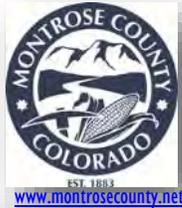


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# THE MONTROSE MIRROR

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

Issue No. 240 Oct. 2, 2017

## COLORADO YURT COMPANY MEETS GROWING DEMAND FOR AFFORDABLE HOUSING; GREENER LIFESTYLES



*Colorado Yurt Company Marketing Director Ivy Fife at the company's headquarters in Montrose.*

By Caitlin Switzer

MONTROSE—One of Montrose's best-known businesses maintains a quiet presence at 28 West South Fourth Street, amidst a complex crowded with yurts, tipis and and tipi poles. [Colorado Yurt Company](#) began in the 1970's as Earthworks Tipis, and has since evolved into a major industry competitor with a worldwide clientele and a fast-growing Facebook following of more than 36,000 subscribers. "We are growing," Colorado Yurt Company Marketing executive Ivy Fife said. "In the last few years we have had some really high-profile projects.

"We still want to make everything here in Montrose."

Clients have included Coachella Music Festival, Telluride Ski Resort, and the Manitoba Parks System in Canada, among others.

"We are featured on [Tiny House Hunters](#)," Fife said. "We are not the biggest, but we are among

[Continued pg 14](#)

## 2018 CITY BUDGET MEETING: DESPITE CRIME WAVE, MPD STAFFING STILL DOWN, SQUAD CAR LIVES EXTENDED

By Gail Marvel

MONTROSE—On Monday, Sept. 25, the City of Montrose staff met for more than eight hours with city council to go over the 123-page 2018 draft budget. City Manager Bill Bell said, "This is not the final budget by any means. This is very early on. In October we will present the rough final draft. In November and December, we will adopt the actual budget."

The marathon session began with an overview. Bell said, "This is so we have the big picture of expenses and capital projects and we'll work our way

[Continued pg 5](#)



*Montrose City Manager Bill Bell and Finance Director Shani Wittenberg gave an overview of expenses and capital projects prior to city council hearing the in-depth discussion on the 2018 Proposed Budget. Councilwoman Barbara Bynum, who is on vacation, will be briefed at a later date.*

*Photo by Gail Marvel.*

in this issue

**Michele Gad**  
*F.A.M.E.!*

**Art Goodtimes**  
*Up Bear Creek!*

**Rob Brethouwer**  
*On Classical Music!*

**Rocky Mt. Cravings**  
*with Carole McKelvey!*

**Fall photo Tips:**  
*Michael Lawton!*

## GAIL MARVEL'S HOUSES OF WORSHIP: THE CHURCH @ MUSEUM OF THE MOUNTAIN WEST

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-Ten worshippers assembled for the Aug. 20, 2017 inaugural service of The Church at the Museum of the Mountain West. On the 3<sup>rd</sup> Sunday of every month, The Church meets at the museum and on the remaining Sundays the group gathers at the home of pastors Dave and April McGahhey. The Church, described as Full-Gospel, five-fold, is associated with Pentecostalism and Charismatic Christianity (spiritual gifts and divine healing). The term five-fold is rooted in Ephesians 4:11 where Paul wrote, "It was he who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers..." (NIV). People interested in joining this fellowship are encouraged to discover their gifts and their calling by taking a 100-question spiritual gift assessment.

Pastor April opened the service, "We are blessed to be a blessing. What we have is ours to give. We are to show the Gospel of Jesus Christ and give it away. My house is not mine, it's the Lord's."

Rather than taking up an offering for the church Pastor Dave said, "The Museum of the Mountain West gave us the opportunity to use this facility, so if the Lord puts it on your heart to give, write a check and make it out to the museum and it will still be tax deductible."

Worship leaders Dave Boyd and Ray Tandeski played guitars while the occasional sound of a tambourine could be heard coming from the back of the room. April said, "You are welcome to the flags and banners, dance, whatever you feel comfortable with in freedom." Praise song selections included, "Lord I Lift Your Name



on High," "Going to See Our King," "I'm Forgiven" and "To Be a Living Sanctuary."

For his sermon, "Flow of the Holy Spirit in the Presence of the Lord," Pastor Dave began, "How real is Jesus to you? I have seen Jesus show up in services. We need to experience him to manifest the Spirit."

The pastor mentioned four ways to feel the presence of the Spirit and have life more abundantly. 1) The direct flow of the Holy Spirit within us, "My spirit is perfect because the Holy Spirit is perfect and His Spirit resides in my spirit." 2) Corporate worship with an out flowing of the Holy Spirit when he wants to release it, "You can feel the presence of God sometimes when you walk with flags." 3) Personal Presence of the Lord, "I've seen Jesus literally come and touch people in a small group Bible study. His touch will heal. He is our best friend." 4) Extension of glory cloud for specific purpose, "When you are expecting joy of the Lord you want to come in expecting and go out expecting."

In preparation for the Lord's Table, Pastor April went into great detail to put Communion in historical context and

spoke about Passover and the Feast of Unleavened bread, Moses, and the sacrifice of a lamb. "Some churches just want to use the New Testament, but we use the whole Bible." Holding up her Bible she said, "This is the Word of God...the whole thing. Jesus is in the Old Testament as much as he is in the New Testament. Jesus was the sacrificial lamb and by his blood we are saved."

During the altar call a husband and wife went forward and received prayer, laying on of hands and anointing with oil. When no one else responded the leadership approached people in their seats. It didn't take long for me to realize that if you didn't go to the altar, the altar just might come to you!

*Contact Information:*

*The Church (Museum of the Mountain West)*

*68169 Miami Rd  
Montrose, CO 81401*

*Full Gospel – 5-fold church  
Every 3<sup>rd</sup> Sunday, worship 10:30 a.m.  
Pastors Dave and April McGahhey  
719-839-0713*



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

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## REGIONAL NEWS BRIEFS

### JOIN SOM FOOTWEAR FOR IN-DEPTH TOURS OCT. 6

*Special to the Mirror*

MONTROSE-SOM Sense of Motion Footwear will celebrate Manufacturing Day on Friday Oct. 6th. SOM Footwear will offer two in-depth tours of its Montrose Factory, following the process of shoemaking from concept to finished product. Visitors will have the opportunity to watch the

processes in action throughout. The tour will end with a brief discussion the challenges and successes of Manufacturing in the USA. The public is invited to join for these special, in-depth tours at either 8:30 am or 11 am on Friday Oct. 6th. The tour is at the SOM Footwear Factory 1006 N. Cascade Avenue in Montrose, CO, and will

last approximately 1.5 hours. Space is limited so reserve your spot before Oct. 4 by sending an email to [som-team@som-footwear.com](mailto:som-team@som-footwear.com) Manufacturing Day<sup>SM</sup> (<http://www.mfgday.com>) is a celebration of modern manufacturing meant to inspire the next generation of manufacturers.

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# REGIONAL NEWS BRIEFS

## COMPLETION OF RAMP UP! PROJECT A MILESTONE FOR RIDGWAY



Ridgway before (left) and after Ramp Up! Ridgway. Courtesy photos.

*Special to the Mirror*

OURAY COUNTY — The Town of Ridgway has proven once again that it's "the town that refused to die," as the community celebrates the completion of a two-season construction project funded in a RAMP\* partnership by Colorado Department of Transportation (CDOT), the Colorado Department of Local Affairs and the voters of the Ridgway community. Voters passed a 2014 ballot initiative that increased property taxes and allowed the Town to bond for the improvements.

Ridgway residents gave the initiative significant approval with 76 percent of the voters authorizing the bond for the project. "The completion of this project is a historic milestone for Ridgway," said John Clark, Ridgway Mayor. The project contractor, American Civil Constructors (ACC) and CDOT are in the process of demobilizing from the mountain town following a few final tasks and wrap-up jobs. The successful completion of the Colorado Highway (CO) 62 "Ramp Up! Ridgway" project includes storm drainage and traffic capacity enhancements to the state highway which runs directly through the town. Improvements within the footprint of the historic downtown include paved side roads, new sidewalks and improved storm drainage. This project represents the first major downtown investment since the town's inception in 1890. Work also includes aesthetic features such as benches, street lighting, artistic pedestrian light bollards, public art, decorative cross walks and landscape.

ACC began this project in April 2016 and wrapped up in mid-September 2017. While the main construction team has demobilized, residents may still see some minor activity and operations with the final installation of street lights on SH 62 scheduled to occur in early October.

For additional background information about the Ramp Up! Ridgway Project visit: [www.codot.gov/projects/](http://www.codot.gov/projects/)

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## **CITY BUDGET: MPD STAFFING STILL DOWN From pg 1**

to other divisions." Throughout the meeting, discussion and comments were woven into the budget presentation narrative.

Bell said, "In the last four to five years there has been zero dollars spent on duplexes and multi-family development. We now have a couple of developments starting. One behind Wal-Mart and the other in the Urban Renewal Authority (URA)."

A notable change for the 2018 budget is the implementation of Facility Internal Service Fund, which is described as a work in progress. In essence, each department will pay into the service fund for utilities, floor space, etc. Director of Innovation and Citizen Engagement Virgil Turner said, "It is a cost reimbursement to charge departments what it costs to run their business [department]. There is no net change, but it takes some pressure off the General Fund by allocating expenses to Enterprise Funds."

While every department is affected, Turner said it is not an increase to departments, nor a net increase to the actual budget. Bell said, "Enterprise Funds should pay their own way."

Mayor Judy Ann Files questioned a \$25,000 line item for office furniture. Turner explained it is an upgrade that coincides with the remodel of the Centennial Room and the Cascade Room. Turner said, "We will start the remodel in 2017 and finish it in 2018."

The Fleet Internal Fund includes such items as police vehicles, city staff vehicles, golf course carts, fuel and oil. Bell said, "The golf course is unique. [When first acquired] we loaned money from the fleet fund to the golf course because they had no money." In 2018 the city will purchase a \$60,000 golf tractor of which \$22,000 will be recovered from the fleet fund and the remainder will come from the golf course capital improvement fund.

The life of police squad cars is being extended. Bell said, "We want to try to get as much as we can out of our vehicles and are requiring our divisions to work together. Every department needs a tractor, but we can share." The city will purchase two more electronic message boards at \$15,000 each. Bell said, "We talk regularly

about cost sharing with the county (salt, sand, gravel, etc.). Our relationship is really good and we try to meet monthly."

Informational Technology Service (IT) is tracking 700 devices. Shared services (PCs, service and maintenance) increased from 100 up to 250. The IT Department has shared service agreements with: All Points Transit, Montrose Recreation Center, WestCo Dispatch, the City of Delta and PIC Place (health care services). Bell said, "We are not losing money on shared services." The city will take over Wi-Fi services from Abrams.

City Engineer Scott Murphy presented capital improvement and street maintenance projects. Currently the city has more than \$40 million in deferred maintenance to streets; data from the most recent household survey indicates streets and traffic congestion are citizen priorities. To address the issue of street maintenance the city staff proposes an outside funding source and borrowing \$10 million through Certificates of Participation (COP). Nine banks have shown an interest and are now competing for the COP.

Out of the \$10 million borrowed through COP, \$5 million will be used to catch up on citywide major street maintenance. However, the \$5 million will not all be spent in 2018, but rather it will be spread out over a two to three-year period. Murphy said, "We'll start with \$3,000,000 for 2018. The exact projects on the list could change. It will give engineering and streets flexibility to do it the right way."

The remainder of the borrowed \$10 million, \$4.8 million, will go for new street infrastructure within the Urban Renewal Authority (URA) boundary — public improvements such as streets, curb, gutter, and sidewalks. Infrastructure expenses will be paid back by Tax Increment Finance (TIF) revenues from the URA. In a clarifying email Bell wrote, "This will provide the necessary public improvements to prompt over \$15 million in private development such as Marriott hotel and several industrial buildings and restaurants."

The 2018 budgeted expenditure piece for URA infrastructure (water and sewer and streets), is \$6.75 million and funded in part by a loan from the Water Fund. Mur-

phy said, "Roadway and infrastructure for Phase I will go out for bid in January." The URA pays Murphy's salary for the engineering work associated with the URA.

The Hillcrest extension, a \$2.1 million project, does not include the \$800,000 sewer project that will go under the road. Murphy said, "It just happened we could do it [sewer] with the Hillcrest extension." The sewer project will benefit development south (Bridges, Brown Ranch).

