



# THE MONTROSE MIRROR

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

Issue No. 249, Dec. 4 2017

## LOMO WELCOMES FINDERS KEEPERS... WHERE OLD FAVORITES FIND FRESH STYLE!

By Caitlin Switzer

MONTROSE-A familiar space has a fresh new look, as the statewide artisan gift coop Finders Keepers welcomes shoppers to the West Main shopping district in Lower Montrose (LoMo).

Twenty-six vendors from across Colorado bring their wares to 147 East Main Street, with everything from vintage candy and organic, all-natural, hand-made pet treats to fine art by Colorado artists.

"Ninety percent of the merchandise is hand created, or up-cycled," Finders keepers Owner Jacqueline Lindblad said. "And we have tons of parking here!" Even the breathtaking balcony space will be open to the public on warm days, allowing shoppers a new view above the West Main neighborhood.

Finders Keepers is a browser's paradise, with high-end, handmade products you won't see every place else. Find re-styled antiques by The Furniture Artist

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*A butcher block table is just one of many unique and beautiful "finds" at Finders Keepers @ 147 East Main Street. Mirror staff photo.*

## THE WEST SIDE IS WHERE IT'S AT... BE PART OF THE WEST SIDE ART CRAWL DEC. 8!



*The West Side Art Crawl will finish at the Healthy Rhythm Community Art Gallery. Mirror staff photo.*

By Caitlin Switzer

MONTROSE-On any given day, the West Side arts district in Lower Montrose (LoMo) has plenty to offer. But on Friday, Dec. 8, LoMo is the place to be, for the West Side Art Crawl. Expect art, music, friends and fun—and the chance to have a great time for a good cause. Advance tickets for the West Side Art Crawl (5:30 to 8 p.m.) are \$30 apiece, or \$50 for two. On the day of the event, tickets are \$35 each.

The West Side Art Crawl is a benefit for Save the Sculptures, a non-profit group working to raise funds to keep two of the large Vic Payne bronze sculptures on display Downtown (a third Payne sculpture is privately-owned.) Seven local arts-related businesses are taking

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in this  
issue

*Gail Marvel's  
Houses of Worship!*

*Chris Larson Visits the Crested  
Butte Adaptive Sports program!*

*Carole Ann McKelvey visits  
the Montrose Museum!*

*Michele Gad on health  
& wellness!*

## HOUSES OF WORSHIP: SPIRITUAL AWARENESS CENTER

*'Our spirit, thanks be to you for gifts you have given us'*



By Gail Marvel

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

MONTROSE-The Spiritual Awareness Center is a potpourri of different beliefs, thoughts and introspection. The Rev. Arlyn Macdonald said, "All faiths and all religions welcome you on your unique path to the Creator."

There were 17 adult attendees on Nov. 5, and as people introduced themselves a first-time visitor said, "I'm trying to find somewhere that fits with my flow."

Similar to a quilt, one banner had blocks representing various faiths and beliefs such as the peace symbol alongside a Star of David. However, there was no symbol representing Christianity, nor was it a part of the service.

The group has a bulletin which is used during the service and returned so that it can be used again throughout the month. The structure of the service lends itself to multiple leaders performing different elements — opening prayer, welcome, inspirational message, lighting of the peace candle, reciting core values, the message, the prosperity message, the offering, etc.

A keyboard offered accompaniment for song selections which included, "Welcome to the Circle," "In, Out, Deep, Slow," "Simple Gifts" and an unnamed Native American song. Similar to greeting one another with a hand shake, the three-member lady's choir walked around the room greeting worshippers while singing "Welcome to the Circle."

Peace is the focus for this fellowship and Macdonald told attendees, "Take a deep cleansing breath, breathe out, close your eyes, bring your hands to your hearts, spread out your arms wide and spread out the peace of abundance that will radiate out into the world. Bring your hands back into the prayer position. Our spirit, thanks be to you for gifts you have given us."

November is designated the month of gratitude and the group was given a handout and instructed to list five blessings each day and then bring the list back each Sunday and add their list of blessings to the community list.

Macdonald said, "Our goal is to receive 500 blessings for the month of November."

Announcements included a collection of \$38 which was donated to MAPA for the

spay and neutering program. The all-inclusiveness of this group is not limited to people. Debbie Farris reported on the Animal Blessings event, "This year we also blessed a roly-poly bug and a stuffed animal."

Kate Gates presented Core Value # 8, "We preach peace and compassion through our inclusion.... The question to meditate on today is how do you practice peace and compassion? Deep breath. Breathe in peace and release breath in peace, breathe in wisdom and release in wisdom, breathe in understanding and release in understanding. Take a deep breath and bring yourself back into this room."

Macdonald's message centered on thankfulness and gratitude and she introduced the audience to Deepak Chopra, "He is said to be the 17<sup>th</sup> most influential speaker in the world today."

A practitioner of Transcendental Meditation (TM) and the author of *Quantum Healing*, Chopra is not without his critics. Macdonald said, "He was a friend of Michael Jackson. Some people labeled him a quack, but I'm thankful for his teaching and grateful for his practice of meditation."

The group was encouraged to concentrate on their spiritual-self.

Macdonald said, "We call it going to that center of peace. Looking at self 'at the soul level.' Go to your heart and repeat the words peace, harmony, laughter and love."

Similar to a fortune cookie, a Blessing Basket was passed around and participants took a slip of paper and then shared their blessing with the group. My blessing read, "All of my relationships are enveloped in a circle of love."

**Contact Information:**  
Spiritual Awareness Center  
602 N. Nevada (Lions Park)  
Montrose, CO 81401



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## CITY STAFFERS GOT FIRST CRACK AT MONTROSE BUCKS SALE

By Gail Marvel

MONTROSE-The City of Montrose Office of Business and Tourism (OBT) holds a holiday promotion known as Montrose BUCKS. Participants can purchase \$100 worth of Montrose BUCKS and receive a value of \$120 to spend in town. The city website does not indicate if there are any restrictions to the number of BUCKS that can be purchased by any one person.

The popular promotion, funded in part through the Retail Sales Enhancement Fund, sells out quickly. This year Montrose BUCKS went on sale to the public at 10 a.m. on Nov. 25 and sold out by noon. However, a *Mirror* reader brought it to our attention that city employees were given a purchasing advantage and notified through an email that they would be allowed to purchase BUCKS on Wednesday, Nov. 22, two days prior to the official sale date of Nov. 25.

OBT Director/Assistant City Manager Rob Joseph, who is on vacation, was unavailable for comment and the OBT staff is not authorized to talk with the media.

City Finance Director Shani Wittenberg stated, "...\$43,920 was distributed during the holiday BUCKS promotion and \$7,320 of that amount was budgeted as a promotion out of the Retail Sales Enhancement Fund."



*This year Montrose BUCKS went on sale to the public at 10 a.m. on Nov. 25 and sold out by noon. City employees were given a purchasing advantage and notified through an email that they would be allowed to purchase BUCKS on Wednesday, Nov. 22, two days prior to the official sale date.*



Brain food. Feed your starving mind.

**The Montrose Mirror**



## ***BE PART OF THE WEST SIDE ART CRAWL DEC. 8***

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



***Ken Vail of the Healthy Rhythm Community Art Gallery, above, welcomes the West Side Art Crawl Dec. 8. The art crawl, which begins @ Colorado High Grade Silver Studios, is a benefit to save two of the large Vic Payne bronze sculptures downtown.***

part; the Art Crawl begins at Colorado High Grade Silver Studios, and will proceed westward, finishing at the Healthy Rhythm Gallery, organizer Bob Brown

said. "There will be different activities and independent drawings at each stop."

Tour maps and directional assistance will be provided, and "Save the Sculptures"

petitions and donation jars will be available throughout the tour.

The Art Crawl also benefits Montrose, said Brown's wife, Pat. "This shows our community and visitors our cultural side."

Participating businesses include Amazing Glaze; Cimarron Coffee Roasters; Finders Keepers Downtown; Healthy Rhythm Community Art Gallery; Storm King Distillers; and Canyon Print & Frame.

The Vic Payne sculptures, now on display through a loan arrangement at Main Street and Townsend Avenue and at Main Street and Cascade Avenue, have become almost iconic for Downtown Montrose, Bob Brown said. "People here are very proud of them, and also people coming to town really like to see them."

"They really set Montrose apart."

Stage Coach rides will be available all day through Val Barnica's Y Bar Hitch. So mark your calendars for Dec. 8, come out and crawl.

"Things are really happening on the West Side of Main," Bob Brown said. "That's where the activity is!"

Tickets for the West Side Art Crawl are now on sale at Healthy Rhythm Gallery and at Amazing Glaze.

For more information call 970-240-3815.

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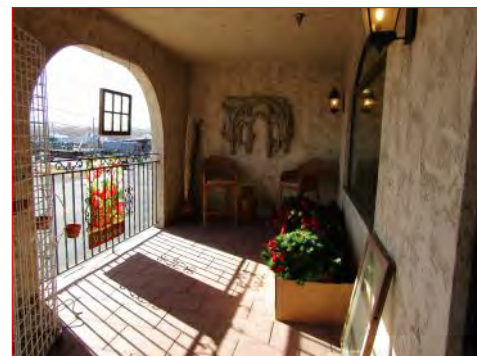
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## ***LOMO WELCOMES FINDERS KEEPERS... From pg 1***

Cathy Fritz, hand-made book art, hand carved aspen walking sticks, an upstairs art gallery and balcony space, vintage silver, and much, much more. Enjoy spending time here—but if you find something you want to take home, just remember these timeless words of advice; “Finders Keepers...Losers Weepers!” Jacqueline said. Reach Finders Keepers by telephone at 970.964.4355, or email them at [finderskeepersgt@gmail.com](mailto:finderskeepersgt@gmail.com).



***...More finds from the Finders Keepers Artisan Coop.***



**simpson gallery**  
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## Announcing the closure of Simpson Gallery

Mike and Kathy Simpson are retiring from Main Street  
The frame shop and my studio will move to another location after the first of the year.

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## AND THE RACE IS ON...BOTH PARTIES FACE OFF IN HD 58 RACE

By Caitlin Switzer

REGIONAL-For State Rep. Marc Catlin, serving the constituents of Colorado House District 58 means reaching across the aisle. "Here on the Western Slope, if the fence falls down because the wind blows it down, we don't go out and ask if the fence owner is a Democrat, we just got out and fix the fence," Catlin said. Originally appointed to the HD 58 seat to fill a vacancy left by Colorado Senator Don Coram, Catlin, a Republican, is about to embark on his first political campaign. "I've done everything backward my whole life; I got the job, and now I gotta ask folks if I can keep it."

So in keeping with his bipartisan approach, Catlin said he looks forward to meeting his HD 58 Opponent, Democrat Seth Cagin of Telluride. "The good news is we both care about the same district," Catlin said. "I don't know Seth, but I intend to reach out to him, and say that I appreciate him taking the time to run." The most important thing is representing the Western Slope, Catlin said.

"We need someone who will stand up and say, 'this won't work in our District.' And if something works in our District, I believe it will work statewide."

Wife Kerri Catlin, a local schoolteacher and longtime television reporter, will be joining Marc in Denver to provide support throughout the campaign, he said. "I've got me a little man camp near the state capitol," he said. "And soon she will be here too."

For his part, Democratic Challenger Seth Cagin, a Telluride businessman and founder and former owner of the Watch Newspaper, said that it is time for the Democratic Party to be more visible in HD 58. "I think not competing is a really bad thing."

"We have to start putting more energy into local campaigns."

Cagin said he intends to "knock on a lot of doors, and talk to a lot of voters."

No matter the outcome of the race, "I am excited to see how I will do," he said.

"When there is no Democrat in the race, Republican is the default choice."

People have been very welcoming since he announced his candidacy, Cagin said, indicating a willingness to welcome change. "People don't feel government can help or do anything good for them; Democrats have got to start competing if we want change."

"So I am just going to give it my very best shot."



**Rep. Marc Catlin and HD 58 Democratic hopeful Seth Cagin. Courtesy photos.**

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## REGIONAL NEWS BRIEFS

### SMMPA PROPOSES FIRST RATE INCREASE IN NEARLY 6 YEARS

#### Special to the Mirror

REGIONAL-At its November meeting, the San Miguel Power Association (SMMPA) Board of Directors approved an operating and capital budget for 2018 that was based on extensive analysis of projected expenses. The board is also taking into consideration that SMMPA, without raising rates to the membership, has been absorbing cost increases including a \$720,000 increase to the cost of wholesale power in early 2017.

Based on this 2018 budget as well as a detailed rate study of potential cost recovery methods, the staff has proposed an overall 1.2% rate increase for 2018.

"We are proud to say that this is the first rate increase we have had in nearly six years," said SMMPA CEO, Brad Zaporski. "The cost of basic goods and services, as measured by the Consumer Price Index, has gone up 12 percent since our last rate increase. Our rates have only gone up by 1.2% in this same time period."

"As a non-profit cooperative, our primary purpose is to provide our product--electricity--for the lowest possible cost," said SMMPA Board President, Rube Felicelli. "That's why, when we have to raise

rates, we conduct these studies--to make sure that our increase is as small as it can possibly be."

