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STONAKER TAPPED TO RUN CSU'S ROGERS MESA CENTER



CSU Research Scientist Frank Stonaker. Courtesy photo.

By Caitlin Switzer

REGIONAL-In 2017, Colorado State University (CSU) announced that it would re-open the Western Colorado Research Center at Rogers Mesa for the benefit of the region's producers and growers. Now, the public will have an opportunity to hear directly from the center's research scientist and manager, Frank Stonaker. Stonaker, who is now coordinating the re-start of the facility, will speak at the Western Colorado Food & Farm Forum, taking place this year Jan. 26-27 in Montrose.

"It is a great forum," Stonaker said. "I have participated in it in the past; it's a lively bunch of people with great ideas and a lot of insight."

Stonaker said he will also attend the Western Colorado Horticulture Society's three-day conference and trade show in Grand Junction Jan. 16-18, as well as the Western Colorado Soil Health

[Continued pg 5](#)

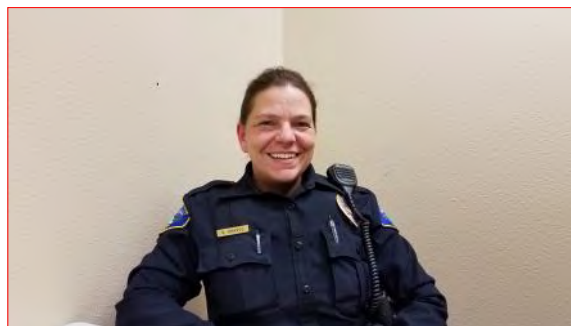
ANSWERING THE CALL: NEW MIRROR SERIES DEBUTS MONTROSE PATROL OFFICER SAMANTHA GRAVES

By Gail Marvel

MONTROSE-To her friends Montrose Police Department (MPD) Patrol Officer Samantha Graves is known as Sam. The daughter of a former Gilpin County Sheriff, Graves grew up in a law enforcement environment and her career path was natural; "It was familiar, and I wanted to do something meaningful and to help people." For Graves the most difficult aspect of the Police Academy was, "Learning all the statutes and memorizing the elements of the crime."

Describing the personality trait that allows her to connect with citizens Graves said, "I'm compassionate. I like to find solutions to problems. I've been told I'm a fixer."

Although Graves has been with MPD for only eight months, her career in law enforcement is not new. "I came from Eagle County where I was a Patrol Sergeant and worked for Vail PD for 12 years." Graves and her husband, Colorado State Patrol Corporal Larry Graves, took advantage of the opportunity to relocate to Montrose in their respective organizations, "We got tired of all the snow and road closures on I-70...plus daycare for our children was hard to find."



MPD Patrol Officer Samantha Graves. Photo by Gail Marvel.

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***Terri Leben's Welcome
Western Colorado!***

***Montrose Company Found with
Storm Drain Violations!***

***Spotlight on MHS
Student Clubs!***

***Carole McKelvey's
Rocky Mt Cravings!***

WELCOME WESTERN COLORADO! REGIONAL WELCOMING SERVICE GREETES NEWCOMERS, NEW HOME OWNERS

By Caitlin Switzer

MONTROSE-Are you new in town? Have you recently purchased a home in Montrose? Chances are, you were welcomed by the team at [Welcome Western Colorado](#), "a community welcoming service."

Terri Leben has owned the longtime local welcoming business for the past five years, bringing information, gifts and special offers to newcomers and new home owners. Welcome Western Colorado also serves as a central link to regional event calendars, and the kinds of services that new residents and home owners frequently need.

"I have shifted, from reaching out to everyone to reaching out to specifically greet people who buy new homes," Leben said, noting that just makes sense to greet new homeowners, with a [list of local businesses](#) that can serve immediate and ongoing needs.

"Some of my clients represent home improvement needs," Leben said "For example ([All Things Home](#)) Daniel Morrow is in our packet, and he stays quite busy. [That Fireplace Guy](#) Josh Berry is one of our clients, and he is doing really well.

"When you move to a new place, you want to know, who should I use for what? I try to find the best in each industry and represent them in the packets."

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With a recent boom in real estate sales, keeping up has been a challenge, she said. Local marketing pro Stacy Ryan has joined Welcome Western Colorado, "my mobile visiting center," Leben said.

Because many of those being welcomed are retirees, Welcome Western Colorado is working on project that will spotlight area churches and charities, she said.

The work has been very positive and appreciated. After five years, Terri Leben continues to look forward to each day. "It's fun seeing where everybody comes from," she said. "And it's awesome to get a welcome packet."

To learn more, visit www.welcomewesterncolorado.com or call Terri Leben at 970-901-6761.



ONLINE NEWS
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THE
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CITY TO DISCUSS LIGHTHOUSE PROPOSAL FOR BROWN CENTER

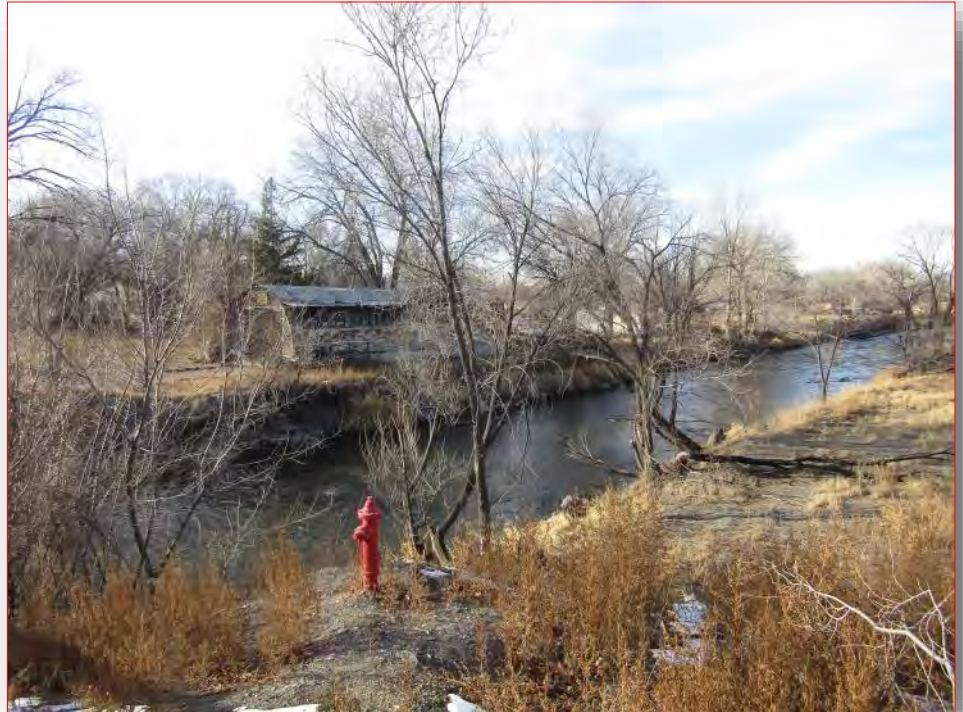
Mirror Staff Report

MONTROSE-CITY COUNCIL WORK SESSION: At the first City Council [work session of 2018 set for at 3 p.m. on Jan. 2](#), Jim Scheid will join City staff as Public Works Manager.

Council will discuss a proposal by Lighthouse Colorado for use of the former Brown Center Facility; a community development block grant application with [Four Corners Development LLC](#); and an upcoming auction of city-owned property.

Future topics of discussion for City Council include a COPMOBA Trail Project Presentation on Jan. 15, as well as a community partnership award presentation; hotel & restaurant liquor license transfer for Chang Thai Cuisine; and building and planning software purchase on Jan. 16. On Feb. 5 will be an attainable housing discussion and Fourth Quarter Police Department Report. A Fourth Quarter Budget Review will be Feb. 20.

CITY COUNCIL MEETING: At the first regular [City Council meeting of 2018](#), also on Jan. 2, Council will consider adopting Resolution 2018-02, a resolution of support regarding the Columbine Middle School GOCO School Yard Initiative Grant Project; Resolution 2018-03, authorizing the filing of a community development block grant application to assist Four Corners Development, LLC fund housing development opportunities (specifically Woodgate Trails Senior Apartments) within the city of Montrose; and an application for a new



The Uncompahgre River seen from the West Main Street Bridge, near the City of Montrose's 1.39 acre [Recalde Addition Annexation](#), which will be zoned a Public District and an "MHR," Manufactured Housing Residential District. Mirror staff photo.

fermented malt beverage (3.2 Beer) license at 3530 Wolverine Drive for Target Corporation, d.b.a. Target Store T-2343, for consumption off of the licensed premises.

