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THE MONTROSE MIRROR

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

Issue No. 256, Jan. 22 2018

FAMILY OWNED AFTER-LIFE CARE: IT'S THE HUMAN TOUCH THAT'S WELCOMING HERE



Owners Kelly Crippin, left, and his brother, Greg Crippin, right, discuss their business with funeral director Daryl Priddy, in the elegant Victorian parlor at the Crippin Funeral Home on Main St. (Photo by Michael Lawton)

By Carole Ann McKelvey
Mirror Feature Writer

MONTROSE – The Crippin brothers are light and funny as they welcome you to their “home.” Their funeral home that is. Brothers Greg and Kelly Crippin grew up in the funeral industry and their wives, Julia and Carla, have joined them in the family business as well, [Crippin Funeral Home & Crematory](#). Also working in the family business at 802 East Main Street in Montrose are Funeral Directors Daryl Priddy and Samantha Hartman. Because this is a 24-hour, on-call business (death doesn't keep business hours), Priddy and Hartman actually make the funeral home their homes – they live on-site in two apartments on the property.

[Continued pg 17](#)

MONTROSE VISITOR GUIDES MAILED TO 3-MILE FOOTPRINT, BLM OFFERS NEW ROAD ACCESS TO EAGLE ROCK SHELTER

By Gail Marvel

MONTROSE-The quarterly meeting of the city's Tourism Retail Advisory Committee (TRAC) took place on Jan. 16, 2018. Emily Sanchez, Montrose County Fairgrounds and Event Center Director, was welcomed as the newest member of the committee. Attendees introduced themselves and had general discussion about events happening in the areas they represent.

Edd Franz, Bureau of Land Management (BLM) Outdoor Recreation Planner, reported on the new road access to Eagle Rock Shelter. The site is at the west end of Gunnison Gorge, located off Hwy 92, between Delta and Hotchkiss. The turn-off is at mile marker 13 and once Delta County applies gravel the new road will accommodate cars. Franz said, “The site shows 13,000 years of human occupation and is one of the oldest in America. Culturally it is very important and rock art shows evidence of Ute people. You can get to the



Emily Sanchez, Montrose County Fairgrounds and Event Center Director (second from right), is the newest member of the Tourism Retail Advisory Committee (TRAC). The city's advisory committee meets quarterly. Photo by Gail Marvel.

[Continued pg 12](#)

in this
issue

Gail Marvel's
Answering the Call Series!

Gla Porter
Fitness Column!

Art Goodtimes'
Up Bear Creek!

Photos by
Jennifer McClanahan!

Rob Brethouwer
On Classical Music!

ANSWERING THE CALL: PATROL OFFICER TAYLOR DEINES

Officer Taylor Deines



HIRED 01-19-2015

Montrose Police Department (MPD) Patrol Officer Taylor Deines. Courtesy photo.

By Gail Marvel

MONTROSE-A 2010 graduate of Montrose High School, Montrose Police Department (MPD) Patrol Officer Taylor Deines said, "I truly enjoy working in the Montrose community. Being raised here is why I've stayed." Deines grew up on a farm and although he would someday like to get back to farming, there is a strong family history in law enforcement. Deines is the son of former Montrose officer Dick Deines who served the community for 42 years.

Deines received an Associate's Degree in Criminal Justice in Colorado Springs. When asked about the most difficult part of attending the Police Academy Deines said, "It was 14 weeks, six days a week and I couldn't come home."

Deines began his law enforcement career with the Montrose County Sheriff's Office (2013) and switched to MPD in 2015. One of a handful of other MPD officers, Deines is qualified as a Defense Tactics Instructor for the FBI, a SWAT Operator,

Driving Instructor and Patrol Training Officer. "We train every year to keep up with POST [Colorado Peace Officer Standards and Training] certifications. As a training officer we stay with the new hires for three months."

With a self-described calm demeanor Deines said, "I like helping people. I don't get worked up. I can talk to people who are at their worst."

When asked about the most stressful part of his job Deines said, "I would say the rise in law enforcement ambushes

across the country. Compared to larger communities, Montrose is lucky. It's also stressful being under the spotlight and having everything you do scrutinized."

The most enjoyable part of his job, "It's different every day. I like the interaction with people and the hands-on elements of driving cars, shooting practice and the tactical aspects — especially SWAT. I love my job and wouldn't change anything. I enjoy shift work, but the 12-hour shift never ends up being 12-hours."