#### 2018 Rate Increase Proposal Summary

##### Single Phase – No Demand

- \$2 Increase to Access Charge

- No Change to per kWh rate

##### Single Phase – Demand

- \$2 Increase to Access Charge

- \$1 Increase to Demand Charge

- Reduced by 5.86% per kWh

##### Three Phase – Demand

No Change to Access

- \$1 Increase to Demand Charge

- Reduced by 4.01% per kWh

##### Three Phase – No Demand

-\$5 Increase to Access Charge

- No Change to per kWh rate

#### Overall Increase = 1.2%

For a detailed comparison of 2017 – 2018 rates, see [www.smpa.com/content/2018](http://www.smpa.com/content/2018) Rates

San Miguel Power Association has a wide variety of costs, the largest of which is wholesale power. Yet other costs such as materials, labor, tools, and maintenance of the electrical distribution grid, play a big part in rates as well. The new rates for 2018 propose an increase to the monthly access charge. The largest group of con-

sumers, those in the single phase rate class, will see their access charge increase by \$2.00. When SMMPA recovers more revenue from the fixed monthly access charge, the pressure for the cooperative to sell more energy (measured in kilowatt-hours) to meet revenue requirements is reduced. This gives Members greater flexibility in implementing energy efficiency measures and switching to more self-generation of energy without impacting the solvency and reliability of the grid.

"It's never easy to raise rates," said Felicelli, "but when we know we have the right information, we feel confident that our decision is necessary and appropriate for the long term health of your cooperative."

The SMMPA Board will host a rate hearing at their regular December board meeting prior to officially adopting the proposed rate change for 2018. The meeting is scheduled to be held in Nucla on Dec. 21st at 9:30 am. If approved, the new rate would become effective for all bills generated after January 1, 2018. Anyone who desires to comment about the proposed changes may file written comments at one of our public offices, or by email [rates@smpa.com](mailto:rates@smpa.com) or by written letter to P.O. Box 1150, Ridgway, CO 81432.



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## A SNEAK PEEK AT THE MONTROSE COUNTY EVENTS CENTER

By Gail Marvel

MONTROSE-The new Montrose County Event Center, an impressive 93,000 square feet, is on track to be completed by March 1, 2018.

The facility, which can hold 6,000 people, contains a kitchen, vendor space, banquet hall, three meeting rooms and enough bathrooms to accommodate 4,250 people. The cowgirls will be pleased to know that they have more bathrooms than the cowboys and that additional portable restrooms can be brought in when needed.

The ADA (Americans with Disabilities Act) compliant grandstand will have bleachers with backs and seating for 1,755 people, with 400 of those seats designated as VIP seating. It is anticipated that the first scheduled event will take place the latter part of April 2018.

While the Event Center will host concerts and rodeo events, the Montrose County Fair rodeo will continue to be held in the existing outside arena. Offices for the Fairgrounds will remain in Friendship Hall.



*On Nov. 29, 2017 local clay was brought in and compacted for the Event Center arena floor.  
Photo by Gail Marvel.*

### Give Where You Live...

Remember Us On Colorado Gives Day!

## TUESDAY, DEC 5

[coloradogives.org/seniorcommunitymeals](http://coloradogives.org/seniorcommunitymeals)

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Senior  
CommUnity  
Meals





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Tri-State G&T Montrose Employees Clubs' 2nd Annual

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# Montrose Motorcycle Holiday Toy Run

**Donate and ride!**  
**Dec. 9, 2017**

Help us brighten the holidays  
for our community's children  
and teens in need.

## Donate

By Dec. 7, drop off a new, unwrapped gift  
for boys and girls, toddlers to teens:

Tri-State Montrose Maintenance Center  
2200 S. Rio Grande Ave., Montrose



**TRI-STATE**  
Generation and Transmission  
Association, Inc.

A Touchstone Energy Cooperative



*or*

## Donate and Ride

On Dec. 9, bring a new, unwrapped gift  
for boys and girls, toddlers to teens and  
ride with us:

**10:30 a.m.**

Tri-State Montrose Maintenance Center  
2200 S. Rio Grande Ave., Montrose  
*meet in the south parking lot*

**11 a.m.**

Kickstands up! Ride and deliver gifts to  
Olathe. If there is snow on the ground,  
we will deliver gifts by car.

---

**QUESTIONS?** Contact volunteer toy run coordinator Mike Bahr at 970-216-1822 or [mbahr@tristategt.org](mailto:mbahr@tristategt.org)

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[www.tristate.coop/montroseholidaytoyrun](http://www.tristate.coop/montroseholidaytoyrun)



# A FRESH POINT OF VIEW...FROM THE HALLWAYS OF MHS!



**Jack Switzer, MHS  
freshman.**

*By Jack Switzer*  
MONTROSE  
HIGH SCHOOL-  
The bell rings,  
and I grab my  
backpack to go  
to class. My  
backpack is  
normally some-  
what full of

stuff, mostly because there's a huge bike lock that I never remember to take out when I get home. Along with notebooks and the occasional pencil. That's why my heart dropped when I saw five large Montrose High School hoodies that my mother had ordered for the family sitting on my chair in the classroom. No way they would fit in my backpack. I go to sit down and stare at the mass of hoodies, and realize that I still don't have a locker. All I have is a small backpack that barely fits what I have already. So I decide, Genius that I am, to wear all of them at the same time to make it easier.

Now, I didn't think this through. I felt like

a honey boo boo bacon wrap. Hot, fat, and probably bad for your health. I'm sitting in class, trying to pay attention and trying not to itch at literally everywhere. I try to take them off, but I have indeed made a grave mistake. All the hoodies together have constricted the hole you put your head through, so I can't pull my head through.

I think to myself, "Is this how I die?" I struggle against the hoodies, but they refuse me. I struggle like an awkward baby penguin for a few minutes, trying to move my stubby arms and get the hoodies off.

My teacher looks at me with a disappointed expression. And mouths the words "Take off the hoodies Jack."

I look over at the kid next to me, and he's just kinda staring, trying not to chuckle, and after a few moments of silence I just awkwardly say "Please help me."

So we work together to pull the hoodies off, and all of them are stuck on my chin, until he punches me in the gut and my head pops out of the jumbo sized hoodie,

three hoodies in one because the other two wouldn't fit over the others.

After that, the hoodies didn't give me much trouble until school was over and I had to carry them on my back.

It was long, backbreaking work just carrying them to the edge of the road I needed to cross. Which just so happens to be a popular road. Fantastic.

Once there was a break in traffic I heroically sped across the highway with grace and beauty, my hair waving in the wind, my hoodies flying off my shoulders, my eyes widening realizing my hoodies are in the middle of the highway. It was truly a beautiful sight.

Until I had to run into the middle of the highway, frantically scoop up the jumbo hoodie and the two others, and scream all while doing it.

When I got home I scolded my mother for buying so many hoodies, just so she could fulfill her "Matching family portrait" fantasy. Moral of the story, don't let your mom buy more than one high school hoodie.

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# Fundraiser Benefit for Cove Brennecke & Family

Please  
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4 year old Cove Brennecke has been diagnosed with stage 4 Neuroblastoma cancer. Cove's parents are Dirk Brennecke and Shiloh (Donley) Brennecke, who grew up in Montrose and currently live in Grand Junction. The family is preparing to move to Aurora for 3 months to continue Cove's treatments.

After the 3 months of treatment, the family hopes to return to Grand Junction. Over the next year, they will have to make a trip to Denver every two weeks to continue Cove's treatments. They have devoted all of their resources to Cove, and the family is in need of financial assistance.

Please give a little- it would help a lot.

**Please join us for dinner, entertainment, and a silent auction!**

Want to participate in the chili cook off or silent auction? Find more info on the cook-off poster!

**When: Saturday, December 9th**

**4-7:30PM**

**Where: Montrose High School  
Cafeteria**



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# CRESTED BUTTE MOUNTAIN RESORT ADAPTIVE SPORTS PROGRAM LEADS THE WAY TO HEALING



*Christopher, Zippy and some CB friends; a map of the mountain.*  
 Courtesy photos.



By Christopher Larsen

CRESTED BUTTE-When choosing the perfect mountain for your family vacation, you weigh the positives and negatives and make an informed decision. As a seasoned snowboarder, I have been riding now for 26 years. So much has changed in my sport and in my life, the reasons for my own mountain choices have changed dramatically as well.

As I age, I find that the friends I make on the mountain are just as important as the terrain. There is nothing in this world that will harsh your Rocky Mountain high like pretentious people. It seems the more epic the mountain, the higher the pretentiousness.

Or so I thought until I stumbled upon a utopia nestled high in the Colorado mountains. Crested Butte Mountain Resort (CBMR) is home to several extreme skiing and snowboard competitions and the terrain is for all practical intents and purposes, perfect.

The [adaptive ski program](#) at CBMR has

been in operation since 1987 serving people with special needs and/or debilitating physical injuries.

There I was greeted by Brian, director of marketing for the adaptive ski program, and was delighted to find out that this man was former Air Force. We all know about the work that Crested Butte's adaptive ski school does with physically-disabled vets.

This highly visible part of the adaptive ski program makes us all smile and fills our hearts with gratitude. Sometimes, though, the painful wounds of war aren't so visible. Eleven to twenty percent of our armed forces veterans suffer with at least one-year acute PTSD symptoms following their return from Operations Enduring Freedom and Iraqi Freedom. <https://www.ptsd.va.gov/public/PTSD-overview/basics/how-common-is-ptsd.asp>

The adaptive ski school at Crested Butte Mountain Resort is not just skiing and snowboarding, it is so much more. Included in the curriculum are confidence building activities like cycling and rock climbing. This school knows all seasons, and there is an expansion program in the works to

build a facility in the village to accommodate wounded warriors and their loved ones during their stays in Crested Butte. The facility will house and feed our veterans and give them a safe place to be with each other; and the seasoned veteran ski instructors at the Crested Butte adaptive ski school are exactly the people qualified to dispense the requisite love and joy necessary to begin the healing process.

As I take in the breathtaking mountain vistas and marvel at the beauty of the people here, I am reminded of the Sunday School lessons of my childhood and the teachings of my soldier father. "Men and women of honor should dedicate themselves selflessly to ideals; most lesser people have not the capacity."

Crested Butte's adaptive ski school needs \$2 million more to complete the new facility. I know times are tough for all of us; but we the people, must take matters into our own hands and ease the pain of the men and women and their families whose sacrifices few of us can imagine.

If you will please, Visit <http://www.adaptivesports.org/ways-to-give/donatenow>.



## **CITY CANCELS DEC. 4 WORK SESSION; MAIL BALLOT ELECTION SET FOR APRIL 3, 2018**


### *Mirror Staff Report*

MONTROSE-The Dec. 4 Montrose City Council work session has been cancelled; the next scheduled City Council work session is set for Dec. 18 at 11 a.m.

At the regular Montrose City Council meeting of Dec. 5, Council will consider a proclamation in support of the International Day of the Migrant. Council will consider as well an Intergovernmental Agreement (IGA) between the City of Montrose and the Montrose Recreation District concerning the Connecting The People to Their Parks and Recreation Great Outdoors Colorado (GOCO) Grant Project.

Council will consider and hold a hearing on Ordinance 2440 on first reading, "amending Ordinance No. 2395 which appropriated funds for defraying the expenses and liabilities of the City during the fiscal year beginning Jan. 1, 2017; said expenditures of the City of Montrose over and above those anticipated at the time of the adoption of the original budget for the fiscal year beginning Jan. 1, 2017."

Also to be considered by Council, Resolution 2017-20, "authorizing the conduct of a mail ballot election for the City of Montrose General Municipal Election of April 3, 2018," and \$1,354,509.23 vehicle and equipment purchase recommendations.



**Montrose Senior Center**  
1800 Pavilion Drive

**ACTIVITIES CALENDAR**  
970-252-4884

**MEAL RESERVATIONS**  
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**\$3**

**Lunch & Learn**

**TO RESERVE A SEAT CALL 964-3419**

LUNCH @ NOON • PROGRAM @ 1PM

**HOW TO SPEAK GEEK**

**HOW TO TALK TO TECH SUPPORT TO  
GET THE HELP YOU NEED**

**JOHN LORIMER**

THURSDAY, DEC 7th • PROGRAM IS FREE TO ATTEND

---

**OL' SAINT NICHOLAS STORIES**

**FOR KIDS OF ALL AGES**


**ALLEN BECK AS FATHER CHRISTMAS**

MONDAY, DEC 18TH • PROGRAM IS FREE TO ATTEND

**\$5 Lunches**

**FOUR COURSE LUNCH W/ DESSERT**

MONDAY - FRIDAY • ALL AGES WELCOME





CHERRY CREEK RADIO AND ALPINE BANK ARE SPONSORING  
THE 2017 PIC PLACE

# Toy & Family Memories Drive

FOR MONTROSE COUNTY

Please donate toys for boys and girls from newborn to 14 years of age (all toys should be unwrapped). Also collecting Cash Donations to be used to purchase additional toys and gift certificates.

## Drop-off points

Montrose Alpine Bank locations during banking hours: 2770 Alpine Drive and 1400 East Main Street.

