



THE MONTROSE MIRROR

FRESH NEWS FOR BUSY PEOPLE...WEEKLY ON MONDAYS!

Issue No. 233, Aug. 14, 2017

HARD WORK PAYS OFF FOR YOUNG MONTROSE BROTHERS, NOW WORLD KARATE CHAMPS



Cameron Culver, Sensei Damon Pace, and Chance Culver at the USKA World Championships in July. Courtesy photo.

By Caite Switzer

MONTROSE—Yes, they are both still in elementary school—Pomona Elementary, to be specific. However, brothers Chance and Cameron Culver of Montrose are also world karate champions.

The entire Culver family traveled to the United States Karate Alliance's World Karate Championships in Phoenix in July with the boys' Sensei, Damon Pace. According to Pace, Chance Culver took top honors with two first place trophies in both Kata(forms) and Kumite(sparring). Older brother Cameron took two third place trophies in both kata and kumite.

"I have been teaching karate here in Montrose for 11 years," Pace said. "And they are the first of my

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CITY STAFFER JOHN SCHARNHORST TO COMPETE IN NATIONAL BACKHOE OPERATION CHAMPIONSHIP IN ORLANDO AUG. 29

By Gail Marvel

COLORADO—On April 19 – 21 the American Public Works Association (APWA) and Colorado Association for Roadway Maintenance (CARMA) held their 30th annual Spring Street Conference in Grand Junction. New to the conference was the first State of Colorado Backhoe Operation Championship, held on April 21. Fifty participants from across the state demonstrated their backhoe operating skills, but it was John Scharnhorst of Montrose Public Works who took the top prize.



The first Colorado Backhoe Operation Championship was held April 21, and 50 participants from across the state demonstrated their backhoe operating skills. (L to R) Kelly Protz (Wagner Equipment), 1st place winner John Scharnhorst, 2nd place winner Michael Minnick, 3rd place winner Joe Lucero, and Dustin Carson (Honnen Equipment). Courtesy photo.

Participants had 30 seconds prior to competition to set the controls and familiarize

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Up Bear Creek!*

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GAIL MARVEL'S HOUSES OF WORSHIP: SUNNYVIEW MENNONITE FELLOWSHIP

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 June 25, 2017 I found myself standing alone in the empty parking lot at Sunny View Mennonite Fellowship. At 9:25 a.m. people started arriving for what I thought was the Sunday 9:30 worship service. I later learned that this congregation has a pre-Sunday school gathering, followed by Sunday school, which is followed by the Sunday worship service.

More formally attired, the ladies and girls in this congregation wear dresses with longer hem length and white caps covering coiffed hair while the men wearing dress shirts and slacks. I had to laugh to myself as one curious little boy turned in his pew to sneak a peek at the woman visitor with short hair, no head covering, wearing slacks, bright colors and jewelry.

There was no bulletin; however, the song leader announced in which of the two hymnals to find the selections and the page number. Congregational singing is a Capella and a tuning fork was used prior to each hymn. Selections included, "Praise Him! Praise Him," "O Come, Let Us Worship" and "How Great Thou Art."

As members continued to slowly filter in our number swelled to about 50, with more than two-thirds being young children.

Following the hymn "How Great Thou Art," Bishop Simon Beachy, who was visiting from Texas, related that he'd recently sang the same song with a group numbering 630. Beachy said, "A song has the same meaning whether you are in a crowd, or just with a few people. Our numbers are few, but that doesn't hinder the power of God, or our acceptance of how great God is!"

Citing numerous passages of Scripture



from the *King James Version (KJV) Bible*, Beachy spoke about salvation being the free gift from God, "It's not that men don't have to work to fulfil the things we do...the works we do explain our gratefulness and thankfulness. We cannot do enough to earn salvation. We're not throwing out works, but they are a result of salvation from within."

Beachy concluded his remarks and attendees were dismissed in an orderly fashion, starting with preschool, then primary and juniors. The last to be dismissed were the women who then assembled in the foyer for their class. The ladies class, which numbered nine, sat in a circle and discussed the quarterly lesson titled, "Moab, Midian and Balaam."

Following Sunday school, it was back to the auditorium for worship which began with the hymn, "Where Could I Go but to the Lord." Announcements included birthdays, anniversaries, prayer requests and a welcome to visitors.

The message this day, which was titled "Be Holy," was presented by Deacon Brian Martin. "How many people here who, when you talk with some people, talk

differently? You talk differently depending on who you are around." Knowing this is something everyone has experienced Martin asked for a show of hands, but few hands went up. The audience laughed when he said, "Well then, maybe we should preach about telling the truth!"

Holy or holiness is mentioned over 900 times in the Old and New Testaments. Martin said, "Being holy is being separate, it is not something to be taken lightly. Are you holy enough that people see the Son of God by your example...by just being around you?"

"If we are going to be holy we have to be like Christ. It seems unachievable, but you have to want to be like Christ. God is not going to force you to be holy. You know God by reading his Word. You have to do your part to know him. You have to want to be obedient. Make holiness your purpose in life."

Contact Info:

Sunny View Mennonite Fellowship

6060 57.50 Rd.

Olathe, CO 81425

Pastor Geigley 970-323-5691

Worship 10:30 a.m.



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CITY STAFFER TO COMPETE IN NATIONAL BACKHOE OPERATION CHAMPIONSHIP AUG. 29

From pg 1

themselves with the machine. The competition consisted of two courses, each with a maximum three-minute time limit. Scoring for the event took into consideration time limits, accuracy, and safety.

Course # 1 - The objective is to insert the steel bar attached to the tooth of the backhoe bucket into the numbered corresponding cones to the orange mark on the bar.

Course # 2 - The objective is to pick up softballs off the top of cones with the teeth of the backhoe bucket and place them in corresponding numbered cone cups.

Winners were:

First Place - John Scharnhorst, City of Montrose Street Department.

Second Place - Michael Minnick, Summit County Road and Bridge.

Third Place - Joe Lucero, Gunnison County Road and Bridge.

Sponsored by the Colorado APWA, the first and second place winners will compete for the National Championship title at National APWA EXPO in Orlando, Florida on Aug. 29.

Additional information on the national show and competition can be found at <http://www.apwa.net/PWX>.

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DELTA COUNTY MOVES FORWARD WITH REC TRAILS MASTER PLAN

By Caitlin Switzer

MONTROSE- With its breathtakingly diverse topography, Delta County has trails that appeal to people of all ages, interests and abilities. Now, Delta County is working on a recreational trails master plan that will make it easier to build connections and create a comprehensive county-wide trail system. Open houses have been held in Delta and Hotchkiss in recent weeks in an effort to build community awareness and garner feedback.

The recreational trails master plan is an idea that emerged during talks about economic development, Delta County Community and Economic Development Director Elyse Casselberry said. "This came out of our conversations about economic development for our county and about enhancing our assets.

"We are a community that people want to bring jobs to, because we have so many great recreational opportunities," Casselberry said, "But they (our assets) are not well connected. We want to build on what we already have."

The Recreational Trails Master Plan is in the early stages, and is currently focused on reaching out to the community and to stakeholders. "There is no plan yet; we are developing it," Casselberry said. "We want to know what kind of users are out there, we want things mapped correctly. And we want to know what desires are not being met."

The recent open houses generated strong turnout and interest, she said. "We also have a [survey online and the ability to provide feedback](#)." Though the recreational trails master plan is separate from the [Delta County Master Plan](#), "We intend to bring people together with our master



Delta County is working on a recreational trails master plan. Courtesy photo.

plan, and (the trails plan) is one way to address recreation and tourism."

Delta County's assets include a wealth of public lands, Casselberry said. "We have such a diversity when it comes to landscape—our biggest focus is on connecting. A cyclist should be able to ride from Grand Mesa to Escalante Canyon; we want to give people access to our trails. So we will look at what it is out there and find ways to connect so you can do it safely."

One concern that has been raised is the possibility of trails crossing private lands, she said. "We will be sensitive about private property," she said. "We are aware that that is a concern. We will look at using existing networks, like county roads, as much as possible."

Feedback on the trails plan is sought through [the web site](#), and so far has included such suggestions as Carrie Derco's, "I would like to see a well-marked designated trail with staging area and bathrooms like the Sidewinder, from Adobe Badlands on Trap Club RD all the way to the top of the Grand Mesa.... I think gaining private property access to obtain trail connections could be a problem for this idea."

Tom Huerkamp suggested, "I think a trail

or trails from the Gunnison River through Orchard City connecting to our Town Park and to the birding opportunities at Fruit-growers' Reservoir should be examined. Also trails from the River could head up the Tongue Creek corridor and both could converge and follow Surface Creek onto the Grand Mesa. The Tongue Creek trail could also head west up Dirty George and Oak Creek and connect to long-established Forest Service trails."

As the recreational trails master plan moves forward, the next step will be for the consultant team to hold in-depth meetings with stakeholder groups, Casselberry said. "Part of this plan will be about who is responsible for what," she said. "The plan will help us identify what our role should be.