Deines has used CPR on multiple occasions; however, he is unsure of his life-saving success rate, "A lot of times we don't know the outcome because EMS transports the person to the hospital."

As for activities, interests and hobbies Deines likes traditional martial arts, dirt biking, fishing, and hunting.

"On my days off I like anything outdoors."

Although Deines feels very fortunate to have a lot of family in the area, "The first responders are also family; a second family. The people you go on calls with see the same troubling things that you see. [In a crisis] they are the people you are counting on to save your life. My favorite part of law enforcement is the comradery."

Some things never go out of style.
#montrosemirror



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THE MONTROSE MIRROR



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1401 S. Cascade, Montrose CO

January 31, 2018 from 8:00 a.m. to 6:00 p.m.

The Homestead at Montrose and Senior CommUnity Care PACE

1819 Pavilion Drive, Montrose CO

February 1, 2018 from 8:00 a.m. to 6:00 p.m.

Horizons Care Center, Senior CommUnity Care PACE and Senior CommUnity Meals

11411 Highway 65, Eckert CO

February 2, 2018 from 8:00 a.m. to 6:00 p.m.

EOE M/F/Vets/Disabled

A FRESH POINT OF VIEW: FROM THE HALLWAYS OF MHS

By Jack Switzer

MONTROSE—So let's say you're walking home from school. You take the same route every day. Past the bus loop, through the parking lot, and into your neighborhood. As you're walking home, the gravel crunching beneath your feet, some person wearing a leather jacket and loudly popping bubblegum in his mouth to get rid of his cigarette breath walks up to you, and he mugs and kills you. Taking away the son/daughter of a loving family, causing anger and sadness among the community. They may catch the punk, but you're still dead. And a life is something you can't get back.

I've only recently learned about gangs in Montrose. I don't know much, but what I described above could happen. And that is something the Montrose community doesn't need. And it's not just gangs that

could hurt and kill people, there are also violent individuals in Montrose.

A month or two ago, someone went on the high school campus slashing tires and almost attacking someone. Around two years ago, my mother and I were riding home in our car one afternoon, and we stopped to let someone cross the street, and the guy got uncomfortably close to the car, and suddenly he tried to get in through a rear passenger door. Thankfully, we managed to speed away and knock him to the pavement, but it was nonetheless freaky and scary.

And ANOTHER time, about a year and a half ago, we caught someone walking through our yard at night; I was in the shower at the time, my mother encountered the person while out with our dog and yelled for my little brother to call 911. The Montrose Police were there within

minutes, but the prowler was gone.

And yet another experience of the like, was when a person in a bike helmet was clearly drunk and tried to get into our house, and the same mother and little brother had to again call police to hold him back.

Those were just some examples of experiences that happened to me and my own family; I'm sure much more has happened to other families in Montrose.

Editor's note: If you see something, say something.

Call Montrose Regional Crime Stoppers at 970.249.8500.



Jack Switzer, MHS freshman.

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REGIONAL NEWS BRIEFS

CITY OF MONTROSE EMPLOYEE RECOGNITION



Special to the Mirror

MONTROSE-City of Montrose employees were honored for their hard work with Team Excellence Awards at Monday's work session. Pictured are Deputy Clerk Carolyn Bellavance, Human Resources Director Terri Wilcox, City Manager Bill Bell (presenting awards), and Public Works staffers Brayden Reeder, Rex Burr, Mark Armstrong. Courtesy photo.

BOCC APPROVES MRA LEASE CANCELLATION AGREEMENT, EVENT CENTER SOUND SYSTEM & STALL BIDS

By Caitlin Switzer

MONTROSE- Two citizens spoke during the time for public comment at the [regular meeting of the Montrose Board of County Commissioners \(BOCC\)](#) Jan. 17.

After saying he had a question, Paul Banister approached the mic but appeared to be addressing an agenda item, "What order of unofficial consideration is involved that would justify destroying an honest, mild-mannered business man in Montrose? I do not understand."

Dennis Olmstead spoke as well, once again addressing the Montrose County Event Center. "Three items on the agenda today relate to the Fairgrounds Events Center. All involve spending money, quite a bit over \$482,000," Olmstead said. He commented on the financial challenges facing the new facility, adding, "I am in full support of Emily Sanchez, director of the fairgrounds, as she searches for event center shows. She is holding a very bad hand in this card game."