The proposed Hillcrest extension has met with resistance from residents in subdivisions who are concerned with increased traffic and safety in their neighborhoods. Citizens have submitted signed petitions (about 300 signatures), attended council meetings and work sessions, and made a brief appearance at the beginning of the budget meeting. Concerned citizens have asked council to consider doing the Woodgate extension in conjunction with the Hillcrest extension; however, the property needed for the Woodgate extension has yet to be negotiated. By all appearances the city council and city staff will move forward with the proposed Hillcrest extension, but council must first adopt the 2018 budget.

Restrooms at Riverbottom Park (total of \$550,000) will be constructed by the end of 2018. The kitchen floor at the Black Canyon Golf Course restaurant will be replaced and a new drain system installed.

There will be no funding for winter transportation for the homeless in the 2018 budget. Bell said, "I'm not budgeting for social services. That's a county issue." Last winter the city removed the homeless camps from city property, "Basically we helped provide transportation [to Olathe for housing], but it was a onetime situation."

Business Innovation, which attracts businesses to Montrose, includes administration of the Main Street Program. Director of Business Innovation Chelsea Rosty is also the Executive Director of the Chamber of Commerce and the combined offices are housed in the Proximity Space. Sixty-percent of Rosty's \$70,000 a year salary is paid by the city and 40 percent (including benefits) is paid by the Chamber of Commerce. Bell said, "It saves both of us some money and it is working."

# CITY BUDGET: MPD STAFFING STILL DOWN

## From previous pg

Communications Director David Spear has resigned and his last day will be Oct. 19<sup>th</sup>. Assistant City Manager Rob Joseph said, "We are talking to David about doing some contract work."

The Patrol Budget was presented by Chief of Police Tom Chinn, "The department is down by three positions. We know it costs about \$11,000 a person to attend the academy and a certain percentage fail after the academy." In the last four years there was only one month

when the police department was 100-percent fully staffed.

During the downturn in the economy (2008) the city opted to use more seasonal workers, which offered flexibility and savings on employee benefits. However, with input from employees the city will pursue more full-time employees. Bell said, "With the economy getting better it is harder to hire seasonal workers."

Office of Business and Tourism (OBT) Director Rob Joseph reported this depart-

ment will increase the number of Visitors Guides from 80,000 to 100,000. Joseph discussed tourism, promotion and advertising, "We are moving away from working with Abrams and doing more stuff in-house."

The 2018 City of Montrose proposed budget totals \$57,585,644 and is broken down by Operating/Personnel \$14,154,049.00; Operating/Non-Personnel \$25,445,305.00; and Capital Outlay \$17,986,290.

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## OPINION/EDITORIAL: LETTERS

### **LIBRARY SHOULD HAVE THE RESOURCES TO PROVIDE SERVICES TO ALL**

*Editor:*

When I was learning to read, we got our books from a Bookmobile. Every week, we'd walk two blocks to where the bookmobile stopped, pick up new books and return the old ones. I remember the Bookmobile fondly, because it helped me at a formative time in my life. Our library district should be given the resources to provide such services to young (and old) learners today. In the last ten years, the library's Bookmobile services have declined by 71 percent. This has been a serious blow to our homebound and rural residents of all ages. Olathe, which has no branch library, only receives Bookmobile visits a couple of times a month, while senior living centers are not served at all. Please help our library do its job: vote yes on the library bond issue in November!

*Dave Batten, Montrose*

## REGIONAL NEWS BRIEFS

### **CRIME STOPPERS ALERT: HELP I.D., LOCATE, STOP BURGLARS**

*Montrose Regional Crime Stoppers*

MONTROSE-Montrose Regional Crime Stoppers, Inc. and the Montrose County Sheriff's Office are seeking the help of citizens to identify and locate the suspect(s) and stolen property taken in any of the burglaries that have occurred over the past several months. Over the last couple of months, the Montrose County Sheriff's Office has investigated a rising number of area burglaries. The items taken have included firearms, tools, and antlers. Anyone with information about this or any other crime may call Crime Stoppers anonymously at 970-249-8500, use the mobile app P3 Tips, or provide information via P3tips.com. Crime Stoppers wants your Information, not your identity. If the Tip results in an arrest, the Tipster may receive a cash award.



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## REGIONAL NEWS BRIEFS



### **ANGELL RESIGNS; TERI WATKINS TO SERVE AS MONTROSE COUNTY INTERIM EMERGENCY MANAGER**

*Special to the Mirror*

MONTROSE-Don Angell has resigned as Emergency Manager for Montrose County. Teri Watkins (pictured at left), Emergency Preparedness and Response Coordinator and HHS Administrative Support Manager, is now the Interim Emergency Manager for Montrose County.

**WAKE UP...**

and smell the ~~coffee~~ **NEWS!**

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# OPINION/EDITORIAL: LETTERS

## TEN REASONS TO VOTE YES FOR LIBRARY FUNDING INITIATIVE

To the Voters of Montrose County:

Here are ten reasons why you should vote "YES" on the Montrose Regional Library funding initiative:

**You have pre-school kids.** You want them to have fun and meet other kids. In the library's Children's Room, they can listen to stories, read to a therapy dog, or sing!

**You have school-age kids.** You want them to answer their homework questions correctly. The library offers resources for Math Help, Homework Help, Language Help, and more.

**You have teenagers.** You want them to do something besides play video games. Check out the library photos sent in by teens from all over the state: <http://www.montroselibrary.org/montrose-young-adult>

**Your car is sick.** The library offers the Chilton Library of auto repair information. (Includes wiring diagrams!).

**You are driving across Nebraska and don't want to die of boredom.** The library has 2,349 audiobooks.

**You don't want people at the grocery store to see you reading People magazine.** You can hide it in a copy of *Men's Health* and read it in front of the library's cozy fireplace.

**You're broke.** Two movie tickets cost \$18.50. Make popcorn at home instead and check out one of library's 4,289 DVDs.

**Your internet is so slow that it may be powered by squirrels.** The library has computers and superfast internet.

**You want Montrose to look great.** The library is building is beautiful and needs care.

**You just like books, lots of books.** The library has LOTS and LOTS of books.

These programs, and more, are free to you, but staff and heating bills need to be paid. The library budget is balanced now because the staff has cut hours, services, and their own salaries. This initiative is the library's ONLY source of funding.

Be smart, be fair, and VOTE "YES" for YOUR LIBRARY.

Sarah Combs, Montrose

## REGIONAL NEWS BRIEFS

### MEET JOE SALAZAR CANDIDATE FOR ATTORNEY GENERAL

Special to the Mirror

MONTROSE-Please join us for a Meet and Greet with Candidate Joe Salazar, running for the office of Colorado Attorney General to talk about what you expect from an attorney general. Friday, October 6th, 10:30 am in the Coffee Trader garden, 845 E Main St, Montrose, CO 81401.

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October 7: Write to be Read with Alissa Johnson in Ridgway



October 14 & 15: Introduction to Kiln-formed Glass with Diane Quarles in Montrose

October 14: The Business of Art: How to Grow Your Business Online with John Clark in Ridgway



October 16: The Hobbit Youth Musical Theater 5 Week Program Begins in Ridgway

November 4: Intro to Line Drawing with John Mitchell in Montrose



November 4: Introduction to Silversmithing with Tracey Belt in Ridgway

November 11: Watercolor & Value: Creating a Mood Painting Workshop with Peggy Morgan Stenmark



November 18: Kiln-formed Glass Ornament Design and Production with Diane Quarles in Montrose

## REGIONAL NEWS BRIEFS

# **MONTROSE REGIONAL CRIME STOPPERS RECOGNIZED BY CRIME STOPPERS USA**

*Special to the Mirror*

MONTROSE-While only three years old and operating in a small community with volunteers, MRCS was invited to be a major presenter at the Crime Stoppers USA Annual Training Conference in Honolulu. John W. Nelson, President and joint founder of MRCS, in addition to addressing the member programs on the unique challenges of operating a smaller program, was sworn in as a Director of Region 11 (CO, Utah, AZ, and N. Mex.) and as a Director of C.S.USA. C.S.USA is an umbrella organization with more than 300 independent Crime Stoppers programs throughout the nation. It maintains program statistics on criminal arrests and other indicia of the concept's successes. It also holds numerous training sessions for best practices for successful program operations.

MRCS receives anonymous Tips on past crimes, criminals and fugitives via an untraceable telephone number (970-249-8500), mobile app P3Tips, and website P3Tips.com. The Tipster remains anonymous and if the Tip results in an arrest, the Tipster may receive a cash reward, payable anonymously at Alpine Bank on S. Townsend. In its three years, MCRS has awarded more than \$6,000 in rewards, caused the arrest of more than 35 criminals and fugitives, and cleared more than 70 individual charges.

While area law enforcement is dedicated, highly trained and professional, local agencies are generally underfunded and understaffed. Those circumstances, when paired with a rising regional crime rate, makes the Crime Stoppers program critical for maintaining a peaceful and safe environment in which to live, work and raise a family. MRCS is an I.R.C. 501 (c)(3) Colorado non-profit corporation. Tax deductible donations may be sent to MRCS at 434 S. First St., Montrose, CO 81401.

MRCS stands guard over our communities 24 hours a day, seven days a week, awaiting Tips on its three communication sources. Please do your part.

## **ALPINE BANK CELEBRATING 10 YEARS IN DELTA COUNTY** *Collecting coats for The Abraham Connection*

*Special to the Mirror*

DELTA – In recognition of the 10th Anniversary of Alpine Bank in Delta, the celebration continues. The bank and staff still have some monthly activities throughout the end of the year. Stay tuned for announcements of additional events and activities.

Winter is coming, the cold weather will be here before you know it. To help those in need Alpine Bank is hosting a coat drive to benefit The Abraham Connection throughout the month of October. Please help use to support those in need; drop off new or gently used coats to our Alpine Bank location in Delta at 1660 Highway 92. We will deliver the collection of coats to The Abraham Connection on Wednesday, Nov. 1.





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- On-site appointment scheduling for your convenience

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## ***COLORADO YURT COMPANY MEETS GROWING DEMAND From pg 1***



***At left, Colorado Yurt Company strives to be an innovative employer, offering a living wage and benefits to 30 to 40 full-time employees. Middle, inside a yurt at Colorado Yurt Company. At right, staffers at work in the manufacturing area.***

the top three yurt companies in the nation—maybe the top two. We ship all over the world; we sold yurts in Mongolia this year.” Outreach efforts include a strong presence at the annual [Tiny House Jambo-ree](#), she said. “It’s just an incredible event; the people there are really, truly interested in alternative housing, and we are pleased to be able to go out and educate people.

“A yurt is an option.”

Yurts come in many different sizes, and can be customized to suit individual needs. The Colorado Yurt Company web site even offers a [color/fabric](#) selector tool.

Like other forms of space-efficient, affordable housing, yurts show no signs of ebbing in popularity any time soon. The circular structures have been used for extra space by businesses for years. The popular AirBnb site includes a listing of [top vacation yurts](#) in the United States and by region. Yurts are used by ski resorts, high-end dining establishments, and many other businesses in places where brick and mortar buildings are cost prohibitive or unavailable. Now, with the [cost of housing through the roof in the U.S.](#)—Forbes predicts that affordability will only worsen--yurts are considered a serious option for home buyers on a budget.

The [web site realtor.com](#) includes yurt living in a list of trends capable of disrupting the housing market; “These circular homes, which have sheltered Mongolian nomads for thousands of years, can cost quite a bit less than more traditional homes.” To find out if yurts are allowed in your area, check all applicable building and/or energy codes, Fife reminds.

“Some communities are yurt-resistant,” she said. Still, “these are engineered structures and in many cases, they meet or exceed code.”

Around 30 percent of Colorado Yurt Company’s customers are living at least part-time in a yurt, she said.

## **CITY CONSIDERS VISION PLAN FOR MUSEUM OF MT. WEST**

*Mirror staff report*

**MONTROSE-WORK SESSION:** Montrose City Council will discuss new appointees to the City Youth Council at the [upcoming work session](#) on Monday, Oct. 2. Also up for discussion are incentives for the River Valley Health Site Development Initiative; a bid for the wastewater treatment plant headworks project; and airport signage.

**UPCOMING CITY ITEMS:** To be considered on Oct. 16 are the OBT/Museum of the Mountain West Vision Plan; Stough Ave. right-of-way Vacation; and business incentives. Youth Council Appointments and a liquor license transfer for the RnR Sports Bar will be Oct. 17. On Oct. 18, the City will host the 2018 Budget Open House. A

presentation on music tourism and a third quarter police department report will be Nov. 6. On Nov. 7 will be the 2018 Budget Ordinance; a new liquor license application for Montrose Elks Lodge #1053; and a new liquor license application for Ginger and Gin.

The City will consider a third quarter budget review on Nov. 21.