"And then they will start putting together recommendations, and organizing everything into something we can all look at and review.

This fall, "We will go back out to the community with the information," she said. "There are some really cool going things going on there."

To learn more, visit the [web site for the Delta County Recreational Trails Master Plan](#).



COP VS. MOTORCYCLE ACCIDENT AT SOUTH FIRST AND TOWNSEND CAUSED BY DRIVER MAKING ILLEGAL LEFT TURN, CHIEF STATES

Mirror Staff Report

MONTROSE-A Montrose driver who made an illegal left turn off Townsend Avenue onto South First Street on Aug. 9 just before 11 a.m. triggered a pursuit by police that caused traffic to back up and a motorcycle to be towed away, but in the end no injuries were reported, according to Montrose Chief of Police Tom Chinn.

Chinn said that a southbound vehicle turned onto the 300 block of South First Street, and was pursued by a police car with intent of writing a ticket. "You cannot make a left turn off South Townsend onto South First," Chinn said. "When she turned, she turned in front of a couple of different vehicles. The motorcycle that the patrol car ran into was northbound on Townsend; the officer was attempting pursuit when the motorcycle ran into his vehicle while he was in the process of making that turn." The incident was investigated by Colorado State Patrol, Chinn said. "The officer was not issued a ticket; it was a third-party accident. The officer did locate the other driver, and issued her a ticket



Above, a motorcycle collided with a police car turning left in pursuit of a driver making an illegal left turn onto S. 1st St. Wednesday, Aug. 9.

for reckless driving and making a left turn where prohibited."

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CITY TO WELCOME 8 NEW STAFFERS AT WORK SESSION



The City will discuss incentives for the River Valley Health Center today.

Mirror staff report

MONTROSE-The City of Montrose welcomes eight new staffers at the [regular work session of Monday, Aug. 14](#), including Generalist/Safety Coordinator Lisa Kuczmariski; Competitive Sports Program Coordinator Kylee Whitener; Grant Coordinator

Kendall Cramer; Utility Division Worker Matthew Whitworth; and Patrol Officers Nykolys Ameduri, Samantha Graves, Matthew Smith, and Anissa Ramirez.

Up for discussion at the work session are incentives for development of the River Valley Family Health Center site and High Mesa Spirits.

A City wayfinding sign project will be discussed, as will revisions to the mobile vendor permit, youth council transition, and modifications to the City's elections code. Included in the packet are reports from the Region 10 League for Economic Assistance & Planning and the Gunnison Basin Roundtable.

Future items for city discussion include updates to the sales and use tax code and reports from Colorado Mesa University (also set for Aug. 18) and the Montrose Community Foundation will be Sept. 5. At the [regular City Council meeting](#) of Aug. 15, Council will consider the \$62,038.29 purchase of three rotor gear boxes for the Wastewater Treatment Plant; as well as an Independent Services Agreement in the amount of \$62,000 with Custom Linings, Inc., of Buena Vista, Colorado, to re-coat metal surfaces within Wastewater Treatment Plant (WWTP) clarifier #2.

Following staff reports, Council will adjourn.

REGIONAL NEWS BRIEFS

UPDATED REGISTRATION RE-1J INFORMATION

Mirror staff report

MONTROSE-According to Montrose County School District RE-1J, Olathe middle and high school students (6th-9th grades) start school Aug. 15. All others begin Aug. 16. They also ask that if you have questions, you verify the start date of your child's school on the district web site, www.mcsd.org.

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HARD WORK PAYS OFF FOR MONTROSE BROTHERS, WORLD KARATE CHAMPS ***From pg 1***

students to attend the championships.

"Lots of students go to state and to nationals, but not many parents commit to the world championships.

"The boys have only been training for a year," Pace said. "That doesn't happen very often at all."

In February, Cameron and Chance competed in the United States Karate Alliance Colorado State Championships in Eagle, Colorado, he said. In March, the boys took part in the USKA National Karate Championships in Albuquerque.

At the USKA world championship in July, there were ten to 15 other competitors in each division, Pace said. So, "We spent extra time training one-on-one, and I had them come to the advanced class too. I put pressure on them right from the get go—practicing over and over and over when we got there."

Heather Culver, mother to Cameron and

Chance, said she is extremely proud of her guys. She helped raise funds for the trip to the championships by making and selling dreamcatchers, and by holding yard sales.

"It has been exhausting," she said, "but worth it." Dad Jeremy Culver helped organize travel plans, and the family made a vacation of it. Staying at the Arizona Grand Resort & Spa during the championships was part of the experience.

"I really enjoyed it," Jeremy said. "It was a good time, and it was nice to have everybody together as one big group."

"Probably the best part was just being there," Cameron said. "Summer went by especially quick this year."

For Chance, the most stressful part of the competition was sparring there for the first time. "That was probably the hardest." Next year the Culver boys will compete at an intermediate level, Pace said, "the competition will be much harder; the



World Karate Champs Cameron and Chance Culver relax at Colorado Boy in Montrose.

slate will be wiped clean, and they will basically be at the bottom of the pack."

"I have been involved with karate for 40 years," he said, "but there is always something more. You are never perfect; you never get there."

After all, "My mom's still making dreamcatchers," Chance said.



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MONTROSE COUNTY CORONER TO MRCOG: HEROIN DEATHS DROP IN 2017; HIGHWAY 550 DEATH TOLL ON THE RISE



The Montrose Regional Council of Governments (MRCOG) met on Aug. 8 at the fairgrounds. The quarterly meeting included elected officials and staff from both the city and the county; as well as representatives from community organizations. Photo by Gail Marvel.

By Gail Marvel

MONTROSE-Montrose County hosted the Montrose Regional Council of Governments (MRCOG) on Aug. 8 at the fairgrounds. The quarterly meeting was attended by elected officials and staff from both the city and the county. Also in attendance were representatives from the Montrose Recreation District, All Points Transit, Colorado Mesa University (CMU) Montrose Campus, River Valley Family Health Center, Hilltop Family Resource Center and Montrose Economic Development Corporation (MEDC).

Organizational Updates

Montrose County:

County Manager Ken Norris reported the county recently hired a new IT Director, HHS Director, HR Director, Engineer and Attorney. Norris said, "We've really found some good people who are team-oriented, very bright and well educated. The upper levels of staff are filled."

County Commissioner Glen Davis reported the events center and the Road and Bridge facility are coming along. "We are working with [State Senator] Don Coram and having conversations with the Governor's office to see what they can do to help with mental health patients. The State only pays about a third of what it costs when we have to hold them." Lacking adequate local accommodations men-

tal patients are placed in a jail holding cell, "We have no place to hold people who are a danger to themselves."

The Rimrocker Rally will be held on Aug. 19, "We anticipate about 500 people this year and hope it will put sales tax revenue into Nucla and Naturita." The county is anxiously awaiting an upcoming transportation bill which may put federal dollars into the airport. "We hope money will be available in the next nine months to a year." The county has requested \$44 M for the airport terminal side – parking, accessibility and safety issues. County Commissioner Roger Rash thanked the city for their help to mitigate a diesel contamination site. "It was huge that the city stepped up and helped. Kudos to the city." County Commissioner Keith Caddy reported 25 applicants applied for a position on the resurrected Montrose County Citizen Advisory Committee. Candidates have been interviewed and nine will be selected. Areas that Caddy would like to see the committee address are a SWOT (Strengths, Weakness, Opportunities, Threats) study, a strategic plan and attracting businesses needing broadband. Montrose County Corner Dr. Tom Canfield reported suicides are below the norm, "We average nine a year, but so far there are only four this year. Last year we had four heroin deaths; none this year." The

project to put center lane rumble strips on Highway 550 South involves two regions - Region 3 (Montrose) and Region 5 (Ouray). Canfield said, "Region 5 is really on board, but it looks like the rumble strips will only be placed in Ouray County. Region 3 is going to do a study...I'd rather they spend those funds on rumble strips." A movable traffic sign placed by Colorado Department of Transportation (CDOT) warns, "Five deaths on 550 South...don't be the next."

Colorado Mesa University (CMU):

Campus Director Gary Ratcliff reported on CMU facilities, programs, scholarships and grants. "We've had listening sessions with manufacturers and talked with employers to see what they need for skilled employees." CMU partnered with the RE-1J school district to enroll junior and senior high school students in a Certificate Nursing Program, "We could have had more, but had to cap it at 30."

City of Montrose:

Councilman Dave Bowman is the council liaison to the Downtown Development Authority (DDA). Bowman reported the full complement of board members is getting acquainted, looking for an office location and will hire a part-time administrative person. The DDA sponsors activities in the downtown pocket-park and Bowman promoted the various music groups, beer, and free hotdogs. Assistant City Manager Rob Joseph reported the third annual FUNC Fest just wrapped up and the estimated attendance was about 5,000. "We've had another great visitor season introducing a lot of people to our community." The Wayfinding signs are in progress and will be presented to the city council. "The first set of signs should be in place in November. This is a multi-year project because of the cost." The Office of Business and Tourism (OBT) has purchased a raft, "Its intended use is for organizations who want to show off the river to prospective investors."