Senior City Planner Garry Baker will present the City's 2018 Annexation Report and Three Mile Plan.

Also to be considered are the [Recalde Addition Annexation](#) and Ordinance 2442

on first reading, zoning the Recalde Addition as a "P," Public District and an "MHR," Manufactured Housing Residential District.

Council will consider entering into a Professional Services Contract with Ayres Associates of Fort Collins for environmental and engineering consulting services for the not-to-exceed amount of \$296,000. Following staff reports, Council will adjourn.



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MONTROSE PATROL OFFICER SAMANTHA GRAVES From pg 1

Graves was slow to answer when asked about the most stressful part of being a police officer, "I love it, so it's not really stressful. Crimes against children are the most disturbing part of my job...the mistreatment and neglect of children." Twice in her career Graves has used CPR. In one instance the elderly man was revived; however, in the other situation the procedure performed on a close family member was unsuccessful and personally heart-breaking.

Contemplating the most enjoyable part of her job Graves said, "Every once in a while, I get to go on a call, or meet a per-

son that gives me the feeling that I did something *really* important and made a difference...that's what keeps me going." And the least enjoyable part of her job, "Paperwork! We take a call and go back and do a report. Take another call and do a report. We'd much rather be out and about."

Patrol officers work four 12-hour shifts, "But 12 hours can turn into 16 hours. You just stay until it's done." Graves and her husband work different schedules. She said, "I hadn't seen him in a couple of days and then we both just happened to pull our cars up to a stoplight at the same

time. We had a brief conversation through the car window." Graves laughed and said, "Then we drove to the next stoplight and talked a little more.

"It's just normal."

The Graves' two young children understand their parent's careers, "They are proud of us and proud to be called cops kids."

For the first time in many years the Graves had this Christmas off together.

As for hobbies, interests and activities Officer Graves likes traveling, spending time with family, going to movies, reading and exploring new places.



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FRANK STONAKER TAPPED TO RUN CSU'S ROGERS MESA CENTER From pg 1

Conference in Delta Feb. 22-23. Restoring the Research Center at Rogers Mesa is a good fit for Stonaker, whose professional bio notes that after completing his education and working as a consultant in biocontrol and organic farm management, he returned to CSU to initiate the specialty crops program there. He has also taught courses in vegetable production and greenhouse management. For the past five years, Stonaker and his partner Beth have grown cherries, peaches and apples at their Osito Orchard near Hotchkiss.

"It's not an easy livelihood, especially with climate changes," he said.

"Hopefully, we will have a fruit crop."

Stonaker said he is "terribly" excited about the re-opening of the Western Colorado Research Center at Rogers Mesa.

"I think first, it's really important for people to know that the research center is back in operation. It will take time and money to rehabilitate the facilities," he said, noting that next spring, planting of fruit and vegetable crops will begin, "and hopefully organic seed and vegetable production."

Later on, Stonaker said that he hopes to conduct organic systems research. "Organic systems for the most part are the same as conventional systems," he said. "Using those approaches, we can look at different plant architecture—especially for tree crops, where we can use pruning to reduce labor."

Expect plenty of field days at the Western Colorado Research Center at Rogers Mesa once it is up and running, he said. "We will be trying to work, research, and have an outreach component—that's a big part of what we do."

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EAGLE HEAD CANES PRESENTED - 120
WEEKLY SPOUSE SUPPORT GROUP - 10
WEEKLY PTSD SUPPORT GROUP - 10

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COLD WATER RESCUE: FIRST RESPONDERS SAVE A LIFE



*Mirror staff report
(Photos and information courtesy of
Montrose Patrol Officer Samantha Graves)*

MONTROSE—On Dec. 28, 2017 the Montrose Fire Protection District (MFPD) was called out for a cold-water rescue when a 12-year-old boy cut across Chipeta Lake and fell through the ice.

An alert driver witnessed the accident from the road and called 911. Although the young man was able to pull himself out of the freezing water and back onto the ice, he was in the middle of the lake and depended on Montrose Fire and EMS for rescue. The young man was transported to Montrose Memorial Hospital.

At press time the MFPD Administration could not be reached for comment and full details from those who participated in the rescue will not be available until after the holiday.

OPINION/EDITORIAL: LETTERS

WE CAN'T STOMP OUT CANCER, BUT WE CAN HELP ***Montrose Boot Stomp to Raise Money for Non-Medical Needs***

To the community:

I lost my father to lung cancer when I was 12. He was a Navy Veteran and like most military, he smoked. I lost my sister to pancreatic cancer just eight years ago. Five years ago, my husband was diagnosed with 4th stage Hodgkin lymphoma. Bruce survived, with the help of Dr. Kilbourn at the San Juan Cancer Center and much prayer; he endured 16 rounds of chemo, PET scans and every side effect that comes with the treatment.

Still, while my family has experienced hardship, we also have been blessed. We lived through the anxiety of recovery and of being cancer-free, but we did not have the stress that many families face with the added hardship of financial loss. Most folks not only worry about their treatment, they also worry about how they will pay bills and other expenses associated with a cancer diagnosis.

Help us raise money to fund non-medical needs for the families of local cancer patients. While we can't stomp out cancer, we can help. I am excited to have the opportunity to chair this great event; please mark your calendars for the Montrose Boot-Stomp ~ An Old-Fashioned BBQ & Barn Dance:

Entertainment by - Narrow Gauge ~ Colorado's best Country & Classic Rock Band

Date - June 2, 2018 - 6PM

Location - Antler Ridge Weddings & Events

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Terri Leben, Montrose

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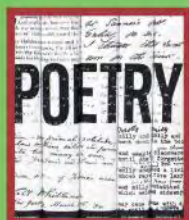
December 9 & 10 Weehawken Dance presents "The Nutcracker"

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December 14 ARTbar: Gorgeous Growlers with Ann Cheeks in Ridgway



January 3



Poetry of Presence:
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in Ridgway

January 10

Introduction to Art Materials & Techniques
with Allison Wofford in Montrose



January 17



The Wild World of Watercolor
with Mike Simpson in Montrose

January 17

The Basics of Stitching
with Allison Wofford in Montrose



January 24



The Art of Eric Carle
with Allison Wofford in Montrose

January 27

Arcanum:
The Mystery and Abandon of Asemic Writing
with Kierstin Bridger in Ridgway



February 3



Contemporary Mosaic Art
with Carol Newman in Ridgway

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MONTROSE COMPANY FOUND TO HAVE STORM DRAIN VIOLATIONS, FECAL COLIFORM

Star Chicken LLC Formed by Prairie Dog Treats Owner Ira Goldfarb



Top left, Texas businessman Ira Goldfarb, shown in a 2013 Mirror file photo, owns the Prairie Dog Treats Factory on West Main Street in Montrose, shown above, which nearby residential neighbors have accused of ruining property values and lives. Goldfarb recently formed Star Chicken, LLC, whose trucks have been observed at the West Main facility, though the connection between the two companies remains murky.

By Caitlin Switzer

MONTROSE—On Wednesday, Dec. 27, a legal notice ran in the Montrose Daily Press entitled, Pre-Treatment Violations Public Notice. The company noticed was Star Chicken, located at 1850 Launa Drive. The notice read: “Notice is hereby given that the following industries have been in significant Non-Compliance of the City of Montrose Sewer System for Technical Review Criteria Pursuant to 40 CFR 403.8 (vii)...Violation of Discharge Authorization Order exceeding effluent limits for 3rd quarter reporting: Ammonia, BOD5, Fecal Coliform and total suspended solids.”

Samples were collected Sept. 5, Sept. 25, and Dec. 13. The legal notice also stated that a required slug control plan for Star Chicken had not been submitted. The company’s original discharge order from the City of Montrose, addressed to Star Chicken’s Ty Coram and dated April 12 of 2016, notes that between 10-20,000 chickens a day will be processed at the Star Chicken facility.

The Colorado Secretary of State web site notes that Star Chicken Company, a limited liability company, was formed by Ira Goldfarb, also the Texas-based owner of the Prairie Dog Treats Factory located on West Main Street in Montrose. Star Chicken has received large out-of-country shipments of antlers as well, according to documents found online, which state that the company recently imported 8065KG of Antlers from a German supplier. When reached in Texas for comment, Goldfarb claimed to be unaware of the legal notice

concerning fecal coliform and other pollutants. “I have not received anything yet. If you can send it to me I will take a look.”