The PIC Place - 87 Merchant Drive

Montrose Recreation Center - 16350 Woodgate Rd

## Collection Dates

November 18 – December 15

## Happy New Merry Thanksmas

The toy and food drive will begin with this event, November 17 & 18 (drop off at the event itself), and will continue through December 15.

Distribution on Saturday December 16 at The PIC Place from 10am-noon.



**Alpine Bank**  
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## MRCOG MEETING: FIRE PROTECTION DISTRICT TO DRAW ON RESERVES FOR 2018; COUNTY LOOKS AT FINANCIAL TRANSPARENCY SOFTWARE; CITY, CMU PROMOTE KVNf MONTROSE STUDIO



*On Nov. 27, participants in the Montrose Regional Council of Governments (MRCOG) assembled for their quarterly meeting in the Summit Room at the Montrose Recreation District Montrose Field House. Photo by Gail Marvel.*

By Gail Marvel

MONTROSE-The Montrose Regional Council of Governments (MRCOG) meeting was held at the Montrose Recreation District Field House on Nov. 27.

About 20 people were in attendance and organizations represented included Montrose County, the City of Montrose, Montrose County Coroner, All Points Transit, Montrose Fire Protection District, Colorado Mesa University (CMU), Montrose Recreation District, Colorado Department of Transportation (CDOT), Montrose Economic Development Corporation (MEDC) and Hilltop Family Resources.

Following individual introductions Montrose Recreation District Executive Director Ken Sherbenou took the group on a tour of the refurbished swimming pool turned soccer Field House. Sherbenou said, "We are hoping it will operate in the black. The [outdoor] swimming pool will be operated for the next several years with a \$3 fee for youth and seniors and will be open Memorial Day through Labor Day." The official grand opening ceremony for the Field House is scheduled for 3 p.m. on Dec. 2.

The 6,000 square foot facility also contains multi-purpose space, an exercise room for CMU students and leased space for Weekawken Creative Arts.

### Roundtable Discussion:

**Montrose County** - In the absence of all three county commissioners, Government Affairs Director Jon Waschbusch reported on county activities.

The county is close to adopting their 2018 budget for about \$63 M. Waschbusch said, "The fund balance is strong and it is a solid budget. IGA's (Intergovernmental Agreements) continue to grow with about \$1.2 M requested." Example of organizations requesting funding are Dolphin House, Rec District, MEDC, etc.

Waschbusch said, "The Events Center is on track to be completed by March 1. The Road and Bridge Facility is scheduled for completion in May. Good news is that the hospital litigation settlement has been agreed to. That's really good news and I give credit to all the boards for making it happen."

Other updates included the airport gearing up for ski season with added direct flights and the Downtown Development Authority (DDA) having office space in the county admin building. Waschbusch said, "We're looking at transparency software that shows where money is being expended. It will cut down on the Colorado Open Records Requests (CORA) because people can go to the website and look up [information] for themselves."

**Montrose Economic Development Corporation** – Executive Director Sandy Head.

Head said, "We're coming out of a really busy time right now. The State (EDC) visits outside of Denver only once a year and this year they came to Montrose. We had 30 exhibitors for the Manufacturing Expo and it went very well. There was a huge turnout for the Colorado Outdoors groundbreaking."

**City of Montrose** – Mayor Judy Ann Files.

Files said, "I'm not going to go into all the things we are doing because most of you are there [at the events]. We have a new grant writer. The city allows the grant writer to do, or help with, grants for non-profits." The city is also working with the Colorado Army National Guard (COARNG), "They have four recruiters in our four-county area and they have three years to fill their numbers, or else they will close this unit."

Councilman Dave Bowman promoted a fundraiser for KVNf which will be held at Horsefly, "KVNf wants to establish a studio at Proximity Center. On June 9<sup>th</sup> there will be a music and BBQ fundraiser for the Cerise Park amphitheater and stage." Colorado Mesa University Campus Director Gary Ratcliff added to the conversation, "KVNf plans on hiring a full-time journalist to cover the area."

Montrose City Councilwoman Barbara Bynum opted to wear multiple hats (Montrose Recreation District President, Montrose Academic Booster Club President, Co-Coordinator for Heidi's Forum). Bynum and MEDC Director Sandy Head will be presenters at an upcoming Heidi's Forum. "If any of you want to do a presentation at Heidi's and get on that schedule let me know."

**All Points Transit (APT)** – Executive Director Sarah Curtis.

Curtis said, "Benches and shelters are being installed around town at some of the stops. One is by Mental Health and the other on Niagara near New Vista Charter School. Octoberfest had sporadic rain, but it was good." Curtis was asked about advertising on benches and shelters and she said, "Not yet. Now we do sponsorships, not advertising."

*Continued next pg*

## ***FIRE PROTECTION DISTRICT TO DRAW ON RESERVES FOR 2018***

### ***From Previous page***

**Hilltop Family Resource Center** – Regional Director Kay Hotsenpiller.

Hotsenpiller said, "There's not a lot new going on, just helping people get through the holidays. We have 60-80 families a month needing services. We've added a domestic violence support group and a Wellness 360 Group (full body health) for teens struggling to stay in school and those dealing with alcohol and drugs. We closed down the Brown Center in August."

**Montrose Fire Protection District** – Fire Chief Tad Rowan.

Rowan said, "We're busy. Upward of 4,000 calls for 2017. That's a nine to 12 percent increase. We're looking at the future, how we can add more resources on the street. We still haven't recovered from the recession and we'll have to draw \$275,000 out of reserves for 2018." Although revenue has increased, there has been a reduction in assessed property values on residences, "We're looking at alternate ways to generate revenue." The taxing boundary has not been modified since 1946; however, the fire district has expanded their responsibility to areas that are not in the taxing district. By resolution the Fire Protection Board can increase the boundary. "We'll keep our heads above

water in Montrose, but our calls are increasing."

**Colorado Department of Transportation (CDOT)** – Resident Engineer Raelene Shelly.

Shelly said, "The good news is the work on Hwy 50 east is all completed. The west side arterial (City of Montrose) is compete."

The survey for Hwy 550 south is progressing, "The county and the city have provided funds for the access control panel. Our biggest issue is wildlife. There are migration patterns with deer, but it is really in the whole corridor all the time. We're not set up for underpasses and overpasses. Our dollars don't go as far as they used to." In 2018 CDOT will focus on Hwy 133 (McClure Pass). Shelly does not yet know if the settlement and heave issues on Hwy 50 between Delta and Grand Junction will be a 2019 project.

**Montrose County Coroner** – Dr. Thomas Canfield.

Canfield was called away before he could give a report.

**Colorado Mesa University (CMU)** – Campus Director Gary Ratcliff.

Ratcliff reported that the Montrose campus has 262 students enrolled for Fall.

Ratcliff gave data on the correlation between unemployment and student enrollment. CMU is funding a College Career Advisor who will serve Montrose and Olathe High Schools, as well as Peak Academy.

Ratcliff said, "The new staff person will start in early December. Their role is to promote higher education — technical school, military service, college..."

**Montrose Recreation District** – Executive Director Ken Sherbenou.

Sherbenou said, "We have a year under our belt and have about 7,000 annual memberships. We are nearing the end of our warranty period. It's going really well." In order to be more efficient, MRD's program guides went from four to three a year, "The Spring/Winter Guide will be out soon. Sherbenou gave an update on the Connect Trail Grant which will increase the 10-foot-wide recreation trail along the river corridor from four to six miles. There are plans to refurbish Holly Park (old tennis courts) and widen the Riverbottom Park road.

**Next Meeting:**

The next MRCOG meeting is scheduled for 1 p.m. on March 12, 2018 at the Events Center.


8500
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## REGIONAL NEWS BRIEFS

### NEW RE-1J BOARD OF EDUCATION MEMBERS SWORN IN

*Special to the Mirror*

MONTROSE—Following the Nov. 7th, General Election, the newly elected Board of Education was sworn in and seated at a special meeting held Nov. 27th. Jeff Bachman, Sarah Fishing and Jacob Suppes joined incumbent Board members Tom West, Phoebe Benziger and Gayle Johnson on the MCSD School Board. In addition, Board officer positions were selected. Tom West is the President; Gayle Johnson Vice-President and Phoebe Benziger is the Secretary/Treasurer. The Board seat for District G is still open.

#### JOIN THE TRI-STATE EMPLOYEES CLUB MOTORCYCLE TOY RUN TO HAVEN HOUSE DEC. 9

*Special to the Mirror*

REGIONAL-Tri-State Generation and Transmission Association's Montrose Employees Club has invited the community to support a holiday motorcycle toy run for local homeless families on Saturday, Dec. 9. The Montrose Motorcycle Holiday Toy Run will deliver donated gifts to Haven House in Olathe.

Riders are welcome to join the staff and resident families for coffee and hot chocolate before returning to Montrose. Any and all motorcycle riders are welcome to join; the toy run will meet in the Tri-State Generation & Transmission parking lot at 10:30 a.m., (2200 S. Rio Grande Avenue in Montrose) and will leave at 11 a.m., to travel north on U.S. Hwy 50 to Haven House (4806 North River Road in Olathe), arriving between 11:15 and 11:30 a.m. If there is snow on road, gifts will be delivered by car. Haven House was formed in August 2010 to develop a transitional/transformational living program for the homeless in the Tri-County area of Montrose, Ouray and Delta.

For more event details, visit [www.tristate.coop/montroseholidaytoyrun](http://www.tristate.coop/montroseholidaytoyrun).

Tri-State Generation and Transmission Association is the wholesale power supplier, operating on a not-for-profit basis, to 43 electric cooperatives and public power districts that serve more than one million consumers throughout nearly 200,000 square-miles of Colorado, Nebraska, New Mexico and Wyoming. For more information, visit [www.tristate.coop](http://www.tristate.coop).

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## JEN'S IMAGES...MONTROSE PARADE OF LIGHTS 2018



*Photos by Jennifer McClanahan.*





## NEW PUMP DELIVERS THE (HOT) WATER IN OURAY

By Carole Ann McKelvey

Ouray Bureau Reporter

Ouray – Ouray's mayor, Pam Larson, has announced that adjustments to the Ouray Hot Springs Pool completed in mid-November are now providing consistent temperatures to the hot and shallow sections of the pool.

Construction company FCI made adjustments and installed a more powerful pump to correct pool temperature problems in the newly reconstructed \$9 million dollar pool, she said.

In mid-November a more powerful pump was installed in the mixing shed east of the pool. Prior to the installation, it was discovered that a portion of the available hot water was being diverted to the river, instead of the pool.

Larson announced that with the new pump all of the hot water (130° & up to 300 gallons per minute) is now going into the pool. At the same time, valves were relocated in the mechanical building allowing improved pressure balance within the different pool sections. And changes in programming were done to provide more efficient heat control.

Larson said, "From the beginning of this project it was known that there was only



*Courtesy photo Ouray Hot Springs Pool.*

enough hot water heat to keep the hot section, the shallow section and the lap lanes open in the winter. The results of these improvements has been consistent pool temperatures in both the hot section (103°-104°) and the shallow section (94°-98°). These temperature are what was expected of the pool."

Other factors that affect consistent pool temperatures include:

A court-ordered shut-off of one of the hot

water sources. This is done on Mondays resulting in lower temperatures at the first of the week. Another factor is the wind which can quickly lower the pool temperatures.

Larson noted, "The Hot Spring Pool is a unique asset which is a year-round economic driver. There are several additional improvements and upgrades that are being considered.

"But for now, good news."

**249 8500**

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## REGIONAL NEWS BRIEFS

### ALPINE BANK ADDS TO MARKETING TEAM

#### *Special to the Mirror*

COLORADO-Alpine Bank has promoted Allison Nadel from San Juan regional community relations director to Alpine Bank's enterprise marketing operations manager and added Bill Anschuetz as communications coordinator. "We are pleased to add to our marketing team from inside and outside the organization," said Vice President and Director of Marketing Alan Sandberg. "Alpine Bank's community focus has created tremendous opportunities for our customers across Colorado. Allison and Bill strengthen our ability to share their stories." Nadel is a Colorado native, growing up in Ridgway. She started as a teller with

Alpine Bank in Montrose in 2002, later serving as a customer service representative, loan assistant and branch manager. Nadel has served as community relations director for the San Juan Region for Alpine Bank since 2014. As enterprise marketing operations manager, Nadel will assist Sandberg in directing and coordinating marketing for the entire Alpine Bank footprint from Durango to Denver. "Although my role within Alpine Bank is changing with the opportunity to be a larger part of the bank-wide marketing department, I will be able to remain in the Montrose community," said Nadel. "Over the past four years, being involved with the San

Juan communities, area non-profits and organizations has been incredibly rewarding," Nadel said.

Anschuetz has also joined Alpine Bank's enterprise marketing department as communications coordinator. He has diverse experience in marketing communications in the private and public sector. His duties include a wide range of writing and editing responsibilities.



