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# THE MONTROSE MIRROR

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

Issue No. 235, Aug. 28, 2017

## BRANCH TO BOTTLE, SNOW CAPPED CIDERS RANK AMONG WORLD'S BEST

By Caite Switzer

COLORADO- In Colorado, craft hard cider is a crowded market. The Rocky Mountain Cider Association lists 16 members in the “producer/member” category alone, with even more listed as “associate” and “enthusiast” members. One West Slope producer raises the bar in the mile-high state, however—[Snow Capped Ciders](#) of Cedaredge.

Snow Capped Ciders is an offshoot of Williams Orchards, which has been growing some of Colorado's most delicious fruit in the Surface Creek Valley for 105 years. The cool nights and warm days, combined with more than a century of fruit growing experience, have resulted in ciders that rival those produced anyplace on the planet. All fruit used to make Snow Capped Ciders is

[Continued pg 16](#)



A Telluride fan photo from the Snow Capped Cider Facebook page. Courtesy photo.

## HOMEOWNERS OBJECT TO PLANS FOR HILLCREST EXTENSION

*City project would increase traffic, decrease safety, neighbors say*



Neighbors say that the planned Hillcrest Extension would drive excessive traffic through residential streets like Arbor Way, above. They are asking the city to close Arbor Way at Oak Grove Road if the project proceeds.

By Caite Switzer

MONTROSE-A group of city residents concerned about the planned Hillcrest extension project intend to address the Montrose City Council at 11 a.m. at the work session of Sept. 18. More than 280 people have already signed a petition asking the City to stop plans to construct the project, arguing that the Hillcrest Extension would destroy both their property values and quality of life.

“The City intends to violate its own regulations in the construction of this road,” said Jerry Miller, treasurer for the Vineyards at San Juan HOA II.

In December of 2016, the City of Montrose issued a Request for Qualifications (RFQ) for design services for improvement and extension of Hillcrest Drive between Niagara and East Oak Grove roads. However, opponents to the Hillcrest Extension point to a lack of public support or even a need for the project, which they say would increase traffic through residential streets.

The petition circulated by opponents to the project states, “Whereas

[Continued on pg 11](#)

in this  
issue

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

[Ouray considers future of  
Ouray Ice Park, Festival!](#)

[BOCC approves  
Project financing!](#)

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

[Local stories.  
Local photos!](#)

## GAIL MARVEL'S HOUSES OF WORSHIP: CIRCLE 3 COWBOY FELLOWSHIP

*"Jesus was a straight shooter—he didn't pull punches"*

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-The posted occupancy for the barn that houses the Circle 3 Cowboy Fellowship is 150 and on July 30, 2017 there were 75 people in attendance for the 6 p.m. service.

The interior of the barn is unfinished with OSB (Oriented Strand Board) on the walls and ¾ inch gravel covering the auditorium floor. Richard Black, who serves as an elder in the church, said, "We're the church in the dirt...but you do what you can afford!"

Folding chair legs sink into the loose gravel and open barn doors allow saints, sinners and flies to mingle freely in fellowship. Large pedestal fans positioned throughout the facility keep the air moving and the cowboy décor includes a galvanized stock tank baptistery and a saddle sitting atop a wooden saddle stand. Stirrups, lanterns, and Indian blankets hang on the walls as well as posters and signs that read, "Wanted by God," "Galloping in His Glory," "Stepping Out for God" and "Step up Your Faith."

Black opened the service with an update on the fair and rodeo, recognition of ribbon winners and a preacher joke. A preacher, a drummer and a construction guy went hunting. All three saw a trophy buck and fired shots at the same time, but in order to determine who actually killed the buck they called the game warden. Black said, "It took the game warden less than 90 seconds to determine the preacher delivered the kill shot. It had to be the preacher because the shot was in the head and went through one ear and right out the other!"

Preacher Gary Lear, who is a Nashville recording artist, performed concert-style



congregational singing. Accompaniment for the four-member praise team was a guitar, drums, keyboard and violin and song selections included, "Ghost Riders in the Sky," "Why Me Lord," "Wayfaring Stranger" and "Praise You in This Storm."

Beginning with announcements Lear said, "We're having VBS [Vacation Bible School] for ages five to fifth grade. I expect we'll have somewhere between 12 and 1,200. We'll let God worry about who he'll bring." The church recently had four baptisms, "And we'll have two more volunteers to take the plunge next week. We don't have classes [on baptism], we just ask for a profession of faith."

Laughter rippled through the audience when Lear said, "But, I'll be glad to hold you under as long as you think you need." The Kempters, a gospel group from Alabama, will be in concert on September 15<sup>th</sup>, 6:30 p.m.

In his sermon titled "Holiness Living," Lear used himself as an example, "I'm a better husband today than I used to be. I'm growing as a husband and in our [marriage] relationship we get stronger. When I accepted Jesus as my personal

Savior, I began growing spiritually." Lear acknowledged that in life people continue to commit sins, stumble and fall flat on their faces.

He said, "But the blood of Christ covers our sins. His blood washes away our past sins and we can go back and repent and ask forgiveness. Holiness living allows the Holy Spirit to bring us closer to God."

Convinced that Jesus was a cowboy, Lear referenced *Bible* passages that spoke to the character of Jesus.

"A cowboy believes in God, country, men and horses...in that order. Jesus was a straight shooter; he didn't pull punches. There was no political correctness, he was blunt. He respected women and those in authority and his word is his bond."

Lear said, "Cowboys live out their values. Clothes don't make a man a cowboy any more than dancing shoes make him a dancer."

**Contact Info:**

Circle 3 Cowboy Fellowship

62885 LaSalle Road

Montrose, CO 81401

Preacher Gary Lear 970-275-5579

Sunday Worship 10 a.m. and 6 p.m.



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## REGIONAL NEWS BRIEFS

### JOIN THE MONTROSE COMMUNITY BAND FOR A FREE CONCERT OCT. 1

*Special to the Mirror*

MONTROSE-Join the Montrose Community Band on Sunday, Oct. 1st at 3 p.m. in the Montrose Pavilion Auditorium for a free concert. The concert entitled The Color of Music will feature various styles of music with a color in the title. For more information visit [www.montroseband.com](http://www.montroseband.com) or call [970-596-1188](tel:970-596-1188).

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Nancy Hoganson Hannah

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Rich Parr

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Allison Nadel

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## OPINION/EDITORIAL:LETTERS

### **LIBRARY BRINGS MANY BENEFITS TO COMMUNITY; VOTE YES IN NOVEMBER**

*Dear Editor:*

I am writing in support of the increase of a .85 mill levy on November's ballot for our wonderful Montrose Regional Library. There are so many benefits to our community that are provided by the library: almost unlimited access to history and knowledge; books, audio books, DVDs; use of computers, and small meeting rooms. The quiet time that one can spend just browsing the shelves or reading the newspaper or a magazine in the comfortable couch area is also a most appreciated benefit. Our library is an integral part of a well-informed community--where people can use critical thinking by "doing their own home-work" on all subjects.

Montrose needs the library to be open more hours with increased staff. A vote for the library is a vote for the community.

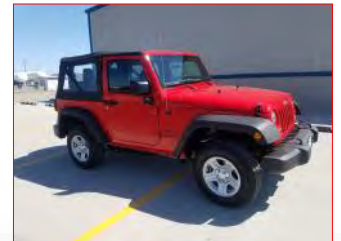
*Gail M. Hamilton, Montrose*

## REGIONAL NEWS BRIEFS

### **BCB&GC RAFFLE: WIN A 2017 JEEP WRANGLER OR \$25K!**

*Special to Art & Sol*

REGIONAL-The Black Canyon Boys and Girls Club is holding a raffle! A 2017 Jeep Wrangler or \$25,000 is up for grabs. Tickets are 5 for \$100.00 or 1 for \$25, and are available by e-mailing Bud Taylor at [btaylor@bcbgc.org](mailto: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 Nov. 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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## REGIONAL NEWS BRIEFS

### TRANSMISSION LINE CONSTRUCTION BEGINNING ON UNCOMPAGHRE PLATEAU

#### Special to the Mirror

Tri-State Generation and Transmission Association, Inc., is upgrading an existing transmission line segment between the Montrose Substation west of Montrose, Colorado, to the Nucla Substation near Nucla, Colorado.

Tri-State's construction contractor will begin upgrading the line segment beginning in September 2017 and is scheduled to complete the project in October 2018. Access road improvements and power pole pad construction is already underway in the Uncompahgre National Forest.

"No site closures are planned at this time," said Diana Leiker, Tri-State project supervisor. "Recreationists are encouraged to continue to enjoy their favorite activities."

The line segment is located in Montrose County and spans public lands administered by the Bureau of Land Management-Uncompahgre Field Office, the U.S. Forest Service-Uncompahgre National Forest and private lands.

"The construction affects only a very small portion of the Uncompahgre Plateau," Leiker said. "Please be watchful for traffic advisory signs and reduced speeds

near construction areas."

Heavy equipment will be used and all safety precautions should be taken to avoid portions of the right-of-way where construction is ongoing.

"We've enjoyed a perfect safety record on this job so far," said Leiker. "Our primary goal will always be for the safety of our crews and the public."

For additional information, please contact the project hotline at 1-833-360-3393, or visit [www.mncrebuild.com](http://www.mncrebuild.com). Infor-

mational brochures are available at the Montrose Public Lands Center, Norwood Forest Service, Colorado Parks & Wildlife and wildlife license agents.

Tri-State Generation and Transmission Association, Inc., is the not-for-profit wholesale power supplier to 43 electric cooperatives and public power districts serving more than one million consumers throughout a nearly 200,000 square-mile service territory across Colorado, Nebraska, New Mexico and Wyoming.

#### IDENTITY OF PEDESTRIAN KILLED ON HWY 550 RELEASED

#### Special to the Mirror

MONTROSE—In the early morning hours of Aug. 19, there was a vehicle-pedestrian collision on Highway 550 South near Chipeta Road. Tomas Martinez, a 45-year-old male from Montrose, was pronounced dead at the scene of the collision. The cause of death was multiple traumatic injuries and the manner of death was certified as an accident. The collision was investigated by the Montrose County Coroner's Office of Medical Investigations and the Montrose Police Department with the assistance of the Colorado State Patrol.

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## REGIONAL NEWS BRIEFS

### **SAN MIGUEL COUNTY MAN IN CUSTODY FOR MULTIPLE FELONIES ALLEGEDLY COMMITTED AGAINST DEPUTIES AND PUBLIC**

#### *Special to the Mirror*

TELLURIDE-Deputies have a suspect in custody charged with multiple felonies after a several hour manhunt around Silverpick Road near Telluride.