When asked if he intended to clean up the area around the Prairie Dog Treats factory, which close neighbors have accused of ruining property values and lives, Goldfarb hung up.

Calls to City Manager Bill Bell, who pushed for a zoning change to allow the pet treats factory to be located where it is, have not been returned.

Fernando Morales, 36, whose parents have been heavily impacted by the presence of the factory across the alley from their home, told the *Mirror* in October of 2017 that Prairie Dog Treats had destroyed their quality of life.

“Growing up, there was never a problem there,” Morales said. “Little by little it has gotten worse and worse. Now, when I visit I never want to stay.”

He cited noise from trucks and equipment at all hours of the day, waking his young baby, and acrid smoke. “Now Mom has a chronic cough.”

When out-of-town family come to visit, “They are repulsed by the smell,” Fernando said. “And there is nothing we can do about it. It’s embarrassing. But we gave up documenting after 20 hours of video, because what’s the point? In Montrose, nobody responds.”

“We have even thought about calling the American Civil Liberties Union; it’s really just another form of environmental bigotry.”

BACKGROUND—In 2015, the *Mirror* report-

ed that Minutes from the Montrose City Council meeting of Nov. 5, 2012, reflected that initially the City’s request for a change of zoning from B-2 to B-2A of the 12,000 sf property (now the location of Prairie Dog Treats) owned by Nevada Corporation B.I.G. Main Street Properties, LLC, was denied by Council after the City’s Planning Commission recommended denial. It was noted at the time that adjacent neighbors had registered concerns about parking. Also according to the meeting minutes, “City Manager Bill Bell spoke on behalf of the applicant which is the City of Montrose. Mr. Bell stated that the staff report addressed the reasons behind the application but did not address the economic state of the City and the need to transform this section of the city for the long term. Approval of the rezone would bring other property owners out of non-conforming use. **Mr. Bell emphasized that the rezone would not adversely affect the health, safety and welfare of the community.**”

Despite the initial denial, however, the minutes of the Jan. 2, 2013 City Council meeting show that Council, which at the time consisted of Bob Nicholson, Kathy Ellis, Thomas Smits, Judy Ann Files and Carol McDermott, were asked to approve Ordinance 2313, amending the zoning district designation for the 146 West Main property from B2, Highway Commercial District, to B2A, regional commercial district. After a motion was made by Kathy Ellis and second by Carol McDermott, Council approved the request.

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REGIONAL NEWS BRIEFS

CITY OF MONTROSE PUBLIC WORKS ANNOUNCES IMPROVED HOLIDAY SERVICE FOR RECYCLING

Special to the Mirror

MONTROSE—Beginning with the New Year's holiday, the city is adjusting its approach to rescheduling recycling collections that are disrupted by city-observed holidays. Instead of requiring customers to wait for service until their next scheduled recycling day, collections scheduled to occur on a city-observed holiday will take place on Friday of the same week. Accordingly, recycling collections that would normally occur on Monday, January 1 will instead occur on Friday, January 5.

"While our practice of delaying recycling collections for two weeks was workable for most of our customers, it created a hardship for some," said Street Division Superintendent Ryan Cushenan. "The majority of city-observed holidays occur on Mondays, leaving customers on the Monday recycling routes to deal with an excessive number of missed collection days. We will minimize inconvenience to our customers by providing an alternative collection day during the same week."

Additional information about the city's Single Stream Recycling Program, including collection schedules, routes, and additional recycling services are available at CityofMontrose.org/Recycling or call 970-240-1480.

The city's arrangements for alternative trash collection days during holiday weeks will remain unchanged. Detailed information about alternative collection schedules are available at Cityof-Montrose.org/Holiday.

For New Year's Day, trash collection for residences located south of San Juan Ave and Highway 50 will occur Tuesday, January 2, and residences located north of San Juan Ave and Highway 50 will be served on Wednesday, January 3.

Alternative trash and recycling collection days apply only to customers whose normal collections fall on New Year's Day. All non-holiday collection days will not be affected.

Visit CityofMontrose.org/Trash for more information about the city's sanitation services.

OPINION/EDITORIAL: LETTERS

THE FACTS REGARDING MMHI SETTLEMENT WITH EEOC

Editor:

Effective December 22, 2017 MMHI and the EEOC have agreed to a settlement regarding the complaint of age discrimination by former employees.

Over 1,200 employees from an 8-year period had the opportunity to join in the complaint by the EEOC but only 29 opted in. Although MMHI vigorously denies the claims, it was determined that the Montrose community was best served by an earlier end rather than protracted litigation and legal fees.

The consent decree includes a payment of \$400,000 which the EEOC will use to offset its legal costs and award payments to the individuals. The EEOC was seeking approximately \$2,500,000 million.

The consent decree requires that certain policy reviews and training be conducted for the next few years for MMHI employees.

The consent decree allows the former employees to apply for open positions and requires MMHI to consider them equally with other applicants but none are required to be rehired.

The consent decree is not effective until the court accepts it which will likely not occur until 2018 but all ongoing actions and investigations have stopped.

MMHI is happy this issue is resolved and we look forward to focusing on the Healthcare needs of our community in 2018.

Thanks, Ron Courtney

Board Chair

Montrose Memorial Hospital Inc.

A NEW YEAR'S RECOGNITION

Editor:

As we travel into this new year I think it would be good to recognize the leadership and accomplishments that we have right here in our own state and congressional district toward sustainable energy. Just to name a few of the organizations supporting these efforts are the Solar Energy International (SEI) in Paonia, which trains technicians in renewable energy from around the world; the Rocky Mountain Institute (RMI) in Basalt and Boulder; and our own DMEA in Montrose.

Even though our legislators are already supporting the all-of-the-above energy strategy, I suggest the chain-to-the future model over the piece of the pie view. Further, the conservative, free market, approach to moving toward a 21st century energy model would be the already proposed Carbon Fee and Dividend mechanism of encouraging market based inducements to power providers. The public fee on extraction would both encourage investment in better technologies and return this financial benefit to the people and our economy. Some of the largest power providers are already in favor of this approach as it is both an equitable and a predictable model for long term growth.

Wayne Quade, Montrose

The Mirror:
Coverage with vision for the future.





UPSTART, SHERBINO PRESENT HEDWIG AND THE ANGRY INCH



Special to Art & Sol

RIDGWAY-HEDWIG AND THE ANGRY INCH will play Ridgway's Sherbino Theater for four nights only, Feb. 1, 2, and 3 at 7pm, and Feb. 4 at 4 pm. UpstartART and the Sherbino are proud to present *Hedwig and the Angry Inch*, a rock musical, text by

John Cameron Mitchell, music and lyrics by Stephen Trask.

Hedwig was developed in the late 90's by Mitchell and Trask as an off-Broadway play, where it won Obie and Outer Critics Circle awards for Best Musical. Since then it has had many regional productions, and was revived in 2014 on Broadway with Neil Patrick Harris in the title role, where it won Tony's for Best Revival, Best Featured Actress, and Best Actor in a Musical.

"I love how playful it is," said director Kate Kissingford.

"*Hedwig* tells a universal human story in an intensely entertaining and fun format. It's the rare rock musical that has music worth listening to, independent of the story. At the same time," she said, "the story opens your

heart."

Dayna Geiger, a Denver-based actor who will play Yitzak in this production, saw the original off-Broadway production, and marveled, "I had never seen anything like it; it was just so weird and so new." She told Kissingford a year ago that Yitzak was

a dream role for her. "I remember when I saw it, there was something so mysterious about Yitzak, and what becomes of the character is so surprising. You don't expect it at all."

Denver actor Drew Horwitz will don the wig for the title role. He feels connected to the role because he (like Hedwig) has "always wanted to be a rock star." The role excites him because of how "easily Hedwig shows her humor and her strength... but also the vulnerability beneath the surface."

Local audiences will remember both Dayna and Drew from previous UpstartART productions, most recently *The Tempest* this past July at the Wright.

Upstart's 2018 season kicks off February 1 with *Hedwig and the Angry Inch*.

It will also include Shakespeare's *The Winter's Tale* in July, and Thornton Wilder's *Our Town* in October, both at the Wright. This will be UpstartART's first collaboration with the Sherbino. The production is also sponsored by KJ Wood Distillers and the Ouray County Community Fund. For more information, www.upstartmoves.org <https://sherbino.org/events/theater/242-hedwig-and-the-angry-inch-sat> Upstartmoves@gmail.com. 970-325-3501.