Mayor Judy Ann Files reported on the connect grant with the recreation district (trail), and the DDA making capital improvements to Centennial Plaza. Files said, "A couple weeks ago we sent Barbara [Bynum] to a class to work with [train in]

Continued next page

MONTROSE COUNTY CORONER TO MRCOG: HEROIN DEATHS DROP IN 2017; HIGHWAY 550 DEATH TOLL ON THE RISE From previous pg

the URA (Urban Renewal Authority)."

Bynum was on the URA Board prior to her recent appointment to the vacant council At-Large seat.

Councilwoman Bynum, who is also on the recreation district board, noted the size of the county events center and joked about it being larger than the new recreation center.

Councilman Roy Anderson, who also serves on the Region 10 League for Economic Assistance & Planning board, reported fiber (broadband) was turned on in Delta for some businesses. "It will be almost the same thing in Montrose. In the next phase they are on to more residential."

Joseph interjected, "DMEA [Delta Montrose Electric Association] now has a city permit to go door to door to talk about broadband [Elevate]."

Montrose Recreation District:

Executive Director Ken Sherbenou reported on swim classes and 5,400 annual passes, "It's exciting to see how much the community has embraced the center." The recreation center will be closed for cleaning from August 18-22. The GOCO grant to expand the trail system and connect north and south Montrose will in-

clude two underpasses and 2 ½ miles of trails. Opportunities for additional grant applications will be enhanced with an aerial tour (drone) to show the alignment of the trail and river.

"It will be a direct connection to show funders and showcase Montrose." The Fieldhouse Grand Opening is scheduled for Dec. 2nd, 10 a.m. with games from 11 a.m. to 3 p.m.

All Points Transit:

Executive Director Sarah Curtis reported on grants, funding and ridership. "We're up five percent in [ridership] Montrose and Olathe, but we're down a little in dial-a-ride." Octoberfest, which is All Point's one big fund raiser, is scheduled.

Montrose Economic Development Corporation (MEDC):

Executive Director Sandy Head reported that Oct. 26th is Manufacturers Day, "We want to recognize that twenty percent of the jobs in Montrose are in manufacturing." Head updated the group on the Advanced Industry Grants Training and the Foreign Trade Zone. "If we get a Foreign Trade Zone in place goods can be brought in duty-free, which is a great marketing tool."

Hilltop Family Resource Center:

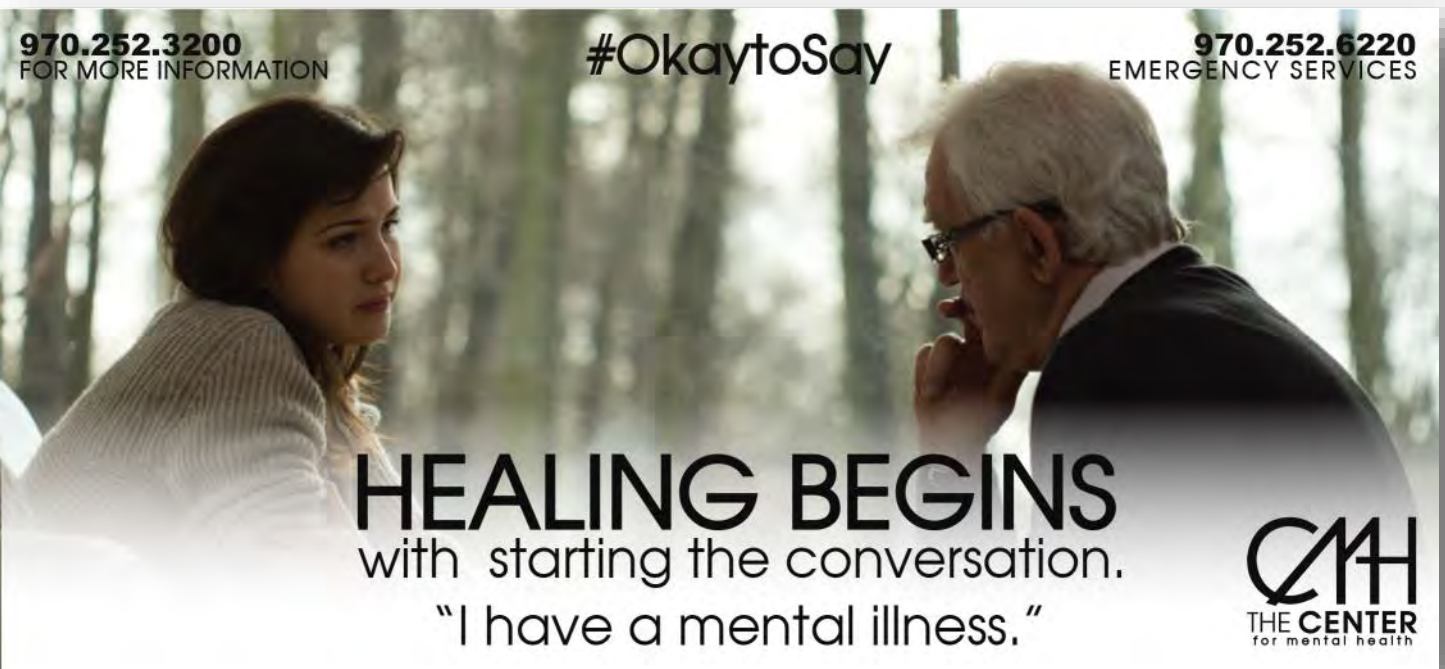
Regional Director Kay Hotsenpiller reported that most of Hilltop's clients are women and children, "Domestic violence is up. We have two safe houses and offer case management and advocacy." After 16 years the Brown center for boys ages 12-18 has closed.

Hotsenpiller said, "The Brown Center was a residential facility, but the kids that were being placed needed therapeutic intervention and we chose not to compete with Gateway. We're working with the city and looking for ways to repurpose the Brown Center." Hilltop recently received a Colorado Community Response Grant.

River Valley Family Health Center:

CEO Jeremy Carroll reported celebrating the center's Five-Year Anniversary with more than 500 people in attendance. "We now have nine providers and by the end of the year we will have 13." In six weeks River Valley will be opening a center in Delta.

"We are a federally-qualified health center and in six to nine months we will roll out more help for mental health." When asked about the renovation progress on the old Montrose Athletic Club (MAC) Carroll said, "We're working on ideas to drive costs down."



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BOCC HONORS FAIR TEAM, URGES CDOT TO MAKE SAFETY UPGRADES TO HWY 550

By Caitlin Switzer

MONTROSE- New Montrose County Engineer Keith Laube, replacing former County Engineer Dean Cooper, was introduced at the Montrose Board of County Commissioners meeting on Wednesday, Aug. 9.

Also at the meeting, eight staffers and Meghan Wilson of the Montrose Fair Board were honored with Pride awards for their contributions to an "extremely successful" 2017 Montrose County Fair.

Among the honorees was Media Relations Manager Katie Yergensen, who commented, "(Fairgrounds Manager) Emily (Sanchez) is not here, but she is really the reason a lot of this has been successful."

Yergensen also reminded those present of the Rimrocker Rally, scheduled to take place Aug. 19 at Nucla Town Park. "There will be coordinated rides from both ends of the County," she noted.

The Third Annual Montrose County Tribute to Aviation will be Sept. 16-17, Yergensen said. "There will be more than 50 unique aircraft, and it will be open from 9 a.m. to 4 p.m. both days."

The upcoming [Citizens Law Enforcement Academy](#) is run by the Montrose County Sheriffs Office. "This is a great program, and we would love to have another full class this fall."

Sheriff Rick Dunlap reminded Commissioner of the more than 400 American Legion Motorcycle riders coming through town Aug. 13. "Proceeds support children of fallen military veterans," Dunlap said. "The Posse will be involved...they will escort them from Montrose County to the Delta County line. There are 400 riders signed up, and probably 600 to 700 people."

BOCC Chair Keith Caddy noted that the riders are making their way from Dodge City, Kansas to Reno, Nevada. "This is a great way of supporting veterans in our community."

Following approval of [Consent Agenda](#) items, Montrose Memorial Hospital Trus-

tee Mark Rackay presented the BOCC with the hospital's semi-annual report. Former County Commissioner Ron Henderson asked whether the report would be made available to the public, and it was agreed that it would be attached to the minutes of the meeting.

County Manager Ken Norris discussed a letter from commissioners to Colorado Department of Transportation (CDOT) Director Shailen Bhatt regarding safety measures for Highway 550 between Montrose and Ouray counties.

"The County has been working with CDOT for some time," BOCC Chair Keith Caddy said, "to encourage them to improve safety on Highway 550 between Montrose and Ouray."

Caddy also noted that both Ouray and San Miguel counties have expressed support for safety upgrades. "This affects their citizens as much as it does our citizens."