Sheriff's Office dispatchers received a report from a tourist this morning around 11 am of man who was threatening to kill him while he was taking photos by the Rock of Ages trailhead near Mt. Wilson and Wilson Peak off Silverpick Road.

The reporting party stated he was able to drive away uninjured as the suspect swung a club at him and his vehicle.

Multiple Deputies searched the area for more than an hour, and left briefly to wait for back-up when another call was received by dispatchers with a report of

three motorcyclists being threatened by presumably the same suspect, and this time he was wielding a large knife. The Deputies returned and set up a perimeter around the area, checking all vehicles. A suspicious and "sanitized vehicle;" i.e. stripped of any identifiers including license plate and VIN number, was located. An individual driving in the area stopped a Deputy to report seeing a suspicious man hiding in the bushes.

As Deputies approached the area, the man was found in the middle of the road.

A Deputy attempted to get the suspect to surrender, and even at gunpoint, the suspect refused to do so, instead throwing a baseball-sized rock at the Deputy and then disrobing down to his underwear, repeat-

edly shouting, "Shoot me or tase me."

Ultimately the suspect was tased and several Deputies were able to subdue the combative individual. The suspect is in custody at the San Miguel County Jail under \$60,000 bond with charges including first degree assault on a police officer, two counts of attempted second degree assault on a police officer, four counts felony menacing for actions with public, and more. Sheriff Bill Masters is asking anyone who has been in the area of Rock of Ages in the last couple of days who encountered a suspicious individual to call Sheriff's dispatchers at 970-728-1911. Sheriff Masters said, "We are pleased to get this dangerous man into custody before someone was injured or worse."





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## **HOMEOWNERS OBJECT TO PLANS FOR HILLCREST EXTENSION**

### **From pg 1**

this will result in increased traffic on Oak Grove Road and thus increased 'short-cutting' through the subdivisions immediately south of the Oak Grove/Hillcrest intersection (Vista San Juan, Vineyards I, Vineyards II, and Village at Eagle Landing) we the undersigned are opposed to the Hillcrest extension and ask our elected Councilmen to heed our concerns."

Montrose Mayor Judy Ann Files responded in an email to a request by HOA members to address Council concerning the Hillcrest extension: "Thank you for your interest in meeting with the Montrose City Council to discuss the Hillcrest Extension Plan. That item has been placed on the agenda for the Monday, Sept. 18 Work Session. Starting time is 11. Fifteen minutes will be allowed for the item. Normally the public does not get to make comments at a work session; however in this instance public speakers will be allowed a maximum of three minutes (timed) each and be asked to give only original comments, not repeats of what a previous speaker has said. We are expecting there to be speakers both for pro and con."

A prepared statement lists the top concerns of the HOAs regarding the Hillcrest Extension, which City Engineer Scott Murphy noted in a memo dated July 4, 2017 does not have "an overwhelming project

driver at this time...no major capacity issues are being experienced."

The HOAs' prepared statement includes information from an engineering report prepared for the City by Calibre, noting the additional traffic volume would route approximately 870 additional vehicles per hour through the intersection at Hillcrest and Oak Grove. "The bulk of this traffic will shortcut through our Vista San Juan neighborhoods via Arbor Way and Sneffels, to get to Woodgate, Odelle and Ogden roads," the statement notes.

The statement also points out that a subdivision traffic study prepared by the City of Montrose in June shows that the increased volume would be more than such residential roads are designed to handle. "According to the City's own traffic study Sneffels Street has an average daily traffic count of 1,421 vehicles...as a residential street it is designed for an average daily traffic count of 1,000 vehicles. The study also states that Arbor Way now has an average daily traffic count of 861 vehicles...again, as a residential street it is designed for an average daily traffic count of 1,000 vehicles." And while both streets are posted as 20 mile-per-hour zones, traffic already zooms through regularly at speeds of 35 to 40 miles per hour, according to the City traffic study.

A heavy increase in traffic volume and

average speed generate new safety concerns, residents believe. "Safety is a major concern as Sneffels Street, Arbor Way and other neighborhood streets have no sidewalks," the HOA statement reports. "With traffic all but doubled on Arbor Way and increased by 50 percent on Sneffels, pedestrians will be at greater risk. Some residents have to stand in the street to retrieve their mail."

City code also designates that "collector" streets, which both Sneffels and Arbor Way would become with completion of the Hillcrest extension, must be 46-feet wide. However, both streets are 38-feet wide. Residents of the Neighborhoods also feel that "doubling the amount of traffic on Arbor Way will have a negative impact on our property values."

At the Sept. 18 City Work Session, the HOA groups intend to offer what they see as a viable alternative; the closure of Arbor Way at Oak Grove Road. By creating a dead end at Arbor Way, neighbors say that traffic from the proposed Hillcrest Drive Extension will be prevented from entering Vista San Juan from the north, and would be routed instead to Woodgate Road. Sneffels Street would not suffer further overloading, the solution would cost very little, and the City would not be in violation of its own municipal codes and comprehensive plan.

## BOCC APPROVES FINANCING FOR ROAD & BRIDGE, EVENT CENTER PROJECTS



**Contracted at the regular meeting of Aug. 9, Montrose Realtor Diane Haynes returned Aug. 23 with a full-price offer for the six-acre Justice Center Subdivision.**



**Montrose County Commissioners have approved project financing through Vectra Bank for The Montrose County Event Center project at the Fairgrounds, above, and the Road & Bridge LaSalle Road facility.**



**County Finance Director Cindy Dunlap and Planning & Development Director Steve White.**

By Caitlin Switzer

MONTROSE-Citizen Dennis Olmstead addressed the Montrose Board of County Commissioners (BOCC) during the time for public comment at the regular BOCC meeting on Aug. 23. Olmstead shared a handout with commissioners, and read a statement regarding the County's ongoing Event Center project; "...in March of 2016, the prior County Commissioners' report, *Indoor Arena—Projected Economic Impact*, showed a positive benefit of \$40 million," Olmstead said. "That economic estimate is simply wrong, and by a lot."

Olmstead listed a number of suggested "factors for the next economic study," including a lack of local motel rooms, the importance of hiring local contractors, the need for construction loans, a lack of new, scheduled events, and the need for new financial and economic impact studies in the face of analyses that show the event center will suffer a significant operating loss. "Without them, the County is simply pouring money into an unknown arena/event center. Remember, this is not my first rodeo!" Olmstead said.

[Consent Agenda items](#) were approved unanimously.

General Business & Administrative Item 1, consideration and signing of Lease-Purchase documents for financing the construction of the Montrose County Event Center/Arena and Road & Bridge LaSalle Road Facility projects in the amount of \$14,000,000. through Vectra Bank, was presented by County Finance Director Cin-

dy Dunlap (formerly Cindy Bennet). "Staff has conducted an RFP (Request for Proposals) process...we have received seven proposals," Dunlap said.

Vectra Bank was chosen for having the proposal in the best interest of Montrose County, she said, adding that the \$14 million debt (\$10 million for the road & bridge project and \$4 million for the Event Center) will be financed at a fixed rate of 2.85 percent over 15 years. The Montrose County Justice Center is to be used as collateral, and there will be no penalties for pre-payment.

Commissioner Roger Rash thanked finance staff for "working so diligently on this," and estimated that the RFP process saved the County approximately \$3.9 million. "That's what teamwork is all about."

Commissioner Glen Davis also thanked the finance department, "But for the record, the original finance rate was 2.5 percent quoted in December...we talked to the same people you are talking to now. There was some confusion; there were two new commissioners." Rash invited Davis to review the video of a prior meeting in December of 2016, at which time a resolution for possible financing from George K. Baum was presented. "...3.5 percent, on video. Go back and check it out." BOCC Chair Keith Caddy thanked Dunlap as well as Vectra Bank. "I think we did it right; we looked at and covered all bases. We are responsible for doing the right thing when it comes to financing the

road and bridge facility and the new event center." The Road & Bridge facility is "needed," Caddy said. "Hopefully the Event Center will work out better than projected."

Said Dunlap, "I really appreciate the commissioners' support in hiring counsel and with the RFP process...in December that had not been done. We appreciate Montrose County allowing us to take the time, because an RFP process is the correct process and the best for Montrose County."

Davis offered to provide background information to the Press, and "to anyone who would like to look at it."

Signing of the lease-purchase documents was unanimously approved.

General Business & Administrative Item No. 2 was also unanimously approved, sale of the Justice Center Subdivision, Lot E consisting of 6.009 acres, located on the west side of Grand Avenue across the street from the Montrose County Justice Center. "We determined in July that we have no specific use for the property," County Planning & Development Director Steve White said, pointing out that any growth of the Justice Center can be accommodated on the Justice Center property itself. "That is the area for future growth." Realtor Diane Haynes brought in a full price offer for the property from Black Mountain Capital, LLC., with the purchaser to pay closing fees, White said.

In Planning & Development business, commissioners approved a proposal by the TKO Minor Subdivision to divide a 9.4-acre parcel into three lots, and amended the Ponds Edge Subdivision to remove a fire department easement between Lots 6 and 7.



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## REGIONAL NEWS BRIEFS

### KYE HALL JOINS ALPINE BANK AS REGIONAL VP/RELATIONSHIP MANAGER

#### Special to the Mirror

Montrose – Alpine Bank announces Kye Hall as a Vice President/Relationship Manager for our Montrose, Delta and Ouray county markets.

Hall brings with him over 12 years' experience as a banker with Bank of the West. Most recently, he has served as a Business Banking Officer supporting commercial lending demands of 11 branches of Bank of the West across Western Colorado. Hall will office in Montrose but will provide support to our Ouray and Delta county markets.

"My goal is to provide superior banking advice and service with the added power and flexibility of local decision making. I want to earn the business by truly listening to clients and tailoring solutions to best help them succeed. Cookie cutter banking doesn't fit everyone, especially in Western Colorado. I want to offer something different, something more," said Hall

"I'm looking forward to joining a strong, generous community focused bank. I've been impressed with the level of community involvement not only monetarily, but also from the employees who volunteer time personally. Everyone truly cares about giving back to our community and making it a better place to live. It's a unique culture and one I'm excited to share."

Hall's dedication and strong ties to the community are apparent as he's privileged to serve as Board member – Community Hearts & Hands. Advisory Board – Habitat for Humanity. Merit Badge Counselor – Boy Scouts of America. Young Men's Leader

A true Colorado native, born and raised in Cortez Colorado, Hall graduated from Regis University with a Bachelor's degree in Business Administration and a minor in finance. Hall and his wife have lived in Montrose for 11 years, raising their three

girls.

