentin Bani, living in Switzerland and working for a German watchmaker, Montblanc. The suave and kind Ozbek was now deeply involved in the family business and married to a lovely wife, Esen. They had with them their new son, Alican – an "easy" baby who became the hit of the voyage. Bill's wife Beth told tales of their New Jersey life, but their two daughters, Megan and Erin, were unable to join us because of commitments in New York City, where they both lived. Bob's daughter Lily is a math whiz and son Damon is hoping perhaps to become a surgeon. And I had a chance to speak with Ali's mother Terim several times, learning of her interests in psychology and garden-

ing – a passion we share ... The cruise was

great chance to connect with Mary vicariously through her family, and with fellow clan members – French, Turkish, American — united by blood and marriage, who had welcomed us as part of their crew, and with whom we now share good memories and hopes for future gatherings.

OLD TELLURIDE ... If you're one of the many Telluridians (as opposed to Telluriders, who came for the skiing and stayed for the library), you will be deeply saddened to know that we've lost Terry Adams ... I knew Terry for 20 years as secretary in Steve Zwick's County Attorney's office. She always had a smile, and a friendly story. And she always had time to talk, even if she was deeply surrounded by teetering mounds of paper ... Her dad, Gene Adams, had owned the ranch the Zolines turned into a ski area. Gene was county commissioner for maybe 16 years, as I recall (back when the ballot box was the people's term limits) ... As a threeterm commissioner with a deep interest in history (my first board in Telluride back in the early '80s was the San Miguel County Historical Society, and for 15 years in the '80s & '90s, I wrote a local history column, most often called "Mining the Gold"), I asked Terry one day, when we were talking, if I could visit her dad, who lived in a

Up Bear Creek by Art Goodtimes

old farmhouse up Dallas Creek outside Ridgway. She kindly agreed, although she warned me what I had long heard -- that Gene could be "frank," so to speak, and that he wasn't a big fan of "hippies" ... He and a buddy were in the living room, when I knocked on the screen door, both of them naked to the waist in the summer heat. No airs. Just two old rednecks interrupted by Gene's "guest." The buddy quickly begged off and took leave. And I was alone with Gene at the kitchen table.

Talking San Miguel County ... He wasn't unfriendly in any way, and I wasn't offended if he wasn't the kind of host that Terry would have been. But I was impressed at his insights into county government.

I remember in particular how he kept in touch with the raft of new laws the legislature would inflict on the People – back in the days before TV (let alone the Internet). He had a buddy at the Capitol he'd call on the telephone and learn about the latest bills – those about to become laws

affecting us out here in the far southwest corner of the state ... A few times Terry and I talked about the region before it became a resort.

She had memories completely foreign to me, who grew up middle-class suburban in the '50s,

But she always shared them with a laugh – able to see the world from the deep place of her own life experience but just as open to the world views of others ...

Thank you for being Terry.

THE TALKING GOURD

A COMPLICATED RELATIONSHIP TO WEBMD AND CHRONIC DISEASE

Went looking for a silver lining
It's less like metal
And more like minnows
Little shining fish
At the other end of a river

Running upstream
Is a symptom.
And when you fall
You'll find that's a symptom too.

Every bit
Of you
A symptom
There's nothing new
in these tired dry bonesJust the same old disease,
Rehashed a thousand times
Endless symptoms
Of insurmountable illness.

But speak like you can catch quicksilver.
Fear is a symptom.
Failure is a symptom.
So look like you're healing
and hope
someday, you'll be content
To let those fish slide
through your fingers.

Discontent is a symptom.

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The Mirror

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

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MIRROR IMAGES...OUT & ABOUT







Top right, the new Montrose Donut Shop at 1011 South Townsend continues to draw appreciative crowds; above, Carla Reed took this photo of son Zeth, neighbor Tori and child playing after heavy rains July 24 in the neighborhood where Highland and Ridge streets connect; below left, photo of the flooded area by Dave Fullerton.



COMMUNITY NEWS BRIEFS: ARTS & CULTURE

ART FROM GRAND JUNCTION'S SISTER CITY, EL ESPINO



Special to Art & Sol
GRAND JUNCTION-The Foundation for Cultural Exchange and Grand Junction Commission on the Arts present the second annual art exhibition featuring art from students in Grand Junction's sister city, El Espino, El Salvador, as well as the work of renowned Salvadoran artist Fernando Llort. The pieces will be on exhibit



until the end of September, and then they will be auctioned on November 4 at the annual FCE Anniversary Celebration at The Art Center. Come see this beautiful work up close!