**COUNCIL MEETING:** At the regular [City Council meeting of Oct. 3](#), City Council will interview 2017-2018 Montrose Youth Council applicants: Morgan Boyers; Briar Cary; Kelsee Dixon; Isabel Haga; Triston Harrison; Jenna Holyfield; Mahlia Perez; Kendrick Richardson; Logan Righter; Emerald Spindler; Claire Wilson; Sage Wilber;

and Hallie Yergenson. Council will consider approving a liquor license transfer from Ay Jalisco LLC ( 235 North First Street) to Irving Macias Chavez and Isla Davalos dba Isla Mexican Restaurant and Bar for consumption on the licensed premises.

Council will consider Ordinance 2435 on first reading, authorizing the disposal of real property (Colorado Outdoors Triangle Remnant); and will consider approving the Brown Ranch Subdivision Preliminary Plat Amendment 2. Council will also consider awarding the \$52,894 Rotary Amphitheater Design Contract to Del-Mont Consultants.

Following staff reports, Council will adjourn.



## Montrose County Board Openings



Montrose County is accepting applications from citizens interested in serving on the **Montrose County Historic Landmark Advisory Board**. For an application please contact Kathy Kacso at 317 S 2nd or by email at [kkacso@montrosecounty.net](mailto:kkacso@montrosecounty.net). Applications are also on the County web site at [www.montrosecounty.net](http://www.montrosecounty.net). Please return your completed application to County Administration at 317 S. 2nd, Montrose, CO 81401.

## Montrose County Historic Landmark Advisory Board

This Board was created to encourage protection and preservation of the architectural heritage of the County, document designation of a diverse array of eligible sites and provide authentic historical education and public awareness. The Board meets on an “as needed” basis, alternating locations between Montrose and Nucla to consider applications to Montrose County’s list of Historic Landmarks. There are currently (2) openings on the Advisory Board.

☺ You can make a difference in Montrose County! ☺

# EXCITEMENT BUILDS FOR SKI SEASON AS CRESTED BUTTE ADOPTS MT. MANNERS, EXPANDS WOMENS' SKI OPTIONS

By Caitlin Switzer

CRESTED BUTTE-Traveling light? It's fine to ditch the car and use alternative transportation here. Leave the workday worries behind, and the gridlock traffic too. But please, pack your manners along when you come to Crested Butte.

[Mountain Manners](#) is a program developed by the Crested Butte Wildflower Festival and adopted by Crested Butte Mountain Resort (CBMR) for wintertime use. "A local educational campaign and advocacy group focused on teaching recreators proper outdoor etiquette," Mountain Manners relies on a list of ten guidelines to be followed, and has its roots in the "leave no trace" tenet of responsible backcountry behavior.

"There are ten easy-to-remember manners that that encourage people to properly use the outdoor spaces that we all know and love, before we lose them," CBMR's Marketing Director Zach Pickett explains. "Ten small things that help to preserve the environment and improve the quality of your ski day."

Thanksgiving/Opening Day (Nov. 23) is hotly anticipated, with early season snowfalls arriving within a week of the arrival of autumn. For those who can't wait, a \$15 donation will get you in a day early on Nov. 22, Donation Day. The Red Lady Lift will be operating that day, and donations will go to the [Crested Butte Snowsports Foundation](#).

"The snow on the peaks is definitely generating excitement," Pickett said. Also generating excitement are the women's-only ski programs, an upward trend in the ski industry according to Pickett. "We will have Women's Tips on Tuesdays," he said, "which is really targeted for skiers who are intermediate and above."

"For \$70, you get a clinic with an instructor, and you finish the day at the umbrella bar with a glass of wine."

In January, CBMR will host the Elan Ski Women's Weekend, a weekend ski experience for skiers intermediate level and above, with opportunities to demo skis and hit the slopes with an Elan instructor.

Finally, improving the mountain experience for new skiers and snowboarders in

2017-2018 is a more consistent surface at the base area, Pickett said.

"It makes for a better learning experience, which is pretty awesome as we strive to get more people on the mountain for lifelong learning."

Listed below are the ten essential mountain manners, adapted for winter sports by Crested Butte Mountain Resort:

## **MANNER #1: It's Okay to Follow the Beaten Path**

We ask that you take the road most traveled — even though Robert Frost might be disappointed. Stay within the ski resort boundaries and on designated trails.

## **MANNER #2: Scoop the Poop**

No. 2 is becoming our No. 1 issue. You're welcome to bring your dog uphill skiing (before 9 a.m. and after 4:30 p.m.; dogs must be kept on a leash or under verbal control), but please remember to pack everything out — including Daisy's doo doo.

## **MANNER #3: Speak Up**

If you see someone not minding their manners, don't be afraid to start a respectful conversation.

## **MANNER #4: Cache the Car**

Road degradation, fumes from vehicles, and noise pollution all put stress on the environment. Instead try to walk, pedal, or take the free Mountain Express buses to get from here to there.

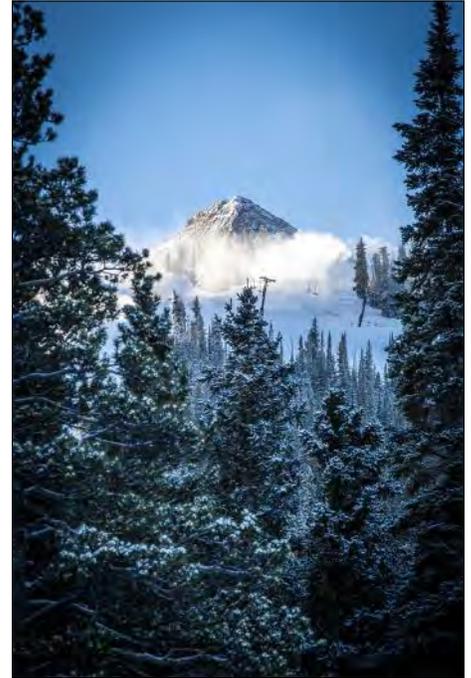
## **MANNER #5: Use the Rule of Thumb**

It's fairly likely you might spot a fox, coyote, deer or elk when visiting Crested Butte Mountain Resort. When there's an animal in the distance, are you far enough away so you can close one eye and cover the entire creature with your thumb? If not, you're too close!

## **MANNER #6: Be a Good Role Model**

Be the good guy, in life as well as on the slopes. Be a good role model on the slopes by going slow in the slow zones, merging correctly at the lift line (alternate!), yielding to the downhill skier and letting people know which way you're heading when you get off the lift to prevent collisions.

## **MANNER #7: Put Smiles in Everyone's Miles**



*Crested Butte snow making photo by Chris Segal. Courtesy photo.*

Be kind and courteous to all on the slopes, even those who aren't necessarily minding their manners! Diffuse skier or rider rage with a big smile and a kind word.

**MANNER #8: Gather Garbage for Good** Get rid of litter even when it isn't yours! Trashy areas make for poor pictures and an unhealthy ecosystem.

## **MANNER #9: Reduce Your Footprint, Wherever You Lay Your Head**

No matter if you're visiting or if you're lucky enough to live here, do your part to reduce your footprint wherever you lay your head. Turn off lights, lower the heat when you're away, switch off your fireplace when you're done, and conserve water.

On that note, Colorado's tap water is delicious for drinking so save money AND the environment and buy a reusable water bottle instead of plastic disposables.

## **MANNER #10: Don't Mess With (Mother) Nature**

Help keep this area pristine. We ask that you don't take nature with you and that you don't alter the landscape for your own pleasure.



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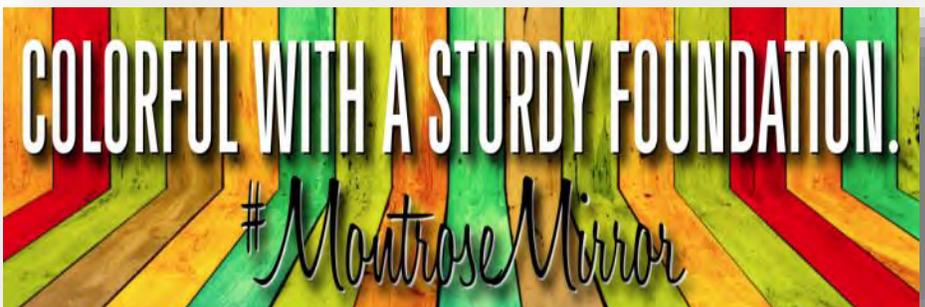
## REGIONAL NEWS BRIEFS

### SECURE BALLOT DROP BOX NOW AVAILABLE IN OLATHE



*Special to the Mirror*

OLATHE-The Montrose Clerk & Recorder's Office has successfully implemented a new ballot drop box in the Town of Olathe for the convenience of the voters located in the northern area of Montrose County. Voters who would like to hand deliver their ballot in lieu of mail can drop their ballot at our secure box in Olathe, instead of having to drive to Montrose. The box is located inside Olathe's Town Hall (photo at left) at 419 Horton Avenue. We have a flag located on the corner of Horton & S 5<sup>th</sup> Street (photos attached). The box is available to the public Monday – Friday, 8am – 5pm. On Oct. 16<sup>th</sup>, Ballots for the 2017 Coordinated Election will be mailed out to all 25,000 plus Montrose registered voters.



2017  
*"We The People"*  
**Lincoln/Reagan Harvest Dinner and Auction**

 Presented by Montrose County Republican Party 

Guest Speaker: Wayne Williams, CO Secretary of State  
**Saturday, October 28<sup>th</sup> – Holiday Inn Express, Montrose**  
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## REGIONAL NEWS BRIEFS

**PURCHASE TICKETS NOW FOR LINCOLN-REAGAN DINNER- SEATS ARE LIMITED!**

*Special to the Mirror*

MONTROSE-The Montrose County Republican Party is hosting its annual fundraiser.

Lincoln-Reagan Dinner and Auction Saturday, Oct. 28th at the Montrose Holiday Inn Express. Cocktails begin at 6pm and Dinner at 7pm. The Cowboy and the Rose Catering. Guest speaker is Colorado Secretary of State Wayne Williams. Tickets can be purchased for \$50 from DeVinny Jewelers, Soolutions, or on-line at EventBrite. For more information: [www.montrosegop.org](http://www.montrosegop.org) email: [montrosegop@gmail.com](mailto:montrosegop@gmail.com).

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## REGIONAL NEWS BRIEFS

### **MONTROSE COUNTY 4-H COUNCIL BLOOD DRIVE**

*Special to the Mirror*

MONTROSE-Montrose County 4-H Council invites their community to join them this coming Monday, Oct, 2<sup>nd</sup> at the Montrose County Fairgrounds for this year's 4-H Blood Drive. The St. Mary's Blood Donation Busses will be present from 3:30 pm-7:30 pm taking donations in four's every 15 minutes. They welcome walk in's however it is better to reserve your donation time in advance at 970-249-3935.

### **FRIENDS OF THE LIBRARY USED BOOK SALE**

*Special to the Mirror*

MONTROSE-The Friends of the Library will conduct a used book sale Sunday, Oct 22, through Tuesday, Oct 24, in the Montrose Library Meeting Room. Hours Sunday are noon to 5 p.m. (FOL members only 12-2:30 p.m.; you can join at the sale) and Monday and Tuesday 10 a.m. to 6 p.m. On Tuesday 4 to 6 p.m. customers can fill a reusable bag with books for \$5. Information, 240-6028.



# REGIONAL NEWS BRIEFS

## FORT UNCOMPAGRE ADDS BLESSING OF THE ANIMALS ON OCT. 21

Special to the Mirror

DELTA-On Saturday, Oct. 21, from 9: am – 4: pm with the end of season in sight, Fort Uncompahgre adds a new feather to enhance the last Saturday Trade Day of the season. The Cedaredge Methodist Church under the leadership of Pastor Joe Agne and Tom will be at the Fort from 1 pm – 3 pm for the 1st Annual Blessing of the Animals.

The Public is invited to bring their family “friends” from gold fish to a horse to receive a special blessing. Nothing is too small or too large to participate in this unique service. Everyone and everything is welcome. Register for door prizes. Admission is FREE.

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# REGIONAL NEWS BRIEFS

## COLORADO PARKS & WILDLIFE CELEBRATES 40 YEARS OF THE COLORADO NATURAL AREAS PROGRAM



*Special to the Mirror*

Denver - Colorado Parks and Wildlife celebrates the 40th anniversary of the Colorado Natural Areas Program in 2017. This statewide program recognizes and works to conserve locations that have one or more unique natural features important to Colorado. Natural areas are found on both public or private lands and are officially designated through voluntary conserva-

tion agreements with landowners. "I like to say that CNAP is a small program with a big mission," said Raquel Wertsbaugh, Colorado Natural Areas Program Coordinator. "I'm thankful that these incredibly special places in our state are supported by CNAP not only to ensure the longevity of the natural features themselves but for future generations to learn from and be inspired by."