COMMUNITY NEWS BRIEFS: OUTDOORS

IN SEARCH OF THE ELUSIVE CANADA LYNX ON THE GMUG

Special to Art & Sol

COLORADO-Why are Canada lynx so elusive? Their range stretches across 25 states including Colorado, yet, this intriguing medium-sized wild cat with large, furry feet, is fairly obscure. Lynx are rarely observed partly because of their secretive nature, and partly because of their naturally low population numbers over large landscapes. "Even in an area with great habitat, there aren't many lynx there, and the ones that are present generally stay hidden," explains Matt Vasquez, wildlife biologist for the U.S. Forest Service. Most lynx sightings are reported during the snowy months. So if you are observant while wandering in the high country during winter- you may just spot the tracks of this elusive snow cat.

Lynx are often mistaken for bobcats which are about the same size. There are a few discreet differences between the two cats: the hair tufts on lynx ears are longer (over an inch), lynx coats are shaded while bobcats have spots, and the lynx tail has a distinctive black tip which bobcats do not have. But when it comes to tracks, the lynx tracks are much larger than bobcats. The feet of the lynx are huge, resemble snowshoes and allows these wild cats to walk on snow without sinking. In winter, staying on top of the snow gives them an edge over other competing predators hunting for their main prey -- the snowshoe hare.

On the Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests, Vasquez is monitoring wildlife through snow tracking and other monitoring strategies which provide information on occupancy trends, and help identify factors that may contribute to population increases or declines. Snow can be a virtual white board of an animal's daily activities. Each fresh layer erases old tracks and reveals new information about an animal's habits and routines. Coupled with other signs like scat, hair, feathers, blood or urine markings, tracks in snow are like the pages in a book- telling a story about a particular animal. Snow tracking surveys

are also a good way to document and observe prey species important to lynx, such as snowshoe hares and red squirrels, and potentially document lynx use of habitats, if lynx tracks are detected along snow tracking routes.

Vasquez initiated a snow tracking program six years ago, involving student volunteers from Western State Colorado University to monitor animal activities in the forest. Several times each winter, students ski or snowshoe along pre-determined routes and identify tracks. According to Vasquez, "students have recorded tracks of coyote, bobcat, mountain lions, short and long tailed weasels, mountain cottontails, snowshoe hares, ground and red squirrels, mice, voles, moose, elk, mule deer and black bear." Another monitoring technique for lynx involves determining habitat quality for snowshoe hares - the preferred prey of lynx. A dense understory of herbaceous plants, shrubs and young coniferous trees provides plenty of food for hares and also good cover from predators. Forest Service biologists estimate cover in timbered areas, which gives them a pretty good idea of the quality of habitat for hares. Dense understories equate to thriving hare populations. A food bonanza for lynx!

The results of these long-term monitoring techniques are used by biologists to make better decisions on management activities involving timber treatments (thinning, prescribed fire or commercial harvest) for beetle killed forests. In the short term, treatments could impact lynx in some areas by reducing suitable habitat, leading to reductions of small mammal populations in treated areas. But over the long term, the eventual natural regeneration of replacement stands of young, dense conifers and tree planting reforestation efforts by the Forest Service following harvest would benefit prey species and lynx habitat.

Colorado Parks and Wildlife (CPW) lynx researchers also bait certain areas with predator smells and shiny objects to lure lynx near remote cameras that capture



"Even in an area with great habitat, there aren't many lynx there, and the ones that are present generally stay hidden," explains Matt Vasquez, wildlife biologist for the U.S. Forest Service. Courtesy photo.

their occurrence. During the last four years, CPW biologists using remote cameras and snow tracking techniques have monitored 50 areas with suitable lynx habitat in southwest Colorado. Lynx have been documented occupying about 15 of those sites.

Vasquez continues his part of snow-track monitoring -- searching for those distinctive "snow cat" imprints and ongoing habitat evaluations. Last winter, he got lucky, the Colorado Parks and Wildlife lynx crew trapped and collared one cat on the GMUG National Forest in the Lake City area. "Ultimately we would like to continue to confirm the presence of lynx in suitable habitat throughout our forest, and learn how occupancy changes over time," Vasquez explained.

Of the 3 million acres on the GMUG National Forests, about 47 percent, about 1.4 million acres, is determined to be suitable habitat for lynx. Once again in 2018, the hunt for the elusive snow cat tracks continues.

GERMAN POWS WORKED FIELDS IN MONTROSE, DELTA



Between 1945 and 1946, prisoners of war worked in Montrose-Delta for area farmers, helping to plant and harvest crops. Courtesy photos.



POW's help with the sugar beet industry. POWs working local farms put in about 10 ½ hours a day. Water cans and cups were provided by the farmer along with tools needed for work.

By Carole Ann McKelvey
Mirror Features Writer

MONTROSE- — If you live in Montrose, you might pass the Salvation Army and Dad's Auto stores on Highway 50 daily. Most Montrose citizens have absolutely no idea the spot was the site of a German POW camp during World War II. The camp occupied about 17 acres where the stores now stand, from 6400 Road to Highway 50 to Townsend, and housed a large compound.

In her piece on the Civilian Conservation Corps (CCC) and German POW camps for the *Uncompahgre Valley Chronicle*, [Dorothy Causey of the Fore-Kin Trails Genealogical Society](#) notes that the camp began as a CCC camp and held five barracks, a recreation and dining halls, kitchen, infirmary, latrines and showers. There was also an administration building, a storage area and housing for the Army personnel who operated the camp.

The Montrose CCC camp, opened in 1935, was one of many in the nation initiated by President Franklin D. Roosevelt to help communities impacted by the financial woes of the 1930s.

Sally Johnson, coordinator of the Montrose Historical Museum, says the men in the camp were put to work largely helping local farmers with their crops; they also worked in reclamation, repairing ditches and lining some canals with concrete. The Black Canyon benefitted from CCC enrol-

lees repairing and rebuilding the steep 12 miles of road leading to the east portal of the Gunnison Tunnel. Enrollees were single men, 18 -25 years old. They were called by many names, Causey states, including "cross county crooks, canvas covered Casanovas, dollar-a-day boys and Roosevelt's tree army."

When Pearl Harbor was attacked on Dec. 7, 1941, many of the young men in the CCC camps enrolled in the military. The Montrose CCC camp closed in May 1942, and by 1945 had been converted to a prisoner of war camp for German and Italian soldiers.

Prisoners worked in Montrose-Delta for area farmers, helping to plant and harvest crops. Local Extension Services negotiated with the War Department for POW labor. Causey in her article for the *Chronicle* states that in 1945 the Delta-Montrose Sugar Beet Labor Association asked the county agent to requisition POW's to work in the fields. The association was certified to use the German POW's, and by August 1945 there were 150 prisoners working in Delta and 150 in Montrose.

Housed in the former CCC camp, POWs came to Montrose by train and were guarded by soldiers. According to Causey, farmers using POW labor had strict rules and paid the government the going rate

per day for workers, with about 80 cents going into a fund for the prisoner, so they could buy necessities. The money paid by the farmers helped fund the POW camps. The POWs working local farms put in about 10 ½ hours a day. Water cans and cups were provided by the farmer along with any tools needed for the work.

Some farm families made lunches for the prisoners.

Prisoners of War began working in the fields in March of 1945 and stayed through the fall. All POWs had to be sent home to Germany by July 1, 1946.

Editor's note: If your family dates from the POW days in Montrose please let the editor at editor@montrosemirror.com know so we may further explore this story. If you wish more information on the POW camps in Colorado you may contact the Fore-Kin Trails Genealogical Society at 700 Main Street, Montrose, CO. from 1-4 p.m. Tuesdays and Thursdays or by researching through the Montrose History Museum or History Colorado.



REGIONAL NEWS BRIEFS

MONTROSE COUNTY 4-H PROGRAM – HERE COMES 2018!

*By Brandon Creamer,
Montrose County 4H Extension Agent*
MONTROSE-Welcome to the Future! The holidays slow down, 2017 is preparing to roll out, and the community is beginning to make (or attempting to) New Year's resolutions for 2018. Yes, the future seems to have arrived.

In the Youth Department of CSU Extension, one of our New Year's goals is to encourage and support the next generation of youth as they step into leadership positions for the future; you might call them the future's future?! We do this by offering quality educational programming like 4-H.