#### About Alpine Bank

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



**Kye Hall.**  
*Courtesy photo.*



# 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](http://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](http://www.weehawkenarts.org)  
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## ***BRANCH TO BOTTLE, SNOW CAPPED CIDERS AMONG WORLD'S BEST***

### ***From pg 1***

grown locally, with no outside fruits or juices. The menu of eight different Snow Capped ciders presently includes Jala-Pearño, Sour Cherry, and Colorado Peach, as well as a habanero-lime cider.

You may never want to drink anything else.

"There are more almost 200 cideries in Colorado," Snow Capped Cider Marketing Director Kari Williams said. "But not many people, even in Colorado, have any fruit. 'We grow Apples, peaches, Apricots, pears, and several varieties of wine grapes.'"

In a year that left many growers without an apple, cherry or pear, Snow Capped Ciders continues to produce—and win honors—for its 'branch to bottle' craft cider line. In April, the company entered three of its ciders in the 12<sup>th</sup> Annual Great Lakes International Cider and Perry Competition (GLINT CAP) in Grand Rapids, Michigan. And with those three, Snow Capped Ciders earned two out of three top gold medal "best of class" awards for the Heritage Dry category: Cider Makers Reserve won a gold, then won second out of three in best of Class; 6230' Dry won a Gold and then won third in Best of Class. The third Snow Capped entry, Magna Pomum (Latin for "Great Apple"), earned a silver in the specialty Cider category.

Also, as reported by the [Delta County Independent](#) in May, the competition at GLINT CAP was fierce. "Cider Makers Reserve took a second place and 6130 DRY won third place both in the heritage dry category competing against some 1,200 other entries, and also coming out atop 100 other gold medal finalists in the championship round of blind taste test judging."

Especially impressive when you know that the three award-winning ciders were



***The three Snow Capped ciders that won top honors at the GLINT CAP awards in April. Courtesy photo.***

not made in special batches for the contest, but were identical to those sold to the public each day. "One was in a 12-ounce four pack," Kari Williams said. "This is the quality of cider that we offer every day." The three Snow Capped ciders that were entered at GLINT CAP—a prestigious, international competition --were selected after a poll in the company's tasting room at the AppleShed Arts Complex in Cedaredge, she noted.

After five generations in the fruit industry, a focus on fruit excellence is both a family tradition and a whole new beginning for Snow Capped Ciders. The master cider maker here is Ty Williams, and the Cider maker is Ian MacDonald, who brings an extensive professional background in both winemaking and cider making to the business. "He follows our distributing for every blend," Williams said. "We have benefited greatly since hiring him a year ago."

Snow Capped Ciders are now distributed through [Western Distributing Company](#). "My husband, Ian and I go over each batch and workshop all of the blends," said Kari, who oversees branding, sales, marketing,



***With more than 105 years of orchard experience in the family business, Snow Capped Ciders begins every bottle with the freshest, most flavorful local fruit. Courtesy photo.***

customer service and social media outreach. "This year, we have rebranded to target a wider range of Cider drinkers and to incorporate our name with our logo branding."

Perhaps the best outreach of all for Snow Capped Ciders comes from word of mouth and from independent reviewers, however. [One reviewer on UnTappd](#), David G., shared his thoughts on the Snow Capped Sour Cherry Cider on Aug. 21, saying simply, "Great mountaintop beverage!"

Sour Cherry is a favorite cider for many reasons, especially in Western Colorado, Kari Williams said.

"When the weather compromises all other fruit, we will always have a sour cherry crop," she said.



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**The Montrose Mirror**



## LOCAL NON-PROFITS MAKE LIFE BETTER FOR CATS, HUMANS



By Caite Switzer

MONTROSE—They come in a variety of colors, shapes and sizes, with a wide range of personalities to match. And if they are not spayed or neutered, cats will multiply quickly, whether they are pets or strays.

Too many free-roaming felines can cause problems for themselves and for neighborhoods. According to the American Veterinary Medical Association (AVMA), cats kill hundreds of millions of birds, small mammals, reptiles, amphibians, and fish. They can impact the health of human beings as well, through the spread of viral, bacterial and fungal diseases.

Here in Montrose, two cats are allowed per residence, per Section 6-2-4 of the City of Montrose Municipal Code. However, residents of households that do not keep cats often find that they still have one or two “outside” cats, which can cause issues with noise and scent if the animals are not spayed or neutered.

Helping to keep the cat population under control are several local non-profits. With a mission of helping those with limited financial resources afford the cost of having companion animals spayed and neutered, the Montrose Animal Protection Agency (MAPA) is a lean, very targeted organization. “There are no paid staff; we



**Above right and left, local cats explore the area. Mirror staff photos.**

are all volunteers,” MAPA member Bill Cunningham said. “We meet on the third Tuesday of the month at the old City Council chambers, and they are public meetings. We have no closed sessions.”

And though MAPA does not pay the entire cost of spaying or neutering, the financial assistance they provide makes essential operations affordable for pet owners. “People who make less than \$40,000 per year can go to the vet of their choice, and we will offset the cost,” Cunningham said.

So far this calendar year, MAPA has helped pay for 243 spay operations and 172 Neuter operations for cats, MAPA President Robb Ruyle said. However, “Our mission is limited to cats that are owned animals.”

Working to make life better for feral cats and those who live near them is Joan Hewitt, of [Montrose Snip & Tip Cat Project](#). Snip & Tip Cat Project works to trap and neuter feral cats before returning them to their territory.

“We have been working here for about four or five years,” Hewitt said, noting that areas in Montrose that have been specifically targeted by the Snip & Tip Cat Project include the Cottonwood Mobile

Home Park, Mountain Home Park, Northbrook, Heritage Estates and the San Juan Mobile Home Park. The Snip & Tip Cat Project has made a significant difference for Delta County and for Olathe as well.

“We want to ease the suffering of cats having kittens, so we see less cats on the street and ending up in a shelter.” Working with Snip & Tip Cat Project to offer clinics are the Telluride Animal Foundation and M.A.P.A., she said. The efforts of M.A.P.A. to support spay and neuter efforts for owned cats are important, Hewitt said.

“If you get your pet cats spayed and neutered it is a big help.”

Hewitt said that results are readily visible in areas where the Snip & Tip Cat Project has been concentrating. “We feel that we have made a big difference, and people are so grateful when we come to help. And when we come to follow up, we are not seeing new kittens.”

Keeping pet cats indoors is a best practice for pet owners, she said. “Keep pet cats indoors; it’s best for birds, and they help keep the rodent population down. Build them a catio; give them other options.”

Cats without owners or homes sometimes end up the [Montrose Municipal Animal Shelter](#), a no-kill facility.

“It is really important to get your cat spayed or neutered,” Montrose Animal Shelter Tech Courtney said. “The cats who come in here are stray cats, and a lot of them have had babies upon babies upon babies.”

Cats who are brought into the shelter are likely to be adopted, she said. “We have had pretty good success with getting them new homes; people don’t just adopt them as mousers, but also for pets.”

The number one attribute that will makes a cat adoptable? “Personality,” Courtney said.

There will be a low-cost spay and neuter clinic Oct. 30 at the Western Slope Animal Hospital in Olathe, for pet owners earning less than \$40,000 per year. The fee for cats is \$10 and for dogs is \$20. For more information call 970-323-0444.





## Vendor Information at [www.sneffelsfiberfest.com](http://www.sneffelsfiberfest.com) Early Bird Application Due Date: June 1, 2017

This fun, annual public event features both indoor and outdoor vendors exhibiting fiber & fiber craft supplies and tools, fiber arts wearables, finished fiber arts pieces for purchase, fine art & craft depicting or utilizing fiber producing animals, food vendors, kids activities & free demonstrations at the Ouray County 4H Events Center.

An added bonus is that all of this takes place during the peak of fall color season along the Colorado San Juan Skyway Scenic Byway in gorgeous Ridgway, Colorado!

**Saturday, Sept 23 from 9 am - 5 pm**

**Sunday, Sept 24 from 10 am - 4 pm**

**PLUS: Specialty Workshops and Classes in Fiber Arts  
Sept 22, 23 & 24 (times vary)**

Class proposals accepted until June 1 (see website)

**visit: [www.sneffelsfiberfest.com](http://www.sneffelsfiberfest.com)**  
for detailed information including lodging and adventure partners





## REGIONAL NEWS BRIEFS

### CANDIDATES SOUGHT FOR RE-1J BOARD OF EDUCATION SEATS

*Special to the Mirror*

MONTROSE—There are three RE-1J Board of Education Director districts that have not had petitions picked up. Please contact Laurie Laird at 970-252-7902 for more information. Petitions for Montrose County School District RE-1J Board Director Positions will be available on Wednesday, August 9th at the District Office, located at 930 Colorado Avenue. Petitions must have 50 certified signatures for placement on the ballot. The last day to return the petitions is Friday, Sept. 1 at 4 pm.

Director Districts that will be up for a four-year term in the Nov. 7, 2017 Elections are:

District A - currently represented by Melanie Hall

District C - currently represented by Gayle Johnson

District E - currently represented by Mark Bray

District G - currently represented by Leann Tobin

Director District that will be up for a two-year term in the Nov. 7, 2017 Elections is:

District B - currently represented by Phil Rosty

MCSD Board of Education Directors are limited to two consecutive terms. Elections are held during odd-numbered years.

Please contact Laurie Laird at (970) 252-7902 or [laurie.laird@mcscd.org](mailto:laurie.laird@mcscd.org) for further information.



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## REGIONAL NEWS BRIEFS

### NEW COMPOSTING TOILETS INSTALLED IN THE HIGH ALPINE COUNTRY

*Special to the Mirror*

REGIONAL-The Grand Mesa, Uncompahgre, and Gunnison National Forests' Ouray Ranger District announce the installation of two new urine diverting composting toilets at both Yankee Boy and Corkscrew Basins. For the last several years the Ouray Ranger District has sought an affordable solution to replace the previously nonfunctioning toilets at these remote locations. This past winter the Forest Service was approached by the Six Basins Project Inc., a new nonprofit group in Ouray, who offered monetary support for the project. After months of research two urine diverting natural vermicomposting toilets designed by Toilet Tech Solutions of Seattle, WA were selected.

These state of the art, low maintenance toilet systems have been used in backcountry areas in multiple National Forests and Parks.

The Ouray Ranger District would like to thank the board of Six Basins Project Inc. for their gracious contributions to the United States Forest Service. We look forward to growing our partnership into the future.

For more information on the new toilet design go to: <http://www.toilettech.com>. For more information on the Six Basin Project Inc. go to: <https://sixbasinsprojectinc.com>.