CNAP was established by statute in 1977. The mission of the program is to identify, evaluate, and support the protection of specific examples of natural features and phenomena as enduring resources for present and future generations through a statewide system of Designated Natural Areas. Over 250 rare, threatened or endangered plant and animal species are cooperatively protected at nearly 100 designated sites in Colorado. Additionally,

several significant geologic and fossil resources are highlighted and protected under the CNAP mission.

This unique conservation program relies on the help of landowners and approximately 70 volunteer stewards that monitor and report on more than 177,000 acres. CNAP is guided by a seven-member Governor-appointed advisory council. CNAP works with various partners to help strike a balance between conservation and the public and private use of designated areas.

"It really is a gift to be a volunteer steward, because you develop a relationship with the landscape," said Dina Clark, volunteer steward and Colorado Natural Areas Council member. "You get to take care of something in a special way that's different from anything else you care for. You're able to see changes from year to year, watch a site age and change and see new things you haven't seen before. And

there's such value in being able to contribute to the big picture of preservation in Colorado." Two new sites were recently approved for designation. Corral Bluffs Natural Area in El Paso County was designated for its world-class paleontological features. The Pagosa Skyrocket Natural Area in Archuleta County has been designated to help protect and assist in the recovery of the federally endangered Pagosa skyrocket and its habitat.

"I appreciate CNAP in many ways but mainly because it is a unique State program whose priority is to protect lands that support Colorado's biodiversity and geological/paleontological features for future generations," said Denise Culver, a partner from the Colorado Natural Heritage Program and Colorado Natural Areas Council member. "CNAP applies scientific data to prioritize its efforts, and expertly engages and involves volunteers to ensure that these Colorado gems will be monitored and protected forever. This is satisfying both as an ecologist and a citizen of Colorado." More information on the program and its 40-year history of CNAP can be found at <http://cpw.state.co.us/aboutus/Pages/CNAP.aspx>



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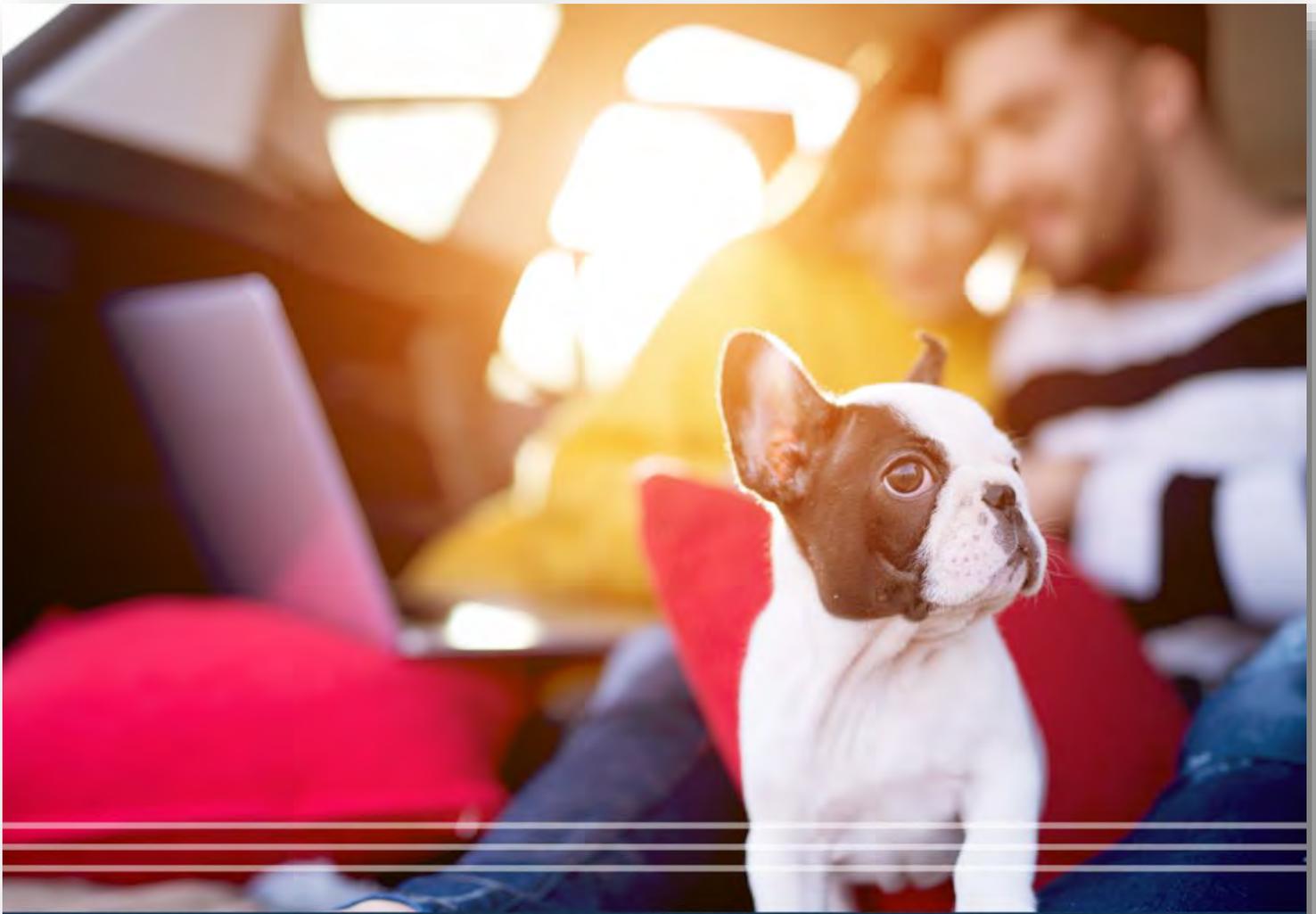
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## REGIONAL NEWS BRIEFS

### GET READY FOR FUN AT DMEA MEMBER APPRECIATION NIGHT!

*Special to the Mirror*  
REGIONAL-Delta-Montrose Electric Association (DMEA) is back again this year with a new and improved member appreciation event. Just as they do every October, the co-op is celebrating National Cooperative Month with something special just for members.

This year, DMEA is inviting members to Member Appreciation Night at the Rec on Friday, Oct. 13, from 4 PM to close at either the Montrose Community Recreation Center or Bill Heddles Recreation Center.

“Every October we like to mark National Cooperative Month by doing something special just for our members. This year, we really wanted to focus on families because, at DMEA, we pride ourself on being

one big co-op family. So, from our family to yours, thanks for being a member,” said Becky Mashburn, DMEA Marketing Supervisor. DMEA members received a coupon in their September member newsletter which can be cut out and redeemed for free admission at the rec center of their choice on Friday, Oct. 13 starting at 4 pm. Coupons can also be picked up at either DMEA office during normal business hours. In addition to full access to each rec center, Members will also be treated to a free dinner of hot dogs, chips, cookies, and a drink while supplies last. DMEA has partnered with two local non-profits to help provide the meals. “One of the most rewarding aspects of being a co-op is our focus on giving back to the community. It’s

just the way co-ops do business. By partnering with the Black Canyon Boys and Girls Club and the Delta Lions Club, we’re able to add a little something extra to our event and support these organizations that help our communities. We’ll be donating to each organization and we welcome donations from the members as well,” said Mashburn.

DMEA representatives will also be on hand to greet members and answer questions about the co-op and its fiber internet subsidiary, Elevate Fiber. For more information follow the event listings on Facebook by visiting the co-op’s page at [www.facebook.com/DeltaMontroseElectricAssociation](http://www.facebook.com/DeltaMontroseElectricAssociation) or call 877-687-3632

# REGIONAL NEWS BRIEFS

## FLU CASES SHOW EARLY UPTICK; GET YEARLY VACCINE SOON

*Special to the Mirror*

DENVER— Twenty Coloradans have been hospitalized with flu since Aug. 1, about double the number of cases the state usually sees this time of year. The Colorado Department of Public Health and Environment urges Coloradans ages six months and older to get a flu vaccine, ideally before the end of October.

“Flu is unpredictable,” said State Epidemiologist Dr. Rachel Herlihy. “The increased number of cases we’re seeing doesn’t necessarily signal a more serious flu season, but it does mean the sooner you get your flu shot, the better off you’ll be.” It takes about two weeks for the vaccination to take effect.

Here are some facts about this year’s flu vaccine:

- The Centers for Disease Control and Prevention recommends only injectable flu shots this year. The nasal flu vaccine (FluMist) is not recommended.
- The CDC, as well as the Advisory Committee on Immunization Practices and the American College of Obstetricians and Gynecologists, recommend pregnant women get a flu vaccine during any trimester of their pregnancy. Influenza can be a more severe disease during pregnancy. Pregnant women may receive any licensed, recommended and age-appropriate flu vaccine.
- Options for flu vaccine include vaccines protecting against three or four strains of flu; high-dose and enhanced vaccine for older people; and vaccines manufactured without eggs. People should discuss these choices with their health care providers.

“Healthy people usually recover from the flu, but getting a shot keeps you from spreading the virus to more vulnerable people, such as those 65 years and older, children younger than 5, pregnant women and people with certain chronic medical conditions,” Herlihy said.

During last year’s flu season, 3,340 Coloradans were hospitalized with flu, and two Colorado children died.

Check with your health care provider about getting vaccinated, or to find flu vaccines at retail outlets, visit [vaccinefinder.org](http://vaccinefinder.org).

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ISSUE 116 Oct. 2, 2017



## HUNTING PRONGHORN IN COLORADO: FASTEST ANIMAL IN THE WEST

By Mark Rackay

MONTROSE-Since white man first arrived in the plains states, he has referred to pronghorn as “antelope” probably because they are similar to several antelope species found in Africa. The DNA of a pronghorn is a closer match to the giraffe than any other animal. The pronghorn is the fastest land mammal in the western hemisphere, capable of sustained speed of 40 mph and bursts that can top 60 mph. In fact, the only mammal faster is the cheetah, but a cheetah cannot sustain



*Pronghorn Buck stands sentry. Note the dark cheek patches and nose area, indicating an old Buck. Courtesy photo.*



*Carol Rackay with a Pronghorn buck taken near Divide, Colorado. Photo by Mark Rackay.*

speeds as long as a pronghorn. Pronghorn stand about 3 ½ feet tall and are about 4 ½ long. They have a body shape similar to a deer and their fur is a reddish-brown or tan color with white markings on the face, neck, stomach and rump. The body weight will be between 90 and 150 pounds while females weigh less. Both males and females have horns. The females are usually just a bump but sometimes can be several inches long. The males have a much larger horn that can reach 17 inches or more. The horns are very unique in that they actually point backwards, with the curve pointing toward the rump. The horn is composed of a fused hair sheath, which covers a bone core. Unlike true horns, males shed this sheath after breeding each fall, and then grow a new one. Only males have the black patch on the cheek below the eyes. Pronghorns have very large eyes and incredible vision. They are capable of spotting a predator from very far away. Just ask anyone who has tried to sneak up on one. Their vision is comparable to a human looking through 8 power binoculars. It is one of the reasons that pronghorns have a long lifespan of about ten years.

*Continued next pg*

# HUNTING PRONGHORN IN COLORADO: FASTEST ANIMAL IN THE WEST

## From previous page

Pronghorn hunting in Colorado is very popular and many hunters wait years before accumulating enough points to draw a tag. All pronghorn hunting tags issued in Colorado are by the draw.

The majority of pronghorns are in northwestern Colorado and on the eastern plains. There are small populations also found in North Park, Middle Park, South Park and the San Luis Valley. The biggest herds, and usually the biggest bucks, are located in the northwest in areas near Craig and Maybell. Pronghorn are a leftover from the Pleistocene era some 19 million years ago. Estimates claim that there were 30 to 40 million pronghorn in North America before the European settlement. By the 1920's, there were fewer than 40,000 left.

In the early 1960's, Colorado's pronghorn population had dropped to less than 15,000. Today, thanks to the efforts of Colorado Parks and Wildlife and hunters, the population is nearing 80,000. In most areas of the state, archery season runs from Aug. 15 through Sept. 20.

The muzzleloader season runs from Sept. 21 through the 29, and the rifle season is from Oct. 7 through the 13<sup>th</sup> on public lands. Some other dates are available and you should check the Big Game Brochure issued by Colorado Parks and Wildlife.