**Allison Nadel.**  
*Courtesy photo.*

### ELEVATE FIBER ANNOUNCES COLORING CONTEST WINNERS



#### *Special to the Mirror*

REGIONAL-Coloring Contest winners for the Elevate Fiber Colorado Contest (pictured at left) are:

Ages 8 – 10

1<sup>st</sup> Place – Aaliyah Gallegos

2<sup>nd</sup> Place – Aprielle Trujillo

Ages 5 – 7



#### Cove Brennecke Benefit

Chili Cook-off and  
Silent Auction  
Montrose High  
School Cafeteria

SATURDAY DEC. 9<sup>TH</sup>, 2017  
4-7:30PM

Adults \$10 and Children \$5



## REGIONAL NEWS BRIEFS

### ELEVATE ADVENTURE CONTEST WINNERS ANNOUNCED



***Congratulations to Lisa Rediger. Her photo above garnered top honors in Elevate's first Fall Photo Adventure Contest. Lisa won a Roku 4 streaming device. Courtesy photo.***

#### *Special to the Mirror*

REGIONAL-The results are in and smiles abound. Elevate Fiber announced the winners of its annual Fall Photo Adventure and Coloring Contest last week. Members were asked to submit their best Colorado adventure photos for a chance to win. Kids, 10 and under, showed off their artistic skills with a coloring contest.

Elevate Fiber congratulates all the winners listed below:

#### Photo Contest

1<sup>st</sup> Place – Lisa Rediger

2<sup>nd</sup> Place – Will Brumas

3<sup>rd</sup> Place – Artie Elliot

#### Coloring Contest

Ages 8 – 10

1<sup>st</sup> Place – Aaliyah Gallegos

2<sup>nd</sup> Place – Aprielle Trujillo

Ages 5 – 7

1<sup>st</sup> Place – Elizabeth Lasley

"This was our first photo contest and the response from our community was tremendous. It shouldn't be a surprise as Elevate has been propelled by community support from the start," said DMEA Marketing Supervisor, Becky Mashburn.

Established in 2016, Elevate Fiber, powered by DMEA, has grown quickly. It now provides fiber internet service with speeds as fast as 1 Gig (1,000 Mbps) to more than

2,200 customers in Montrose and Delta counties. And while service is not available throughout the two counties yet, that is the ultimate goal.

"Elevate is a subsidiary of DMEA, so our focus has always been to build our network throughout the co-op's service territory. Of course, that process won't happen overnight. We're building more than 3,000 miles of fiber in an efficient and financially secure way. That's why we're using a crowdsourcing model to

help direct our construction efforts," explained Mashburn.

Elevate Fiber's construction concept is simple; interest drives construction. As a result, DMEA's service territory is divided into 50 different zones. Each of these zones is designed to follow the main DMEA power line serving a specific area, because the fiber optic cables will be strung on DMEA's poles and buried within the co-op's underground easements. Each zone within the territory has a goal for preregistrations that must be met before Elevate builds its network.

"The concept of zones and sign up goals can be confusing, but it really boils down to the need for Elevate and DMEA to ensure that the investment being made to build the fiber network is supported by actual customers. By creating a solid foundation at the start, which includes a steady stream of revenue, we're able to keep moving toward the end goal: make Elevate available to all members. That hardest part for many of us is simply waiting. I always have to remind myself how far we've come in just a year and a half," said Mashburn.

Far is an understatement. Since connecting their first customer in October

2016, Elevate has quickly added customers and expanded their network to include zones across Montrose and Delta counties. Elevate now boasts 9,000 plus preregistrations and 2,230 customers. In addition, nine more zones are more than halfway to their signup goal and moving quickly. The current top runners are: Paonia 055 – 93% to goal, 25 more preregistrations needed  
Montrose 427 – 82% goal, 19 more preregistrations needed  
Montrose 813 – 81% to goal, 133 more preregistrations needed  
Cedaredge 126 – 70% to goal, 36 more preregistrations needed  
Orchard City 112 – 67% to goal, 210 more preregistrations needed  
Hotchkiss 67 – 60% to goal, 169 more preregistrations needed  
Montrose 415 – 57% to goal, 88 more preregistrations needed  
Montrose W. 741 – 56% to goal, 99 more preregistrations needed  
Olathe 138 – 51% to goal, 63 more preregistrations needed

The community can view all Elevate zones and their respective goals and preregister for service at [join.elevatefiber.com](http://join.elevatefiber.com). There is no cost to preregister and doing so locks in the \$100 installation fee, due at the time service is installed. A full listing of services and prices is also available at the [website](http://website). Elevate offers speeds starting at 100 Mbps for \$49.95 per month and topping out at 1 Gig (1,000 Mbps).

"Our speeds and prices can't be beat. We've found that the average speed in DMEA's service territory is just 10 Mbps. So, it's important to know your current speed and what you're paying for it when you price shop. I'm guilty of skimming an advertisement, seeing a price, and not checking to see what conditions may be attached, like promotional timelines, data caps, and slow speeds," said Mashburn. The community is encouraged to explore Elevate at [join.elevatefiber.com](http://join.elevatefiber.com), call 877-687-3632 or stop into a local DMEA office for more information.

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## Health Resource Center

Call us to schedule an appointment for free assistance with the following:

- Resource Education with a Care Navigator
- Housing Assistance
- Long Term Care Options
- Short Term Care Options
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- Form/Application Assistance

## Connecting You To Information and Options

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Montrose: **Park Avenue Professional Building**  
121 N. Park Ave, Montrose

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

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## REGIONAL NEWS BRIEFS

### RAILROAD CROSSING REPAIR SET FOR US 550 NORTH OF DURANGO

*Special to the Mirror*

REGIONAL-Colorado Department of Transportation (CDOT) maintenance crews will be assisting the Durango & Silverton Narrow Gauge Railroad with railroad crossing repairs next week on US Highway (US) 550 in Hermosa. The work is expected to take place for two days — Monday, December 4 and Tuesday, December 5, weather permitting.

The work will include the replacement of rail planks, the patching of asphalt and the painting of new railroad crossing pavement markings. The location of work is on US 550 approximately seven miles north of Durango, where the train crosses the highway at about mile point 32 near Hermosa.

**HIGHWAY TRAVEL IMPACTS:** Motorists may encounter intermittent lane shifts, closures and brief traffic stops of 15-20 minutes. The maintenance operations will take place from 9:00 a.m. to 4:30 p.m., December 4 - 5. The traveling public is urged to obey signage and speed reductions through the work zone. Motorists should also be aware of signage, flaggers, maintenance workers and heavy equipment on and along the highway.

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## REGIONAL NEWS BRIEFS

### MONTROSE MEMORIAL HOSPITAL IMPLEMENTS VISITATION RESTRICTIONS

#### *Special to the Mirror*

MONTROSE – Montrose Memorial Hospital (MMH) is implementing additional patient safety guidelines to protect patients, visitors and employees from respiratory illnesses.

For those visiting patients, MMH is temporarily restricting those 12 and under from the hospital. Research has indicated that children 12 years and younger get sick more often than adults and can spread their illness to others up to two days before having any symptoms of sickness. The hospital is also asking visitors of all ages to limit visitation with friends and families if they are feeling symptoms of cold or flu.

Dr. Michael Benziger, Chair of the Infection Prevention Committee said; "We are committed to ensuring the safety of our patients, visitors and staff during the flu season. These temporary changes to our

visiting policies may be inconvenient to some, but are in the best interest of everyone."

For questions about visitation restrictions, please contact Megan McBryer at (970) 252-2748.

How do you know if it is a cold or the flu?

The common cold and flu are caused by different viruses but can have some similar symptoms, making them tough to tell apart. In general, the flu is worse and symptoms are more intense.

**COLDS:** Usual symptoms include stuffy or runny nose, sore throat and sneezing. Coughs are hacking and productive. It's usual to have fever, chills, headaches and body aches, and if they do occur, they are mild.

**FLU:** Fever is usually present, along with chills, headache and moderate-to-severe body aches and tiredness. Symptoms can come on rapidly, within three to six

hours. Coughs are dry and unproductive, and sore throats are less common.

**PREVENTION:** To avoid colds and flu, wash your hands with warm water and soap after you've been out in public or around sick people. Don't share cups or utensils.

And get a flu vaccination – officials say it's not too late, even in places where flu is raging.

**TREATMENT:** People with colds or mild cases of the flu should get plenty of rest and fluids.

Those with severe symptoms, such as a high fever or difficulty breathing, should see a doctor and may be prescribed antiviral drugs or other medications.

Children should not be given aspirin without a doctor's approval.

Sources: U.S. Centers for Disease Control and Prevention; Roche, maker of Tamiflu

### ENROLLMENT OPEN FOR YOUTH MENTAL HEALTH FIRST AID COURSE

#### *Special to the Mirror*

MONTROSE-Montrose County and the Center for Mental Health are excited to bring another Mental Health First Aid course to the community. Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.

"Mental health is extremely important in the overall wellness of our community,"

said Montrose County Health Educator Danace Arthur. "Mental health issues affect individuals of all ages, and we are pleased to bring this youth-centered class to our community."

Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. Attendees will learn a 5-step action plan for how to help young people in both crisis and non-crisis situations. The course will be instructed by Center for Mental Health staffers Robin Berndt, Certified Mental Health First Aid

Instructor; Stacey Curry, MA, Certified Mental Health Aid Instructor; and Heather Darbe Training and Outreach Coordinator and Suicide Prevention Specialist.

Youth Mental Health First Aid is offered to community members free of charge and will be held at Montrose County Health & Human Resources, [1845 S. Townsend Ave](#) from 8 am to noon on Dec 4th and Dec 5th, 2017. Participants must attend both dates to receive full credit for certification. For more information or to reserve your spot, please contact Danace Arthur at [970-252-5011](tel:970-252-5011) or [darthur@montrosecounty.net](mailto:darthur@montrosecounty.net).





## LIVING HISTORY...SALLY JOHNSON KEEPS MONTROSE MEMORIES ALIVE



*The Montrose County Historical Museum helps to keep local history alive, but many artifacts are still outside. A fund-raising drive is on to raise about \$69,000 to erect a shelter on the property to save the historical items. Photo by Carole Ann McKelvey.*

By Carole Ann McKelvey  
Mirror features writer  
MONTROSE-Sally Johnson is full of it;

Montrose history, that is. Now going on her eighth year as the coordinator of the Montrose County Historical Museum,

Johnson has immersed herself and her museum in all things historical in the area.

The museum celebrates early railroading history in the historic 1912 Railroad Depot at 21 N. Rio Grande Ave; railroading isn't the only history here, however. The historical museum features:

- Cowboy line cabin;
- A furnished homestead cabin;
- And a vintage collection of cowboying, farm equipment, machinery, an original stagecoach once featured in movies like "The Wild, Wild West" with Debbie Reynolds, and an authentic ice wagon and mining implements.
- The museum is laid out with special historical collection rooms celebrating an old country store, early electricity, the Gunnison Tunnel, tools from early local craftsmen, toys of yesteryear and Native American artifacts.

The museum, located in downtown Montrose, is one of three in the city, including the Ute Indian Museum, and the Museum of the Mountain West.

For the last eight years Johnson's days have been filled with leading tours and research at the Montrose museum supported by Montrose County and the

*Continued next pg*



## ***LIVING HISTORY...SALLY JOHNSON KEEPS MONTROSE MEMORIES ALIVE***

### ***From previous pg***

Montrose County Historical Society. Johnson's days haven't always been filled with the tales of times past. She wasn't always the historian she is today, studying law enforcement in college and landing a position as a probation officer in the district attorney's office in Grand Junction after; she's also peddled pizza and worked in retail. She is a Colorado gal, however, having grown up in Salida and Lookout Mountain above Denver.

She once raced her horse down I-70 and remembers giving kids pony rides at the Buffalo Bill Museum in Golden, for 25 cents each, so she and her siblings could buy a cold drink.

Right now, during chilly winter days with the museum closed, you can see Johnson arriving to an icy cold facility each day to begin her research and, as she describes it, "moving things around." She is constantly rearranging the museum's treasures to better shine light on what visitors and Johnson herself find fascinating insight into the town first named "Pomona" in 1882.

Today's museum wouldn't exist had it not been for a group of Montrose ladies who in 1968 decided they wanted a historical museum to record and respond to citizen inquiries about the Umcompahgre area's local history.

"Next year," Johnson says breathlessly, "we celebrate 50 years as the Historical Society. Fifty years! And a celebration it will be," she says. Plans are still in the works, and community ideas are welcome, "but certainly, a birthday party." And, Johnson predicts, the annual Pioneer Social on Feb. 17, 2018, will be something spectacular. The Westesen Family will be the honorees during the anniversary social. The family has been in the area since 1903, living on California Mesa on a farm that stretched for 270 acres.

Johnson is happy to report the 2017 season had almost double the number of museum visitors and the number of students participating in school trips in October was also up and successful, she said. A History

Colorado tour group left with rave reviews.

One of the on-going research projects performed mostly by museum volunteers is into the history of area historical families. You see, if Johnson did all the research herself she wouldn't be able to get anything else done. "I get so immersed in the stories, it takes me forever," she laughs.

Johnson says she was excited to add a new walking tour to the "Legend and True Tales" walks this year with the addition of "Madams, Murders and Mayhem." More than 60 participants took part in the new walking tour at two different times, she said. Her lively tales of early Montrose are a highlight of the popular walking tours, with antidotes she's gleaned during her endless research.