For more information on this project or how you can help the Ouray Ranger District please contact Angie Abel, Recrea-



*A state-of-the-art composting toilet recently completed by ToiletTech in Patagonia. Courtesy photo.*

tion Staff Officer at [aaabel@fs.fed.us](mailto:aaabel@fs.fed.us) or 970-240-5425.

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## REGIONAL NEWS BRIEFS

### FALL TOBACCO CESSATION PROGRAM AVAILABLE

*Special to the Mirror*

DELTA-Delta County Memorial Hospital is pleased to announce the start of a new tobacco cessation program. Open to all ages, this program is designed to not only make your goal of a tobacco free life possible, but probable.

This program focuses on the eight dimensions of wellness: emotional, environmental, financial, intellectual, occupational, physical, social and spiritual to help those wishing to stop using tobacco products overcome triggers and provide a support system.

Our program is led by a Certified Tobacco Cessation Counselor, Shelly Hatch. Shelly received her training from The Behavioral Health & Wellness Program University of Colorado, Anschutz Medical Campus School of Medicine and is also an ACSM Certified Exercise Physiologist. Classes will begin on Monday Sept. 11<sup>th</sup> at 6 p.m. in classroom A at Delta County Memorial Hospital. This is a six-week program, the cost is \$30 and it may be covered by your insurance.

For more information or to sign up for the program call 970-874-2420.

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## CITY OF OURAY, ICE PARK BOARD FAIL TO REACH AGREEMENT ON FUTURE OF PARK OPERATIONS, ICE FESTIVAL



*Ouray's Ice Park is a major revenue driver for the entire community. Courtesy photo.*

By Carole Ann McKelvey  
Ouray Bureau Reporter

OURAY-On Monday, Aug. 21, the Ouray City Council, failed to pass an Agreement to Negotiate regarding the Ouray Ice Park/Ice Park Festival operations. With the 2017-18 winter season and Ice Park and Ice Park Festival just around the corner, the future of the Ice Park operations suddenly seemed in jeopardy.

At the city council meeting, frustration was voiced by citizens on what was perceived as a lack of transparency on the part of the OIPI board, which is strictly a volunteer board. Those at the meeting in support of the OIPI board stated any funds raised go into the Ice Park and Festival and no one makes a profit; as a private, non-paid, volunteer board, some questioned why "transparency" was needed.

With work on building the Ice Park infrastructure starting in October, depending on the weather, many expressed concern about the last-minute planning for what has become one of Ouray's largest revenue generators.

Friday, John Walker, a member of the Ice Park board, verified that, "The Ouray Ice Park, Inc., has been diligently working all summer to craft a solution for the near future of Ice Park operations, including the upcoming season." OICP, Inc., board members have been contacting sponsors,

etc.

A work session on Aug. 23 was scheduled to discuss short- and long-term options for the Ouray Ice Park. Ouray Mayor Pam Larson tried to quell rumors Aug. 21, saying she "knows the Ice Park board and all others want to go forward as well." Council person Bette Maurer said Monday she was "not comfortable with the agreement as written. We have negotiated since January and all of a sudden there are changes with the city given no choices." City council member Dawn Glanc agreed. The Agreement to Negotiate as drawn up by the OIPI states:

*A. The Ouray Ice Park consists of property located south of the City of Ouray, comprised of lands owned by the City and lands to which the City has certain access and use rights;*

*B. The City and OIPI are parties to an Agreement for Management of the Ouray Ice Park dated Nov. 19, 2012, which terminates by its terms on Oct. 31, 2017;*

*C. Pursuant to the Management Agreement, the City granted to OIPI the right and authority to operate the Ice Park and to conduct, manage, and host the annual Ouray Ice Festival at the Ice Park;*

*D. The City and OIPI are parties to a Water Use Agreement dated Nov. 3, 2009, which terminates upon the expiration or termination of the Operating Agreement for Ouray Ice Park dated Nov. 19, 2012, which is one and the same as the Management Agreement;*

*E. In recent years issues have arisen that have lead OIPI to conclude that the existing structure of roles and responsibilities among entities have created an unsustainable condition and OIPI wishes to participate in a transition collaborating with the City to create a more sustainable structure for the Ice Park;*

*F. The City and OIPI are each dedicated to creating an operational structure that cre-*

*ates the best possible solution for long-term sustainability of the Ice Park, and each party believes that in order to achieve sustainability all users will need to pay more than they have been paying in previous years;*

*G. The parties have entered into an Extension Agreement, whereby the Management Agreement is extended to June 31, 2018;*

*H. The two parties wish to steadily and meaningfully pursue the possibility of a new agreement which would give total control and responsibility of the Ice Park operations, including the hosting and management of the Ouray Ice Festival, to OIPI commencing in 2018.*

The Agreement to Negotiate further states that the parties mutually agree to the New Agreement and that the parties agree to commence negotiations no later than Sept. 20, 2017. It also notes the goal is to execute the new agreement on or before Dec. 19, 2018.

As written, some city council members said at the meeting Aug. 21 that they felt blind-sided by the language of the Agreement to Negotiate and needed further discussion with the OIPI before they felt comfortable signing the agreement. Both sides declared their intention to keep the Ice Park and Ice Park Festival continuing operations, however that occurs.

At the work session Wednesday, a major sticking point involved the salaries of the Ice Park staff, with the city feeling it doesn't have the money to pay payroll for the three ice farmers, director and other staff of the Ice Park and Festival.

After citizen and OIPI input, city council members agreed to revisit the discussion with the OIPI again in two weeks with another working session to discuss transition plans.

The date for that meeting will be announced by the City on its Face book page.



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## HISTORY ON ICE...OR, HOW OURAY CAME TO HAVE AN ICE PARK

By Carole Ann McKelvey  
Ouray Bureau Reporter

OURAY-Back in the early 1980s, Ouray in winter was a sleepy little mountain town. No one really paid much attention to a town that declared itself "The Switzerland of America," other than to admire the nearly vertical cliff walls and the little Victorian town jammed up against the so-named "Million Dollar Highway," Highway 550. Most who came to town during the winter months were driving through on their way to backcountry skiing.

The first to officially climb ice around Ouray were ice pioneers Jeff Lowe and Mike Weiss, who in 1974 climbed Telluride's Bridal Veil Falls, the highest one-stage drop in Colorado at 365 feet. ABC's Wide World of Sports very publicly broadcast the attempt. This notoriety apparently horrified the Idarado Mining Company, which owned the land. No landowner in those days would condone such death-defying craziness. But Lowe isn't known as crazy today; rather, he was on the cutting edge of a new sport.

And when a jack-of-all-trades mountaineer arrived here in the early 1980s, James "Bobo" Burwick saw the Uncompahgre River gorge churning upstream of the Camp Bird Road bridge. He noticed an 80-foot icicle dripping from an old water pipe. A hydroelectric pipeline wound down the river's gorge from a dam upstream, and wherever the pipeline leaked, another giant icicle formed. Burwick and his friends began the daring task of rap-

PELLING down the cliffs and then spidering back up the swaying ice falls. The outfit of the day consisted of two-point crampons on their clunky mountaineering boots, wool pants and boiled-wool mittens. When they reached the top, their big, clumsy ice axes sometimes 'accidentally' punched new holes in the metal pipe, and a new climb would grow. Eventually, Bill Whitt, a California windsurfing bum turned ice climber, and a local attorney turned real estate developer, Gary Wild, bought a hotel together in Ouray in 1991 called the Victorian Inn. The two dreamed up the Ouray Ice Park as a way to drum up winter business. Before they could start "farming" ice, the two had to get the blessing of Eric Jacobson, the owner of the Ouray Hydroelectric Plant, who owned an easement right through the Uncompahgre Gorge. It's noted that one day, Wild walked over to the hydro plant with a six-pack, sat down with Jacobson, and after they'd started drinking beers, it was all worked out.

In the early days of ice farming in the Uncompahgre Gorge, Whitt is noted to have said that no one had ever done anything like making an ice park before. Getting it up and running was a volunteer effort, and very hit and miss. The early "ice farmers" tried running hoses to make the ice and then the hoses would freeze. So Whitt and Wild would haul frozen hoses down from the gorge, put them into hot tubs to thaw, take them back up the gorge and try again until they froze, etc., etc.

The persistence paid off in the end, as the ice started growing. As they say, that is history. Eventually ice climbers flocked to Ouray from around the world. The Ouray Ice Park was born.

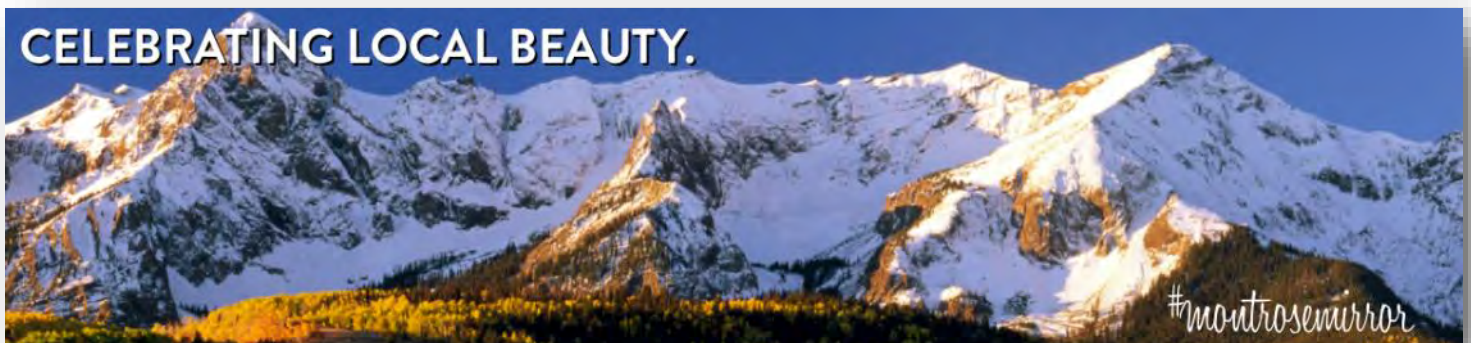
"Everyone thought we were mental," Whitt is quoted as saying. Today most people in Ouray and ice climbers around the world agree the Ice Park changed the city, and the sport of ice climbing, for the better.

Bill Whitt and Gary Wild's effort to "farm" ice grew into the Ouray Ice Park, Inc. (OIP) officially established in 1997. Over the years, OIP has continued to improve the Park's plumbing system, increase access to new terrain in the Gorge, and finance and maintain extensive infrastructure throughout the Park. Today the Ouray Ice Park has more than one mile of vertical terrain and more than 200 ice and mixed climbs stretching along the Uncompahgre Gorge. OIP hosts the Ouray Ice Festival each year to celebrate the Park and raise funds for its operation. **Source:** <http://ourayicepark.com/history/>.