The "speed goat" is one of my favorite animals. They are beautiful to watch, elusive and can make for a great hunting experience. Enjoy the pronghorn, truly a Colorado native. and if you were lucky enough to draw



*Adam Murdie with a nice Pronghorn buck taken near Craig, Colorado photo by Mark Rackay.*

a tag, enjoy the hunt.

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

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

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# REGIONAL NEWS BRIEFS

## FUNDING AVAILABLE FOR PROJECTS ADDRESSING FOREST HEALTH, WILDFIRE

*Special to the Mirror*

FORT COLLINS-The smoke from summer wildfires has served as a reminder to Coloradans that many forests remain unhealthy and fire-prone, and that the occurrence of wildfire in natural settings is inevitable.

For those interested in taking action but who have lacked the means, funding is now available to help address these concerns.

The Colorado State Forest Service announced today that it is accepting proposals from Colorado HOAs, community groups, local governments, utilities and nonprofit organizations seeking funding to restore forested areas, improve forest health and reduce wildfire risk on non-federal land in the state.

The Forest Restoration and Wildfire Risk Mitigation Grant Program helps fund projects that strategically reduce the potential wildfire risk to property, infrastructure and water supplies and that promote forest health through scientifically based forestry practices.

The competitive grant program is designed to assist with reducing wildfire risk to people and property in the wildland-

urban interface, promote forest health and support long-term ecological restoration.

Applications must not only promote forest health and address the reduction of hazardous fuels that could fuel a wildfire – such as trees and brush near homes – but also utilize wood products derived from forest management efforts.

Up to 25 percent of this program’s total available grant funds also are allowable to fund the purchase of equipment that directly supports and expands on-the-ground opportunities to reduce hazardous fuels.

The state can fund up to half the cost of each awarded project; grant recipients are required to match at least 50 percent of the total project cost through cash or in-kind contributions. Projects can be located on private, state, county or municipal forest lands.

Applicants must coordinate proposed projects with relevant county officials to ensure consistency with county-level wildfire risk reduction planning. Follow-up monitoring also is a necessary component of this grant program, to help demonstrate the relative efficacy of various

treatments and the utility of grant resources. The CSFS will work with successful project applicants to conduct project monitoring and conduct site visits to assess effectiveness and completion of projects.

Additional emphasis will be given to projects that: are identified through a community-based collaborative process such as a Community Wildfire Protection Plan (CWPP); are implemented strategically across land ownership boundaries; are conducted within a priority area identified in the Colorado State Forest Action Plan; utilize the labor of an accredited Colorado Youth or Veterans Corps organization; and include forest treatments that result in the protection of water supplies.

Applications must be submitted electronically to local CSFS district offices by 5 p.m. MST on Nov. 27, 2017. A technical advisory panel convened by the CSFS will review project applications and notify successful applicants next spring.

Applications and additional information about the Forest Restoration and Wildfire Risk Mitigation Grant Program are available at CSFS districts and online at <http://csfs.colostate.edu/funding-assistance>.



### 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®**

580710101

# Give Back Days

## At Mi Mexico Mexican Restaurant

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

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

*Over 200 entrees to choose from!*

1st Wednesday: **The Homestead at Montrose**

2nd Wednesday: **All Points Transit**

3rd Wednesday: **Black Canyon Boys & Girls Club**

4th Wednesday: **Valley Manor Care Center**

5th Wednesday: **Community Options Inc.**

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

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



**SUPPORTING IS  
NOW DELICIOUSLY  
REWARDING.**

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

\*Coupon must be present

## FINDING THE RIGHT LOCATION, TIMING FOR FALL COLOR PHOTOS



*Photos by Michael Lawton.*

*By Michael Lawton*

REGIONAL-How to find the best location/time for fall color photography on the Western Slope of Colorado.

I'm going to give you my story here. I've traveled worldwide for more than 45 years, ten of those years with the National Geographic Magazine, and as such I developed a "plan" to get to the right place at the right time. For the best fall color near Montrose, the time is limited. The fall colors in the high country are going to peak within the next two weeks.

The major part of my career is based on 360-degree panoramic cameras of my own design. My understanding of weather all started with my second NGS project -- which turned out to be a test, as I was given two weeks to shoot five national monuments in the Southwest. I did the project in 12 days, not the expected 14, because of the national 11 pm nightly weather news.

5 am

Depending on how far you are from where you want to start shooting you need to get there before the sun comes up.

12 noon

Most places you go to lunch at noon because the sun is high overhead. I'm new in Colorado, but I've noticed that, from a photographic standpoint, noon light for



the most part is like 2 to 4 pm in the East, depending on the time of the year, so give noon light some thought. 6pm.

The day's almost over, so by 4 pm start getting yourself ready for sunset. There are other aspects to creating a photograph, but the above is intended as a guide to the importance of your TV nightly weather news. Now for some tips on finding the best photos; I'm going to let you in on one professional secret: Turn up onto Log Hill Mesa at Colona and follow the road around toward Ridgway. The road will twist and turn down toward the outskirts of Ridgway and the vistas of the San Juans are incredible. Other spots you may

want to explore include dirt roads above Ridgway toward Dallas Divide and Telluride. Follow Hwy 62 out of Ridgway and you will find many pictures ready for the taking along this route. Or take any of the many dirt roads to the left: CR5 up to Miller Mesa; or CR7 toward the Uncompahgre National Forest and Mt. Sneffels Wilderness; or CR8 toward South Baldy Mountain. Along these routes are many outlooks with spectacular views and vistas. You will find great colors here. You can stay in Ouray County or move on to San Miguel County, heading up Last Dollar Road and onto San Juan Vista Road. Last Dollar Road eventually ends up in the town of Sawpit on Highway 145.

# COMMUNITY NEWS BRIEFS

## ONE-TIME SHOWING: A RETURN TO GRACE LUTHER'S LIFE AND LEGACY

*Special to Art & Sol*

MONTROSE-A *Return to Grace Luther's Life and Legacy* will have a one-time showing presented by Living Word Lutheran Church and Preschool at the San Juan Cinema on Monday, Oct. 30th, 2017 at 5 PM.

This new film follows the adventure of Luther's life packed with political intrigue, kidnappings, secret hideouts, and life-or-death show-downs. At the same time, it's a story about the most important questions of life. Who am I? What is my purpose? How do I get right with God?

**Important:** All tickets must be purchased in advance. Tickets can be purchased at a special website set up for the screening <http://luthermovie.link/montrose>.

You may also purchase tickets through Pastor Matthew Are by calling 970-497-6738 or at [freymp@hotmail.com](mailto:freymp@hotmail.com).

A portion of ticket sales are returned to the Living Word congregation for our mission and ministry.

### APPEAL FOR CONTRIBUTIONS TO STOP THE HILLCREST EXTENSION

The Vista San Juan Neighborhood is soliciting for contributions for a legal fund to stop the construction of the City's proposed Hillcrest Extension. Our fight is to preserve our residential neighborhood from becoming a traffic thoroughfare as a result of the Hillcrest Extension.

For more information contact:  
Jerry Miller or Sharon Brown at [VineyardsHOA2@gmail.com](mailto:VineyardsHOA2@gmail.com)

Please send your contribution check to:  
Vista San Juan Neighborhood Fund  
P.O. Box 759  
Montrose, CO 81402

Thank You !

## Introducing a New Service!

# ADVANTAGE

## Health Resource Center

Call or visit us for free assistance with the following:

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

### Two Walk-In Locations:

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

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



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**1.844.VOA.4YOU | (844.862.4968)**

[advantage@voa.org](mailto:advantage@voa.org) | [www.volunteersofamerica.org](http://www.volunteersofamerica.org)

[facebook.com/voawesternslope](https://facebook.com/voawesternslope)

# 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)

### 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 I with Miss Caila (ages 5-7)

#### MONTROSE- REC FIELD HOUSE

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

#### WEEHAWKEN MONTROSE

- 4:00-5:30 Ballet 3/4 with Miss Caroline (ages 10 and up with instructor approval)
- 5:30-7:30 Ballet 4/5 with Miss Caroline (with instructor approval)
- 7:30-8:30 Teen Jazz and Lyrical with Miss Caila (ages 13 and up)

### 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)

### 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

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

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)  
970.318.0150

weehawken  
creative  
**ARTS**  
centers\*

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

## COLORADO NEWS BRIEFS

### COLORADO PARKS AND WILDLIFE RELEASES NEW FISHING APP, CPW FISHING

*Special to Art & Sol*

DENVER - Colorado Parks and Wildlife has launched CPW Fishing, the agency's official mobile fishing app. For anglers seeking information on new fishing locations or needing to check for updated regulations while on the water, [CPW Fishing](#) is an easy way to keep angling details close at hand.

"We're excited to bring this free, portable resource to the anglers that enjoy Colorado's abundant waters," said Bob Broscheid, director of Colorado Parks and Wildlife. "This app was truly designed with the angler in mind. We've included offline modes that don't require a connection, putting fishing conditions for thousands of locations right at your fingertips wherever you are. We've also included current regulations for responsible angling and the ability to record catches right where they happen."

CPW Fishing allows anglers to fully explore the state's waters, whether searching for a new destination or checking weather conditions at a long-favorite loca-



tion. The app allows discovery of over 2,000 fishing locations in Colorado, and provides information on the type of fishing at each location, stream gauges, species availability, accessibility, family-friendliness and more.

The app includes journaling features which allow anglers to record their successes, map catch locations, and share photos and information. Social badges can be earned with your reports, and anglers can even become official CPW Master Anglers using the app to submit their qualifying catch.

Educational features such as up-to-date

fishing regulations, fish identification guides and news alerts for key information anglers need to be aware of on the water are also available.

The CPW Fishing app is available on both the [App Store](#) and [Google Play](#). CPW Fishing was made possible with financial support from the Recreational Boating and Fishing Foundation and the Colorado State Internet Portal Authority and was developed in close partnership between the Colorado Parks and Wildlife GIS team, CPW Aquatics section and the CPW Creative Services and Marketing team. To learn more about the app, visit [cpw.state.co.us](http://cpw.state.co.us).

# The Mirror:

*For coverage that never leaves  
our readers out in cold ...*



## REGIONAL NEWS BRIEFS

### REBECCA DOLL SELECTED AS RECIPIENT ALPINE BANK SCHOLARSHIP TO CMU MONTROSE CAMPUS



*Special to Art & Sol*

MONTROSE-Rebecca Doll, freshman at Colorado Mesa University has been awarded the 2017 Alpine Bank scholarship specific for students attending the Montrose Campus. The Alpine Bank scholarship was established in 2013 with the focus on assisting students both traditional and non-traditional that wish to attend CMU in Montrose. Additionally, we look for applicants that are not only good students but also good community members.

Doll is new CMU student, but this is not her first college degree. She graduated from Western State Colorado University in 2012 with a Wildlife Biology degree. After graduating she didn't find fulfillment in her new career. After taking a break to pursue other interests including skiing, traveling, yoga and rock climbing, Doll realized that she wanted to make a difference in the world in treating people who are sick, injured and need medical care.

Her focus at CMU is a Pre-Allied Health – Nursing degree. She is dedicated to her education and the scholarship will assist her in focusing her energy on school and learning. Not only is Doll a dedicated student she is also involved in the community, she is the Founder/Creator of “San Juanitas”; creating a community of women and girls engaging in outdoor activities in Ouray and Ridgway, as well as other nearby towns.

Doll hopes to inspire others to take care of themselves not only physically, but mentally and emotionally as well.

It was a great honor to be able to help a local student continue their education. “We strongly believe in giving back and the importance of education. Our customers who utilize their Education Loyalty VISA Debit Card do too. Each time an Education Loyalty VISA Debit Card is swiped, we donate 10 cents to education related projects in our community,” states Allison Nadel, Alpine Bank Community Relations Director. This scholarship is made possible through our Education Loyalty VISA Debit Card.”

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

# MEMBER APPRECIATION NIGHT @ the Rec

**Friday, October 13**

**4:00 PM - Close**

Free hot dogs, chips, cookies, & drink  
while supplies last.

**Montrose Community  
Recreation Center**

16350 Woodgate Road, Montrose

**Bill Heddles**

**Recreation Center**

530 Gunnison River Drive, Delta

**Thank you for your membership!**

Enjoy a fun family evening at the rec center on us. Cut out the voucher in your newsletter, download it from the e-newsletter, or swing by your local DMEA office during normal business hours and pick one up. Head over to Montrose Community Rec Center or Bill Heddles Recreation Center and fill up on hot dogs, chips, cookies, and a drink. Then play the night away with the family.