Johnson said she is pleased that grants received from local community resources this year have included: DMEA Operation Round-up, \$250 for Lashley cabin preservation; Walmart, \$500 for archival supplies.

Preserving Montrose's precious archives were on Johnson's mind as news reports of devastation from fires, hurricanes and flooding stunned the country this year. The disasters brought the museum board to the realization that a plan of action was needed in the event of a similar emergency. The goal, Johnson says, was to have 80 percent of all photos scanned and placed on a removable back-up drive by the end of the season. All historical documents, textiles and newspapers are in archival envelopes and boxed and placed on metal shelves above the floors. Johnson said if necessary there are extra steps to be taken to "save our history, with plans to put them into action, if necessary."

Today Johnson is busy conjuring up events for the museum for 2018; there will be continuation of the popular walking tours, a yard sale, youth appreciation day, cemetery tour and other activities.

Paramount on her mind at this time is preservation of the many historical items



***Montrose Historical Museum Director Sally Johnson wears a jacket to work at the unheated facility during the colder months. Photo by Carole Ann McKelvey.***

stored outside in the museum's yard section. A fund-raising drive is on to raise about \$69,000 to erect a shelter on the property to save the historical items, such as an old printing press, wagons, mining equipment and other artifacts. There is simply not enough room under shelter for all the history, she notes. Anyone wishing to donate may get information on the museum website or that of the historical society with the gift earmarked for the Museum Yard Shelter Project. Pledges of \$25, \$50, \$100 and \$500 or more are being sought with pledges fulfilled during 2017 or 2018.

Closed now for the season, Johnson is busy making plans for that 50-year anniversary in 2018. The Montrose County Historical Museum will reopen in May and will be open from 9-5 Monday-Friday and 10-2 Saturdays. The museum is open in the winter months on Face Book and its website.

# Valley Manor Care Center Gingerbread House Contest

## Four Categories

#1 Original Creations  
(No Kits):  
Made entirely of edible  
materials, except base  
and supports

#2 Groups:  
Families, friends,  
clubs, co-workers.  
Kits allowed

#3 Youth:  
Ages 6-11  
Kits allowed

#4 Child:  
Ages 5 & under  
Kits allowed

Entries Accepted: Tuesday Dec. 12th from 9A-6P

Judging: Wednesday Dec. 13th at 2P

On display through Saturday Dec. 16

Please pick up on Sunday Dec. 17

1401 S. Cascade Ave  
Montrose  
(Behind Holiday Inn)



Questions? Contact Hannah Goff  
970-249-9634 or [hgooff@voa.org](mailto:hgooff@voa.org)





# 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.*

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NOW DELICIOUSLY  
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Montrose, CO 81401  
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(970) 252-1111 Fax

\*Coupon must be present

# GROW WEALTHY...BUILD HEALTH & WELLNESS!

## THE SINGLE WORST INGREDIENT IN THE MODERN DIET: ADDED SUGARS



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

December, the last month of the year... full of holiday cheer, precious time with loved ones, giving, remembering miracles, making memories, potential New Year's resolutions and eating... lots of eating... lots of eating sweets.

I try to control my intake of sweets BUT I must admit I am a chocolate lover who could easily become a chocoholic... if only most chocolate weren't loaded with sugar. Fortunately, I also love fruit which contains naturally occurring sugar. Naturally occurring sugar which gives fruit, some veggies, and milk their sweet taste is perfectly healthy. It's added sugar (sweeteners put in during processing and prep) that we need to watch out for. I'm not suggesting you cut out dessert: The key is to eat strategically.

Although the sugar industry has actively fought to change public opinion about the health effects of sugar, we now know that sugar impacts just about every organ system in the body... and not in a good way. Sugar is thought to be the single worst ingredient in the modern diet according to recent studies. People consuming 17 to 21 percent of calories from added sugar face a 38 percent higher risk of dying from cardiovascular disease compared to those who got just 8 percent of their calories from sugar. The relative risk was more than double for those who consumed 21 percent or more of their calories from added sugar.

American adults consume an average of 22 teaspoons of added sugar daily. (Point

to ponder: If you consume 1 soda or sugary drink per day, you will have consumed roughly 35 pounds of sugar at the end of a year.) The American Heart Association's added sugar recommendations are less than six teaspoons per day for women (less than 100 calories) and less than nine teaspoons per day for men (less than 150 calories). That is part of the reason I started substituting honey for refined sugar more than 30 years ago but it is still sugar to our bodies. I justify baking with honey not only because of its delicious taste but you only need half as much... thus half the calories and half the effects... what effects you ask... Sugar can have harmful effects on metabolism and contribute to all sorts of diseases according to ongoing research and studies.

Here are eight disturbing reasons why you should avoid sugar like the plague or at least cut back significantly.

- Sugar contains a lot of calories, with no essential nutrients. It also causes tooth decay by feeding the harmful bacteria in the mouth.

- For people who are inactive and eat a Western diet, large amounts of fructose from added sugars may get turned into fat in the liver. Excess fructose can turn into fat, which can lodge in the liver and may cause non-alcoholic fatty liver disease.

- Sugar can be particularly bad for your gut by increasing intestinal permeability causing leaky gut symptoms. The chronic low-grade inflammation that sugar triggers can lead to the transfer of substances from the gut into the bloodstream. Added sugar feeds yeast and bad bacteria that can damage the intestinal wall, creating a leaky gut.

- When people eat a lot of sugar, it can cause resistance to the hormone insulin, which can contribute to many diseases. Because of the harmful effects of sugar on

the function of insulin, it is a leading driver of Type II Diabetes. The risk for type II Diabetes increases by 1.1 percent for every 150 calories of sugar you consume per day.

- There is considerable evidence that sugar, due to its harmful effects on metabolism, can increase your risk of cancer... in particular esophageal, small intestine, colon and breast cancers.

- Over time, because the calories from sugar aren't as fulfilling, added sugar consumption can translate into an increased calorie intake.

- Sugar impacts brain function. For example: Because sugar causes a large release of dopamine in the brain, it can become addictive. Because of the effects of sugar on hormones and the brain, sugar dramatically increases the risk of becoming overweight or obese.

- The evidence is mounting that sugar, not fat, may be one of the leading drivers of heart disease via the harmful effects of fructose on metabolism.

By mid-2018, we should expect to see an "Added Sugar" line on the Nutrition Facts labels of products. Most of those ingredients will end with the letters "ose," but don't be fooled by more natural sounding names like honey, agave nectar, maple syrup, cane juice, beet sugar, fruit juice, rice syrup and molasses which are all still considered types of sugar. Hopefully, all of your newfound wisdom about sugar will make you think twice before you reach for that next soda, candy bar or eat all of Saint Nick's cookies on Christmas Eve... maybe just one small one and a little glass of eggnog before you take a long walk or hit the gym for a workout. Please feel free to contact me at [MichelGad.fame@aol.com](mailto:MichelGad.fame@aol.com) or 970-948-5708 if you have questions, comments or suggestions.



## COMMUNITY NEWS BRIEFS

### MONTROSE UMC MUSIC AT NOON SCHEDULE

*Special to Art & Sol*

MONTROSE-On Wednesday, Dec. 6 – Music at Noon. The Montrose United Methodist Church music department will be providing entertainment for the public. Please feel free to bring your lunch as you listen to their music. On Wednesday, Dec. 10 – Music at Noon. The Storehouse Gospel Quartet will be singing and entertaining everyone with their beautiful music. Please feel free to bring your lunch as you listen to their songs. On Wednesday, Dec. 20 – Music at Noon. Bethany Ward and Dr. Rhonda Parker will be singing together and entertaining the public with their voices and piano pieces. Please feel free to bring your lunch as you listen to them.

The Montrose United Methodist Church, 19 S. Park Ave. (970) 249-3716. [montroseumc.org](http://montroseumc.org)

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## COMMUNITY NEWS BRIEFS: ARTS & OUTDOORS

### EXCITING WINTER SCHEDULE FOR THE PALM ARTS COMPLEX

#### *Special to Art & Sol*

TELLURIDE-Palm Arts announces another exciting winter performance schedule for the Michael D. Palm Theatre and the Black Box Theatre at the Palm Arts Complex in Telluride, Colorado. The winter schedule includes live performances, national dance programs, lectures, live music, and children's programming. The season kicks off Dec. 29th with Harwood & Woodward (The Magical Duo) performing a full illusion magic show at the Michael D. Palm Theatre. Harwood & Woodward are Colorado's only touring illusion magic show and promise to bring a magical holiday experience to the valley. Set in a 1940's retro theme, the show features 5 big stage illusions, song, dance, comedy, and lots of

magic that will have families amazed and wanting more. The performance starts at 7:30pm and tickets for this performance are available at [www.telluridepalm.com](http://www.telluridepalm.com)

In January Palm Arts brings in American electric blues singer, guitarist, and songwriter Seth Walker to the Black Box Theatre at the Palm. Over the past 10 years, Seth Walker has become recognized as one of the most revered modern roots artists in the United States; a three dimensional talent with a gift for combining melody and lyric alongside a rich, Gospel-drenched, Southern-inflected voice and a true knack for getting around on the guitar. The Jan. 27th performance is at 7:30pm and tickets are available at [www.telluridepalm.com](http://www.telluridepalm.com). The highlight of

the Palm Arts 2018 winter season is national touring ballet company Ailey II presented at the Michael D. Palm Theatre February 11th at 7 pm. The talented dancers of Ailey II are renowned for captivating audiences and translating their strength and agility into powerful performances. Under the artistic direction of Troy Powell, this critically-acclaimed company presents vibrant performances and innovative community programs across the country and internationally. Tickets for this one of a kind performance are available at [www.telluridepalm.com](http://www.telluridepalm.com).

For more information on upcoming events and tickets please visit [www.telluridepalm.com](http://www.telluridepalm.com) or call our ticket line at (970) 369-5669.



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## NOTES FOR THE JOURNEY...

Exploring Classical Music With Rob Brethouwer

### THE TIMELESS ROLE OF THE CONTEST IN MUSICAL CAREERS

Careers in music have been known to start with a contest, a quest for a prize, or even on a dare. A look at our modern television schedule shows that the contest is still a popular format and can turn unknowns into overnight sensations. Rolling back the clock 134 years to 1883, we see the same basic format in a different time and place but with a different outcome. The young Italian Composer Giacomo Puccini entered a contest put on by a publisher. His entry was a one-act opera titled *Le Villi*. The work did not even earn an honorable mention and certainly did not improve what at the time was a grave financial situation for Puccini.

Defeated and "with no money to pay for a new libretto, he could not begin a second work, nor could he easily turn again to Ponchielli, who had already risked a lot for him. Shorter of funds than before, he often wrote home for money." (Phillips-Katz, 39). The outcome of the contest fell far short of expectations, but the one-act opera was a success at its premier on May 31, 1884. Puccini's mother received a telegram with details of opening night; "Theatre packed, immense success; anticipations exceeded; eighteen calls; finale of first act encored thrice" (Dry, from 1906).

Accolades came from the critics as well and made mention that Puccini was well on his way to becoming a successful opera composer. "...in the *Gazzetta Musicale* of 8 June: 'The House Ricordi herewith notifies that they have acquired the absolute rights of *Le Villi* for all countries...In addition they have commissioned Maestro Puccini to compose a new opera to a libretto by Ferdinando Fontana. The new work is to be given at La Scala'" (Carner, 41).

Today, Giacomo Puccini is most certainly in the top three of any list of the most popular Composers of opera, and holds claim to being the composer of the world's most popular and most performed opera, *La Boheme*.

Giuseppe Verdi was a relentless composer of opera and the titles of his masterworks are familiar and are part of any dis-

cussion on opera. *Rigoletto*, *La Traviata*, *Nabucco*, *Luisa Miller* to name just a very few. The consistent output over a decades-long career is one thing to admire, but that career is made even more remarkable by the exceptionally high quality of the works up until the very last, *Falstaff*. Referred to today as simply *Oberto*, the first operatic composition of this quintessential Italian composer was formally called *Oberto, conte di San Bonifacio*, was composed over a period of four years, and had its premier in November 1839. At this time there was great success for the composer, "Oberto was well received, played fourteen performances and was bought for 2,000 lire by the great publishing house of Ricordi, thus launching a historic artistic and business collaboration," as well as great tragedy. "In August 1838, just after the score was finished, Virginia, the young couple's first child, died, A son, Icilio, was born in July 1838-and died fifteen months later, shortly before the opening of *Oberto*." (Hume, 13). This was not the end of tragedy for Verdi at this as his wife died in June 1840 and his second opera was a complete failure. From tragedy Verdi moved forward and by 1859 would have 21 opera premieres to his credit.

From Italy we move to France and to the Composers Jules Massenet and Georges Bizet. *La grand'tante* was not the first opera composed by Massenet, but it was the first to be performed in 1867. "It was the first in a series of twenty-six. From these works Massenet prospered mightily becoming rich and famous." (Schonberg, 336). This first work took a slightly different form as it had spoken dialogue between the six vocal musical sections. A review of the synopsis of this work shows many of the oft seen characters in opera: a soldier, a family member, a beautiful girl, and the always plot-provoking themes of money and love.