Recently the continued work of the OIP came into question, and the City of Ouray was approached to take over ownership of the Ice Park. How that will happen is now a question for the cash-poor city to answer. (See accompanying story.)



**Bill Whitt, without whom there would probably not be a Ouray Ice Park.**





ISSUE 111 Aug. 28 2017

# ART & SOL

## CEDAREdge HOSTS FRIDAY ART WALK SEPT. 1

*Cedaredge Area Chamber of Commerce*  
CEDAREdge-There is no better time to visit beautiful downtown Cedaredge than in fall. The Ambassadors of the Cedaredge Area Chamber of Commerce invite you to experience fall in the Surface Creek Valley at this week's First Friday Art Walk, Sept. 1, from 4 p.m. - dusk.

First Friday Art Walk is a monthly, self-guided walking tour of art and artists demonstrations. Each month, participating venues offer free activities involving local artists, musicians and food and drink specials.

The goal of First Friday Art Walk is to showcase local talent while supporting local businesses in downtown.

At the September Art Walk, the staff of the Cedaredge United Methodist Church Thrift Store invites children to create sidewalk chalk drawings. The store will also host a pianist, who'll lead attendees in a community sing, or tinkle on the ivories yourself! At the Apple Shed, artists Connie Williams and Ron Hoeksema will be featured, and staff will offer complimentary wine and cider tastings. Impressionz Gallery and Stacy's on Main welcome their respective Artists of the Month.

The Cedaredge Public Library is sponsoring a free Kidz Korner Kraft area on the

patio at the Cedaredge Area Chamber of Commerce. Kids are invited to come hear a story and make their own art project. Two local wineries will be on hand pouring samples of Cedaredge-crafted wines as well. Musician David Starr will serenade the crowd with free live music, and authors, poets, singers/songwriters and other performance artists are invited to share their talents at the open mic portion of the event. Please keep your material family-friendly and appropriate.

Are you an artist who wants to showcase your talents and wares at the First Friday Art Walk? We invite you to come paint, throw pottery, recite poetry, read from your new book, quilt, make jewelry, juggle, mime... whatever creative art or craft you make, we want to help you showcase it! The event is FREE for artists of all kinds



***Wendell Harmon demonstrates some of his wood carving at the August First Friday Art Walk in Cedaredge. Artists of all types are invited to this free event to showcase and demonstrate their art. Call the Cedaredge Chamber at 970-856-6961 for more information or to participate. Courtesy photo.***

(performance, spoken, word, display).

There is still room for artists to participate. Call 970-856-6961 or email [cedaredgechamber@gmail.com](mailto:cedaredgechamber@gmail.com) to sign up or for more info. Stay connected with First Friday Art Walk on Facebook @FFAWCedaredge. Use hashtags to find posts or photos on social media using the tag #FirstFridayArtWalkCedaredge.



## August is National Breastfeeding Month

*Let's Sustain Breastfeeding Together*



### **BREASTFEEDING IS THE PERFECT FOOD FOR BABIES**

#### **Research Studies Show That Breastfed Babies**

Are less likely to die from Sudden Infant Death Syndrome  
Have fewer ear infections, respiratory infections, stomach issues, and allergies  
Have fewer digestive problems and are less likely to be constipated  
Are less likely to develop cancer or diabetes  
Are less likely to be obese

#### **Research Studies Show Moms Who Breastfeed**

Burn up to 500 calories a day  
Enjoy a special bond with their baby  
Have lower stress levels  
Are less likely to develop breast cancer or ovarian cancer  
Are less likely to develop diabetes

### **WORKING AND BREASTFEEDING**

Many women continue to breastfeed after they return to work. How is this possible? Moms breastfeed their babies when they are home, and express their milk using a breast pump when they are away from the baby. This helps their body continue making milk and allows them to give their milk to their baby when they are away. Your support will help moms feel confident and relaxed knowing they are giving their baby the best they can, even after they return to work.

### **KNOW THE LAW**

[www.colorado.gov/cdphe/breastfeeding-workplace](http://www.colorado.gov/cdphe/breastfeeding-workplace)

### ***Continue to Promote and Improve Your Breastfeeding Support, Policy, and Space!***

Montrose County adopted a lactation policy in 2012 and recently completed the steps to become a Designated Breastfeeding Friendly Environment by doing the following:

- Completion of a breastfeeding self-assessment
- Creation of staff and visitor policy
- Designation of a Nursing Mothers Space
- Compliance with the Colorado Workplace
- Making accommodations to comply with the Nursing Mothers Act

**Let Montrose County assist your work-site in becoming a Breastfeeding Friendly Environment. For more information, please contact**

**Danace Arthur @ 970-252-5011 or  
darthur@montrosecounty.net**





**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/>

## REGIONAL NEWS BRIEFS

**TRI RIVER AREA 4-H  
GOLF TOURNAMENT***Special to the Mirror*

REGIONAL-Colorado State University Extension invites all golfers to join us for the Sixth Annual Tri River Area 4-H Golf Tournament on Sept. 16<sup>th</sup>, at the Delta, CO Devil's Thumb Golf Course. Registration opens at 8am with a shotgun start at 10am. Cost is \$70 a golfer (4 man teams for \$250) or \$50 for youth. Registration includes 18 holes, golf cart, contests/prizes, and lunch. Sponsors are also appreciated and will receive additional benefits and publicity.

The golf tournament helps provide resources supporting local 4-H programs, enabling our youth to learn real-world skills and preparing them for the challenges of today and careers of tomorrow! All proceeds raised from the tournament will provide additional youth programming within the Mesa, Delta, Montrose, and Ouray County 4-H Programs. All proceeds raised will benefit local 4-H Programs in the TRA 4 county area.

For more information about the Golf Tournament and how you can get involved, visit our website at: <http://tra.extension.colostate.edu/topic-areas/4-h/> or contact the Montrose Extension Office at 970-249-3935. Pre-Registration is recommended.

**BCB&GC RAFFLE:  
WIN A 2017 JEEP  
WRANGLER OR \$25K!***Special to Art & Sol*

REGIONAL-The Black Canyon Boys and Girls Club is holding a raffle! A 2017 Jeep Wrangler or \$25,000 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](mailto: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 Nov. 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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starts *with You*

## 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](http://www.MontroseHospital.com)  
or in the hospital administration office.



800 South Third Street, Montrose, CO 81401

970.249.2211

[MontroseHospital.com](http://MontroseHospital.com)



## COMMUNITY NEWS BRIEFS

### FREE BOOKS FOR KIDS: FRIENDS OF THE LIBRARY AWARD GRANT FUNDS TO CENTER FOR MENTAL HEALTH



#### Special to Art & Sol

MONTROSE-The Center for Mental Health is pleased to announce that it has received a grant from the Friends of the Montrose Library for \$2,400. In partnership with the Montrose Regional Library District these funds will be used to purchase books to give to children who have contact with the Center. The Library, through its outreach services, will provide books that have therapeutic value and tackle difficult topics like divorce, the death of a loved one, or experiencing traumatic events. The grant will also provide parenting resources and adventure books for fun and entertainment.

Research has proven the numerous benefits of reading for a child's developing brain. Reading increases imagination, children learn problem solving skills through storytelling, reading helps kids develop empathy, and reading relaxes the body and assists in calming the mind. Reading leads to increased academic success and the development of positive self-esteem. For children who have experienced difficulties in their early years, reading can assist them with the knowledge of how others have experienced similar challenges and thrived. Reading can also be an escape into an adventure in your mind. We are delighted to be partnering with the Friends of the Montrose Library and the Montrose Regional Library District to be able to offer free books to children and adolescents, and also their parents to assist them in reaching their goals.

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

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



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

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



www.voahealthservices.org  
www.Facebook.com/VOAWesternSlope.org  
**1-844-VOA-4YOU** Toll Free Assistance Line

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since 2010!  
970-275-0646.



# SAY WATT?

Make the switch to LED bulbs and you'll save energy and money. Plus, DMEA will give you cash back. Learn more about how DMEA can help you manage your energy use at [www.dmea.com](http://www.dmea.com).







## NOTES FOR THE JOURNEY...

Exploring Classical Music With Rob Brethouwer

### A RHAPSODY HEARD BEFORE, SOMEWHERE IN BLUE...

George Gershwin's Rhapsody in Blue is an iconic piece of American music that almost everybody has heard. Drop the needle at any point during the recording and within a minute something is going to sound very familiar. The name of the piece and the composer might not be at the tip of the tongue, but the sounds coming from the orchestra will be well known on some level. Rhapsody in Blue's use in commercials and throughout popular culture has been consistent for many decades.

The trilling sound of the clarinet sliding up the scale is the classic introduction that leads into the introduction of themes that we will hear during the entire piece. The score is for a small orchestra and piano soloist and at 1:05 we hear the first notes from the piano and they have a distinct jazz flair that is very American. At 3:01 the piano is pushing towards something more distinct and this comes at 3:41 when the orchestra plays in unison one of the great themes in American music. If an era such as the 1920's could have a distinct sound, it would very much be Rhapsody in Blue. The 4:30 mark is a perfect example of the blending of classical music and jazz. In this recording, which will be noted at the end, the 4:54 mark brings likely the most well-

known part of the piece, with the three slurred notes in the low brass leading directly into an earwig of a melody that will certainly stick with you for some time. If you are thinking, "where have I heard that before?" it is because you heard it in commercials for United Airlines during the late 1980's. This was the first time that a piece by George Gershwin had been licensed for commercial use. This section is catchy because the orchestra is in full force and the soloist is matching the force of orchestra with crushing chords. By 5:40 the melody has tapered off into some muted trumpets and another melody is introduced by orchestra and then picked up in a variation by the piano soloist. A jazz call and answer takes place until 6:42 when the piano takes over and the orchestra is providing absolutely minimal accompaniment. At 8:32 things have tapered off and it seems as if the piano soloist is done showing off and at 8:55 the woodwinds come back in and provide a more forceful accompaniment against the soloist. At 9:49 it is definitely obvious that the tone is about to change and this is proven to be true by 10:21 when the listener is transported to a smoky 1920's jazz club. Slow, easy, and laid back with no place to go. This point of musical relaxation does not

last of course and after a Lawrence Welk-like glissando moment at 11:22 we move into the rich melody of 11:49. This is another point where people immediately know that they have heard this tune somewhere. At 12:32 we hear a plaintive and wailing solo violin leading into the full orchestra providing waves of accompaniment to the chords of the solo piano. The melody is once again introduced at 13:56 but it seems to be losing interest and wanting to give itself over to another musical line that will take over to the conclusion of the piece.