*Food provided by the Black Canyon Boys and Girls Club and Delta Lions Club while supplies last.*



**1-877-687-3632 | [www.dmea.com](http://www.dmea.com) | **



# NOTES FOR THE JOURNEY...

Exploring Classical Music With Rob Brethouwer

## A FRESH LOOK @ CLASSICAL MUSIC INSPIRED BY FAITH...

Topics for this column often present themselves from the comments made by others. This sort of thing has happened several times and has led to further discussions and a series of articles addressing that particular topic. The comments have focused on the topic of religion and how this column has never addressed religious themes in music or composers of composers of religious music. To clarify, this is not true as this column has discussed Johann Sebastian Bach, who was heavily involved in the composition of music for the church; the opera *Tosca* by Giacomo Puccini is mostly set in and on top of a church; and the *Te Deum* at the end of Act 1 of this same opera is a religious processional rife with religious sets, props, and music. But, let us not get bogged down in factual details.

Anybody who has studied music and/or music history will have a great appreciation for the music of the church. Without religious music, none of what we listen to today would exist on any level. Yes, this includes all kinds of music including that which is played in a large field in Grand

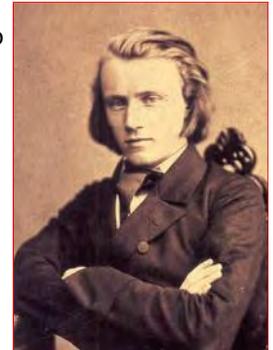
Junction for four days in the month of June. The music of the church is the absolute foundation of all music and that should be known to all. It is the foundation not because of the message or the because of the content but because of the structure of the music itself. Gregorian Chant of the 9<sup>th</sup> and 10<sup>th</sup> centuries, what is referred to as Western Plainchant, is monophonic and unaccompanied sacred music that is the starting point of everything that came after. It is worth mentioning again that the structure of this early music is what is critically important and not the religious content. These plainchants could have been based on any topic and would have sounded very much the same.

As we begin a discussion on religious music and music of the church, it is important to remember that we will be keeping with our theme of classical music. This is not the place to find a review of the "The Smith Sisters sing about Sweet Little Lord Baby Jesus" or variations on "The Old Rugged Cross," as presented by the choir of the 32<sup>nd</sup> Church of the Intellectually Unaware. This is a fair warning so next

week when you do not see selections from "Random Guy Walking a Cross up and Down Townsend Avenue" you will not be shocked and surprised.

The Mass for the Dead or Requiem Mass will be discussed at length, exploring its meaning, structure, variations, and with excerpts from Requiems in various languages. Chosen composers will include Verdi, Brahms, Rutter, Berlioz, Faure, and Saint-Saens. This is some of the most awe-inspiring music ever written and often features large orchestras and choirs. These Requiems have fascinating histories behind them and their themes make for interesting reading on their own.

As almost every teacher from Kindergarten to Sixth grade told me, "put your thinking caps on and open your ears..."



Johannes Brahms.  
Courtesy image.



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

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

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

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

**Valley Manor Care Center Memory Care Community**  
1401 South Cascade Ave., Montrose

Led by Brandi Garcia  
Certified Dementia Care Validation Instructor

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

Email: bgarcia@voa.org



## COMMUNITY NEWS BRIEFS

### MONTROSE HISTORICAL SOCIETY STAGE COACH NOMINATED AS ONE OF COLORADO'S TOP TEN ARTIFACTS; LOCALS ENCOURAGED TO VOTE

By Joyce Kenner

Montrose County Historical Museum Stage coach passengers of the frontier west told many stories of their uncomfortable journeys.

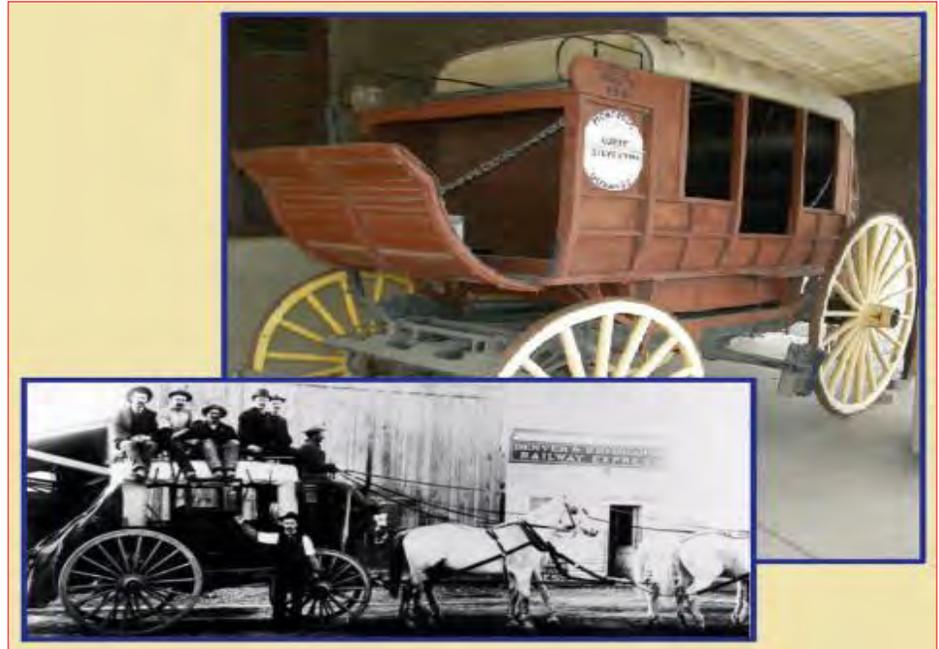
The difficulties were many, including bumpy travel in extreme heat or cold and the tiny space allotted to them inside the coach. Still they came west, willing to trade difficult travel for adventure and opportunity.

Tucked away at the Montrose County Historical Museum is a gem from that era, a stage coach that in the 1800's hauled passengers over the rocky miles of the Circle Route Stage Line. The sturdy old coach has had a long history and, judging from its past, that story isn't over yet.

There were several types of coach, each designed for a particular type of service. The 'mud wagon' was designed for mountainous or difficult terrain. It featured a reinforced undercarriage and lighter body. Passengers who had traveled by coach from the east would notice the difference in build, as well as a hike in fares. Each mile traveled cost as much as ten times the amount easterners had to pay back home.

The Circle Route Stage Line ferried passengers and their belongings to mountain towns as far south as Durango. An important connection was the Silverton Railroad, where coaches could take passengers to further mining settlements. Eventually, the need for travel lessened and just before the end of the 1800s the stage line was discontinued.

Our stage coach, then no longer in use, was acquired by Montrose County and stored at the fairgrounds. For nearly half a century the coach was a popular parade entry, often pulled by a striking team of white horses. Over the years its condition deteriorated, and it was apparent that help would be needed in order for the coach to exist at all. At that critical point



**The Montrose Stage coach has been nominated as one of Colorado's 10 most significant Artifacts. Please vote at <https://collectioncare.auraria.edu>. Courtesy photos.**

came an opportunity for this mining era survivor to earn the cost of its own restoration.

In the late 1950's, the movie "Tribute to a Bad Man" was slated to be filmed on Miller Mesa. A lease agreement was made with MGM, and the coach was off to the repair shop for its new life as a movie star. From white oak roof bows, steamed and bent to fit, to complete upholstery involving the hides of half a dozen cattle, this mountain road warrior slowly came back to life. Coaches of that era typically were painted bright colors with the stage lines new prominently featured, but the movie company asked that the paint be limited to a primer coat so that they could custom paint it for an 'old' look for the filming. Apparently, in the movies even a stage coach had to get its makeup done.

The coach was placed in the care of the Montrose County Historical Society and in the next decade was used in another movie. During the colorful production of "How the West Was Won," the coach was host

to more Hollywood stars, including the popular Debbie Reynolds.

More than a century ago this stage coach was instrumental in the opening of southwest Colorado, and was later featured in movies depicting the colorful West. It enlivened our parades, pulled by those white horses of long ago. This artifact has been Nominated for the 2017 Colorado's 10 Most Significant Artifacts campaign through Colorado Connecting to Collections. We need your vote on the Stage coach to be one of the 10 most significant Artifacts. Please vote at <https://collectioncare.auraria.edu> on the VOTE NOW page. Just click on the Stagecoach image and then select the stagecoach line and submit vote.

Please vote often and encourage your friends, family, staff, and members, to Vote for their favorite. Their votes help highlight the importance of our historic and cultural heritage. The results for the Top Ten Most Significant will be announced by the end of November 2017.

# Up Bear Creek by Art Goodtimes

## HONORING THOSE FORCED TO EMIGRATE FROM THEIR HOMELAND



*Peter Pino, Ernest House, Jr., and Regina Lopez-Whiteskunk.  
Courtesy photos.*

**INDIGENOUS PEOPLES DAY** ... Back when I served as a commissioner, San Miguel County offered a formal apology, government-to-government, to the Ute Indian Tribe of Ft. Duchesne (Utah). Their Business Committee represents the Uncompahgre Band that called a large chunk of Western Colorado, including the Uncompahgre and San Miguel river drainages, home -- before being tricked and moved at gunpoint far from Colorado's high peaks. San Miguel County's apology was accepted by the Uncompahgre Band descendants who came to the council chambers that day several years ago ... According to my friend and Native-American jurist Walter Echo-Hawk, an apology and its acceptance constitute the first steps towards reconciliation, as has been underway for some time in countries like South Africa and Sierra Leone. As he once told a crowd of federal officials in Boulder, "Until America makes a reconciliation with native peoples on this continent, this nation will never be at peace" ... The next step before a reconciliation can be forged (following an apology and its acceptance) is restitution or reparations, and that has been the sticking point for many government officials -- admitting the truth and apologizing would be tantamount to conceding guilt and incurring incalculable liabilities ... It's interesting that last week, according to the *Salt Lake Tribune*, retired California teacher Christine Slater gave the Ute Indian Nation of Fort Duchesne (Utah) \$250,000 -- the profits invested by

her family from Ute land they homesteaded up near Craig the year after the Uncompahgre and White River Utes were forcibly removed to Utah. Business Committee Chair Luke Duncan -- of the White River band who had lived in the Craig area -- told the *Tribune* reporter, "It's great that she felt that way and that she would do that ... She has a conscience, and I wish people had a conscience going way back" ... Duncan said the money would go towards rebuilding the old Uintah River High School, which had fallen into disrepair ... While San Miguel County has no authority to offer restitution (and no unappropriated money available for that purpose), it has teamed up with the Telluride Institute and the Telluride Historical Museum to continue offering cultural programs of healing and education. This next weekend in Telluride there will be talks at the Telluride Historical Museum by three Native-American speakers on the County's Indigenous Peoples Day, Saturday, Oct. 7<sup>th</sup>. Peter Pino of the Boulder-based Native American Rights Fund will speak together with Ernest House, Jr., who is executive director of the Denver-based Colorado Commission on Indian Affairs, and Regina Lopez-Whiteskunk, who is an educator with the Ute Indian Museum in Montrose and a former leader of the Bears Ears Inter-tribal Coalition. It will be a good opportunity for Euro-Americans living on what was once Ute land to better understand Native-American issues. The talk begins at 4 p.m. in the afternoon on Saturday. The event is free to all, although donations to the Telluride Institute's Ute Reconciliation project are welcome.

**WEENUCHE SMOKE SIGNALS** ... I just got sent the last three spring/summer issues

of the Ute Mountain Ute Tribal newspaper. It's a free publication sponsored by the tribal council and led by editor/department director Waylon Plenty-Holes ... Amie Hammond's story on the Ute Indian Museum re-opening in Montrose was the lead of the most recent issue, with a photo of the ribbon-cutting back in early June. Noting that Ute officials participated in the planning of the renovated exhibit when it started three years ago, Ernest House, Jr., is quoted as saying, "The tribal leaders and former leaders wanted an exhibit that didn't stop in 1868," but that "actually took us to the present. You will see topics of water rights, gaming rights, and hunting and fishing rights. This exhibit is meant to be fluid" ... The article goes on to explain that former Ute Mountain Ute Tribal Chairman Manuel Heart said the museum is "teaching the children and those not born the history and language of the Ute people." Heart also mentioned that he had discussed an apology letter with the Governor to the Ute bands that were "forcefully removed," but noted that "nothing came of it." He added, "Today I hope our leaders can push that [apology letter] so our relatives from Utah can say, 'Yes, we are part of the Utes from Colorado just as we Utes from Colorado say we are part of the Utes from Utah.'"

**SCIENTIA** ... Which is Latin for "Knowledge." Here's some new knowledge with commentary that I came across in my reading this week ... According to the latest inventory, the universe is composed of 21% dark matter, 5% ordinary matter, and 74% dark energy. That means that what we call "matter" only makes up a small percentage of the universe. However, since we have only inferred in our latest scientific theories that dark matter and dark energy appear to exist, that means that 95% of the universe is still a complete mystery.