The last opera of French Composer Georges Bizet is filled with memorable melodies that stick in the ear like glue. A favorite in opera houses worldwide, *Carmen* was the final masterpiece of Bizet

and has achieved the status of entering into the world of pop culture. Like Puccini, the first operatic work of Bizet was entered into a contest and was called *La docteur Miracle*. The outcome of the contest was much more favorable for Bizet than it was for Puccini and "He shared first prize with Charles Lecocq. His reward was to have the piece performed 11 times at Offenbach's Bouffes-Parisiens theatre. The premiere took place on 9 April 1857 at Théâtre des Bouffes Parisiens in Paris." This work was actually an operetta and not a full-blown opera. This is being used in this discussion because Bizet is often referred to as a one-work man, that being *Carmen*, and his total body of work is harder to define with so few offerings. To be technical, the first full opera of this composer was *Le Pêcheurs de perles* (The Pearl Fishers).

Of all the German composers of opera, Richard Wagner is the best known because of the massive structure and immense length of his later works. For the purposes of this article we will take a quick glimpse at his first work in the genre, the unperformed *Die Hochzeit* (The Wedding). To this day only sketches of the original work remain. Even in a comprehensive book on the lives of composers, this work receives but one mention, "An opera named *Die Hochzeit* was started but never finished." (Schonberg, 270). This work is not even credited with starting Wagner's career; that credit was given to the 1833 work *Die Feen*. The works of Wagner were often surrounded with controversy not simply because of the subject matter of his operas but because of who he was as a person. But that is a topic for another time.

Sources: Carner, Mosco. *Puccini. A Critical Biography*. New York, Alfred A. Knopf, 1959. Print

Dry, Wakeling (1906). *Living Masters of Music, Giacomo Puccini*, London: John Lane, The Bodley Head.

Hume, Paul. *Verdi: the Man and his Music*. New York. Metropolitan Opera Guild, 1977. Print.



## COMMUNITY NEWS BRIEFS: POETRY

### OPEN BARD POETRY SERIES TO FEATURE DANNY ROSEN DEC. 7

#### *Special to Art & Sol*

RIDGWAY-The Open Bard Poetry Series will feature Fruita poet Danny Rosen on Thursday evening, Dec. 7 at the Sherbino Theater in Ridgway starting at 6:30 p.m.

In 2008 Danny Rosen started Lithic Press, publisher of fine poetry books. In 2015 he opened the Lithic Bookstore and Gallery as well, an independent bookstore in downtown Fruita, specializing in poetry, science and books on local, regional, and natural history.

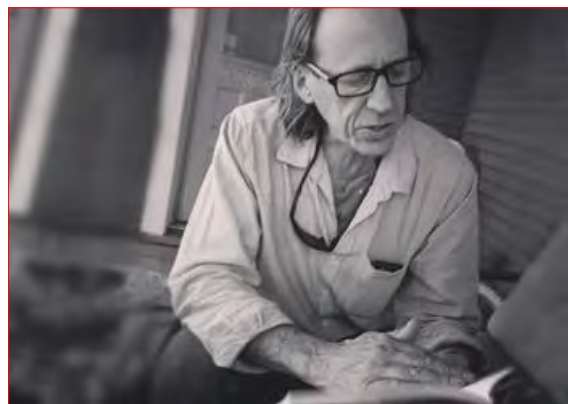
Danny Rosen is also a poet in his own right. His poems have been published in numerous literary journals, including *The Malpais Review*, *Santa Fe Literary Review*, and *Comstock Review*. His first full-length book entitled, *Primate Poems*, was published in 2016.

The poems in this collection embody the nature of a very young species coming into awareness of itself. Many of the story

-like poems concern moments of something going on in the midst of normal life—walking up the stairs, leaning on a counter, watching a ballgame, and many of them immerse the reader in geological and astronomical thought.

In one poem the speaker is “thinking about my atoms, my electrons, my quantum world;” in another he describes the birth of mountains as “a slow crushing dislocation...then uplift, erosion and us. “Rosen is a keen observer, at home in the world, trilobites to hawks, rivers to red rock.

Danny Rosen has worked in geology, astronomy, and science education. For many years he gave astronomy presentation in schools throughout western Colorado in his portable Western Sky Planetarium.



Poet and Lithic Press Founder Danny Rosen. Courtesy photo Lithic Press.

Doors at the Sherbino open at 6 p.m. and an Open Mic follows after the intermission. Admission is \$5 with students and teachers free. Bard Cards, which provide admission to Open Bard's 2017-18 season, are still available at \$20.

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# Up Bear Creek by Art Goodtimes

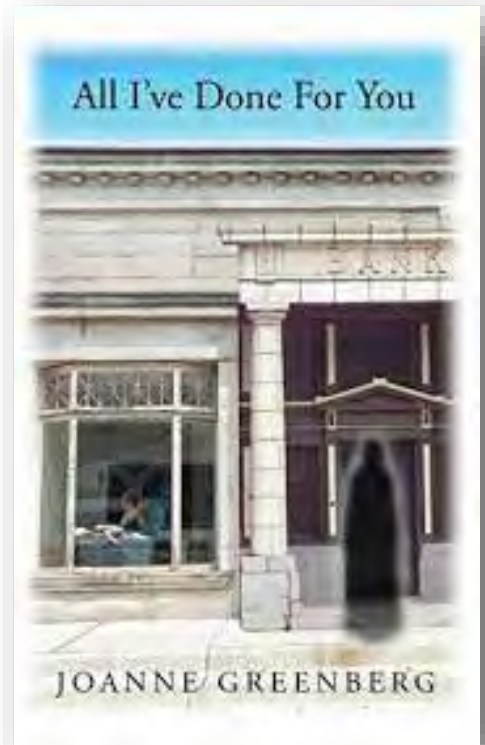
## BOND RETIREMENT PARTY 17 YEARS LATER



*Art Goodtimes reads "Welcoming the Wilkinson" at the Telluride Library's bond retirement party last week (photo by Scott D. Smith).*

**WILKINSON LIBRARY** ... It was the year 24998 (1998 CE). Telluride was going for a fourth iteration of a community library ... Things had got started back in the Seventies, with the dedication and determination of Betty and Larry Wilkinson. They talked the town into letting the old Quonset Hut serve as a de facto library a couple days a week. Then they moved mountains (and tons of rock) to refurbish the historic old town jail and make it a library. A decade or so later the library district had professional architects build an award-winning building with great skylights and no storage, or room for expansion. Nice concept for a town without growth. Bad idea for Telluride ... Eventually Robin Magee (Machado) took the reins as librarian. She and the board decided a real public library with space and size and future perspective was needed. It was a great vision, but a hard sell. Galloping valuations and taxes were starting to push homes out of reach of a struggling middle class. It took an inspired marketing effort by Eileen McGinley to convince the community. The bond measure passed by one vote. They did a recount. It passed by two votes ...

Those of us who came of age in libraries, for whom books were the most valuable items imaginable (pre-computer, pre-smart phone) -- we were ecstatic. Since Robin and my wife Mary were close and I was a loyal patron, even though I lived out of the district, Robin asked me to recite a memorial poem at the dedication. My youngest son was just two (he's now in his first year at American University in Washington, D.C.—thanks to great prep at the Telluride Mountain School and generous community scholarships) ... Fast-forward to last Friday and I got to dust off "Welcoming the Wilkinson" from out of my Cloud Acre files and perform it once again for a bond retirement party. It was a gas ... And I have to say, of all the great community institutions in San Miguel County — KOTO, the San Miguel Resource Center, the Telluride Institute, the River Walk, the Town Park, Bear Creek, the Valley Floor — the Wilkinson Library ranks right at the top of my list ... If the airport's narrow win in the ballot box paved the way for Telluride's resort economy success, the library's even narrower win guaranteed that the town would have a big



*The cover of Greenberg's book. Courtesy image.*

heart as well as a padded wallet ... Thank you Betty and Larry. Thank you Robin. And thank all of the wonderful library staff and board members past and present. Sometimes we forget just what a special place Telluride really is.

**NO SNOW** ... It's been a while since we had a year without snow going into December. It's downright worrisome, if you're in the ski industry. Or any of dozens of tourism-dependent businesses ... 'Course, I'm retired. I love it. Getting all kinds of yard and home improvement stuff done I thought would have to wait 'til spring ... Concern about water next summer may play second-fiddle right now, but if we don't have a strong winter, next growing season could be a tough one.

**PETER SHELTON** ... A few years ago, after residence in Ouray County for dozens of years and a literary presence in Telluride newspapers for most of that time, Peter and his wife Ellen moved back out to the



# Up Bear Creek by Art Goodtimes

Pacific Rim. It was heart-breaking for those of us fans of his regular column, "View to the West" ... An elegant stylist, Peter's prose flowed effortlessly like his skis in deep powder. I recall a column in March of 2012, *Outthinking the Snowy Torrents*, that still reminds me that being anywhere in the backcountry of a San Juan winter is risky business. You only have to watch an avalanche once to understand the raw wildness of winter snow, unleashed ... He's in Telluride this week to give a reading Tuesday, Dec. 5<sup>th</sup> at 6 p.m. at the Wilkinson Library and to sign his new book from émigré Tellurider Lito Tejada-Flores' press, Western Eye in Sedona, Az.: *Tracks in the Snow*.

**SHERMAN ALEXIE** ... Last week I touted his new memoir, *You Don't Have to Say You Love Me* (Little Brown, 2017). This week I wanted to share one of the very short chapters in this 160-chapter book. Some chapters are remembrances. Some poems. Almost all of them are both funny and sad. And incredibly illustrative of what it's like living between two worlds ...

"Driving in the Cascade foothills, I stop for the deer that had already stopped for me. Growing up on the reservation, by choice and desperation, we ate almost every animal that walked, swam, or flew ... In my rez youth, I would have seen that roadside deer and thought, 'Food' ... In my urban adulthood, I saw the deer and talked to him. I rolled down my window and said, 'You are way too tame, Mr. Four Point. Somebody is gonna shoot your ass.'"

**JOANNE GREENBERG** ... I read *I Never Promised You a Rose Garden* back in the mid-Sixties when I was going through some very traumatic times. My brother had died while I was attending seminary and the family had imploded. My parents divorced. My other brother became a Hell's Angel.

And my mom was in and out of psychiatric wards due to severe depression ... I was having a hard time understanding how she could be a loving, nurturing mother one minute, and the next a pill-popping virago who locked me out of the house on Christmas Eve in a fury of incomprehensible

rage ... Reading Greenberg's first book, under the pseudonym Hannah Green, helped a lot.

I began to realize mentally afflicted folks could be multiple people in one, with different voices, different moods, sometimes even different looks ... Fifteen or so years ago Greenberg came to Telluride from Golden, where she lives, to do a reading – her poetry was marvelous – like her prose -- and she was an excellent reader ... Now she has a new book out, *All I've Done For You* (McMania Publ., 2017) ... Colorado Poet Laureate Joe Hutchison has this to say about the book: "...[O]ut of curiosity I read the first chapter and then could not put it down. There's something refreshing in reading a book with multiple narrators, two of them dead, which is also a masterly example of realism. A book where the central crime is the product of unrecognized genius and the climax brought about not by gunfire, zombie assaults, or beefy long-haired heroes with unpronounceable names, but by the impact of childhood shaming and the resultant desire for revenge."

## THE TALKING GOURD

### Lovey

We all like to  
hold onto something  
at the end of the day -  
easing into sleep,  
letting go  
of the day,  
of the tension,  
the contraction,  
the function:  
just loosen  
and be;  
be still,  
be vulnerable,  
unaware.  
It's so much easier  
with an arm  
around  
someone  
soft.

-Leigh Robertson  
Ridgway

## COMMUNITY NEWS BRIEFS: CLUBS

### MONTROSE ELKS LODGE: ELK TRACKS



*MHS Head Coach and Football Players & Picking the raffle Winner. Courtesy photos.*

#### Montrose Elks Lodge

MONTROSE-Welcome to Elk Tracks, a periodic update of what is taking place at our local Montrose Elks Lodge, located at 801 So. Hillcrest, Montrose CO 81401. Public is welcome at all events listed.

Bingo Dec. 5, 2017 6:30 PM

Stop on by, relax, and have some good old fashioned fun playing Bingo at the Elks Lodge. Join us every Tuesday night at 6:30 at Montrose Elks Lodge, 801 So Hillcrest to play Bingo. It's a wonderful way to spend the evening having fun! *(Funds raised support charitable causes)*

Progressive Game 2 has reached "Must Go" status worth \$500 and will be awarded

no matter how many numbers or balls it takes to reach Bingo. Progressive Game 4 is worth \$594 and can be won in 37 numbers or fewer or the prize posted will be awarded. Progressive 6 is valued at \$6,492 and must be won in 53 numbers or fewer or the prize posted will be awarded. Based on attendance, last Game 8 may approach \$150.

Raffle Nov. 28, 2017

Just before the Bingo games began at 6:00 a Raffle to benefit the Montrose High School Football Team took place. Funds were raised by a group of Parents to help with replacement of helmets, equipment, and travel expenses for the MHS Football

team.