OPINION EDITORIAL: COMMENTARY

'...AND NO ONE WAS LEFT TO SPEAK UP'

By Timothy Storrs

Editor's note: Martin Niemöller was one of the earliest Germans to speak out about the Holocaust and express for guilt for what had happened to the Jews. Local philosopher Timothy Storrs has re-vised Niemöller's famous quote for the modern age:

"When they came for the sick and disabled, You did nothing because you were not sick or disabled. When they came for the jobless, you did nothing because you had a Job. When they came for the homeless, you did nothing because you had a home. When they came to participate, you kicked them out, because you thought your club could do no wrong. When they came for the mentally sick, you did nothing because you did not think you had mental issues... And then the wealthiest determined who was the least of us, and no one was left to speak up."

QUADE SPEAKS OUT ON TRUMP'S SPEECH TO BOY SCOUTS OF AMERICA

By Wayne Quade

AMERICA-I did hear our acting president at the Boy Scouts of America (BSA) Jamboree. I think highlighting of Scouting as an important element in our society is good, but I was offended by his political digs and the inaccuracies that he spouted. He also is a very poor role model for our youth, but we need to show respect for the office and move beyond the placeholder.

I think, further, that Scouting is bigger than Mr. Trump and more important. We need to continue to promote Scouting's values and move beyond its detractors.

Scouting is even bigger than BSA. Internationally Scouting is a world-wide movement with values based on the Scout Oath and Law. It is implemented slightly differently in many countries, but in transending all cultures, languages, and religions it is referred to as the world's largest peace movement.

A movement, of course, is a only as good as its participants as a whole, but the accomplishments for more than 100 years have been long recognized as phenome-

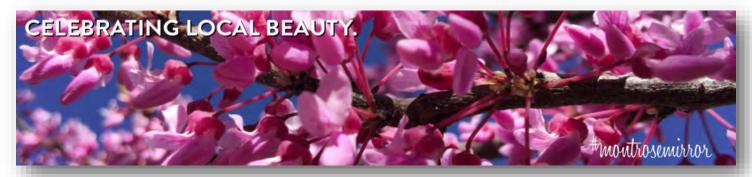


BSA Jamboree photo courtesy of Wayne Quade.

nal.

As far as Trump's talk, you may have heard by now, the president of BSA has made a public apology for his behavior. We have a tradition of U.S. Presidents addressing the Scouts going back at least for eight Presidents and none have inter-

jected politics to the Scouts until Trump. Scouts have always looked up to their President and the tradition was a good one. I feel we will transcend this presidential placeholder and keep promoting the values of the Scout Oath and Law.



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Hold the Date! Upcoming Business and Cultural Events

ONGOING-

CRAFTERNOON AT THE LIBRARY: June 13th-Aug. 1st, Tuesday afternoons from 1-3 p.m. Library Meeting Room. Free event.Knit or crochet items to donate to charity. We provide tools, yarn, and instructions. You choose your craft from many different projects. Open to all teens and also ages 10 through 12 with an adult.

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

Email: ochs@ouraynet.com or visit our website: ouraycountyhistoricalsociety.org.

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

THE ALPINE PHOTOGRAPHY CLUB meets every second Tuesday at St. Mary Catholic Church in the St Paul Room, 1855 St Mary's

Drive, Montrose. The Public is welcome to attend. For more information, email alpinephotoclub@aol.com.

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

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

MONTHLY-

July 27-Aug. 5-The 57th Artists' Alpine Holiday Annual Art Show. Thurs. 7/27 - Fri. 7/28 10-7 pm, Sat. 7/29 - Sun. 7/30 10-6pm, Mon. 7/31 - Sat. 8/5 10-5pm, Ouray Community Center, 320 6th Ave., Ouray, CO. The public is invited. Go to <u>ourayarts.org</u> for details.

July 28-31-The Wright Opera House and UpstART Theater present a No Holds Bard production of Shakespeare's The Tempest Magic, shipwreck, love, vengeance, justice, and mercy, performed with the energy, intensity, and delight that Shakespeare intended. Performances Friday through Monday July 28, 29, and 31 at 7:30 p.m., July 30 at 4 p.m. Tickets \$15 in advance (by July 27); \$20 at door the Wright Opera House.org.

Aug. 1-10-In Ridgway Yogini Circus camp runs Aug. 1 to 10 from 1 to 5 p.m. Sign up for one or both sessions. Click <u>here</u> to register for Yogini. There will be TWO performances this year. Email us for more info. This year's theme is Peace.

Aug. 4-5-Ignite Faith Conference, Montrose Pavilion. Hope and healing for your family, future and life with Tod Truitt Ministries. Worship at 6 p.m. Friday, 7 p.m. Saturday. Admission is free.

Aug. 5-Olathe Sweet Corn Festival, Olathe Sweet Corn Park.