# Up Bear Creek by Art Goodtimes

## THE TALKING GOURD

### Too Grabby

Grabby's Towing<sup>®</sup>  
pulled my car<sup>®</sup>  
from the quick-park spot  
outside the dry cleaners.

Crass, to hook and take  
whose dimensions I know  
like my own body's,<sup>®</sup>  
like my peripheral vision  
for parallel parking.

I said, this is mine,<sup>®</sup>  
don't you grab it<sup>®</sup>  
He said, you're late, you lose.  
Pay up. Rules.

Good news is,<sup>®</sup>  
Grabby didn't open the doors,  
touch the wheel,<sup>®</sup>  
fidget my possessions.

I'm back to perfect  
parallel parking.

-Deborah Kelly  
Boulder

-from an unpublished manuscript "Nearer Lights"



# GROW WEALTHY...BUILD HEALTH & WELLNESS!



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

## STOP BULLIES, PROTECT YOURSELF AND OTHERS

Today is the first Monday of October which is Blue Shirt Day. What's Blue Shirt Day?! Wearing a blue shirt isn't a fashion statement today; it's a statement that you support World Day of Bullying Prevention. Donning that

blue shirt signifies the importance of National Bullying Prevention Awareness Month and that all forms of bullying are unacceptable. Nobody deserves to be bullied.

National Bullying Prevention Month is a campaign in the United States founded in 2006 by PACER's National Bullying Prevention Center. The campaign is held during the month of October and unites communities nationwide to educate and raise awareness about bullying prevention.

Most of us think of school age children when we hear the word "bully" but bullies come in all ages... including adolescents, adults of all ages, even senior citizens. Both individuals who are *bullied* and who *bully* others, may have serious, lasting mental health problems. Bullying impacts the victim and the bystanders as well as family, friends, co workers. The impact for the victim can be cognitive, physical, psychological and physical.

Statistics indicate that one in three kids are bullied. 160,000 kids skip school daily as a result of bullying and special needs children are most targeted. Bullying has been associated with childhood suicide and is the second leading cause of death in 10-14 year olds. Additionally, 10-20 percent of seniors have experienced some type of senior-to-senior aggression in an institutional setting, much of it verbal abuse. In certain instances, dementia can be the cause of violence since someone with dementia may wrongly perceive things as threatening so they resort to a more primitive response. Alternatively, a person with dementia can be the victim

who is picked on. Bullying can also be a result of the human phenomenon of the strong picking on the weak, and not a function of aging at all.

A person is bullied when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more other persons, and he or she has difficulty defending himself or herself. *The* unwanted, aggressive behavior may be a real or perceived power imbalance and includes three important components. 1. Bullying is aggressive behavior that involves unwanted, negative actions. 2. Bullying involves a pattern of behavior repeated over time. 3. Bullying involves an imbalance of power or strength. Still not sure what bullying means? It's when one or more persons target another person or group of people intending to persecute, oppress, tyrannize, browbeat, harass, torment, intimidate, strong-arm or dominate.

Bullying can take on many forms. Verbal bullying includes derogatory comments and name calling. Bullying can also occur through social exclusion or isolation. Physical bullying may include hitting, kicking, shoving and spitting. Bullying may also take the form of lies and false rumors. Having money or other items taken or damaged is considered bullying, as is being threatened or being forced to do things by others. There is also racial bullying, sexual bullying and in this time of technology and social media, cyber bullying.

Bullying is NOT Teasing. It might be hard to tell the difference between playful teasing and bullying but teasing usually involves two or more friends who act together in a way that seems fun to all the people involved. Often they tease each other equally, but it never involves physical or emotional abuse. Information about bullying suggests that there are three interrelated reasons for bullying. Individuals who bully have strong needs for power and (negative) dominance. People who bully find satisfaction in caus-

ing injury and suffering to other students. Bullies often benefit in some way for their behavior with material or psychological rewards.

Throughout the bullying prevention world, the phrase, "I have the solution to bullying!" has become almost too common. As attention to bullying has grown, so have the number of products and tools claiming to reduce or eliminate bullying. But do they work? This question may seem simple, but there are a lot of factors to consider, including the parties involved, specific situation and context. The same strategies that may see tremendous success in one situation might have no effect in another.

So how can you identify what will work for you, your friend or loved one? You can start with the following: Look at the person bullying you and tell him or her to stop in a calm, clear voice using his/her name. If speaking up seems too difficult or not safe, walk away and stay away. Don't fight back. Find somebody with authority. School age children might report to a teacher or principal. Older adults in long term care settings can report to a social worker, nurse, etc. Bringing the authoritative figure into the situation can stop the bullying on the spot.

There are things you can do to stay safe in the future too. Talk to somebody you trust. Don't hide your feelings or keep your feelings inside. Telling someone can help you feel less alone and they can help you make a plan to stop the bullying. Stay away from places where bullying happens and stay near friends, adults and other people. Most bullying happens when the victim of bullying is alone. If you see somebody else being bullied, report to an appropriate person or confront the bully if you are comfortable and safe in so doing. Not saying anything could make it worse for everyone. The bully will think it is ok to keep treating others that way. It's not! Please feel free to contact me at [MichelleGad.fame@aol.com](mailto:MichelleGad.fame@aol.com) or 970-948-5708 if you have questions, comments or suggestions.

# COMMUNITY NEWS BRIEFS: RECREATION & WILDLIFE

## TAYLOR PARK AQUATIC NUISANCE INSPECTION STATION TO CLOSE

*Special to Art & Sol*

GUNNISON-Colorado Parks and Wildlife reminds boaters and anglers that the aquatic nuisance inspection station at Taylor Park Reservoir will close for the season at 7 p.m., Oct. 2. Motorized boats cannot be launched at the reservoir after that date.

From early spring into early fall, CPW, in cooperation with reservoir owners and water organizations, conducts inspections of boats looking for quagga and zebra mussels and other invasive plants and animals. If nuisance species, especially quagga and zebra mussels, are introduced into a lake a reservoir the consequences can be devastating.

Boaters who want information on where they can launch boats through October can find the ANS inspection schedule at: <http://cpw.state.co.us/Documents/ANS/WatercraftInspectionStationList.pdf#search=ans>.

## 20TH ANNUAL CSU PLANT SALE AND TREE AUCTION

*Special to Art & Sol*

REGIONAL-Colorado State University Tri-River Area Extension invites you to join us for the 20<sup>th</sup> Annual Plant Sale and Tree Auction, Saturday, Oct. 14, located at the Colorado States University Tri River Extension Office at 2775 Hwy 50, Grand Junction. The available plants are donated by nurseries, garden centers and landscapers or are grown by the Master Gardeners. Plant sale starts at 9 a.m. and ends at 1:00 p.m. Tree auction begins at 10:00 a.m., please come early to be a registered bidder. Master Gardeners will be on hand to answer questions and will have other items including a food & book sale by donation. All proceeds benefit the Tri River Area Master Gardener Program and our Demonstration Gardens. Our mission is to provide information, education and to encourage the application of research-based knowledge to the communities of Delta, Mesa, Montrose, and Ouray Counties. For more information please contact CSU Master Gardener Coordinator, Susan Honea at [970-244-1834](tel:970-244-1834).



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Series now  
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**SATURDAY, OCTOBER 7 - 3:00 to 4:00 pm**

Crossroads Victory Church - 515 S Hillcrest Dr, Montrose

*Sparking a Revolution of Kindness!*

Leon is a global adventurer who has visited communities on a heartfelt mission making human connections and sparking a revolution of kindness.

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## COMMUNITY NEWS BRIEFS

### THOMASINA RUSSELL & FRIENDS TO PLAY THE RADIO ROOM OCT. 6

*Special to Art & Sol*

GRAND JUNCTION-The Radio Room presents Thomasina Russell & Friends Oct. 6. Doors open @ 7 p.m. and show begins @ 7:30 p.m. Thomasina has performed in many venues in the span of over 29 years of creating and performing music. Her musical influences come from vast diversity of life itself. Her musical experiences include learning and performing with some of the best - Grammy Award-winning songwriter Joe Allen, Hazel Miller, Eddie Watkins Jr., and more. Musical adventures led to Austin where her music was dubbed "Country Blues"



after performing on Texas Country Music Radio live at the Biltmore Hotel in Austin.

The Radio Room is located at 1310 Ute Avenue, Grand Junction, CO 81501. Doors open at 7:00p.m. Show at 7:30pm Tickets \$12 in advance \$15 at the door. 970-241-8801 x. 211 or at our website [www.kafmradio.org](http://www.kafmradio.org). Local beer and wines available.



## STEAKHOUSE DELIVERS THE OLD-FASHIONED WAY

Though I'm not always enamored at taking the carnivore path, it just seemed like the right way to go at a place called Ted Nelson's Steak House in Montrose. When we arrived on a Thursday evening the place was hopping, two large rooms full and even though it was a drizzly evening, some patrons had decided to sit on the outside patio. It was Ted himself who greeted us at the podium and we were seated immediately. I bucked up and went for what is touted as the most popular choice, Ted's Marinated Sirloin. And please make that medium rare. If I'm gonna eat meat, well I'm going to eat it prepared the "right way," as my late husband used to say. And it was. Crispy on the outside, and rarish inside, tender and melt-in-the-mouth. Didn't know what the marinade was, but I'm guessing garlic, maybe some Worcester, pepper and other spices.

The marinated sirloin arrived perfectly accompanied by a medium-sized baked potato, soft and crumbly inside and crispy out; typical butter and sour cream accompaniments. A crisp, overflowing salad laden with nice slices of carrot, cucumber, julienne squash, onions and chopped fresh tomatoes had lovely little croutons on top; I asked for Ranch dressing on the side and it generously dressed my salad. Nice snap in that salad. Beautiful steak, potato, arrived at the perfect moment, dressed in the vegetable medley of the day (I could have chosen sweet potato fries or rice but love baked potatoes).

Besides, I was going for the 'traditional' here.

If you've been to the steakhouse as Main Street turns into Hwy 50 going out of town, you know it's a friendly, nicely-decorated, fairly hidden spot. You make a quick right turn onto Rose Lane and the steakhouse is on the left behind Viva Mexico and next to the Gold's Gym complex.

**Ted Nelson** began working in the hospitality field in 1962. He says, "It has been a wonderful experience both in providing me an opportunity to raise my family and to see the range of dynamics that have occurred in this field over the past 50

years.

"Plate presentation, chains, fast food, the year-round availability of products from across the ocean and from all over the world have contributed to make customers more knowledgeable and savvy. It has also given restaurants the opportunity to create experiences that bring customers back on a regular basis.

"This brings me to state that the only reason we exist is to serve our customers, and yes, we love it when you choose to come back again and again."

It was one of those steadfast 'regulars' who first introduced me to the steakhouse. Bob Davis had been a "regular" at the place when he was renting a space for his trailer just up the street between gigs as a custom home finisher. He introduced my fella and I to Ted's just before flying the coop to move lock, stock and barrel to Germany late last year. Anyway, we are indebted and have dined at Ted Nelson's on more than one occasion when we wanted a taste of a great old steakhouse. I have to say the steakhouse genre is alive and well here and more so. The menu reads like many a traditional steakhouse with some delicious surprises along the way. You'll find three different steak choices, chicken, a primavera, fish, shrimp and lobster tail plus some BBQ and pork; lighter dinner choices such as a burger, meat sandwiches and a stir-fry; appetizers include eggplant roll-ups, oysters on the half shell and Rockefeller, chicken wings, tapenade, bruschetta, nachos and more. Nice wine selection and cocktails.

We started our meal with a ½ carafe of Stella Pino Grigio at a pretty nice price (\$11); carafe held two generous glasses of the lovely wine at a little less than two separate glasses (\$6 each) would have cost. A full carafe is available with many more servings and some of the wines are available by the bottle or the glass for a bit more. With the wine arrived some freshly baked baguette slices with butter; we asked for more and the bread was on the table in a wink.



My friend felt like seafood so mused over Salmon, then Walleye, and then requested Wild Caught Gulf Shrimp, sauteed, not fried. Lovely garlic aroma similar to scampi on rather large shrimp. Sweet potato fries, sauteed veggies and applesauce plus dipping sauces arrived on a full plate. Before his meal he enjoyed a fresh tomato vegetable soup made on sight, reminiscent of Minestrone.