In our community, we are proud to have 15 4-H Clubs with more than 280 active members involved in more than 40 project areas. 4-H traditionally was known to be livestock and crop-oriented, with projects such as Crop Production, Market Animals,

Breeding Animals, and Horses. However, 4-H has always sought to serve many diversified interests and has expanded into many STEM related areas of education as well. 4-H truly has something for everyone – from Cake Decorating to Shooting Sports—and it is always expanding; this year we are even kicking off a new pilot program for wild mustang training!

Furthermore, 4-H has always encouraged student run leadership, thus our program has a Montrose County 4-H Council that is governed by 10 elected 4-H member officers. These officers oversee the business of the county program and work with the 4-H membership to promote 4-H, put on district leadership workshops, attend or sponsor 4-H members toward State and National 4-H events, and coordinate our biggest non-Fair event, the Montrose County 4-H BBQ in June.

The overall goal of the 4-H program is to

enable our youth to learn real-world skills and prepare them for the challenges of today and careers of tomorrow! It really does serve to 'prepare the future's Future'.

As January begins, we encourage you to check out our local 4-H programming and see if it might be just the right fit for you and your family. The Montrose Extension Office serves both Montrose and Ouray County 4-H programs and we would love to talk with you more about what 4-H has to offer. Enrollment is open now through May 1st. Contact us at 970-249-3935 for more information about our programming or visit us at our webpage www.tra4h.org. We look forward to meeting you in the near future! Colorado State University, U.S. Department of Agriculture and Delta, Mesa, Montrose, & Ouray Counties cooperating. Cooperative Extension programs are available to all without discrimination.

The Mirror:

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



GROW WEALTHY...BUILD HEALTH & WELLNESS!



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

Happy New Year! ... If you are reading this you have survived the holidays... Do you ever wonder if the challenges of food, fun, family (sometimes not so fun) and finances are more stressing than blessing? The good news is that you now have the entire year to recover from the

shopping, planning, cooking, calories, socializing etc. All that running around and multitasking really isn't very healthy for our brains and I'm hoping most of you know that but just need a little reminder to sloooooooooooooow down.

Remember when the phrase "multitasking" was coined? It originated in the computer realm but it is older than you probably realize. The first citation of the term is from 1966 when the magazine Datamation defined it as the use of a single CPU for the simultaneous processing of two or more jobs. THEN all of us humans started using it at our job interviews, performance evaluations and even social gatherings when discussing our week in review. Whether a high-powered executive, stay at home mom or blue collar worker, multitasking was the buzz.

Multitasking is a recipe for stress. A steady stream of cortisol from chronic stress can damage your short-term memory and actually reduce gray matter. Persistent tension can prompt a negative immune response causing seasonal allergy flare-ups. Stress hormones mobilize energy to muscles. Some individuals may release it by grinding or clenching their teeth (often when sleeping) causing jaw pain and even headaches. When we are attacked by stress, adrenaline from the sympathetic nervous system alerts muscles to tense up in preparation for action. Pain and spasms in your neck or back may result, especially if those areas are already weak spots for you. Many of us, especially as children, experienced a tummy ache from stress. Stress slows the GI tract's

movement and digestive process while upping the chances of inflammation (which can lead to bloating, gas, pain or diarrhea). Research indicates that stress can even change the balance of gut bacteria, weakening the immune system. A recent study suggests that anxiety can also negatively impact your metabolism. It can affect fertility by altering signals to the hypothalamus, the portion of the brain that regulates hormones that trigger monthly ovulation. High levels of stress hormones also influence the body's main reproductive hormone, GnRH. Lastly, stress hormones narrow the arteries in the heart and increase heart rate during moments of high anxiety. Over time this may raise your risk of developing cardiovascular disease.

Considering all of the negatives stress may cause, it's no wonder that today's buzz is all about mindfulness and monotasking. It's time to quit juggling so many balls (many of which wind up falling on our heads if we're not careful) and start paying attention in a very specific, purposeful, non-judgmental way of daily living. Hospitals across the nation are increasingly using meditation, yoga, guided imagery and other alternative practices as part of their healthcare for patients undergoing surgery, pain management, cancer treatment and more. Even large corporations like Nike and American Express have jumped on the bandwagon by providing mindfulness trainings to their staff. Not to mention apps like Headspace that are now available for your electronic devices.

Whether you suffer from "continuous partial attention" (author Linda Stone coined that phrase) or are just ready to enjoy everything more through heightened awareness, mindfulness needs to be on your 2018 daily calendar of events. According to the American Psychological Association, the benefits of mindfulness and monotasking are tangible and a hopeful strategy for alleviating depression, anxiety and pain. Mindfulness doesn't just seem to elevate mood and perception but can shrink the amygdala, the brain's jumpy "fight or flight" center. A study conducted at UW-Madison (my alma ma-

ter) found that people who meditate regularly have different patterns of brain electricity which could lead to more efficient learning and greater ability to pay attention. Many individuals have found that mindfulness can even be a powerful tool against migraines and panic attacks. Contrary to our culture's popular beliefs, we do NOT need to be anxious, uptight and running at break neck speed to be effective. In fact, from my readings and experience, I find that we are less effective and less efficient living in the fast lane. Our bodies need recovery time but with our electronics following us everywhere we barely even practice the art of conversation much let alone monotasking. There is no badge of honor for multitasking or selective attention deficit (a phrase I have coined) so let's really start paying more attention to each individual task and person in our life as we move forward with a new year. Let's especially pay more attention to our own well being.

Here are a variety of ideas you can easily incorporate into your daily routine to improve your well-being.

- Start your day by taking inventory... from your toes up to the top of your head, noting how you feel physically, mentally, spiritually... and what is going on in your surroundings (temperature, sounds, odors)
- Increase your magnesium intake (found in leafy greens, bananas, cocoa, almond milk)
- Take the scenic route (trees release phytoncides that can lower the level of stress hormones)
- Do a five-minute favor for somebody
- Turn off your cell phone and put it out of sight (out of sight, out of mind)
- Take a break between the time you start your day and lunch (leave your electronic devices behind)
- When possible use that break to take a walk, read something for pleasure or even play a few minutes of a game OR just breath (inhale four seconds, hold for five and exhale for six seconds)
- Socialize... verbally (no texts or emails)... with co-workers, friends or family
- Pull on your ears at a 45-degree angle away from your head and hold for 60

GROW WEALTHY...BUILD HEALTH & WELLNESS! ***From pg 1***

seconds to calm your nerves that surround the central nervous system

· End the day like you mean it by leaving your job or work behind you... leave your worries and your shoes at the door

Willing to make more of a commitment? Sign up for a yoga class, start meditating, learn more about mindfulness and then practice, practice, practice. Remember: Stop and smell the roses (with controlled breathing)... and don't think about what you are doing next... really immerse yourself in each and every experience.

Please feel free to contact me at MicheleGad.FAME@aol.com or 970-948-5708 to learn more about my FAME (Focus, Attention, Memory Exercises) program or if you have questions, comments or suggestions regarding my monthly column.

COMMUNITY NEWS BRIEFS: ARTS & CULTURE

DON'T MISS THE WILD WORLD OF WATERCOLOR WITH MIKE SIMPSON

Special to Art & Sol

MONTROSE-Weehawken is excited to offer a one-day class, "The Wild World of Watercolor," taught by Mike Simpson, a Signature Member of the Plein Air Artists of Colorado, the Western Colorado Watercolor Society and a member of the New Mexico Plein Air Artists, the Laguna Plain Air Painters Association, The Oil Painters of America and the National Watercolor Society.

"Would you like to loosen up your watercolors? Learn how to develop more confidence in your brush strokes. Come learn to paint more expressive watercolors," invites acclaimed artist Mike Simpson. Join Weehawken Jan. 17 from 9 am to 3 pm at Montrose Field House (25 Colorado Ave). Tuition is \$95 per student. There is a six-student minimum pre-enrolled to make the class "go," so pre-registration is highly encouraged (and needed). For more information, visit Weehawken Creative Arts at www.weehawkenarts.org or visit facebook at facebook.com/weehawkenarts - or call them at [970.318.0150](tel:970.318.0150).



Courtesy image Mike Simpson Art.

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MONTROSE HIGH SCHOOL: SPOTLIGHT ON STUDENT CLUBS

By Rob Brethouwer

Montrose Academic Booster Club, A+BC MONTROSE-Operating just under the radar, existing in the shadows of academics and sports, are the student clubs at Montrose High School. From a long list of available clubs, three were chosen to come out from the shadows and have the well-deserved spotlight pointed at what they do and who is involved.