Aug. 5-The Bureau of Land Management's Anasazi Heritage Center will offer a free tour of its native plant beds and garden seminar on Saturday, Aug. 5, at 9 a.m. Ann Street-Joslin, Colorado Master Gardener, and Jan Sennhenn, retired Colorado State University Extension Agent, will show-case the garden plots while sharing insight about plants that do well in the area. The gardens at the Anasazi Heritage Center are open daily to the public during regular museum hours, 9 a.m. to 5 p.m. For more information about the Anasazi Heritage Center, Canyons of the Ancients National Monument and upcoming events, visit https://www.facebook.com/BLMCanyonsoftheAncients/

Aug. 8-13-44th Annual Telluride Chamber Music Festival, Telluride. For tickets and information, 970-417-0116.

Aug. 8-Historical Legends and True Tales" historical walking tour of the Unknown stories of Montrose. You will discover what hidden stories happened behind the closed doors of our historical downtown buildings. You will uncover the locations of jails, sites of the saloons, speakeasy's and the hidden secrets of own town. Will start 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.

Aug. 8-Alpine Photography Club Meeting will be Tuesday, August 8, 2017, 7 pm @ Colorado Mesa University, 245 S. Cascade Ave., Montrose, Room 106 Presentation: Photography and Caving, By: Jim Pisarowicz. Tech Tip: Histogram and Auto ISO By Betty Fenton, Sharing Theme: Beauty. Photo Critiques: Open

All are welcome to attend.

Aug. 9-Celebrate Smokey's Birthday – August 9 from 10 a.m. to 11:30 p.m. at the Montrose Public Lands Center, 2505 S Townsend Road. The birthday party will include games, arts and crafts, cake and a visit from the guest of honor- Smokey! This is a free event. No reservations required. **Aug. 11**-MMH Women's Leadership Circle Luncheon, Adventures in Philanthropy, Holiday Inn Express Montrose. For reservations call 970-252-2744.

Aug. 12-Youth Appreciation Day in Montrose! Free activities begin at 8 a.m.

Aug. 12-33rd Annual Ridgway Arts & Crafts Rendezvous, Hartwell Park in Ridgway 10 a.m. to 5 p.m.

Aug. 14-6:30 Citizens' Climate Lobby monthly meeting. National, nonpartisan network to influence legislators on importance of a sustainable environment, Centennial rm behind Montrose City Hall, all welcome.

Aug. 17- 7:30 p.m. – SAN JUAN CHAMBER MUSICFEST CLASSICAL CAFE at Ouray County 4-H Event Center in Ridgway. Opening event of the 2017 San Juan Chamber MusicFest. Gather up a group of friends and enjoy this informal concert with seating at cafe tables. Featuring Max Levinson, piano; Nurit Pacht, violin; Allison Eldredge, cello; Rami Vamos, classical guitar; and more! Program includes a variety of classical selections from around the world. Premium ticket holders are invited to attend a catered reception prior to the concert at 5:30 p.m. Presented by the Ouray County Performing Arts Guild. Tickets \$40 premium, \$25 standard at www.ocpag.org. Part of the 2017 Dave and Mary Wood Classical Concert Series.

Aug. 18-7:30 p.m. – SAN JUAN CHAMBER MUSICFEST FESTIVAL CONCERT: "Fame and Obscurity" at Wright Opera House, Ouray. Join the world-class musicians of the San Juan Chamber MusicFest for a stunning festival concert featuring Max Levinson, piano; Nurit Pacht, violin; Allison Eldredge, cello; Rami Vamos, classical guitar; and more! Program includes Beethoven "Archduke" Trio, solo piano music by Schubert, and a trio for guitar and strings by Araciel. Tickets, \$25 at www.ocpag.org or at the door. Part of the 2017 Dave and Mary Wood Classical Concert Series.

Aug. 20-3 p.m. – SAN JUAN CHAMBER MUSICFEST AFTERNOON SALON CONCERT. Chamber music as it was meant to be experienced! This memorable concert offers an exquisite program of chamber music performed by the world class musicians of the 2017 San Juan Chamber MusicFest,

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.

*Coupon must be present

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

MONTROSEM I R R O R

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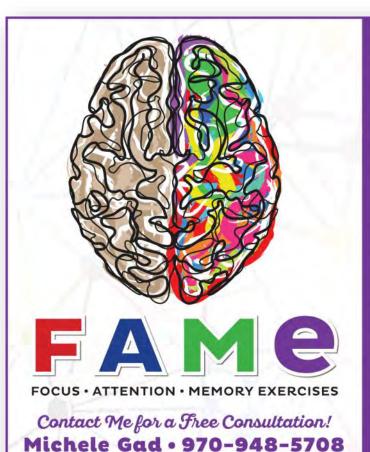
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The Montrose County Fair & Rodeo was a big hit despite seasonal monsoon rains. Top left, a goat finds relief from the heat with a fan; a rooster relaxes with friends; a young rider tries to stay on his calf July 26.



MicheleGad.fame@aol.com

FAMC 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.

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- Alzheimers & Dementia

Michele Gad is a Certified DelGiacco 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!