County Manager Ken Norris read the letter, commenting, "This is a very high priority of Montrose County, and it does affect the safety of our Montrose citizens. The [letter](#) sets out specific concerns."

Specific suggested improvements include increasing the traveling surface of the roadway to four lanes, adding more passing lanes, building in turn lanes, installing center rumble strips, and decreasing speed limits.

The letter notes that between 2005 and 2016, information obtained from the Montrose County Coroner reveals that there were 2,195 motor vehicle accidents, with 19 fatalities and 700 injuries resulting. So far in 2017 there have been two deaths on this 35-mile segment of highway 550.

Commissioners voted unanimously to



Montrose County honored those who helped with the successful 2017 County Fair at the BOCC meeting of Aug. 9. Not pictured, Fairgrounds Mgr Emily Sanchez.

sign and send the letter to CDOT.

The BOCC adopted Resolution 31-2017, updating County disaster policies first adopted in September of 2014. Commissioners also unanimously approved a Memorandum of Understanding (MOU) with the State of Colorado/Governor's Office of Technology that turns over to the state responsibility for the statewide DTR radio equipment and operability of the Raspberry and Gobbler's Know radio telecommunication sites.

By relinquishing control, "we will avoid dual taxation," County Emergency manager Don Angell said. "We have been paying for it out of county funds, and anyone who pays taxes also pays for it statewide."

In other business the BOCC approved lifting a plat note for the Amended Rivera Subdivision and approved a real estate contract with Diane Haynes for the sale of property located on Grand Avenue across from the Justice Center.

Reconvening as the Montrose County Local Liquor Licensing Authority, Commissioners approved the annual renewal of the retail liquor license for Pleasant Valley at 84100 East Highway 50 in Cimarron. Upon reconvenement, the Aug. 9 BOCC meeting was adjourned.



Montrose Senior Center
1800 Pavilion Drive

ACTIVITIES CALENDAR
970-252-4884

MEAL RESERVATIONS
970-252-7797

\$3

Lunch & Learn

TO RESERVE A SEAT CALL 252-7797
LUNCH @ NOON • PROGRAM @ 1PM

TOOLS FOR A GOOD RETIREMENT
COLORADO PROGRAMS TO USE FOR LONG TERM CARE
HOW TO USE TRUSTS & REVERSE MORTGAGES
BRYCE LEE, ATTORNEY & MARILYNN HUSEBY, RESOURCES
THURSDAY, AUGUST 10th • PROGRAM IS FREE TO ATTEND

MURDER & MYSTERY ON GRAND MESA
1901 MURDER & 1892 MYSTERY
JIM WETZEL
MONDAY, AUGUST 21st • PROGRAM IS FREE TO ATTEND

\$5 Lunches
FOUR COURSE LUNCH W/ DESSERT
MONDAY - FRIDAY • ALL AGES WELCOME



REGIONAL NEWS BRIEFS

MONTROSE COUNTY WELCOMES NEW ENGINEER KEITH LAUBE



County Engineer Keith Laube. Courtesy photo.

Special to the Mirror
MONTROSE-
Montrose County is pleased to welcome Keith Laube as the new County Engineer. Mr. Laube has degrees in civil and geotechnical engineering,

a master's degree in business administration, 25 years of engineering experience, and a Colorado Professional Engineer license. As the county engineer, Mr. Laube is responsible for civil engineering

management and oversight to road and bridge activities including design and review of road projects.

"As an experienced professional in both the public and private sector, Keith brings a wealth of knowledge to Montrose County and I am confident he will be an asset to the team here," said County Manager Ken Norris.

Mr. Laube's previous work experience includes seven years as the Public Works Director at the City of Newton in Newton, Iowa; eight years as owner of a civil and geotechnical engineering company; and several years of private engineering experience.

Mr. Laube joins Montrose County following the departure of former Engineer Dean Cooper. His office is located in the

Road and Bridge Facility at 949 North 2nd Street.

Mr. Laube describes himself as a team player who likes to solve problems. At his previous job, Keith was instrumental in streamlining processes and creating a team work environment.

This resulted in a workforce focused on improvements that increased customer service and reduced costs. He looks forward to working with the staff and citizens of Montrose County.

Mr. Laube grew up on a family farm in Iowa, and he and his wife, Julie, are excited to move back to Colorado. They enjoy being involved in community theater, hiking, biking, and skiing. They have three adult children and one grandchild.

He also enjoys playing saxophone.

WEEHAWKEN DANCE FALL 2017

MONTROSE SCHEDULE

MONDAYS:

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)

TUESDAYS:

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)

WEDNESDAYS:

MONTROSE @ PRECEDENCE ON MAIN

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

WEEHAWKEN MONTROSE

- 3:00-4:00 Pom Jazz with Miss Valerie (ages 9+)
 4:00-5:00 Jr 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 dance style schedule)

MONTROSE - BLACK CANYON GYMNASTICS

- 6:45-7:45 Year 1 Aerial Dance A with Natasha (6 week session, non-performing. Ages 10+)
 7:45-8:45 Year 1 Aerial Dance B with Natasha (6 week session, non-performing. Ages 10+)

THURSDAYS:

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 1 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 Jazz and Lyrical with Miss Caila (ages 13 and up)

FRIDAYS:

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 Director.

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

Item	Price
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.

www.weehawkenarts.org
 970.318.0150

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weehawkenarts.org
 970-318-0150

DRS. GIESZL WILL MOVE TO SNOWMASS AFTER YEARS IN MONTROSE

By Gail Marvel

MONTROSE-At the end of August Dr. Christine Gieszl, who has been the primary care physician for the Montrose Outpatient Veteran's Clinic for six and a half years, will move to Snowmass, Colorado. Dr. Gieszl will however continue to serve Montrose veterans until her replacement is found, "Along with commuting to Montrose I'll use telehealth to communicate with patients. At first I wasn't sure I'd like telehealth, but the patients love it."

The decision to move to Snowmass did not come easy for either Dr. Christine Gieszl, or for husband Dr. Bryan Gieszl, who has left his private practice in Montrose. Dr. Gieszl said, "We are moving closer to my in-laws. We like the outdoor activities at Snowmass and the valley offers good educational opportunities for our three children."

Having lived in Montrose for a total of 11 years Dr. Gieszl said, "I'm proud to have



At the end of August Dr. Christine Gieszl, who has been the primary care physician for the Montrose Outpatient Veteran's Clinic for six and a half years, will move to Snowmass, Colorado. Photo by Gail Marvel.

been part of a great community. I'm really going to miss the patients, friends and my

beloved VA staff that I'm leaving behind. I love working at the VA."

OPINION/EDITORIAL: LETTERS

THE ONLY CANDIDATE TO BEAT SCOTT TIPTON (RE: ARTICLE PUBLISHED IN MONTROSE DAILY PRESS)

Dear Editor:

I'm disappointed at the lopsided coverage in your latest article about the Montrose County Dems barbeque. You had to look hard at the Press coverage to know that there were **three** political candidates in attendance. Yes, the Press published all three in photos, but featured only the male candidates on successive front page articles.

Diane Mitsch Bush, the Democratic Candidate for Congressional District 3, was not covered at all, even though she's not just the **ONLY** declared candidate, but also clearly a better choice for Montrose and the entire district. Diane has served five terms in a legislative capacity in and from rural counties with overwhelming support from Independent and Republican registered voters. She has a proven legislative record of working across the aisle at the state and county levels to solve problems for rural Colorado.

Diane declared her candidacy in July and has extensive experience with the issues that matter to the entire district, not just one city. She knows what it takes to bring complicated rural issues to the big city and fight for our water, land, and access to broadband because she's been a champion for rural Colorado in our State Legislature for years.

She doesn't approach health care like those on the Front Range, either. Diane is well aware how complicated health care is to our communities here on the Western Slope, and I respect that. She has the legislative experience, tenacity, and, more importantly, the support of most knowledgeable folks - both women and men.

Diane Mitsch Bush is a much better qualified and experienced candidate than the one-term councilman from Grand Junction -- to take on Scott Tipton for this ever-important Congressional seat.