Ben Spiess is a 17-year-old senior who is involved in not one but two clubs. The first is the **Gaming Club** that meets to engage in Dungeons and Dragons campaigns. This "old school" form of gaming is all about fantasy, monsters, bravery, monsters, and most importantly, storytelling. Ben acts as a Dungeon Master whose job is to control the game and be the primary storyteller for those involved in a campaign. Ideally, according to Ben, this involves three-six players. A campaign rarely lasts more than one "game" and is something that is re-visited by the players until it reaches its final conclusion. A typical campaign can last hours and hours. In addition, Ben Spiess is involved in a **second club that is all about computer gaming**. Montrose High School is part of a league where players compete statewide

using PC's as the primary gaming platform. Montrose High School has done exceptionally well in this area and according to Ben, the vision of both clubs is for like-minded individuals to get together, do something very well, and enjoy themselves in the process. After graduating from high school this spring, Ben Spiess will attend the University of Colorado-Boulder where he will major in Chemistry.

Briar Cary is a 17-year old senior and represents the **Book Club** at Montrose High School. The club current consists of 12 girls who meet once a month on a Wednesday at lunch, to discuss the current book selection. According to Briar, there is a separate book club for male students. New books are chosen at the monthly meetings and selections are voted on at the beginning of the year. Most of the chosen books are fiction but Briar says that all genres are on the table. Recent selections have been *Heartless* by Marissa Meyer, *The Scorpio Races* by Maggie Stiefvater, and several books by author John Green. After graduating this spring, Briar Cary will attend Washington University in St. Louis (her top choice school) where she will major in Chemical Engineering.

Senior Mason Weig, 18, represents the **National Honor Society**. This club has 40 members from grades 10-12, including Book Club representative Briar Cary. According to Mason, the purpose of the club is to give back to the community, create events, and be a group that represents kindness towards all. To become a member of this group, students must complete an application every spring and the school administration decides who will be selected for membership. Mason states that recent events put on by the National Honor Society at Montrose High School have included a dance for Community Options, and Kids Aid, where members fix bag lunches weekly or bi-weekly for students in need. After graduation, Mason Weig plans on attending Colorado State University where he will major in Health and Exercise Sports Physiology with a goal of becoming a Physical Therapist.

It was a great opportunity to sit down with these outstanding young members of our community and to hear about their passions and their future goals. *Rob Brethouwer is a board member of the Academic Booster Club, A+BC.*




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NOTES FOR THE JOURNEY...

Exploring Classical Music With Rob Brethouwer

LEARNING SYMPHONIC STRUCTURE BUILDS MUSICAL INSIGHT

Topics that have been presented in these articles have covered basic music theory and the formats for concertos and for the symphony. The time has come where digging deeper into the structure of the symphony will provide insight into why there are certain numbers of music and the use of musical themes within a symphony. This is called the symphonic form and as part of this discussion we will look at the sonata-allegro form in symphonic music. A classical symphony is put together using this form so that the reader is introduced to themes, variations, and the presentation of the main theme once again.

Symphonic form is used as a means to analyze classical compositions as this structure is widely presented across the symphonic repertoire. A scholar or a casual listener is provided with a starting part from which they can break down the music movement by movement, and page by page. Keep in mind that the symphonic form is the umbrella beneath which the sonata-allegro form rests. The sonata-allegro form is found in the 1st movement of 18th and 19th century symphonies.

Symphonic form comprises the building blocks of a symphony. Most often in four movements, the first movement of a symphony is always in the sonata-allegro form and is usually at a tempo that could be described as fast. The second movement, and sometimes the third, forms the slow movement of the symphony. The form can also be sonata-allegro or theme and

variations. The third movement is referred to as the "scherzo" movement if it takes a fast tempo. The fourth movement, the finale, is in a fast tempo once again and can take the form of sonata-allegro or a rondo, where a main theme is introduced along with several variations. In just a few words the structure of a classical symphony has been introduced. It is of course much more complex but we are simply building on a basic structural foundation. The term sonata-allegro has been used several times so let us break it down into individual parts. Remember, the sonata-allegro form is always used in the first movement of a symphony but can be used in other movements as well.

IEDRC. I Eat Daily Rations of Carbs. Mnemonic device used to remember the structure of the sonata-allegro form. Introduction, Exposition, Development, Recapitulation, and Coda. The introduction presented in the first movement is in a different tempo than the rest of the movement. An introduction can be long or it can be only just a few chords. The exposition section presents the themes of the symphony and is referred to as first, second, and third themes. These themes are often repeated but left to the discretion of the conductor. The development section is where the heart of the symphony rests. Themes presented in the exposition are played in different ways and by different instruments. These variations provide dramatic tension in the symphony and it is here where the skill of listening instead of simply

hearing comes into play. Variations on the theme will be played in different keys and are often flipped upside down so that the theme is recognized but just barely. Only a whisper of the original theme is left and there is a faint cover of recognition over the orchestra. The recapitulation is basically a repeat of the exposition where themes are added or taken away. If compared side by side, the recapitulation will sound more confident and daring than what was heard in the exposition. The coda is the tailpiece to the first movement and can be optional.

Most often the coda is presented in performance as it neatly ties up the first movement into a structured whole. First movements presented without the coda often leave the audience unsatisfied and with a sense of something not concluding as expected.

The symphonic form is the large umbrella and the sonata-allegro form lies within the first movement. Keeping this in mind will help the listener keep the terms separated, and will help with listening skills when trying to identify the themes presented in a classical symphony. Starting with the basics is always the best way to start the journey of learning terms and structures found in classical music. Entire books, Ph.D. dissertations, and scholarly music careers have been built on this one topic alone. What is presented here should be adequate for the casual listener. More advanced concepts within this topic will be presented in future articles.

**The Mirror:
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Up Bear Creek by Art Goodtimes

Re-examining American football



Y.A. TITTLE ... This icon of my youth died a couple months back. He was celebrated in the obits as ace quarterback for the New York Giants, but it was as a San Francisco 49er that he became my first idol ... I grew up in the Fifties. The oldest of three boys. My dad was an ardent Niner fan. That meant weekend afternoons cloistered around the black&white Zenith, or if it was a local game and there was a regional blackout, around the AM radio ... While Dad lounged in his favorite weekend chair, we boys had the assigned job of releasing from the fridge and popping the tops off Dad's Burgermeister cans – a task for which we were usually rewarded the first sip. All my life, I must admit, I've savored that first sip of a cold lager, and only drank the rest for the high, not taste or refreshment ... Our California fall was invariably about beercan first sips and male bonding with my dad and brothers -- over football. Immediately after watching Hugh McElhenny, Joe "The Jet" Perry and John Henry Johnson team up with quarterback Y.A. Tittle for some outrageous plays, win or lose, my brothers and I would take to the tract-home dead-end we lived on, or race off to a nearby park, for a pickup game with the neighborhood kids ... Football was our life-blood. Our pride as San Francisco-born. We loved the game ... I

still treasure a City of Mountain View Recreation Department award certificate for being a member of the Intermediate League Championship Team, dated Nov. 27, 1957. It was flag football, not quite as dangerous as tackle (or even touch) for 12-year-olds. I was quarterback and my brother Greg was halfback. He went on to star in football his freshman year at St. Francis High School in Mountain View, only to die tragically of nephritis in his sophomore year. The school still presents a Greg Bontempi award to an outstanding high school football player each year ... Football is in my blood. And I've been a Niner fan so long, even moving to Colorado couldn't change that affiliation ... But now, with the reports coming in from the scientific community, I'm torn. I love watching the game, rooting for my team, remembering all the games of the past, enjoying the struggle on the turf, great plays and the pulsed action of opposing teams. But the head damage from collisions and tackles is proving to be far worse than anyone thought ... The latest Boston University study found that 110 of 111 NFL players who donated their brains to science had CTE – chronic traumatic encephalopathy. According to the Dec. 22 issue of *The Week*, CTE is "a disease that causes the brain to waste away over time, and which has been linked to aggression, depression, memory loss, and problems with speech and vision" ... A second study found that "children who play youth football are twice as likely to have problems with self-control, judgment and problem solving." As one of the authors of this second study noted, "Head impacts can lead to long-term consequences. We should be doing what we can at all levels in all sports to minimize these repeated hits" ... And about the same time, *Scientific American* picked this story as the 9th of 12 top science stories of 2017: "CTE may be common among pro football players." The story by science writer Laura Sanders also explains that in a smaller sampling of high

school and college football player brains, 3 of 14 high school brains and 48 of 53 college brains had signs of CTE ... And the piece goes on to expand the danger to more than just the football players. As a paper in the journal *Neurology* is cited as noting, "A study of concussed hockey players ages 11 to 14 suggested that young brains may need more time than is usually allotted to heal after a hard knock. Players had troublesome changes in white matter tracts – nerve cell bundles that carry messages across the brain – three months after injury, despite normal thinking and memory abilities" ... So, this Christian New Year's I am left with a dilemma. Do I continue to root for the Niners, who happen to be on the upswing with exciting new quarterback Jimmy Garoppolo? It's a childhood tradition deeply rooted in my family for more than sixty of my 72 years ... Or do I shun football, as currently played, like many have shunned boxing, because its players, though paid well, are almost guaranteed CTE effects in old age? ... Do I set an example and stop glorifying football with my vicarious support in front of those impressionable youth around me? ... Do I let my own kids play this ubiquitous American game?