Raffle prizes consisting of: 2 football tickets for the December 10th NFL game Broncos vs Jets, one-night lodging at Renaissance Marriott Denver Downtown City Center - for the evening of December 10<sup>th</sup>, and restaurant

Gift certificates to Cinzzetti's - 2 cards for an Italian feast for 4 people each, another set of gift card for Pei Weis, and a \$25 City Market gift card for gas.

The lucky Winner of the Football Raffles is Yonna Miller of Montrose. A very special thank you to all the great people that support our Montrose High School football team.



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## COMMUNITY NEWS BRIEFS: MUSIC & FELLOWSHIP

### A CELTIC TAPESTRY OF LIGHT IN MONTROSE & RIDGWAY

#### *Special to Art & Sol*

REGIONAL-The Montrose United Methodist Church choir and The Ridgway United Church of the San Juan's choir will be singing "A Celtic Tapestry of Light" together along with numerous musicians at 19 S. Park Ave., Montrose on Friday, Dec. 8 at 7 p.m. A second performance will be held on Sunday, Dec. 10 at 7 p.m. at The Ridgway United Church of the San Juan's at 295 N. Lena in Ridgway. The music will be led by Kelly Thompson. Please join us for a beautiful Christmas program. All are welcome. (970) 249-3716. [montroseumc.org](http://montroseumc.org).

### BLUE CHRISTMAS SERVICE WELCOMES ALL

#### *Special to Art & Sol*

MONTROSE-On Thursday, Dec. 21 at 7 p.m. at The Montrose United Methodist Church, 19 S. Park Ave. A service for all who may be feeling blue this holiday season. The service is a space for anyone who has lost a loved one, is grieving, or simply needs a space to slow down, sit down and be present for the longest night of the year. (970) 249-3716. [montroseumc.org](http://montroseumc.org).



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

## COMMUNITY NEWS BRIEFS

### CREATE GORGEOUS GROWLERS WITH ARTIST ANN CHEEKS @ THE SHERBINO DEC. 14!



*Special to Art & Sol RIDGWAY-* Weehawken Creative Arts invites you to mix up your art with a fun and creative evening of art at their monthly ArtBAR offering at the Sherbino Theater in Ridgway. This December's ARTbar celebrates

our love of locally brewed beer with "The Perfect Gift-Gorgeous Growlers". Join one of Weehawken's 'Art Bar' experts and accomplished teaching artist, Ann Cheeks, for a step-by-step and how to class, and go

home with a hand painted glass growler!

At Weehawken and Sherbino's ARTbar, the goal is to provide a positive, creative outlet in a fun and relaxed atmosphere. The hope is to inspire the community to discover their imaginative side and cross the bar into other dimensions of creativity. The classes offered require no experience. \$45 includes instruction, all materials, a drink and you'll go home with your very own masterpiece. After this specific class, Weehawken suggests taking your gorgeous growler next door to Colorado Boy Brewery for a fill up.

Ann Cheeks is an artist and art teacher with 10+ years of teaching art. Before moving to town, Ann worked as an art teacher both privately and in a middle school in Virginia to children aged 7 to adults. In addition, she and a partner founded and have run an art/nature camp since 2003 which explores a

wide variety of mediums; everything from drawing to sculpture. Her personal work is in private and corporate collections and can be seen at [www.anncheeks.com](http://www.anncheeks.com).

"ArtBAR: The Perfect Gift- Gorgeous Growlers" with Ann Cheeks will be offered on Dec. 14 from 6 to 8 pm. The cost for this evening event is \$45 and includes all materials and a beer or wine from the bar. Students are encouraged to register in advance through Weehawken Creative Arts at [www.weehawkenarts.org](http://www.weehawkenarts.org) (adult arts classes tab) or by calling Weehawken at 970.318.0150. A minimum number of students must be met in order to guarantee the class, so interested students are encouraged to register several days in advance. More details are available at [www.weehawkenarts.org](http://www.weehawkenarts.org) or [facebook.com/weehawkenarts](https://www.facebook.com/weehawkenarts).

*Prevent Breakage - Get Your Trees Ready for Winter!*

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Well, we did it again. Went for Mexican this time at a new place (to us), Viva! Mexico. How many places in Montrose do we have to try to find an absolute favorite? Hit it at happy hour as we did and you'll be able to order smallish margaritas for \$1.50. Only one each tonight please. See, I do have some willpower! And Michael? Well, that's about all he can take anyway. Then we spied an easy choice on the menu – “make your own combos.” Chose between Viva! Chica (1), Viva! Mediana (2) or Viva! Grande (3 items); we went for Viva! Mediana and ordered a shredded beef enchilada and a chile relleno (my very fave). Came with a choice of rice and beans on the side, black beans, whole pinto beans or – yes, please – refried beans. Just like the margaritas, no disappointment when the food arrived. First, the plate wasn't overwhelming and everything looked and tasted really tasty.

## VIVA! MEXICO REAL AUTHENTIC MEXICAN FOOD AT THIS FAMILY RESTAURANT

Spicy but not too much so for my wimp palate and passed the muster for Michael too. We split everything so we could get a taste of it all and were not over-stuffed when we finished, but no leftovers to-night. (Going to have to watch that!) And no dessert although flan always sounds good. Other desserts here are deep fried ice cream – I never can figure that one out -- sopapillas, deep fried cheesecake and churros.

All in all, very good choices at great prices. Now, if you must have atmosphere this isn't the place, but it seemed pretty authentic considering some of the nice restaurants you encounter in Mexico. Nice and clean and low-key with fast and friendly service. We found beef favorites ranging from \$11.95 (picadillo, or shredded beef in a mild red sauce) - \$16.99 (tampiquena, steak topped with fresh shrimp, onions, red and green peppers and garnished with melted cheese); chicken from \$14.99 (pollo asado, marinated chicken breast grilled slowly and served with pico de gallo, tortillas and quacamole) to \$15.99 (pollo a la tampiquena, chicken topped with fresh shrimp, onions, red and green peppers and garnished with melted cheese); for veggie lovers you will find a veggie combination (choose 2 of cheese enchilada, bean tostada, quacamole tostada, bean burrito or cheese quesadilla) for \$10.99 or any of the other four veggie offerings for the same price; soups and salads run from a cup of tortilla soup for \$2.75/bowl \$4.75, or \$7.99 for a Viva! Tostada salad (crispy fried corn tor-

tilla topped with beans, choice of meat, garnished with lettuce, tomatoes, cheese, sour cream and quacamole) up to \$11.99 for a Viva! Salad with a bed of fresh romaine topped with grilled chicken tenders, shrimp and tomatoes, avocado slices and sprinkled Parmesan cheese. Think next time I'll try that Chimichanga del Mar (flour tortilla stuffed with shrimp, real crab, cheese, pico de gallo, then deep fried and topped with a creamy spicy habanero sauce or mild creamy ranch sauce. This is all served with lettuce, pico de gallo, quacamole and sour cream. Whoa! That sounds like a mouthful.

Hungry yet?

Haven't even started on the fajitas (\$16.99 - \$31.99), the Del Mar seafood offerings (\$14.99 - \$22.50), burritos (\$8.75 - \$14.99), enchiladas (\$10.00 - \$11.99) – which makes the build our own combo sound like a real bargain, by the way – or chef specialties which run from fish tacos (\$12.99) to Mocajete (grilled skirt steak, chicken, shrimp, tilapia fish, chorizo, mozzarella, special red tomato sauce, and (wait for it) pork chops with nopalitos served in a half volcano bowl with 2 side plates of rice and beans (\$32.99). Hmm, maybe that next time, but have to bring a big appetite! There are also appetizers running from \$6.99 - \$11.99 and if you have “little amigos” they can eat for \$5.45 with \$1 soft drinks. Soft drinks, lemonade, tea or coffee usually \$2.65.

Viva! Mexico is located at 82 Rose Lane, Montrose (just off Main Street). Call 970-252-7479. Takeout available.





# Weehawken Fall Programs



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



October 23: ARTbar: Culinary & Cocktails with Amie Minnick at Provisions in Ridgway

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



November 4 & 5: 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

December 2: Beyond Paint: Acrylic Art Techniques with Kellie Day in Ridgway



February 3: Contemporary Mosaic Art with Carol Newman in Ridgway

*Plus....mark your calendars!*

December 2: Gingerbread House Workshops in Ridgway

December 9 & 10: The Nutcracker Performance at Montrose Pavilion



# INSIDE OUTREACH

## ALL ABOUT THE UPSELL

By Caitlin Switzer

MONTROSE—Most of us learned as school-children about advertising techniques such as bandwagon, bait & Switch, repetition, loaded words, etc. However, one of today's most popular sales techniques does not appear to have made it into most textbooks or marketing guides—the art of upselling. Whether you are aware of upselling or not, chances are that you have spent money as a direct result of this common strategy. My own introduction to the concept of upselling began when I was hired by a Denver Company that specialized in upsales training for food service establishments. That company, Pencom International, even claimed to have invented the technique, which can be summed up in one easy sentence: "Would you like fries with that?" It is no accident that up-selling was first implemented by chain restaurants, where acceptable profit margins often depend on the sales of items like soft drinks and low-cost add-ons like French fries. The up-selling technique has proven so effective that is now used by businesses of all kinds—it consists of simply making the customer aware of additional products and services and asking a direct question about whether they would like to add them to their "tab."

*Forbes* Magazine describes upselling as, "getting your customer to make a higher cost purchase than he or she originally planned," and offers tips for successful up-selling: Make the upsell relevant to the customer's original purchase; Make your customers sell themselves whenever possible;

Discount your up-sell; Make the Up-Sell pitch after selling the original service; Sell something that solves a problem; Eliminate risk.

*Forbes* also points out that online giant Amazon makes use of both up selling and cross selling, a related technique: "Amazon offers customers a whole series of upsells and cross-sells: Frequently Bought Together; Customers Who Bought This Item Also Bought; Sponsored Products Related to This Item; Compare to Similar Items; Special Offers and Product Promotions."

The web site [Crazy Waiter](#) brings up a further refinement of the upselling technique (created by my former bosses at Pencom International!) the so-called Sullivan Nod. "A Sullivan nod is executed by nodding slightly, by approximately 10–15 degrees, when the item it is hoped the customer will choose is reached. The key is to make the nod perceptible, yet subtle, so as not to distract. Originator, restaurant consultant Jim Sullivan, claims that it works up to 60 percent of the time."

Even without the Sullivan nod, it is obvious that when used properly, upselling can add to the bottom line of any business. But what if you are a consumer on a budget, and don't want to spend more than you planned?

The Consumer finance web site [Color Me Frugal](#) offers a list of ways that you can avoid falling victim to an up-sell purchase that you do not want or need. Simply ask yourself:

-Do I need this item?



**Caitlin Switzer is a former copy writer and PR professional who now works in online journalism.**

-Will I be using this item within a relatively short time frame (in other words, before the item becomes lost, forgotten, expired, or damaged in my home?)

-Will the purchase of this item cause me to have to spend even more money on other items (batteries for electronics, extended warranties, matching clothing items, etc)?

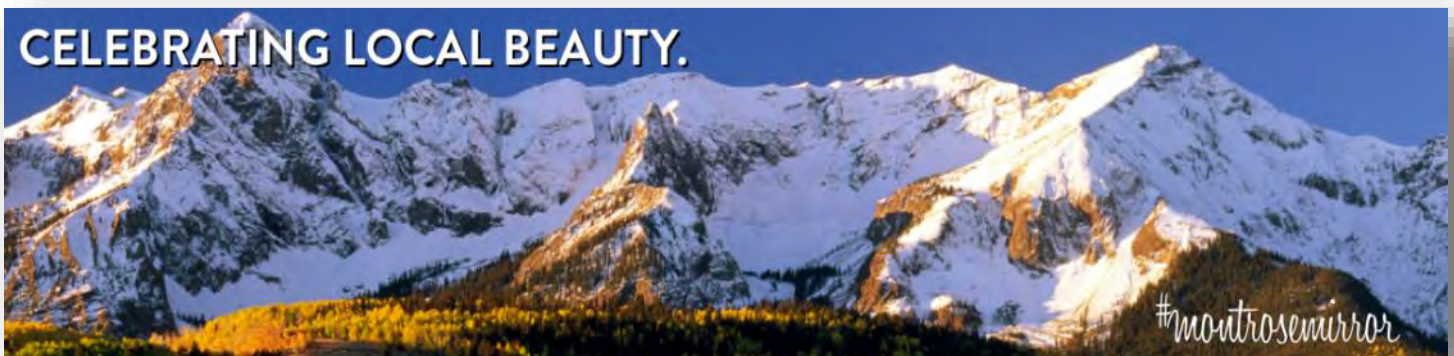
-If I purchase the extra item(s), is it going to sit collecting dust in my home?

-If I purchase the extra item(s), will I find myself giving it away to others?

Positive answers to the first two questions indicate a purchase that makes sense. The third question brings up possible hidden costs for you to consider.

But if you find yourself answering yes to the last two questions, put your wallet away and save your hard-earned money for something you actually want and need—and watch out for that Sullivan Nod!

## CELEBRATING LOCAL BEAUTY.



## COMMUNITY NEWS BRIEFS: POETRY

### POET ROSEMERRY WAHTOLA TROMMER TO TEACH 5-WEEK WORKSHOP IN RIDGWAY

#### *Special to Art & Sol*

RIDGWAY-Rosemerry Wahtola Trommer invites you to join her in an immersion of mindfulness in her five week discussion series "Poetry of Presence", beginning Jan. 3 in Ridgway.