Stephanie Gibert, Montrose

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CommUnity
Care

Free Outdoor Concert

Music

ON THE

Green

Saturday,
August 26, 2017

Beer Garden



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

Hamburgers
& Hot Dogs
for purchase

Live Entertainment Lineup:

Roam

Black Lab and The Banjo

All About Me

Ascending Giants



REGIONAL NEWS BRIEFS

THE CENTER FOR MENTAL HEALTH WILL OPEN A CRISIS CLINIC IN MONTROSE

Special to the Mirror

MONTROSE-The Center for Mental Health is pleased to announce that it has purchased and intends to renovate into a crisis clinic the property located at the corner of Cascade and South 2nd Street in Montrose. When completed, this building will be open and available 24 hours a day every day of the year for those experiencing a behavioral health crisis. The crisis clinic will include the capability for around the clock walk-in accessibility for crisis assessment and stabilization and will serve as a resource to dispatch mobile crisis response teams across the 10,000 square miles making up the six counties of Delta, Gunnison, Hinsdale, Montrose, Ouray, and San Miguel Counties. The crisis clinic will help answer the desperate need for those requiring crisis stabilization or a safe place to be. It will be the only such resource serving the region. The building itself has 3,300 square feet with renovation drawings just beginning. All ages of individuals will be welcome at the clinic. It

is important to the Center for Mental Health that those experiencing a behavioral health crisis have the opportunity to remain in their communities and near their families and loved ones. This will be an advantage that has not been available before. Details for the facility are still being worked out; however, this will be a one-of-a-kind regional resource for those needing this type of care. The Center for Mental Health is excited to make this crisis clinic available to all those who need it. This project has been years coming to fruition and includes efforts by Jon Gordon, Mary Gndt, Tom Canfield, Doug Phillips as part of suicide prevention, Shelly Spalding, Robin Slater, and countless others. It is being implemented at this time partially because of Senate Bill 17-207 which was meant to, according to the Bill, "Strengthen Colorado's statewide response to behavioral health crises..." essentially, eliminating the use of jails as an option for holding people who have not been charged with a crime and were

experiencing a mental health emergency. Senate Bill 17-207 was, in part, the result of work and recommendations by the Governor's Mental Health Hold Task Force. Delta County Sheriff, Fred McKee, was part of that Task Force. Fred is a past Board Member of the Center for Mental Health. The Center has met with and will continue to meet with community stakeholders to finalize details for the clinic and the services to be offered there. Although the crisis clinic is the hub, this is a regional solution that helps meet the needs of individuals and communities. With a goal to bring all stakeholders into the project, representatives from law enforcement from each county, the three hospitals in the region, human services, and first responders have been a part of the first meeting regarding the project.

The renovation is expected to be completed by early 2018. As a reminder, if you or someone you know is experiencing a mental health crisis, please call (970) 252-6220, anytime day or night.

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REGIONAL NEWS BRIEFS

CENTER FOR MENTAL HEALTH OPENS IN RIDGWAY

Special to the Mirror

RIDGWAY-The Center for Mental Health is pleased to announce that it has opened a new clinic in Ridgway. The clinic is located at 177 Sherman Street, Suite 103 and is now accepting new clients.

Kathleen Korndoerfer, MA, LPC, NCC is the Assistant Regional Manager and a Licensed Professional Counselor. Kathleen (Kat) is currently seeing clients with expansion plans to add substance use disorder services and a second therapist as the demand for services grows.

Kat states, "I am incredibly excited for the opportunity to expand services to Ouray County. Our hope with this expansion of services is to create more awareness of and access to the most effective mental health programs and interventions to date. Through opening a location in Ridgway, we aim to remove geographical barriers that may keep individuals and families from getting the excellent care they deserve."

The clinic is open five days a week with regularly scheduled hours Monday through Friday from 8:00 a.m. to 5:00 p.m. To make an appointment, please call (970) 497-5742.

The clinic accepts Medicaid, Medicare, and commercial insurance. A sliding fee scale, based on income, is available for those without insurance. All ages are welcome.

This clinic marks the first time in its 53-year history that the Center for Mental Health has had an office in Ridgway. The Center hopes that this new clinic will help those who need behavioral health services from Ouray County and surrounding areas to have more convenient access to care.

The Center for Mental Health is a large, single specialty group practice with a spectrum of programs and services to treat mental illness and substance use disorders and we are not for profit.

Our services are evidence based and focus on recovery. We offer both individual and group therapy, psychiatry services, medication management, peer-based services, prevention and intervention services and training, outreach and educational services, and suicide prevention trainings and programs.

The Center also offers 24-hour no-cost emergency services through a call to (970) 252-6220 and a 24-hour texting service targeted to teens and young adults who need someone to talk to. They can text 741 741 anytime day or night.

Introducing a New Service!

ADVANTAGE

Health Resource Center

Call or visit us for free assistance
with the following:

- Resource Education with a Case Manager
- Housing Assistance
- Long Term Care Options
- Short Term Care Options
- Benefits Counseling
- Medicaid Application Assistance

Two Walk-In Locations:

Montrose: **Proximity Space**
210 E. Main St., Montrose

Delta: **Senior Community Meals office**
350 Stafford Lane., Delta



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12PM - 3PM
AUGUST 19TH
RIMROCKER
RALLY

160 MILES OF DIRT AND FUN

FREE LUNCH OPEN TO ALL:
12PM - 3PM
FREE DRAWINGS!



Nucla Town Park | 165 West 10th Avenue | Nucla, CO

A Celebration of the Rimrocker Trail

Group Ride and Event Information at
www.rimrockertrail.org



"Eye of newt, and toe of frog ..."



**THE MIRROR:
A classic in
the making.**



ISSUE 109 Aug. 14 2017

MONTROSE PIZZA HUT ACQUIRED BY HIGH PLAINS PIZZA

By Caite Switzer

MONTROSE-When it comes to pizza, the Montrose menu has just expanded from “medium” to “supreme.” After its acquisition several months ago by the nationwide franchise High Plains Pizza, the local Pizza Hut has been quietly reorganized, remodeled and updated.

“We are a family-owned franchise that started in 1962 with our first store in Liberal Kansas,” High Plains Pizza Marketing Director Kevin Colvin said. “We currently have locations in Kansas, Texas, Oklahoma, Wyoming, Colorado, Utah and Montana.

“We are very excited for the future in Montrose with a whole new look and feel.” Here in Colorado, High Plains Pizza also owns the Pizza Huts in Delta, Gunnison, Clifton and Grand Junction. With the current store at 2064 East Main

Street now updated, the possibility of a move is in the exploratory stages.

“We are looking for a possible new location,” Colvin said.

“It would probably be smaller, with around 40 seats. We are the largest family-owned Pizza Hut franchise in the country, and we are very dedicated to our towns. We want to be very involved in the community.”

Though the change has been relatively quiet, locals are invited to take advantage of special deals, such as a 15-percent off coupon that was mailed to local households.

Managing the Montrose Pizza Hut today is



Montrose Pizza Hut will seek a possible new location.

Larry Metcalfe.

“We are very excited to be here,” Metcalfe said.

To reach the Montrose Pizza Hut, call 970 -249-8588.

CELEBRATING LOCAL BEAUTY.



COMMUNITY NEWS BRIEFS: ARTS & RECREATION

SWEITZER LAKE STATE PARK HELPS KIDS GET ON BICYCLES

Special to Art & Sol

DELTA— When Scott Rist learned that 50 percent of the kids in Delta County don't own a bicycle he decided to take action. Rist, a senior park ranger for Colorado Parks and Wildlife, applied for a grant from the Colorado Parks Foundation to buy bicycles for Sweitzer Lake State Park which is located just south of the town of Delta. The foundation awarded him \$2,500 and he used the money to buy eight mountain bikes and helmets which people can use for free at the state park. "Riding a bicycle gives kids a sense of independence, helps them build confidence and gets them outside," Rist said. "This is a small effort, but it's important for Colo-

rado Parks and Wildlife to do whatever it can to help kids and families enjoy all that the state has to offer." Rist is the senior ranger for Sweitzer, Crawford and Paonia state parks. Cascade Bicycles in Montrose helped purchase the bikes at a discount through the Specialized bicycle company's ambassador program. Bikes are different sizes and suitable for kids and adults. The bikes must be checked out by an adult with a valid identification. They can be used for an hour on the roads and trails of the park.

"This will help kids learn the joys of riding



Photo courtesy Sweitzer Lake State Park.

bikes and this is a great way for kids and adults to enjoy the park," Rist said.

THE 2ND ANNUAL LOG HILL HUSTLE WILL BE SEPT. 16

Special to Art & Sol

RIDGWAY—The 2nd Annual Log Hill Hustle will be Sept. 16. This USATF sanctioned 5K and 10K fun run is great for walkers, runners, and baby strollers! The course winds through the gentle-on-the-knees roads of Fairway Pines subdivision, starting at the mailbox kiosks for Log Hill Village and ending at the Log Hill Volunteer Fire Depart-

ment, Station #2.

A free pancake breakfast (with eggs and sausage, too) follows the event, with lots of bib prize drawings and medals for 1st and 2nd place in each age division. Dan Quigley from San Juan Runners is master of ceremonies. Adults are \$25; children \$10. Same day registration is \$30 for adults. Register at

www.fortunatierra.com. Race packets can be picked up at the Sept. 15 Farmers Market at Hartwell Park in Ridgway from 10 a.m. to 3 p.m. This event is sponsored by the Fortuna Tierra Club, a nonprofit organization. FTC uses funds from this event to provide scholarships to Ridgway High School graduates. Last year, nearly \$10,000 was raised for this purpose.