LOS CABOS ... It was just a year ago that I was rescued by two San José del Cabo cops from a night wandering around this Baja California tourist town in the dark, hauling luggage, having missed the last bus to Todos Santos. They took pity on my second-grade Spanish and took me to a wonderfully cheap, dive hotel miles from where they found one lost paleohippie tourist ... Now, a year later, and it's the Los Cabos chief of police who has been murdered, Juan Manuel Mayorga. And six bodies found a week later, strung up from bridges around this tourist mecca of old town cafes and beachfront luxury tourist hotels ... May all our ex-pat friends and Mexican locals in Pescadero and Todos Santos be safe this new year.

Continued next pg

Up Bear Creek by Art Goodtimes

THE TALKING GOURD

New Year's Elegy

-for Steverino Clark

Walking
in the aftermath of
winter's deep chill
Our Wrights Mesa night sky
socked in with light snow

Sunset's numinous gray
now given way
to distant galaxy furnaces
& the disappearing moon's
black scarf of mist

Blazoned with
electricity's graveyard blue
Norwood's light-pole constellations
strut like coal-masked tombs
towards a main street new year's

McRedeye sez
It's not like nature's
out there. More like
we're all in here together
compadres y comadres

Until, wipe out!

Along comes
time's slo-mo black hole
tsunami

Mystery's dark energy
inexplicably but surely
sucking us
into the vacuum



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

COMMUNITY NEWS BRIEFS: ARTS & CULTURE

CPW TO PRESENT ON MOUNTAIN LIONS AT MONTROSE FIELD HOUSE JAN. 4



has prowled the mountain west for tens of thousands of years. It is one of the most adaptable large predators ranging from Alaska to Patagonia, and inhabits virtually every habitat in the Americas from the eastern woodlands and western deserts, to the Everglades, the jungles of

Wildlife, will give a presentation on mountain lions on Jan. 4 at the Montrose Field House. Logan has studied mountain lion demographics, behavior, social organization, and lion-human interactions. He has just completed a 10-year study on the impacts of sport hunting on the lion population of the Uncompahgre Plateau. He has researched mountain lions in Wyoming, New Mexico, California, and Colorado. Logan has a Ph.D In Wildlife Science from the University of Idaho.

His presentation will start at 7 pm and is open to the public. The Montrose Field House (the former Aquatic Center) is located at 25 Colorado Ave. in Montrose at the corner of Rio Grande Ave. There is no charge. The program is sponsored by the Black Canyon Chapter of the Audubon Society. For more information call 970-497-0376.

Special to Art & Sol

MONTROSE--The much-maligned and even more misunderstood mountain lion

Central and South America, and the high Andes. Dr. Ken Logan, a research biologist for the Colorado Division of Parks and



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

COMMUNITY NEWS BRIEFS: ARTS & CULTURE

CANYON CREEK COMEDY NIGHT WILL BE @ THE BRIDGES JAN. 6

Special to Art & Sol

MONTROSE-The next Canyon Creek B&B comedy show will be Jan. 6 at 7 p.m. at The Bridges. Come and have dinner before the show, or have apps and drinks during the show. Norm Stulz will be the headliner, appearing with Scott Shaffer. Comedy veteran **Norm Stulz** has won top comedy competitions, and has appeared on many local television commercials and comedy specials. He has performed for hundreds of corporations including General Motors, General Foods, Westinghouse, Dow Chemical, the FBI, National Sheriff's Convention, and many others. There's a reason **Scott Shaffer** is a booking favorite in every room

of his hometown, Kansas City. Delivering a consistently dynamic performance of quick wit coupled with intelligent writing, Shaffer is an undeniable crowd favorite. Scott was awarded second place in the St. Louis Make Me Laugh Comedy Contest and won the Last Laffs Comedy Competition. In 2015 he performed at the Oddball Comedy Festival with the likes of Aziz Ansari and Amy Schumer..

The doors open at 6 p.m. and the show will start at 7 p.m. This is a 21+ show; Tickets are \$15.



Norm Stulz (left) will headline Canyon Creek Comedy Night at the Bridges Jan. 6, appearing with Scott Shaffer (right). Courtesy photos.

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THAI CHILI IN OURAY WORTH YOUR STOP

OURAY-You knew we had to get around to it. When you're hankering for some BBQ, or appetizers, or even a burger and a drink, there is always Chili's.

The other night we felt like having a margarita and some Texas-style cooking so we headed to the Chili's in Montrose.

First, that Presidente Rita please, to share, no salt. Side of chips also. Then, hmm mm, so many choices. To save money and not eat too much Michael and I often share an entree.

Today we decided on the fajitas; score! The new "Full-on Fajitas" came with grilled chicken or steak and we could add shrimp. Sizzling fajitas, garlic butter, cilantro, bell peppers, onions, served with Mexican rice, black beans, guacamole, sour cream, pico, salsa, shredded cheese and flour or corn tortillas. Yep, that was good. If you choose any two choices that's \$16.49 or get all three for \$17.49.

Yummy!

On another day we decided to go back and go "guiltless" – shared an Ancho salmon (only 590 cal?) seared chile-rubbed Atlantic salmon, spicy citrus-chile sauce, cilantro, queso fresco. Mexican rice and steamed broccoli, \$14.99. Oh yeah!

Now, prices here are really nice. You can

get an appetizer or two (go at happy hour) From \$2.89-\$10.19; chose your hot: fiery pepper, honey-chipolte, buffalo, smoked.

Soup/salad, depending on how much you're going for, \$3.19-\$10.99. Sandwiches go from \$9.69 - \$10.39.

Entrees, burgers from \$8.39-11.59 or on Mondays they are all what, \$6.99? Fresh Mex: \$9.99-\$10.99.

Cajun pasta (penne in Alfredo sauce, topped with chile spices, Parmesan, tomatoes, green onions and served with garlic toast, add chicken \$12.59 or shrimp \$13.39.

Or have the guiltless grill with the salmon \$14.99; grilled chicken salad; margarita grilled chicken, \$11.89, 6 oz classic sirloin, \$12.49 or mango-chile chicken, \$10.59. Ribs here come house BBQ, original, honey-chipolte, dry rub, full order with fries, roasted street corn \$18.79 or half with fries, \$11.39. Smokehouse combos with roasted street corn, fries, chile-garlic toast and pickles – any 2 or 3 from \$14.99-\$16.99 (smoked bone-in BBQ chicken breast, chicken crispers, jalapeno-cheddar



smoked sausage, half order ribs.

Anyone hungry yet? Go for hand-trimmed steaks from \$11.99-\$16.99 or rib-eye, \$18.19. Extra sides come \$1.99 a la carte or \$1.00 with meal; Kiddos? Under 12 have plenty of choices at a great price including sides and drinks.

Lunches are \$6-\$8.

There is also a great "just for two" \$22 meal with lots of choices. Or order to go online and they'll bring it out to the car.

Montrose Chili's is located at 1431 Ogden Road, 970-249-7160.

Open Tuesday, Thursday, Sunday from 11 am to 10 pm; Fridays and Saturdays, 11 am to 11 pm. Happy hour Monday-Thursday, 3 pm – 7 pm, 9 pm to close; Friday, 3-7 pm; Sunday all day.