For five weeks, you will immerse yourself in mindfulness poems from the recently published collection *Poetry of Presence* (Grayson Books, 2017). Poets in the collection include Mary Oliver, Naomi Shihab Nye, Wendell Berry, Li-Young Lee, Raymond Carver, Ellen Bass, Lucille Clifton, Octavio Paz, Nikki Giovanni, Kahlil Gibran, Rumi, Billy Collins, Charles Bukowski, Marge Piercy, and Rosemerry Wahtola Trommer.

As the editors say, these are poems that "inspire us to live better, and to make our world better; at the same time, they grant us a taste of being good enough, just as we are, in this world, just as it is." Each week will be comprised of reading and discussing these writings that, according to Fr. Richard Rohr, invite us to live "undefended," poems that lead us "into a deeper communion with the world."

Registration for the series is \$125. Participants will need to purchase a book prior

to the class, available for \$21.95 online at [poetryofpresencebook.com](http://poetryofpresencebook.com) or through Amazon.

Guiding you on this journey through the Laureates is Western Slope poet laureate emeritus Rosemerry Wahtola Trommer. She holds a master's degree in English Language and Linguistics, and for 10 years, she has directed the Telluride Writers Guild. She has written a poem a day for several years, and her poems have been featured in *O Magazine* and on *A Prairie Home Companion*. Her books include *The Less I Hold* and *The Miracle Already Happening*.

"Poetry of Presence" with Rosemerry Wahtola Trommer will be offered on Wednesdays beginning January 3 from 12-2 pm at Weehawken Ridgway (1075 Sherman St.). The cost for this 5 week series cost is \$125. Students must register in advance through Weehawken

Creative Arts at [www.weehawkenarts.org](http://www.weehawkenarts.org) (adult arts classes tab) or by calling Weehawken at 970.318.0150. A minimum number of students must be met in order to guarantee the class, so interested students are encouraged to register several days in advance. More details are available at [www.weehawkenarts.org](http://www.weehawkenarts.org) or [facebook.com/weehawkenarts](https://www.facebook.com/weehawkenarts).



*Poet Rosemerry Wahtola Trommer, pictured above in a photo from her website, invites you to join her in an immersion of mindfulness in her five week discussion series "Poetry of Presence", beginning Jan. 3 in Ridgway. Courtesy photo.*



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

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

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

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

#### **Valley Manor Care Center Memory Care Community**

1401 South Cascade Ave., Montrose

Led by Brandi Garcia  
Certified Dementia Care Validation Instructor

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

Email: [bgarcia@voa.org](mailto:bgarcia@voa.org)





# COMMUNITY NEWS BRIEFS: POETRY

## ALYA HOWE JOINS LOCAL POETS AT TALKING GOURDS

### *Special to Art & Sol*

TELLURIDE – Alya Howe of Carbondale is an amazing poet who will join locals Peter Waldor of Telluride, Rosemerry Wahtola Trommer of Placerville and Art Goodtimes of Norwood for a special group reading at the Talking Gourds Poetry Club this month.

The reading begins at 6 p.m. on Tuesday Dec. 19th at the Telluride Arts Gallery and Offices, 135 West Pacific, across the street from the Wilkinson Library entrance. Poetry Club announcements are followed by the featured performance.

Then, following a short break, the gourd is passed and everyone has a chance to read a poem or two (their own, or one from a favorite poet) that speaks to the theme this holiday season, "Making Light."

British born, Alya Howe has won awards for her dance, poetry and performance art, and has performed her work solo and with companies throughout the US and Europe. That includes dancing with the Kei Takei and the Jose Limon Dance Company, and improvising for tabla legend Zakir Hussein. Having relocated from teaching at the State Ballet School in Greece to join Danceteller of Philadelphia and to teach at the Laban Institute in New York City, Howe eventually moved to the Roaring Fork Valley to raise her daughter and transition from a hectic performing career.

Founder of Under Alya's Umbrella, a performing arts organization which is part of Carbondale's Creative District, she runs three local performing arts series: the Poetry Brothel, Writ Large, and the Salon of Aspen. Recently she has been artist residence at Carbondale's Launch Pad, where she had sell-out performances for her Dance Initiative-commissioned works, "Vacuum" and "the HEaRD".

Alya presented dance, storytelling and poetry at the recent Colorado Creative Industries Summit, and she was a featured poet at local events: 5Point Film Festival, WildFest and Mountain Fair. She began a new collaboration with Thunder River Theatre Company's director Corey Simpson to open in the early fall called "Dead

Man's Cell Phone".

Her dream is to create a small mountain town performing arts circuit giving local performers the opportunity to perform around the region. For more info, visit [www.alyahowe.org](http://www.alyahowe.org)

Waldor is a San Miguel County Poet Laureate emeritus, and Trommer and Goodtimes are co-directors of the Telluride Institute's Talking Gourds poetry program.

Having hosted Avon's Jodie Hollander and Luis Lopez of Grand Junction and Val Szarek of Louisville for the fall Traveling Gourds Tour in Sept. and Oct., the program has reverted back to its Telluride-only Poetry Club venue at the Telluride Arts Gallery as we move into the winter season. Tracy Lindsey was our special guest before Thanksgiving, and played to a delighted audience in Telluride.

On line for the new year are Elissa Dickson Jan. 23 and Daiva Chesonis & Craig Childs Feb. 20. The Traveling Gourds Tour will have its final appearance in March

with Jennifer Rane Hancock of Grand Junction. Then, after taking our usual summer break, we will continue our regular Poetry Club readings in Telluride starting in September.

Simultaneously, we will be exploring special guest readings throughout the year, with planning underway for a Western Slope visit from California's Claire Blotter in April. In May we will host the winners of the Fischer Prize poetry competition at the Telluride Literary Arts Festival.

Submissions for the 2018 Fischer Prize are now being accepted at [talkinggourds.weebly.com/fischer-prize.html](http://talkinggourds.weebly.com/fischer-prize.html).



Poet Alya Howe. Courtesy image.

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

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

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

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



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

# Hold the Date! Upcoming Business & Cultural Events

## ONGOING-

**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-

**Dec. 5-Colorado Gives Day**, a statewide movement to increase online giving, is scheduled for Dec. 5.

**Dec. 5**-On Tuesday, Dec. 5, @ 6:30 p.m. in the Montrose Library meeting room, Citizens' Climate Lobby meets to network on progress in community and with legislators on sustaining the environment. Report on visit to Solar Energy International.

**Dec. 6** – Music at Noon. The Montrose United Methodist Church music department will be providing entertainment for the public. Please feel free to bring your lunch as you listen to their music. The Montrose United Methodist Church, 19 S. Park Ave. (970) 249-3716. [montroseumc.org](http://montroseumc.org)

**Dec. 6**-Noel Night in Telluride, 5 to 9 p.m.

**Dec. 7**-How to Speak Geek-Lunch & learn @ the Montrose Senior Center with John Lorimer, lunch @ Noon, Program @ 1 p.m.

**Dec. 7**-HopeWest invites friends, family and neighbors to join us for our annual Light Up a Life event to celebrate the spirit of community this holiday season Thursday, Dec. 7. The event will begin with a welcome by Judy Ann Files, Montrose Mayor, followed by a holiday message, candle lighting ceremony and beautiful holiday lights with music and singing. 5:30 p.m. • Holiday Inn Express 1391 S. Townsend Avenue This event is free and open to the public. For event information call 970-240-7734. For other Light Up a Life events near you visit <https://www.hopewestco.org/light-life-2017/>.

**Dec. 8**--The Montrose United Methodist Church choir and The Ridgway United Church of the San Juans choir will be singing "A Celtic Tapestry of Light" together along with numerous musicians at 19 S. Park Ave., Montrose on Friday, Dec. 8 at 7 p.m.

**Dec. 9-10**-Weehawken Dance Nutcracker production at the Montrose Pavilion. Performances are 2 p.m. and 6 p.m. on Dec. 9 and 2 p.m. on Dec. 10. General admission tickets are on sale now at [www.weehawkenarts.org](http://www.weehawkenarts.org) and by phone at (970) 318-0150. Tickets are also on sale at Tiffany, Etc., in Montrose. Reserved seating is available only by phone.

**Dec. 9**- Tri-State G&T Donate and Ride Toy Run! By Dec. 7, drop off a new, unwrapped gift for boys and girls, toddler to teen, at Tri-State Montrose Maintenance Center, 2200 South Rio Grande Avenue. On Dec. 9, bring a new, unwrapped gift for boys and girls, toddler to teen, and ride with us. 10:30 a.m., 2200 S. Rio Grande...meet in the south parking lot. 11 a.m. deliver toys to Olathe!

**Dec. 9**-Fundraiser benefit for Cove Brennecke and family, 4 to 7:30 p.m., Dinner, entertainment, silent auction @ Montrose High School Cafeteria.

**Dec. 10** – Music at Noon. The Storehouse Gospel Quartet will be singing and entertaining everyone with their beautiful music. Please feel free to bring your lunch as you listen to their songs. The Montrose United Methodist Church, 19 S. Park Ave. (970) 249-3716. [montroseumc.org](http://montroseumc.org).

**Dec. 10**-The Montrose United Methodist Church choir and The Ridgway United Church of the San Juans choir will be singing "A Celtic Tapestry of Light" together along with numerous musicians on Sunday, Dec. 10 at 7 p.m. at The Ridgway United Church of the San Juans at 295 N. Lena in Ridgway. The music will be led by Kelly Thompson. Please join us for a beautiful Christmas program. All are welcome. (970) 249-3716. [montroseumc.org](http://montroseumc.org).

**Dec. 14**-"ArtBAR: The Perfect Gift- Gorgeous Growlers" with Ann Cheeks will be offered on Dec. 14 from 6 to 8 pm. The cost for this evening event is \$45 and includes all materials and a beer or wine from the bar. Students are encouraged to register in advance through Weehawken Creative Arts at [www.weehawkenarts.org](http://www.weehawkenarts.org) (adult arts classes tab) or by calling Weehawken at 970.318.0150. A minimum number of students must be met in order to guarantee the class, so interested students are encouraged to register several days in advance. More details area available at [www.weehawkenarts.org](http://www.weehawkenarts.org) or [facebook.com/weehawkenarts](https://facebook.com/weehawkenarts).

**Dec. 17**-Join the Montrose Community Band on Sunday, Dec. 17 at 3:00 p.m. in the Montrose Pavilion Auditorium for a free Christmas concert. The concert will feature selections of Christmas music celebrating the birth of Christ. For more information visit [www.montroseband.com](http://www.montroseband.com) or call 970-596-1188.

**Dec. 20** – Music at Noon. Bethany Ward and Dr. Rhonda Parker will be singing together and entertaining the public with their voices and piano pieces. Please feel free to bring your lunch as you listen to them. The Montrose United Methodist Church, 19 S. Park Ave. (970) 249-3716. [montroseumc.org](http://montroseumc.org)

**Dec. 21**-The SMPA Board will host a rate hearing at their regular December board meeting prior to officially adopting the proposed rate change for 2018. The meeting is scheduled to be held in Nucla on Dec. 21st at 9:30 am. If approved, the new rate would become effective for all bills generated after Jan. 1, 2018. Anyone who desires to comment on the proposed changes may file written comments at one of our public offices, or by email [rates@smpa.com](mailto:rates@smpa.com) or by written letter to P.O. Box 1150, Ridgway, CO 81432.

**Dec. 21**-Blue Christmas Service at 7 p.m. at The Montrose United Methodist Church, 19 S. Park Ave. A service for all who may be feeling blue this holiday season. The service is a space for anyone who has lost a loved one, is grieving, or simply needs a space to slow down, sit down and be present for the longest night of the year. (970) 249-3716. [montroseumc.org](http://montroseumc.org).

**Dec. 27**-7:30 p.m. – JOHN DENVER TRIBUTE with John Adams Band at the Wright Opera House. Each John Denver song is performed effortlessly as audience members can relax and reminisce about an age long gone. Presented by the Ouray County Performing Arts Guild and the Wright Opera House. Concert starts at 7:30 p.m. Tickets \$30 at [www.ocpag.org](http://www.ocpag.org).

**Dec. 28**-The Everly Brothers Experience featuring The Zmed Brothers at Club Telluride. Doors 7:30 p.m, show 8 p.m. All ages show, tickets \$25 to \$45. For all ticketing and show info, please visit [www.clubredtelluride.com](http://www.clubredtelluride.com).



Contact the Montrose Mirror:

970-275-0646

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



*Photo by Gail Marvel*

*MONTROSE-Montrose Recreation District Executive Director Ken Sherbenou (far right) gave a tour of the refurbished swimming pool to members of the Montrose Regional Council of Governments (MRGOG) during their Nov. 27<sup>th</sup> meeting. On Saturday, Dec. 2, public tours of the new Field House took place, followed by the official grand opening ceremony.*



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- Youth & Adult ADD/ADHD
- PTSD & Traumatic Brain Injuries
- Alzheimers & Dementia

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