This buildup to the conclusion begins at 14:51 with dancing notes in the piano and thumps from lower notes in the left hand while the right hand is busy with jazz like series of notes that dance across the high keyboard. At 16:04 things build even more towards, in this writer's opinion, the most exciting part of the composition at 16:55. Once again the orchestra and the soloist are in full force, with yet another melody that will take us to the conclusion of the piece, forcefully, with a final statement at 17:39.

George Gershwin - Essential Works  
[Saint Louis Symphony Orchestra, Leonard Slatkin, Cincinnati Pops Orchestra & Erich Kunzel](#)



*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](mailto:bgarcia@voa.org)





# MIRROR IMAGES...MUSIC ON THE GREEN 2017



One way to beat the heat this past weekend was the Volunteers of America Music on the Green concert at Riverbottom Park. Local bands donated their time, including Rachel Boschen and When to Roam, below left, and families listened to music in the shade. The Montrose Water Sports Park also offered a cool change for boaters, flaters and spectators.





# Weehawken Adult Summer





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



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



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



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



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



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

www.weehawkenarts.org



# Up Bear Creek by Art Goodtimes

## WE LOVE MUSHROOMS!



**Art Goodtimes with Rolley White's Lincoff Lookalike crew (photo by Rolley White).**

**MUSHROOMS UBER ALLES** ... Wacky iconic New York City mycologist Gary Lincoff dropped a small bomb at the 37th Annual Telluride Mushroom Festival last weekend ... All plants contain microscopic endemic mycelial hyphae – “fungal endophytes” -- with some plant species having up to 50 different mycological symbionts in their tissues. New microscopic breakthroughs have identified the mushrooms hidden up to now in all flora. Research suggests that these hyphae protect the host plant from infection by predatory fungi ... Which, together with the incredible target specificity of *Cordyceps spp.*, infecting insects and turning their insides to sporulated masses, has led Tradd Cotter of Mushroom Mountain in South Carolina to develop myco-pesticides, targeting individual insect pests rather than whole classes of bugs, as chemical toxins do. Developing myco-textiles. Fungal flip-flops. *Hypholoma* ink ... While addiction psychologist Peter Hendricks of Alabama explained how he was hard at work running psilocybin studies for treating cocaine dependency (psilocybin is the entheogenic alkaloid in “magic mushrooms”); identifying awe induction as the central feature of healthy entheogenic use; and citing cooperation -- along with mutation and natural selection -- as a critical component of Darwinian evolutionary change. Mushrooms being experts at trans-species cooperation ... And Giullana Furci of *Fundacion Fungi* in Chile advocated for an international political organization to begin



**Masked face Gary Lincoff with drum and the many Lincoff Lookalikes dressed in the mycologist's usual foray garb. (photo by Virginia Till).**

campaigns and lobby for fungal rights and good practices ... She, Lincoff and Shroomfest director Britt Bunyard are planning a Chilean mushroom tour next spring, and I've already signed up ... Shroomfest is a scientific conference that's morphed into a full-on festival. There was too much happening for one alone to take it all in ... I did get to moderate a panel discussion on “Psilocybin as Therapeutic: Past, Present, Future” with various Festival presenters. *Psilocybe spp.*, being my special interest. Their entheogenic properties captured my attention early in my post-seminary San Francisco days. Unfiltered ecstasy, and sometimes raw fear. It was reality unmediated, and I had to make thousands of ambiguous present-moment choices, near instantaneously. Sometimes a marvelous time and a few times terrifying. But always fascinating. And eventually, beneficial ... I think Tradd Cotter said it best for me, “Psychic surgery.” More therapeutic than recreational. With lots of prep and evaluation time in between sessions ... But, even beyond the lectures, if there's one thing that makes Shroomfest special



**Award-winning costume at the Telluride Mushroom Festival Parade (photo by Virginia Till).**

in my world, it's the annual parade. It probably helps that it usually happens around my birthday. This year's was a doozy. Gary Lincoff lookalikes flooded Colorado Avenue as the Amanitamobile returned from a year's sabbatical in a limestone cave. Sky-blue skies hosting cumulus in the vault above the box canyon. Baskets of mushrooms rolling into the ID tables. Ecstatic dancing and drumming on grass in Elks Park ... Fungophiles love mushrooms.

**BIG THANKS** ... Thank you Dan Collins and Olivia Coe of the Telluride Institute for making it all happen. Next year they're hoping to bring back lettuce-head Gary Lincoff; the legendary Paul Stamets of Fungi Perfecti; goddesses Kat Harrison of California, Ruthie Ristich of Massachusetts, and Katrina Blair of Durango; and possibly anthropologist Wade Davis. And the festival will be dedicated to American ethnobotanist Richard Evans Schultes.

# Up Bear Creek by Art Goodtimes



Filmmaker Louis Schwartzberg and Art Goodtimes (photo by Louis Schwartzberg).

**LOUIS SCHWARTZBERG** ... The award-winning nature cinematographer was in Telluride with his assistant Giles to interview various Shroomfest luminaries for a "Fantastic Fungi" film he is working on ...

Louis is an old friend of Telluride, having been here for MountainFilm (particularly back when Rick Silverman was festival director) ... If you don't know his extraordinary work (like his iconic stop-action footage of a hummingbird on a roll), visit his website at [MovingArt.com](http://MovingArt.com) or check his videos on YouTube.

**WEEKLY QUOTA** ... "Think of yourself as a virus with shoes." —Tradd Cotter, Mushroom Mountain, LLC.

**SIZIST ADVANTAGE** ... As a youngster, being small was not much of an advantage. Except that I was a small target. And I could run fast. Most of my life I've had to spend looking up to people. With

friends like Ian Bald of Placerville, that's a long ways up ... Now, it turns out, besides dwarf-tossing, there is an advantage to being small ... From the Sept. 2017 issue of *Scientific American* ... "Being taller is a risk factor for many cancers in both men and women and may account for one third of the great total cancer risk in men."

**LINES WEST** ... That's what Grand Junction's *Daily Sentinel* tags its poetry slot in its weekend OUT & ABOUT insert sandwiched between ads & Rock Cesario's *Triple Played* music column ... The week of June 30<sup>th</sup> they featured my poem "Spiders" — this week's new version our Talking Gourd.

## THE TALKING GOURD

### Spiders

Coming down the road from Placitas  
after wild leaf tea with Larry Goodell

I flash on the first time I made the grade  
up to the village -- 20 years younger

Anxious & excited. Not knowing what  
to expect from a poet I'd not yet met

And a tarantula caught my speeding eye  
So I pulled over. Walked it off the macadam

My first assist for a spider. A species far down  
the Linnaean ladder from wise old me. Or so

I'd thought. Been taught. Until here, high  
above the Rio Grande, but below

the Sandias, in the state where I was  
conceived, I fell in love at last

with what I'd always feared  
Finding kinship with the bug

kindom's burrowing predator  
Learning to match my gait

with the slow deliberate  
lumber of an insect



# COMMUNITY NEWS BRIEFS: RECREATION & WILDLIFE

## VOLUNTEER FOR ANNUAL OURAY BIRD COUNT AND BIRD BANDING PROJECT

*Special to Art & Sol*

REGIONAL-The Black Canyon Chapter of the Audubon Society is ramping up its fall activities with the Annual Ouray Bird Count and Bird Banding project at Ridgway State Park in early September. Local Audubon members will meet with all those interested in joining in the bird count at 8 A.M. in the Park Visitor Center parking area on Sept. 9 and 10. Those interested in the banding can come to the Dallas Creek Banding Station on the south entrance to the Park on Sept. 9 from 8:30-11 a.m.

Local Audubon members will lead birders of all abilities on a route from Colona to Ironton with stops at key migration sites including Billy Creek, the Banding Station at Dallas Creek, the Hummingbird House in Ridgway, Box Canyon, and Crystal Lake in Ironton. Last year more than 100 species were recorded. Participants are advised to bring a sack lunch and wear appropriate clothing to join the group for part of a day or the full tour. There are plans to carpool.

In addition to the bird count, the public is invited to Dallas Creek Banding Station at on Saturday, Sept. 9. For more than ten years, birds have been mist-netted, recorded, banded and released from the Dal-



*Bird bander Amanda Ziegelbauer shows a Wilson's warbler to a group of 6th graders during the bird banding program at Ridgway State Park. The public is invited to observe bird banding first hand at the open day on Sept. 9, 8:30-11 a.m. The program is sponsored by The Black Canyon Chapter of the Audubon Society, Colorado Parks and Wildlife, and the Bird Conservancy of the Rockies. Photo by Geoff Tischbein.*

las Creek site in cooperation with Colorado Parks and Wildlife (CPW), Bird Conservancy of the Rockies, and Black Canyon Audubon Society. Data collected over a two-week period is then used to better

understand migration routes and to assess the health of bird populations and habitat areas.

For more information contact Bruce Ackerman, [727-858-5857](tel:727-858-5857).



## Introducing Independent Living at The Homestead at Montrose

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

### Rent includes:

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

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

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



**Volunteers  
of America®**

## COMMUNITY NEWS BRIEFS: ARTS & CULTURE

### CEDAREIDGE HOSTS FREE SYMPHONY IN THE PARK SEPT. 9

#### *Special to the Mirror*

CEDAREIDGE-The Valley Symphony Association presents Valley Symphony Orchestra & Chorus in the 10th annual Pops in the Park concert event in Cedaredge on Saturday, Sept. 9 at 5 p.m. The event is sponsored by the Cedaredge Area Chamber of Commerce.

The community is invited to the Cedaredge Town Park for this free concert. Bring your lawn chairs or blankets and enjoy live symphonic and choral music in a family-friendly setting. Feel free to bring a picnic dinner, or enjoy take out from one of the many delicious restaurants in Cedaredge.

The orchestra and chorus will perform selections from "Pirates of the Caribbean" as well as Broadway and show tunes, and

patriotic and Americana tunes. "We're doing a nice variety and we're doing something for everyone to enjoy," said Concertmaster Debra TenNapel.