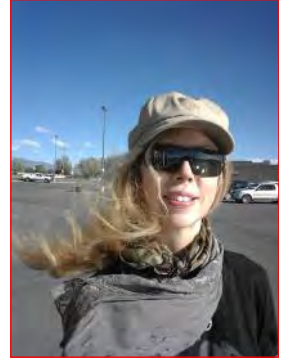
Journalism of a
different stripe.

montrosemirror.com

2017 PERSON OF THE YEAR...LILY LAWRENCE BENALLOU

Mirror Staff Report

MONTROSE-When a leaf peeping getaway in October turned into a tragedy, this local mom used every tool available to fight for her daughter's survival and well-being. Lisa "Lily" Lawrence Benallou and her 16-year-old daughter Amber were enjoying a visit to the Hotel Colorado in Glenwood Springs when Amber fell from an upper floor balcony and nearly died. She was rushed to Denver Health Hospital, Lily beside her. Lily stayed with Amber, advocating for her needs and for her care through the long days and nights. And after initial reports hit the newspapers statewide, the story of Amber's progress was shared by Lily in Facebook posts followed by thousands. Friends of the family have created a donations site for those who can help. Today, mother and daughter are finally home in Montrose, though the struggle for Amber's survival continues. **Lily Lawrence Benallou, pictured at right, is our person of the year for 2017.**



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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 3rd Thursday of the month. Meeting location - Red Cross Training Center, 5th and Gunnison in Grand Junction, 6:15 p.m.

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

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

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

MONTHLY-

Jan. 3-"Poetry of Presence" discussion series with Rosemary Wahtola Trommer will be offered on Wednesdays beginning Jan. 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 (adult arts classes tab) or by calling Weehawken at [970.318.0150](tel:970.318.0150). A minimum number of students must be met in order to guarantee the class, so interested students are encouraged to register several days in advance. More details area available at www.weehawkenarts.org or facebook.com/weehawkenarts.

Jan. 4-Dr. Ken Logan, a research biologist for the Colorado Division of Parks and Wildlife, will give a presentation on mountain lions on Jan. 4 at the Montrose Field House. His presentation will start at 7 pm and is open to the public. The Montrose Field House (the former Aquatic Center) is located at 25 Colorado Ave. in Montrose at the corner of Rio Grande Ave. There is no charge. The program is sponsored by the Black Canyon Chapter of the Audubon Society. For more information call [970-497-0376](tel:970.497.0376).

Jan. 6-The next [Canyon Creek B&B comedy show](#) will be Jan. 6 at 7 p.m. at The Bridges. Come and join us for dinner before the show or have apps and drinks during the show. We have two comedians from different areas. Norm Stulz will be the headliner, appearing with Scott Shaffer. The doors open at 6 p.m. and the show will start at 7 p.m. This is a 21+ show; Tickets are \$15.

Jan. 10-On Wednesday Jan. 10, 6:30 Montrose Library meeting rm. Proposed presentation by Solar Energy International and Delta Montrose Electric renewable energy representative. The audience to be staff of all of the Congressional offices in G.J. to be fully informed of the sustainable technologies we have right in our state, and even Congressional district. Also, joint effort with Grand Junction groups to promote renewable energy education.

Jan. 11-Brett Dennen @ Club Red in Telluride. Brett Dennen is a folk/pop singer-songwriter from Northern California. He has played Telluride many times over the years, with multiple performances at The Telluride Bluegrass Festival. This show will be a solo seated acoustic show. Por Favor, Dennen's intimate and revealing 6th studio album released on May 20. Produced by Cobb, fresh from his Grammy-winning work with Chris Stapleton and Jason Isbell, the record strips Dennen to his core as a songwriter with nothing to hide. Tickets start at \$30.

Jan. 13-The Motet @ Club Red in Telluride. Fusing fiery funk, simmering soul, and improvisational inventiveness, the Denver, CO seven-piece—Lyle Divinsky [vocals], Dave Watts [drums], Joey Porter [keyboards], Garrett Sayers [bass], Ryan Jalbert [guitar], Gabriel Mervine [trumpet], and Drew Sayers [saxophone]—have continually provided an escape for listeners over the course of seven full-length albums since 1998, including their latest release Totem and with an upcoming 2018 release. Tickets start at \$25.

Jan. 17-Weehawken is excited to offer a one-day class, "The Wild World of Watercolor," taught by Mike Simpson, a Signature Member of the Plein Air Artists of Colorado, the Western Colorado Watercolor Society and a member of the New Mexico Plein Air Artists, the Laguna Plain Air Painters Association, The Oil Painters of America and the National Watercolor Society. Join Weehawken Jan. 17 from 9 am to 3 pm at Montrose Field House (25 Colorado Ave). Tuition is \$95 per student. There is a six-student minimum pre-enrolled to make the class "go," so pre-registration is highly encouraged (and needed). For more information, visit Weehawken Creative Arts at www.weehawkenarts.org or visit facebook at facebook.com/weehawkenarts - or call them at [970.318.0150](tel:970.318.0150).

Jan. 25-27— With a three-state draw, the Western Colorado Food and Farm Forum enters its sixth year with workshops on sustainable agriculture January 25 - 27th. Registration is now open at www.foodfarmforum.org. The Valley Food Partnership, CSU Extension, Rocky Mountain Farmers Union, National Young Farmers Coalition and Shavano Conservation District organize the conference collaboratively. For a complete list of topics or to register please visit: foodfarmforum.org or call 970-249-3935.

Jan. 27-In January Palm Arts brings in American electric blues singer, guitarist, and songwriter Seth Walker to the Black Box Theatre at the Palm. The Jan. 27 performance is at 7:30pm and tickets are available at www.telluridepalm.com.

Jan. 31-STS9 @ Club Red in Telluride. 20 years before the emergence of STS9, NASA sent Voyager 1 and Voyager 2 on a mission to the farthest reaches of the solar system and beyond. Each of these probes was equipped with identical Golden Records, special messages attached to what Carl Sagan called "a bottle launched into the cosmic ocean." They contained numerous images and sounds from throughout the world, pieces of music from various cultures, a map identifying the location of our planet, and other information for whomever, or whatever, might find them. Tickets start at \$35.

Feb. 11-The highlight of the Palm Arts 2018 winter season is national touring ballet company Ailey II presented at Telluride's Michael D. Palm Theatre Feb. 11th at 7 pm. Tickets for this one of a kind performance are available at www.telluridepalm.com. For more information on upcoming events and tickets please visit www.telluridepalm.com or call our ticket line at (970) 369-5669.

Feb. 17-18-Karl Denson's *Tiny Universe* @ Club Red in Telluride. Karl Denson is fresh off The Rolling Stones' No Filter tour of Europe where he performed across the continent in his ongoing role as a tenor saxophonist with the legendary rock band. He wastes no time, however, getting back on the road with his band, Karl Denson's Tiny Universe, for a string of tour dates around the U.S. Highly regarded as one of the best live bands on the planet, KDTU will be showcasing material from their long-awaited forthcoming studio album, as well as previous acclaimed KDTU recordings like 'New Ammo' and 'The Bridge.' The current KDTU touring lineup is comprised of Richmond guitarist DJ Williams, former drummer of The Greyboy Allstars, Zak Najor and current bassist Chris Stillwell also of The Greyboy Allstars, Crush Effects' keyboardist David Veith, Seattle trumpeter Chris Littlefield and ace slide and lap steel guitarist Seth Freeman. Tickets start at \$35.

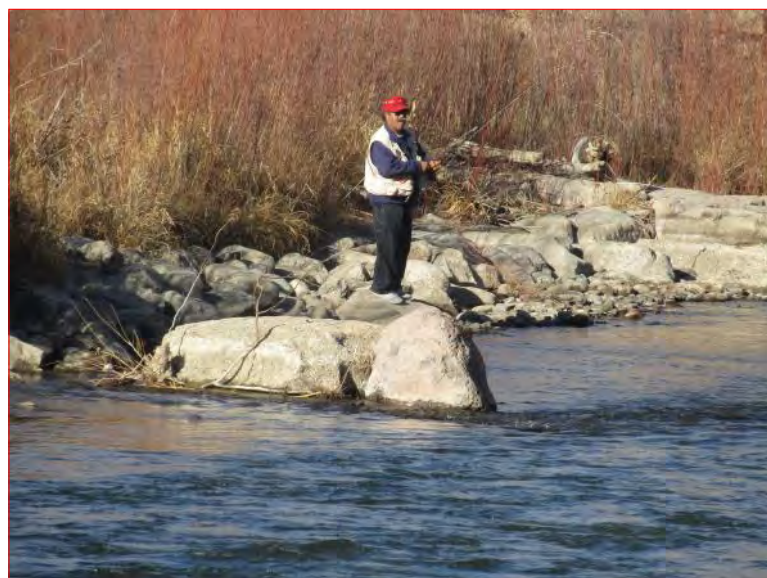
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*The weather was so warm on Saturday,
Dec. 30 that Montrosians flocked to
Baldrige Park for recreation of all kinds.*



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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!