As we finished up, our attentive waitress, Carol, no "e" like pretentious me, presented us with two little complimentary desserts of petits four cakes – small squares of white cake with creamy lemon frosting. Perfect! If you want a traditional steakhouse meal with a few twists you can't miss Ted Nelson's Steak House.

Ted Nelson's Steak House has been a Montrose fixture since April 2012, and is located at 103 Rose Lane, Montrose, CO. 81401. 970-252-0262.

Happy Hour drink specials daily from 4 to 6 pm.; Dinner served Monday – Saturday, 4 to 8 pm. Prices are affordable for this quality of food and service: Soup of Day, \$4; Soup/Salad Combo, \$7; A large Garden or Caesar salad, \$17 with choice of shrimp, grilled or blackened chicken, sirloin steak or salmon. Served with baguette slices; Dinners include a starch, vegetables and choice of soup or salad, from grilled Chicken Breast @ \$14 to Lobster Tail @ \$35. Lighter dinner selections come with a choice of potato, add soup or salad for \$3 and run from \$10 to \$14. Appetizers are from \$5 to \$14. Upgrade any entree with lobster for \$25; make an entree an Oscar for \$6; add shrimp to any entree @ \$3 each.

# COMMUNITY NEWS BRIEFS: ARTS EDUCATION

## YOUNG PEOPLE'S AFTER SCHOOL MUSICAL THEATER PROGRAM OFFERED IN RIDGWAY

### Special to Art & Sol

RIDGWAY-Weehawken Creative Arts brings back their popular theater program this October with teaching artist Kathleen O'Mara, in high demand from coast to coast. This will be an amazing lifetime opportunity to work with nationally-known theater teacher Kathleen. Students explore the wonder of literary work through the arts as they rehearse and perform an original adaptation of *The Hobbit*. Using the original text from Tolkien's famous work, students design their performance based on their favorite characters taken from the literary classic. This adaptation will be customized for the participating students, who will have the opportunity to enhance the storytelling by including song and dance in the performance. Through a workshop process, students will have curriculum in improvisation, stage presence, character development and voice.

This program is ideal for young performers who love to shine. The workshop is open to ages seven years old to 18 years old and the program will run from 4-6

pm at the Sherbino in Ridgway for five weeks starting Oct. 16 through Nov. 16, Monday through Thursday, and will end with public performances at the Sherbino Theater on Nov. 17 and 18. Those who have a desire to participate but can only commit to a limited number of days of the week are still encouraged to call Weehawken to register (at a pro-rated rate), as Kathleen is extremely flexible with student schedules and needs.

O'Mara has been a Teaching Artist, Producer and Director of Performing Arts since 1992. Known for being dedicated to innovative, story-driven staged productions, Kathleen has worked with thousands of students across the nation on hundreds of performance pieces. Historical content, student original works, musical theatre, Shakespeare, and Classic Drama are all based on a background in Educational Theatre Arts, and experience. Kathleen is equally comfortable with small or large casts, novice or experienced actors of all ages. Her talent for fast-paced, process-oriented work ties together struc-

ture and organizational skills with the freedom of ambitious, thought-provoking projects.

Weehawken is offering "The Hobbit" in Ridgway for ages 7 to 18 on October 16 through Nov. 16 from 4-6 pm, with performances on Nov. 17 and 18, at the Sherbino Theater. Registration is \$275 for the 5 week workshop, which, at four days per week for a five-week program, boils-down to less than \$7 per class hour! Students are encouraged to register in advance through Weehawken Creative Arts at [www.weehawkenarts.org](http://www.weehawkenarts.org) (youth arts classes tab) or by calling Weehawken at [970.318.0150](tel:970.318.0150). A minimum number of students must be met in order to guarantee the class, so interested students are encouraged to register several days in advance. Some scholarships may also be available for this program and scholarship applications are available on the Weehawken website or at the Weehawken office in Ridgway. More details are available at [www.weehawkenarts.org](http://www.weehawkenarts.org) or [facebook.com/weehawkenarts](https://www.facebook.com/weehawkenarts).



THE TELLURIDE INSTITUTE, THE TELLURIDE HISTORICAL MUSEUM,  
AND SAN MIGUEL COUNTY **PRESENT**

### THE SECOND ANNUAL INDIGENOUS PEOPLES DAY *A Colorado Day of Healing & Education*

SATURDAY • OCTOBER 7 • 4 PM  
TELLURIDE HISTORICAL MUSEUM

**FEATURING  
PETER PINO**

*of Zia Pueblo & the Native American Rights Fund*

**ERNEST HOUSE JR**

*of the Colorado Commission on Indian Affairs*

**REGINA LOPEZ-WHITESKUNK**

*of the Ute Indian Museum in Montrose & formerly  
of the Bears Ears Intertribal Coalition*



# Hold the Date! Upcoming Business & Cultural Events

## ONGOING-

**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 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-

**Oct. 2**-Montrose County 4-H Council invites their community to join them this coming Monday, Oct. 2<sup>nd</sup> at the Montrose County Fairgrounds for this year's 4-H Blood Drive. The St. Mary's Blood Donation Busses will be present from 3:30 pm-7:30 pm taking donations in four's every 15 minutes. They welcome walk in's however it is better to reserve your donation time in advance at 970-249-3935.

**Oct. 3**-Local nonprofits are invited to meet middle and high school students, share information about their missions and volunteer assignments, and get contact information for prospective volunteers at the Youth Volunteer non-profit Fair in Ridgway Oct. 3, from 12:30 to 1:30 p.m.. Only 30 tables are available, so register early by downloading, filling out and returning the [Registration Form](#). The fair is co-sponsored by the Ridgway Area Chamber of Commerce. Nonprofit chamber members can participate for free; non-members pay a \$10 fee. *One nonprofit will be selected to receive a \$100 donation.* For information about chamber membership, go to: <https://ridgwaycolorado.com/about/member-benefits>.

**Oct. 5**-League of Women Voters presents a forum on the Library ballot issue, in the Montrose Regional Library Community Room @ Noon. Admission is free.

**Oct. 5**--The RADIO ROOM PLAYERS and The LOST THEATER TROUPE present The Poe Project on Thursday, Oct. 5<sup>th</sup> at 7 pm. -Join The KAFM Radio Room Players for an evening of poetry and prose by and inspired by Edgar Allan Poe. Get in the Halloween mood with tales of suspense and horror performed by local actors and poets. Suggested donation at the Door \$5 for students and seniors, \$7 for adults. Come early and beat the witching hour doors open at 6:30 pm. Suggested donation \$5 students and seniors, \$7 adults. All proceeds go to KAFM. For more information call (970) 241-8801 or go online at [www.kafmradio.org](http://www.kafmradio.org). The Radio Room is located at 1310 Ute Avenue, Grand Junction, CO 81501. Doors open at 6:30 p.m.

**Oct. 6**-Landowners are invited to the “Forage Establishment, Renovation & Management Demonstration Plot Open House”, on Friday, Oct. 6 from 9 AM to 1 PM, at the Delta County Fairgrounds (403 S. 4th Street, Hotchkiss, CO). The event will be located on the southeast corner of the fairgrounds, by the river. The project is a cooperative effort by CSU Extension, USDA Natural Resource Conservation Service, Delta Conservation District, Delta County, and the Colorado Association of Conservation Districts. The program is free and there's no cost to participate. For more information and to sign up for this workshop call 970-249-3935.

**Oct.6**-SOM Sense of Motion Footwear will celebrate Manufacturing Day on Friday, Oct. 6th. Join us for these special, in-depth tours at either 8:30 am or 11 am on Friday Oct. 6th. The tour is at the SOM Footwear Factory 1006 N. Cascade Avenue in Montrose, CO, and will last approximately 1.5 hours. Space is limited so reserve your spot before Oct. 4th by sending an email to [som-team@som-footwear.com](mailto:som-team@som-footwear.com).

**Oct. 6**-Meet Joe Salazar Candidate for Attorney General Please join us for a Meet and Greet with Candidate Joe Salazar, running for the office of Colorado Attorney General to talk about what you expect from an attorney general. Friday, October 6th, 10:30 am in the Coffee Trader garden, [845 E Main St, Montrose, CO 81401](#).

**Oct. 7**-Volunteers of America presents The Kindness Diaries Tour with Leon Logothetis, @ Crossroads Victory, 3 to 4 p.m. Free to the public.

**Oct. 7**-There will be a benefit for P.E.E.R. Kindness at Antler Ridge (72015 Kinikin Road) on Oct. 7, from 5 to 10 p.m., featuring a national anti-bullying speaker who will also visit all six local elementary schools. For tickets visit [www.peerkindness.net](http://www.peerkindness.net).

**Oct. 7-8**-Head to beautiful downtown Cedaredge on Oct. 7-8 for Applefest, this year celebrating its 40th year! For a full schedule of events, visit [www.CedaredgeChamber.com](http://www.CedaredgeChamber.com) or like the Chamber on Facebook or by calling 970-856-6961. While you're in town, make sure to visit our local businesses to find incredible offerings of food, drink, art, specialty items and more.

**Oct. 13-14**-Fall Fun Outdoor Market! Downtown Montrose, Shopping, sales, vendors, restaurants. Sponsored by the DDA. From 10 a.m. to 5 p.m.

**Oct. 13**-DMEA Member Appreciation Night @ the Rec-4 p.m. to close, Montrose Community Recreation Center (16350 Woodgate Road in Montrose) and Bill Heddles Recreation Center (530 Gunnison River Drive in Delta). [www.dmea.com](http://www.dmea.com).

**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)

**Oct. 21**-KAFM Zombie Prom Dance of the Dead, 8 p.m. at the Mesa Theater (538 Main Street) in Grand Junction. Live music by Bicycle Annie, North by North, Jack & Jill.

**Oct. 22-24**-The Friends of the Library will conduct a used book sale Sunday, Oct 22, through Tuesday, Oct 24, in the Montrose Library Meeting Room. Hours Sunday are noon to 5 p.m. (FOL members only 12-2:30 p.m.; you can join at the sale) and Monday and Tuesday 10 a.m. to 6 p.m. On Tuesday 4 to 6 p.m. customers can fill a reusable bag with books for \$5. Information, 240-6028.

**Oct. 28**-The Montrose County Republican Party is hosting its annual fundraiser Lincoln-Reagan Dinner and Auction Saturday, Oct. 28th at the Montrose Holiday Inn Express. Cocktails begin at 6pm and Dinner at 7pm. The Cowboy and the Rose Catering. Guest speaker is Colorado Secretary of State Wayne Williams. Tickets can be purchased for \$50 from DeVinity Jewelers, Sooolutions, or on-line at EventBrite. For more information: [www.montrosegop.org](http://www.montrosegop.org) email: [montrosegop@gmail.com](mailto:montrosegop@gmail.com).

**OCT. 30**-A *Return to Grace Luther's Life and Legacy* will have a one-time showing presented by Living Word Lutheran Church and Preschool at the San Juan Cinema on Monday, Oct. 30th, 2017 at 5 PM. Important: All tickets must be purchased in advance. Tickets can be purchased at a special website set up for the screening <http://luthermovie.link/montrose>.

# MIRROR IMAGES..MHS HOMECOMING PARADE



*Students and spectators celebrated with the 2017-18 Montrose High School Homecoming Parade on Wednesday, Sept. 27.*



Contact the Montrose Mirror:

970-275-0646

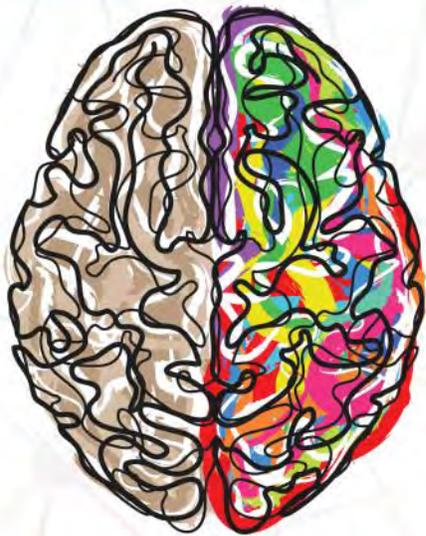
[Editor@montrosemirror.com](mailto:Editor@montrosemirror.com)

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



**Mirror staff photos**

**MONTROSE-** The 2017-18 Montrose High School Boys Golf Team heads for state Oct. 2-3. The team is young, with one freshman and three sophomores, but they are a hard-driving force this season. Pictured practicing for State at the Bridges of Montrose on Sept. 25 are Dawson Hussong, Micah Stangebye, Jordan Jennings, and Ryan Lords



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*Contact Me for a Free Consultation!*

**Michele Gad • 970-948-5708**

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

*Benefits healthy aging adults and may effectively treat:*

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

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