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

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

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

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

Valley Manor Care Center Memory Care Community

1401 South Cascade Ave., Montrose

Led by Brandi Garcia
Certified Dementia Care Validation Instructor

970-249-9634 or 970-275-6115

Email: bgarcia@voa.org



COMMUNITY NEWS BRIEFS: HEALTH EDUCATION

MONTROSE MEMORIAL HOSPITAL UNVEILS OPPORTUNITY FOR AN INTIMATE GLIMPSE INTO HEALTHCARE

Special to Art & Sol

MONTROSE-Montrose Memorial Hospital is offering "LEAD" program to help community members better understand medicine & the complex issues driving healthcare today. LEAD – Leadership, Exploration and Development – is designed to give participants a behind-the-scenes look at the healthcare industry today and how it impacts the community.

"Healthcare is a complex organism. Participants will greatly benefit from participation in the LEAD program," said Steve Hannah, MHA, CEO of Montrose Memorial Hospital. Throughout the program, participants have one-of-a-kind experiences and gain insight into medical and technological advances through access to areas of Montrose Memorial Hospital not com-

monly available to the public. Participants will have the opportunity to network with members of the medical community from a wide variety of specialties.

By the end of the program, the participants will have obtained a working knowledge of the healthcare needs of our community and how Montrose Memorial Hospital is meeting those needs. "The LEAD Program gave me an even greater appreciation for Montrose Memorial Hospital. It was fascinating to visit and see a glimpse of different departments and how they function. The staff at MMH is highly impressive and listening to their passion for the programs they oversee is most rewarding. I highly recommend LEAD," said 2016/2017 participant Nancy Hogganson Hannah

"Having been born at MMH and lived in this area most of my life, I thought it was time I learned more about our fantastic local hospital and what all services they provide. I was blown away," said Allison Nadel, also a 2016/2017 LEAD program participant.

"The LEAD program offers a lot of value; it's a great opportunity to better understand the impact of healthcare on our community," said Jenni Zimmer, Director of Philanthropy at Montrose Memorial Hospital. The LEAD Program begins September 21st and meets 7 a.m. – 9 a.m. LEAD will continue to meet on the third Thursday of each month through May, 2018. For information about participating please contact Jenni Zimmer, Director of Philanthropy, at 970-252.2744.



Weehawken Adult Summer

JUNE 24 & 25 MIXED MEDIA ALCHEMY WITH LAUREN MANTECON

JULY 8 PANORAMA CONCERTINA WITH ALICIA BAILEY

JULY 9 MINIATURE DIORAMA BOXES WITH ALICIA BAILEY

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

JULY 28-30 VIBRANT WATERCOLORS WORKSHOP WITH CLAUDETTE BARKER

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

www.weehawkenarts.org

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GMUG National Forests & Montrose County



Are co-hosting a public open house in Montrose

MONDAY AUGUST 14, 5:30 - 7:30pm

Montrose High School, 600 Selig Ave.
Montrose

We are starting Forest Plan
Revision.

COME TO THE OPEN HOUSE!

We want to hear from you

What issues should a new
Forest Plan address?

What is working
with current
management?

What
changes
have
you
noticed?

It's all
about
your
forest!

For more information go to
<https://www.fs.usda.gov/goto/forestplan>





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

We have our 12 finalists —
Buy your tickets today for the Final Competition!

Final Competition
Saturday, Sep 23
Montrose Pavilion

Thanks to our Sponsors:



For ticket information and more details, please visit

<http://TheVoiceSanJuans.wordpress.com/>

The Voice of the San Juans



Join us for entertainment,
fun, and excitement
as we search for the best
vocalists in our region!

- ★ Join the excitement at the Final Competition as the 12 winners from our auditions -- the best of the best -- compete for the top prize of \$1,000.
- ★ Buy your tickets before they sell out! General admission seats are \$35. Doors open at 6:00 pm and the show starts at 6:30 pm.
- ★ A limited supply of VIP tickets is available for purchase only until Sunday, September 17.
As a VIP, you'll enjoy a delicious catered reception (5 - 6 pm) where you'll meet our 12 finalists and our judges.
Next, when the show begins at 6:30 pm, you'll have the best seats in the Pavilion auditorium.



For more details and ticket information, please visit

<http://TheVoiceSanJuans.wordpress.com/>

COMMUNITY NEWS BRIEFS: HIGHER EDUCATION

**MHS GRAD HEATHER FREDRICK
EARNS DEAN'S AWARD
@ COLGATE UNIVERSITY**



Colgate University. Courtesy photo.

Special to Art & Sol

HAMILTON, NY-- Colgate University Class of 2020 member Heather Fredrick, of Montrose, CO, has earned the spring 2017 Dean's Award with Distinction.

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

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



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Healthcare
starts with You
Service
LEADERSHIP

MMHI Board of Director applications are now being accepted

Application deadline is August 31.

Learn more during our public board meeting
August 28th, open to the public.

More information and candidate application
is available at www.MontroseHospital.com
or in the hospital administration office.

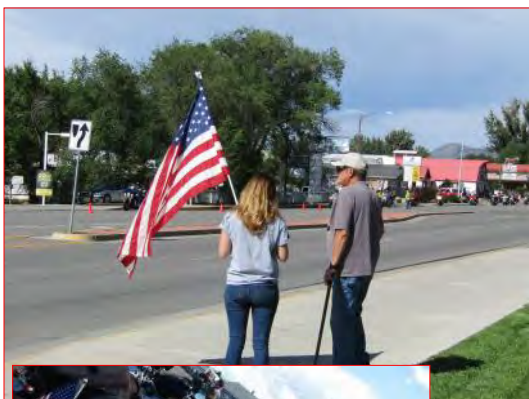


800 South Third Street, Montrose, CO 81401

970.249.2211

MontroseHospital.com

MIRROR IMAGES...AMERICAN LEGION RIDERS



On Sunday, Aug. 13, around 400 riders in the American Legion Motorcycle Run traveled through Montrose. Both Shell stations served as re-fueling areas, and citizens turned out to celebrate the riders. The run benefits the children of veterans whose lives were lost in service to the United States. Photos by Mirror staff and Christa Storrs (center).

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

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

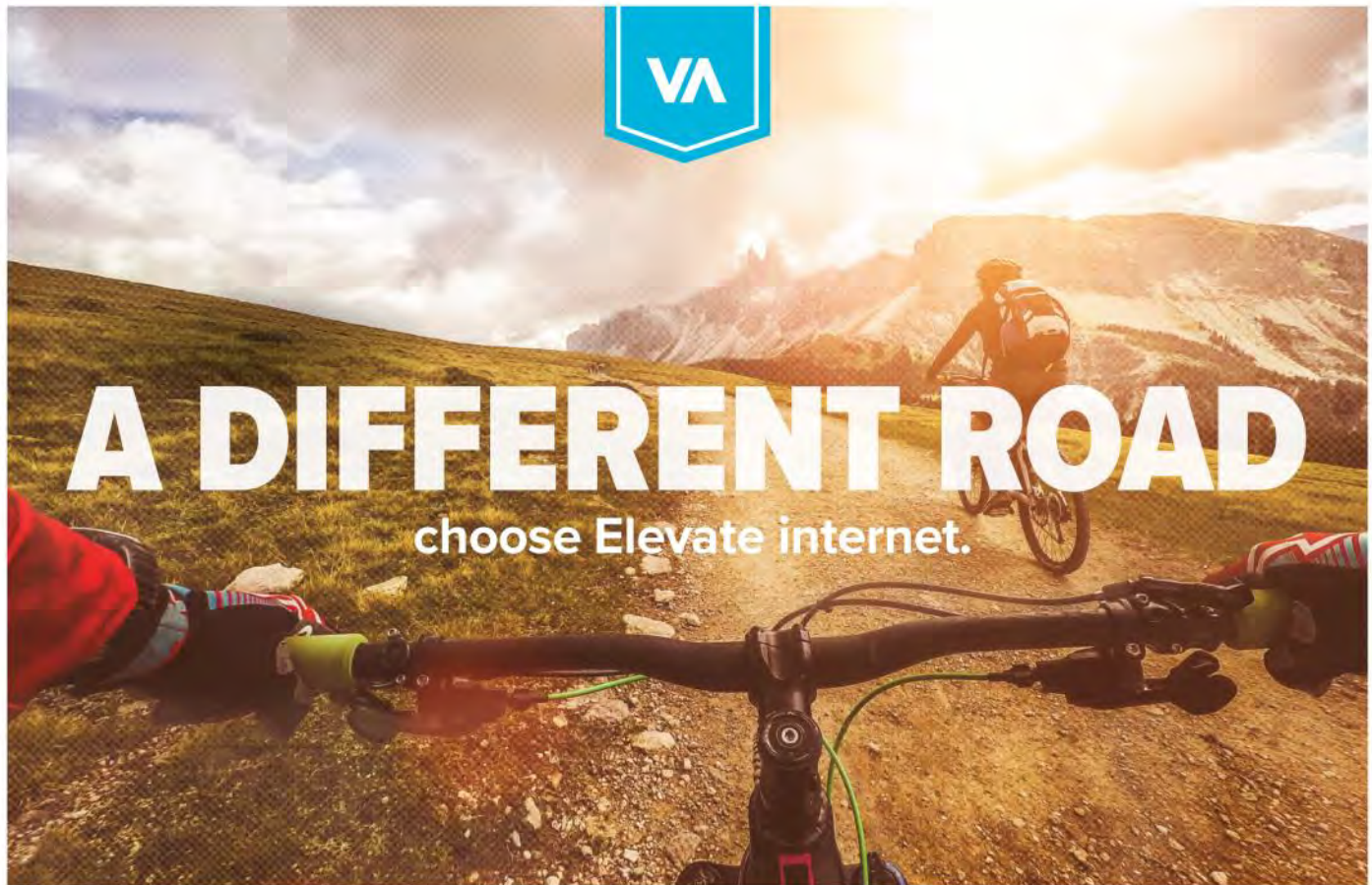
We provide a connected network of services that make a significant difference in our part of the world.