Now in its 10th year, the Symphony in the Park has grown to be a much-loved community event. TenNapel and Chamber board member Bruce Hovde concocted the idea of a symphony in the park in order to bring more music to the Surface Creek Valley. "Some people have never heard a live symphony before, and this is a great, family-friendly way to see live symphonic music," TenNapel said. Kids are able to play on the nearby park playground while adults can enjoy the music in the shady park - and maybe even dance if the mood strikes! TenNapel added the free concert is a way for the musicians in

the Valley Symphony Association to show their appreciation for the support of the local community. During intermission, you can purchase homemade treats, including pie, ice cream and root beer floats to enjoy. Proceeds benefit the Valley Symphony Association. Members of the Association will be on hand to give information about the upcoming season and season tickets.

If you miss this concert, the Valley Symphony Chorus and Orchestra will perform a second free concert at Cobble Creek Golf Course in Montrose at 5 p.m. on Sunday, Sept. 10.

Visit [www.ValleySymphony.net](http://www.ValleySymphony.net) to learn more about the Valley Symphony Association, or visit [www.CedaredgeChamber.com](http://www.CedaredgeChamber.com) or call 970-856-6961 to learn more about this event.

**"Without Understanding there can be no Compassion,  
without Compassion there can be no Love. -Jung"**



**MONTROSE FREE SPEECH**

**A place to Discuss, Learn, and Grow.**

**Find us on Facebook**



# COMMUNITY NEWS BRIEFS: ARTS & CULTURE

## PRESENTERS INVITED TO SEPT. 7 SHERBINO IGNITE EVENT

### *Special to Art & Sol*

RIDGWAY-Do you have a funny story? A passion you wish to share? Something that gets under your skin? Or really anything you want to talk about for five minutes? If you answered 'yes,' to any (or all) of the above questions, you are a perfect candidate to present at the Sept. 7 Ignite Sherbino event. Sherbino Ignite is all about fast and fun presentations. Speakers must build their presentations with 20 slides, each of which is shown for 15 seconds, giving each speaker five minutes of fame. Ignite presentation topics can be on almost anything, making the possibilities endless. For more information on the Sherbino Ignite event, or to sign up as a presenter, please email: [info@sherbinotheater.com](mailto:info@sherbinotheater.com).

## SHARE TRAVEL EXPERIENCES AT SHERB TRAVEL TALKS SERIES

### *Special to Art & Sol*

RIDGWAY-In a world filled with unique cultures and stunning destinations, nothing beats getting to share in the experience of travels to far-off, exotic places. The *Sherb Travel Talks Series* provides an opportunity for travel enthusiasts in the community to either share a travel experience, or to get the "inside scoop" of what

was learned and experienced during another's travels. In order to make the *Sherb Travel Talk Series* a special and 'worldly' event, the Sherbino needs YOUR travel experiences. Individuals who are interested in sharing, will have 10-15 minutes to present any aspect of their travels; i.e. cuisine, architecture, stories, fauna, flora, and etc. The Sherbino staff

can provide an auto-advancing power point template OR presenters can craft their presentation from scratch. If you are interested in presenting, please email, [info@sherbinotheater.com](mailto:info@sherbinotheater.com) for more details. The date for the upcoming *Sherb Travel Talks* is Aug. 31. Doors at 6:30 pm with talks starting at 7 pm. Entry by donation.

## ALPENGLOW COHOUSING GROUP MEETS IN RIDGWAY SEPT. 7

### *Special to Art & Sol*

RIDGWAY-The Alpenglow Cohousing Group of Ridgway invites the public to an open house Sept. 7 to discuss its progress toward building an intentional and sustainable community in Ridgway and to answer any questions that may arise. The group recently placed a contract on four acres of land just south of Sherman St., roughly between the Adobe Inn and the Cimarron Coffee Shop, and is now developing a site plan to include 20-24 homes and a common house to be shared by all

the cohousing community members.

The intent of the meeting is to explain to Ridgway residents the concept of cohousing so they have a better understanding of what to expect and to invite potential new members to join the group. Cohousing was first developed in Europe and provides people with similar interests the opportunity to plan and build the kind of community they desire with the people they want to share their lives with.

People living in cohousing communities often share many household items such as

gardening tools, lawn mowers, snow blowers, a common workshop, kitchen/dining area for common meals, an entertainment room and or whatever the group decides together they want. All members do own their own home.

The open house will start at 5:30 p.m. and is expected to be over by 8 p.m. Light refreshments will be served and there will be a short presentation with a video at 6:15.

For more information call Kathy Graff, 325-0405; [kathyg@ouraynet.com](mailto:kathyg@ouraynet.com).

## CELEBRATING LOCAL BEAUTY.



#montrosemirror



# FAME

FOCUS • ATTENTION • MEMORY EXERCISES

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

## *Did you know?*

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

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

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

**Michele Gad** is a **Certified DelGiaccio 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!*

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## Bite into those Palisade peaches

# It's just Peachy



Photo by Michael Lawton.

When you say something's "peachy," you mean it's better than just OK; in fact, it's terrific. And that's pretty much how you would describe a juicy ripe Palisade peach — a most splendid fruit. With peaches in season, here's what you need to know to buy, store, ripen, and feast on peaches all summer long and beyond. With the arrival of the famous Palisade peaches on area roadside stands and in the supermarkets, who can resist this seasonal favorite? But what to do with all that golden sweetness?

### How to Buy and Store Peaches

Look for plump fruit without bruises or shriveled skin. Depending on the variety of peach, the skin can be dark red to light blush to pale yellow. Whatever color the skin is, avoid fruit with a greenish tinge around the stem end indicating that the fruit is much too under-ripe. A ripe peach will give slightly when you press it gently around the stem, and will have a sweet aroma when you give it the sniff test. Nectarines tend to be firmer

than peaches, but they should still give a little when you press them lightly. Ripe peaches and nectarines can be stored in the fridge for up to a week; longer storage could damage the flavor and texture of the fruit. Now to the best part, how to eat these juicy treasures:

You just pick one up and bite into it, right? And don't forget to wipe off all the juice that dribbles down your chin. But like almost any fruit, peaches can be enjoyed either raw or cooked. Before you get started, you might want to see how to peel and slice peaches. If you are preparing peaches for a dish without the skin here's an easy way to do that:

In a medium saucepan bring water to a boil, reduce to simmer. Add whole peaches and leave in hot water from 30-60 seconds. Immediately remove and plunge into ice water in the sink. The skin will easily rub off with your fingers or use a paring knife to fully remove. Cut in half, remove seeds pit and slice or chop peaches.

Some ways to add peachy juiciness to your dishes:

Slice and dice them to add juicy sweetness to summer salads.

Churn them into ice cream and sorbet.

Drink them up in smoothies, sangria's, and cocktails.

### One to try – Peach Blossom Martini

#### Ingredients

6 parts peach vodka

1 part Dubonnet rouge

1 part maraschino liqueur

fresh peach slice

#### Mix

Combine liquids in cocktail shaker with cracked ice and shake well. Strain into a chilled cocktail

glass and garnish with peach slice. Delicious.

Mix them up with spicy extras to make sassy salsas and sauces

Bake them into cobblers, pies, cakes, and muffins.

Fire them up on the grill.

Pair them with meats and fish in savory peach recipes.

One of the simplest and most delicious recipes for peaches:

### Fresh grilled peaches with ice cream

#### Ingredients:

Fresh ripe peaches

Vanilla ice cream

Simply half fresh peaches, remove pits, spray outside with small amount of non-stick spray, such as Pam, and put a small half teaspoon of butter in the well. Place on medium to low grill and cook until peach begins to color and is softened. You can flip and grill on the topside also if you wish but it really isn't necessary. Carefully remove from grill, place on dessert plates and add a small scoop of vanilla ice cream in the center. This dish really doesn't need anything else but you can dress the peach and ice cream with drizzled chocolate, caramel, a sprinkle of cinnamon, or whatever you wish. Serve immediately.

### Peach Cobbler

A summer favorite and always a winner.

I'm going with the recipe my mother taught me. It's really simple and is sure to please your family and guests. Give it a try.

#### Ingredients:

4 cups sliced fresh peaches (peeled or not, I leave on the peel)

½ cup packed brown sugar

4 teaspoons cornstarch

¼ teaspoon ground mace, nutmeg or cinnamon (whatever you have on hand).

½ cup water

1 tablespoon lemon juice

1 tablespoon butter or margarine

#### Biscuit topper:

1 cup flour

2 tablespoons granulated sugar

1 ½ teaspoons baking powder

## *It's just Peachy From previous pg*

¼ cup butter or margarine

1 slightly beaten egg

¼ cup milk or light cream

Heat oven to 400 degrees

For filling:

In a medium saucepan combine brown sugar, cornstarch and seasoning. Add ½ cup water. Cook and stir over medium heat until thickened and bubbly. Add peaches, lemon juice, and butter or margarine. Heat through and turn fruit mixture into 8x1 ½-inch round baking dish or 1 ½ quart casserole. Set aside.

For biscuit topper stir together flour, sugar, baking powder and ¼ teaspoon salt.

Cut in the butter or margarine until it resembles coarse crumbs. Combine the egg and milk and add all at once to dry ingredients, stir just to moisten. Spoon biscuit mix onto hot fruit filling in 8 mounds. Bake in 400 degree oven about 20 minutes. Serve warm with light cream, whipped cream or ice cream. Yum! Tastes just like mom's.

### **Canning and preserving:**

This is the way you can have that fresh peach taste all year long. Don't be afraid to try your hand, it isn't rocket science. And, hey, if your peach jam turns out a bit juicy-- like mine does sometimes -- you can always call it peach sauce and put it on waffles or pancakes or ice cream. It'll still taste terrific. Here's a basic recipe from the Ball Blue Book "Guide to Preserving":

#### **Peach preserves**

Ingredients

4 cups sliced, pitted, peeled peaches (2-5 pounds)

6 tablespoons classic pectin

2 tablespoons lemon juice, fresh or bottled

7 cups sugar

½ teaspoon cinnamon (if desired)

Prep: Wash peaches, drain. To peel, blanch in boiling water for 30-60 seconds, immediately transfer to cold water (add a few ice cubes) rub off peel. Cut peaches in half, remove pits. Cut peaches into thin slices.

Cook:

Combine sliced peaches, pectin and lemon

juice in large saucepan. Bring to a boil stirring to blend in pectin. Add sugar and cinnamon if using, stirring until sugar dissolves. Bring to rolling boil that cannot be stirred down. Boil hard for just 1 minute stirring constantly. Remove from heat and skim off any foam if necessary.

Fill:

Ladle hot preserves into a hot jar, leaving ¼ inch head-space. Remove air bubbles with clean knife or plastic tool. Clean jar rim. Center lid on jar and adjust band to fingertip-tight. At this point you can refrigerate the preserves or process in a boiling water bath.