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



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waiting



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NOTES FOR THE JOURNEY...

Exploring Classical Music With Rob Brethouwer

GEORGE GERSHWIN'S MUSICAL LEGACY PLAYS ON...

George Gershwin is a composer who needs some attention. His works are often recognized but their background and performance history are not well known. Gershwin's music and his distinctive sound are at the very heart of the history of American music. Themes from ragtime, the stages of vaudeville, jazz, and classical traditions and format are all used within his music. Having died at a young age, his musical output was still very generous and the imagination can only ponder what he would have produced had his lifespan not been cut so drastically short. From the early days of his piano rolls to large works for orchestra and soloist such as *Concerto in F* and *Rhapsody in Blue*, to the opera stage with the songs and stories found in *Porgy and Bess*, the career of this great American composer was a cornucopia of joyous music that was virtuosic in sound yet traditionally American in its themes. Along with his lyricist brother Ira Gershwin, George Gershwin made an indelible impact on the history of American music. It is this history that will be explored in the next several articles.

An understanding of the music of George Gershwin shows us that his sound was influenced by the great

classical and romantic composers of the past and that his music was of great influence to contemporary classical composers. His musical output came during the first third of the 20th century at a time of world war, the prosperity of the 1920's, and the depression of the 1930's. Cultural influences are just as significant as musical influences and the musical sound of George Gershwin was always a joyous spot on an often bleak and dreary cultural landscape. His music celebrated the piano soloist and the sounds of Scott Joplin, the sounds of the city when an American tourist visits Paris, and the passion, love, and tragedy of those struggling to live the American dream. His music was inclusive yet influenced by the divisive nature of race relations. It appealed to those who were considered to be part of the elite and those who were seen as commoners and part of the lower class of Americans. Any overview of George Gershwin must include listening guides and the breakdown of various pieces of music, both large and small.

The few comments this author has received about this column have often focused on the lack of national and American music. Suggestions have been made on what should be dis-



American composer George Gershwin.

cussed and the comments have been welcome. However, this article will never focus on country music or bluegrass and is not the place to find an in-depth discussion about the merits of Lynyrd Skynyrd.

This column is no place for a strong voice for nationalism. However, the merits of American music will often be discussed and in the context of classical music, chamber music, and opera. A comparison will always be done with composers from other countries, as cross-cultural influences are at the very core of so many discussions of this topic. Focusing on one country only would be a disservice to the entire process.

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37th telluride mushroom festival

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A celebration of all things Fungal and Earthy

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CCAASE
CAMP COASTAL ALPINE

THE TELLURIDE MUSHROOM FESTIVAL

THE TELLURIDE MUSHROOM FESTIVAL

Up Bear Creek by Art Goodtimes

SCIENCE, ART, NATURE & FROLICS



Goodtimes will emcee a Mushroom Festival Poetry Show Friday the 18th at 9 p.m. in Telluride's Sheridan Opera House. \$10 at the door. (image by Rafael Jesús González).

WILD MUSHROOMS TELLURIDE ... Folks go to conferences to learn, and festivals to have fun. Well, usually. But the Telluride Mushroom Festival is the best of both those worlds ... It started out as a conference 37 years ago, thanks to Dr. Emanuel Salzman and his wife Joanne and their children (and now grandchildren). Medical professionals in Colorado and around the country were interested in the best treatment for mushroom toxicity. Salzman was a national expert. Many, like myself were "pothunters," as we were called back then. We hunted edible species, identified and collected them, cooked and ate them as gourmet treats. Some of the amateurs were more knowledgeable than some of the scientists. Although we did have the country's premier mycologist, Gary Lincoff, who teaches at the New York Botanical Gardens in New York city. And we had Dr. Andrew Weil, Harvard-trained ethnomycologist as well as a medical practitioner intent on bringing integrated practices into the medical mainstream. And we had as a youthful tag-on Weil's friend, Paul Stamets, who's gone on to become a

Lincoff's wild slide show commentaries. These days there are a wide variety of events for all ages – special dinners, mushroom forays, wild food walks, free identification table and kids events in Elks Park across from the courthouse, the all-ages parade on Saturday. It's an event that you can purchase tickets for or just attend the many free events. And in the process of having a great time with the family, you can learn a lot about the natural world, and how mushrooms have so much to teach us in the fields of health, remediation, forest management, safe pesticides, and on and on ... Check out the website for schedule and more info: www.telluridemushroomfest.org/

SARCODON IMBRICATUS ... That's the latest name for what mycologists used to call *Hydnum imbricatum*, and which Wikipedia calls "shingled hedgehog" or "scaley hedgehog," but which most of us local shroomers know as "hawkwing" or "hawkwing" ... It's one of the complications of mushrooming -- the nomenclature is in a constant state of scientific flux,



Sarcodon imbricatus from last year's Shroomfest (photo by O'Neill)



along with regional nicknames that differ widely ... This mushroom has always been one of my favorites, and I often collect a lot when they are in abundance, which they definitely can be. Their tooth-like undersides (instead of pores or gills) make identification relatively foolproof, which is quite handy if you're a myco-newbie ... But for years some folks have complained about their bitterness. David Arora's book calls that out. But I've never experienced it until this year. My son and I picked a small one (all we could find this early) and fried it up at home. Inexplicably, several bites were delicious. And several bites were too bitter to swallow ... Some folks say the young ones aren't as bitter, but instead we found it was bitter and choice in the same mushrooms. Definitely a myco-mystery ... I get around whatever bitterness might be in the mix by sautéing the mushrooms and adding sour cream to make a creamy mushroom sauce. Buffered that way, I've never noticed any bitterness.

DRINK COFFEE LIVE LONGER (PART TWO)

... So, integrated medicine guru Dr. Andrew Weil hasn't changed his mind about coffee, in spite of the new media hype I noted last week. As he pointed out to me, the study implicated in the headlines was "associational" not causative. People who drank coffee seemed to be associated with people who lived longer, but it didn't separate out all the other variables that could have caused longer life ... That too is part of science. Challenges – both valid and spurious -- will come to current hypotheses and either change the argument, or

Up Bear Creek by Art Goodtimes

simply suggest a caveat, or prove to be without much data to back it up ... That seems to be the case with this apparent news story contradiction to Dr. Weil's hypothesis that "Coffee Is bad for you" ... And if, indeed, side-affects like insomnia that some people experience with this aromatic bitter are not something that bothers you, ingesting coffee in large doses may be healthy. It is, however, proven that coffee with its dosage of caffeine is more addictive than tea, with withdrawal symptoms that can include headaches ... Me I drink a morning cup of roasted barley, dandelion root and powdered beet laced with three scoops erythritol, a drop-

per full of raspberry chocolate stevia, two capsules of Fungi Perfecti's Stamets 7, a dollop of Organic Valley heavy cream and a heaping tablespoon of Valrhona unsweetened dark chocolate – all whipped to a froth with hot water. Not coffee for me.

BODY MASS INDEX ... If you're overweight, as I am, this is a measure beyond mere weight to give you some idea of how overweight you might be for your size. The World Health Organization's BMI was disappointing to me, as I appeared to be "obese," which seemed a stretch, although my potbelly has indeed been ex-

pansive in the past ... Luckily, I found the Smart Body Mass Index from Europe which measures more variables, including age, and comes up with a range of acceptable weights. When I measured on that scale, I was only slightly overweight. Lose another 15 pounds and I'm right in the sweet spot ... Having lost 25 pounds in the last year, that goal seems achievable. And best of all, the site suggests NOT to diet. Just eat less of the foods you love, and exercise regularly, being sure to do a lot of fruit, vegetable and nuts – exactly the regimen I've been following ... If weight is an issue for you, I suggest you visit: www.smartbmicalculator.com/

THE TALKING GOURD

I'd like to be pointless:
a pointless poet,
a pointless experiment,
an edgeless, blade-less,
supple boundary--
like a net pulled through
clear air, unhooked,
leaving the fish to the sea.

-Deborah Kelly
Boulder



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THE MIRROR,
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COMMUNITY NEWS BRIEFS: ARTS & CULTURE

NEW YORK ARTIST TO PLAY HEALTHY RHYTHM LISTENING ROOM

Special to the Mirror

MONTROSE- Healthy Rhythm Music Services (HRMS) Presents • "Dan Lavoie: Live In Concert" with Special Guest, *Justin Evan Thompson* • Saturday evening, Aug. 19, 2017, at Healthy Rhythm Art Gallery in Montrose, Colorado! HRMS owner, Ken Vail, said, "This will be a high energy show, guaranteed. Lavoie is a "hard hitting" and skillful singer-songwriter who pulls people into his music quickly and keeps them there. His personal, honest, lyrics focus on life on the road and are a creative breath of fresh air. Combined with Special Guest, Justin Evan Thompson, this is a perfect match for acoustic music lovers."

New York based singer-songwriter Dan Lavoie's style brings a fresh new sound to the table with influences of rock, blues, folk, classical and funk jam messed together to create what many have called traveling music. His music reflects personal life experiences from the road and home through heartache, love and ultimately hope for a better future. On his musical journey Dan embraced the path of a sing-

er/songwriter while staying true to his electric roots creating a very unique sound with a wide range of influences including Jimi Hendrix, Jack Johnson, Chet Atkins, Grateful Dead, Beatles, Eric Clapton, Paul Simon, Allman Brothers Django Reinhardt, Neil Young, Bob Dylan, Trey Anastasio and many others. Lavoie has made a name for himself touring heavily across the US using the road as a centerpiece for his creativity and inspiration. He was included on the Hudson Valley's best concert list for TOP TEN Best Concerts. Dan Lavoie is currently On Tour promoting his most recent album "Songs of a New Sun."

Paonia, Colorado, singer-songwriter, and Healthy Rhythm artist, *Justin Evan Thompson*, will open the evening. Thompson's persona and lyrics are poetic and rough around the edges, and both combine to make for an honest and energetic performance.

Advance Studio (GA) and Main Gallery (Reserved Seating) are \$5 and \$10 if purchased at the Gallery. Online purchase is available at www.healthyrhythm.net. This



Paonia, Colorado, singer-songwriter, and Healthy Rhythm artist, Justin Evan Thompson, will open the evening. Courtesy photo.

is a ticketless event.

Space is limited. Advance purchase recommended. Doors 7 p.m. Show 7:30 p.m. Street/rear lot parking.

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



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HONORING A MONTROSE PERSON OF INFLUENCE: MARGARET “PEGGY” CAREY

By Caite Switzer

MONTROSE—Several years ago, the *Mirror* ran a series of features entitled “Women of Influence,” by Writer Gail Marvel. And in recent weeks, the *Montrose Daily Press* has been promoting awards for “Women of Distinction.” However, I believe that sometimes our greatest female leaders can be overlooked; there can be no other reason for not honoring Margaret “Peggy” Carey of Montrose as a leading citizen of not only Montrose but our region.

I have heard that she was the first self-employed woman to qualify for a loan to buy her own home in Montrose.

She has also served as Mayor of our city, and I have seen her stand up and address the current City administration without fear. She is self-employed as an attorney, and her record of wins speaks for itself. She does not promote herself, but a local business leader spent several hours once talking to me about Peggy’s career as an attorney, and what it was like to serve on a jury at one of her first trials...which she won. Peggy has helped countless other women through her work and now runs her own little animal shelter as well.

She has published a well-received novel, writes a regular column, and lives her be-

lief system as a devout Buddhist.

When I asked Peggy about other items of interest, she shared the following: “I attended Santa Clara University law school in California. My first year of law school, women constituted 24 percent of first year law students nationwide. There were 11 percent in my class, 5 percent in the class in front of me, 15 percent in the class behind me. When I graduated law school, women were three percent of the lawyers nationwide, five percent in my state.

“Since moving here, I have served as county attorney (through the firm I worked with), on the county planning commission, on the Project 7 Water Treatment Project board, on the Salinity control committee (chair), and of course, on the Montrose City Council. I was the first female partner in a law firm, as far as I know. I currently participate in three low-cost or free legal services programs. I am still admitted in Colorado and California, but recently resigned in Washington. I have argued before the Colorado Supreme Court and the 10th Circuit Court of Appeals (Federal) (I arrived in Montrose in 1980); I am also a trained mediator.

“I have an animal sanctuary for senior animals, in which I have six dogs, nine

cats, two geese, two donkeys, a llama, a wether sheep, two bunnies, and six chickens. I have one adult daughter who has been the lodestar by which I set my compass since she was born in 1983.”

My own experience with Peggy Carey is that she is my ex-husband’s attorney—and he is an attorney himself. Surprisingly I have found that her work with him has made life better for my children and for me.

And while there are other female attorneys here in Montrose, I believe Ms. Carey is in a category of her own.

Thank you Margaret “Peggy” Carey, Montrose attorney, leader and person of influence!



Peggy Carey. Courtesy photo.

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Hold the Date! Upcoming Business and Cultural Events

ONGOING-

RIDGWAY'S TRUE GRIT WALKING TOURS-The Ridgway Area Chamber of Commerce now offers a one-hour walking tour commemorating the filming of the original *True Grit*. In the movie, Ridgway is depicted as Fort Smith, Arkansas. Tour attendees visit nine sites within a two-block area in downtown Ridgway: the railroad depot, gallows, livery stable, mortuary, Chen Lee's place, the courthouse facade, True Grit Cafe (built in 1986 as a tribute to John Wayne and *True Grit*), the saloon and the grocery. Dave's Mountain Tours (970-728-9749, davesmountaintours.com) transports visitors to remote *True Grit* sites—Last Dollar Road, Owl Creek Pass, Katie's Meadow and the snake pit. Walking tour participants meet their guide at the Ridgway Visitors Center (150 Racecourse Rd, just west of the intersection of highways 550 and 62) Fridays at 10:45 am from May to October. Admittance is \$10 for ages 12 and above. (Children are free.) A group of six or more may request a tour anytime throughout the year.

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-

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. 16-First day of school for Montrose and Olathe students.

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. 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. 18-20-Second Annual Pirates Invade the Fort Festival @ Fort Uncompahgre (440 North Plamer Street in Delta). Hours are 1 to 6 p.m. Friday, 10 a.m. to 6 p.m. Saturday and Sunday. All proceeds benefit Fort Uncompahgre. Call 970.874.8349 for information.

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. 19-Rimrocker Rally, Nucla Town Park (165 West Tenth Avenue.) www.rimrockertrail.org. Noon to 3 p.m.

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, afternoon tea catered by Secret Garden Catering, and amiable conversation with friends and neighbors, all in an intimate setting at a private home at Cobble Creek in Montrose. Featuring Max Levinson, piano; Nurit Pacht, violin; Allison Eldredge, cello; Rami Vamos, classical guitar; and more. Program, "Singing with Instruments", features Faure's G minor Piano Quartet and Schubert's "Arpeggione" Sonata (violin and guitar arrangement). Presented by the Ouray County Performing Arts Guild. Tickets must purchase in advance by calling [970-626-2970](tel:970-626-2970).

Aug. 21-10 a.m. – FREE FAMILY CONCERT at the Sherbino Theater in Ridgway. Professor Wolfgang Amadeus Schmutzinberry (aka classical guitarist and music educator Rami Vamos) introduces kids and their families to the curious delights of classical music! A free event that is part of the San Juan Chamber MusicFest. Also featuring Max Levinson, piano, Nurit Pacht, violin, Allison Eldredge, cello, and more! Presented by the Ouray County Performing Arts Guild.

Aug. 22-Nov. 14-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.

Aug. 22-5:30 p.m. – SAN JUAN CHAMBER MUSICFEST SALON DINNER 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, catered gourmet dinner by Secret Garden Catering, and amiable conversation with friends and neighbors, all in an intimate setting at a private home in Ouray County. Featuring Max Levinson, piano; Nurit Pacht, violin; Allison Eldredge, cello; Rami Vamos, classical guitar; and more. Program, "Singing with Instruments," features Faure's G minor Piano Quartet and Schubert's "Arpeggione" Sonata (violin and guitar arrangement). Presented by the Ouray County Performing Arts Guild. Tickets must purchase in advance by calling [970-626-2970](tel:970-626-2970).

Aug. 26-Music on the Green, Riverbottom Park in Montrose. 4 to 8 p.m.

Sept. 9-7:30 p.m. – APOLLO CHAMBER BRASS QUINTET. The Ouray County Performing Arts Guild's second annual Dave and Mary Wood Classical Concert Series wraps up with a rousing concert at the Wright Opera House featuring the Apollo Chamber Brass Quintet. Concert starts at 7:30 p.m. Tickets, \$25 at www.ocpag.org or at the door. Part of the 2017 Dave and Mary Wood Classical Concert Series.

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At left, Pea Green grower Skeeter Chamberlain serves customers at the Montrose Farmers Market on Saturday; above, Cedar Creek Mini Golf was a popular spot on Youth Appreciation Day Aug. 12.



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