Process:

Place jar on rack in boiling-water canner with simmering water. Repeat until all jars are filled. Lower the rack into simmering water with water covering jars by 1 inch. Adjust heat to medium-high, cover canner and bring water to rolling bowl. Process ½ pint jars 10 minutes. Turn off heat and remove cover. Let jars cool 5 minutes in pan. Remove from canner. Set on counter covered with kitchen towel. Do not re-tighten bands if loose. Cool 12 hours. Check seals. Label and store in a dark, cool place. Enjoy!

#### **Brandied Peaches**

Another way to enjoy peaches is to brandy them. This is pretty easy and is a spectacular dessert after a dinner party, plop on a scoop of ice cream if you like.

Ingredients

4 – 5 pounds smallish peaches (about 16-20 small)

Fruit-Fresh produce protector

6 cups sugar, divided

1 teaspoon salt

1 quart water

¾ cup peach brandy

Prep: Wash peaches, drain. Peel peaches by blanching in boiling water 30-60 seconds, transfer to cold water (add a few ice cubes). Rub peel off. Treat with Fruit-Fresh to prevent darkening.

Cook: Combine 3 cups sugar, salt, and water in large saucepan. Bring to a boil, stirring until sugar dissolves. Drain peaches and gently boil peaches in syrup, one layer at a time for 5 minutes until hot through. Transfer cooked peaches to a

large bowl. Boil syrup 5 minutes, pour hot syrup over peaches. Cover peaches and refrigerate 12-18 hours. Drain peaches, reserving syrup. Combine syrup and 3 cups syrup in large saucepan. Bring to a boil, stirring until sugar dissolves. Pour hot syrup over peaches. Cover peaches and refrigerate 12-18 hours. Gently boil peaches in syrup until hot throughout.

Fill: Pack hot peaches into a hot jar, leaving ½ inch head-space. Add 4 tablespoons peach brandy. Ladle hot syrup over peaches leaving ½ inch head-space. Remove air bubbles with clean knife or plastic tool.

Clean jar rim. Center lid on jar and adjust band to fingertip-tight. Place jar on rack elevated over simmering water in boiling-water canner, repeat until all jars are filled. Now, you can refrigerate the jars/ freeze the product in sealed bags or jars or process them in a boiling-water bath. Process: Place hot jars in the canner. Lower the rack into simmering water. Water must cover jars by 1 inch.

Adjust heat to medium-high, cover canner and bring water to a rolling boil. Process pint jars 10 minutes. Turn off heat, remove cover and let jars cool 5 minutes. Remove jars from canner, place on towel on counter to cool; do not re-tighten lids. Cool 12 hours. Test seals, label and store jars. Note: brandied peaches will be full-flavored in about 4 weeks.

There just is no excuse not to use the beautiful fresh peaches available this time of year. If you happen to have a peach tree it's a no-brainer. Lucky you.

#### **Dried Peaches**

Another way to preserve these luscious peaches is by using a dehydrator and drying the peaches for later use. This makes delicious snacks or is a great way to reconstitute and use peaches in cooking later. You can even make peach jam with dried peaches.

#### **Facts:**

*A medium peach (about 150 grams) contains about 59 calories and 15 grams of carbohydrates (2 grams dietary fiber and 13 grams sugar). While peaches are a good source of fiber and vitamins A and C, they do tend to be a sugary fruit.*



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

**MONTROSE SENIOR CENTER LUNCH & LEARN:** \$3 lunch & Learn, admission to program, is free. Lunch \$5. 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 3<sup>rd</sup> Thursday of the month. Meeting location - Red Cross Training Center, 5<sup>th</sup> and Gunnison in Grand Junction, 6:15 p.m.

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

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

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

## MONTHLY-

**Aug. 29**-Join Alpine Bank and Colorado Document Security for the Annual Free Community Shred Day on Aug. 29, from 11 a.m. to 1 p.m. at 120 South Pine Street in Telluride. Donations welcome for EcoAction Partners.

**Sept. 7**-Do you have a funny story? A passion you wish to share? Something that gets under your skin? Or really anything you want to talk about for five minutes? Sherbino Ignite is all about fast and fun presentations. Speakers must build their presentations with 20 slides, each of which is shown for 15 seconds, giving each speaker five minutes of fame. Ignite presentation topics can be on almost anything, making the possibilities endless. For more information on the Sherbino Ignite event, or to sign up as a presenter, please email: [info@sherbinotheater.com](mailto:info@sherbinotheater.com).

**Sept. 7**-The Alpenglow Cohousing Group of Ridgway invites the public to an open house Sept. 7 to discuss its progress toward building an intentional and sustainable community in Ridgway and to answer any questions that may arise. The open house will start at 5:30 p.m. and is expected to be over by 8 p.m. Light refreshments will be served and there will be a short presentation with a video at 6:15. For more information call Kathy Graff, 325-0405; [kathyg@ouraynet.com](mailto:kathyg@ouraynet.com).

**Sept. 8-10**-Mountain States Ranch Rodeo, Montrose County Fairgrounds. Visit [mountainstatesranchrodeo.com](http://mountainstatesranchrodeo.com) for more information and full schedule of events.

**Sept. 9**-The Black Canyon Chapter of the Audubon Society is ramping up its fall activities with the Annual Ouray Bird Count and Bird Banding project at Ridgway State Park in early September. Local Audubon members will meet with all those interested in joining in the bird count at 8 A.M. in the Park Visitor Center parking area on Sept. 9 and 10. Those interested in the banding can come to the Dallas Creek Banding Station on the south entrance to the Park Sept. 9 from 8:30-11 a.m. For more information contact Bruce Ackerman, [727-858-5857](tel:727-858-5857).

**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](http://www.ocpag.org) or at the door. Part of the 2017 Dave and Mary Wood Classical Concert Series.

**Sept. 10**–Savor the Flavor of the San Juans Fourth annual home and chef showcase from 10:30 a.m. to 4 p.m. Sept. 10. Tour your way through seven wonderful properties, whose luxurious kitchens will host area chefs. Toast the Tour from 1-4pm at The Ute Indian Museum with local beer, wine, cider and desserts. Tickets costing \$35 will be available online at [www.valleyfoodpartnership.org/savorthesanjungans](http://www.valleyfoodpartnership.org/savorthesanjungans) and at the following Montrose locations: The Bridges Golf Shop, Timberline Bank, Montrose Farmers Market, and Tiffany, Etc. After August 31<sup>st</sup>, ticket prices increase to \$40.

**Sept 15**-Join us at 6:30 pm; Circle Three Cowboy Fellowship will present "The Kempters" a homemade gospel band at our facility 62885 LaSalle Rd., Montrose, CO. Open to the public with love offering.

**Sept. 16-17**-Third Annual Montrose County Tribute to Aviation, 9 a.m. to 4 p.m. at Montrose Regional Airport.

**Sept. 16**-The 2<sup>nd</sup> Annual Log Hill Hustle will be Sept. 16. This USATF sanctioned 5K and 10K fun run is great for walkers, runners, and baby strollers! Adults are \$25; children \$10. Same day registration is \$30 for adults. Register at [www.fortunatierra.com](http://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.

**Sept. 23-Final Competition**, Altrusa Voice of the San Juans. For tickets visit <https://thevoicesanjungans.wordpress.com/>. Montrose Pavilion, VIP cocktail party @ 5 p.m. , performances at 6:30 p.m.

**Sept.23-24**-The Sneffels Fiber Arts Festival takes place in Ridgway.

**Oct. 1**-Join the Montrose Community Band on Sunday, Oct. 1st at 3 p.m. in the Montrose Pavilion Auditorium for a free concert. The concert entitled The Color of Music will feature various styles of music with a color in the title. For more information visit [www.montroseband.com](http://www.montroseband.com) or call 970-596-1188.

**Oct. 21-7:30 p.m.** – JAYME STONE'S FOLKLIFE at the Wright Opera House in Ouray. Sea island spirituals, Creole calypsos and stomp-down Appalachian dance tunes. Presented by the Ouray County Performing Arts Guild. Tickets, \$20 adults, \$5 students 18 & under, at [www.ocpag.org](http://www.ocpag.org)

**Nov. 6**— Montrose Giving Club at the Bridges of Montrose, 5:30 p.m. Quarterly Giving Club meetings for 2017 are scheduled for Feb. 6, May 1, Aug. 7, and Nov. 6, and are open and inclusive to all. For more information contact Hansen @ [sue@suehansenspeaks.com](mailto:sue@suehansenspeaks.com) or Benziger @ [phebenator@hotmail.com](mailto:phebenator@hotmail.com).

# Give Back Days

## At Mi Mexico Mexican Restaurant

Come enjoy a delicious meal and we'll donate 20% \*  
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*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.*

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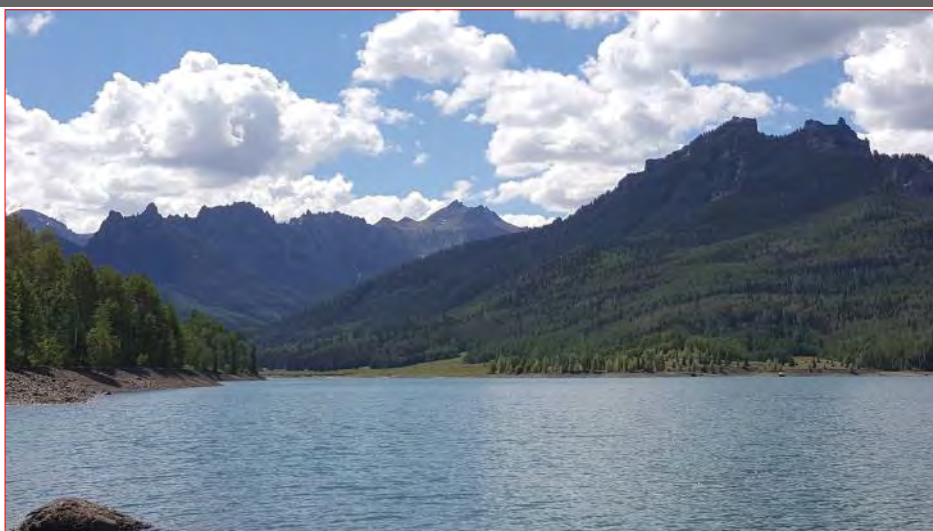


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*Top right, Silverjack Reservoir, photo by Leslie Jones; below right, the official truck of the 2017 Mountain States Ranch Rodeo (MSRR) series...a 2017 Toyota Tundra, 1794 Model....loaded! Pictured also are Ross Turner and Kent Wollert (courtesy photo). Below left, a paddle boarder escapes the heat Saturday at the Montrose Water Sports Park during the Music on the Green event. Mirror staff photo.*



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