Commissioners unanimously approved [Consent Agenda](#) items. [Item D 1](#) under General Business & Administrative concerned a proposed agreement with Cimarron Air, Inc. owner Blake Freeland regarding cancellation of Freeland's hangar lease at Montrose Regional Airport. The county attorney's office recommended approval, Assistant County Attorney Carolyn Clawson said.

Freeland's Attorney Brad Switzer spoke. "I am happy to announce that we do have an agreement," Switzer said, before offering "a couple of brief comments on behalf of Mr. Freeland."

Noting that Freeland had not had an opportunity to respond to affidavits "alleging behaviors on the part of Mr. Freeland," Switzer asked about issues of access for his client, and conveyed his client's perspective.

"He was in the hangar that used to be the WAPA Hangar and had made some comments or complaints regarding the leaky roof, that water was susceptible of touching exposed electrical facilities in the structure," Switzer said. "...Mr. Freeland

would have testified...that he said 'hey, you know, considering the problems with the hangar, this place could burn down.' Maybe the telephone game is at play here, because Ms. Wheeler heard him say he would be better off burning down the hangar...that's not gonna happen. Nobody's gonna burn down anything."

Switzer said that based on Wheeler's testimony the County Attorney later filed a restraining order complaint against Freeland, based on his "...most recent threat to burn down the hangar..."

Still, "Mr. Freeland is waiving his right to have a hearing on this issue," Switzer said. "We're gonna vacate the hangar by Feb. 28."

"We are here with an olive branch; we don't have to go out for dinner or to a picnic with the County, but we can be grown up and cooperative...he worked hard to establish that business and would like the opportunity to continue to make a living in the future."

The BOCC voted unanimously to approve the lease cancellation agreement with Cimarron Air, Inc.

Also approved unanimously was Item D 2, first Reading of a revised OHV Ordinance permitting use of OHVs on all County roads, under terms and conditions that are consistent with Colorado Parks and Wildlife (CPW) regulations. County Government Affairs Director Jon Waschbusch offered to provide background information, and read the [Ordinance](#) in its entirety into the record.

After unanimous approval, the [posted speed limit on 6530 Road](#) from Lincoln Road north to the end of the pavement was changed from 35 miles per hour to 40 miles per hour.

Public Works Budget Analyst Shannon Castrodale presented three items for BOCC approval: [Resolution 10-2018](#) for a lease-purchase agreement with Honnen



Montrose attorney Brad Switzer offered "a couple of brief comments" on behalf of his client, Cimarron Air, Inc. at the BOCC meeting Jan. 17.

Equipment for four John Deere 772G motor graders at a cost of \$86,409.69 per year for a three-year lease-purchase period, for use by the County Road & Bridge Department; [Resolution 11-2018](#) concerning the Declaration of Surplus Property Disposal of Light Fleet vehicles through advertisement, trade, auction, online auction, or scrap; and [Resolution 12-2018](#) for Declaration of Surplus Property Disposal of heavy equipment and vehicles through advertisement, trade, auction, online auction, or scrap. All were unanimously approved.

"I would like to thank the public for allowing us to have the sales tax so we can keep good equipment for our crews and improve the roads and the facilities within this county such as bridges, culverts and that. It's being used very, very judiciously," BOCC Chair Keith Caddy said.

County Fairgrounds and Event Center Manager Emily Sanchez presented three items for approval.

Approved unanimously, [Resolution 13-2018](#) declares the existing horse stalls as surplus property and allows "disposal of miscellaneous equipment through advertisement, trade, auction, online auction, or scrap."

Sanchez also asked commissioners to award bids for a sound system and new horse stalls for the Montrose County

BOCC APPROVES MRA LEASE CANCELLATION, EVENT CENTER SOUND & STALL BIDS

From previous pg

Event Center. The BOCC voted unanimously to approve [a bid award and contract](#) in the amount of \$109,701.79 to All Sound Designs of Grand Junction, for designing, furnishing and installing the event center sound system; and voted unanimously to approve [a bid award and contract](#) in the amount of \$372,985 to Noble Panels to fabricate and deliver 196 horse stalls to the Montrose County Fairgrounds.

Said BOCC Vice Chair Roger Rash, "... These items—we weren't real happy about this. They were actually pulled out of the original RFP. But because we believe that this event center needs to be successful, this board is putting this stuff back in...these next two items are expensive...I agree with Mr. Olmstead. I don't like manipulating contracts after the fact... we are going to do our best to help you succeed at this, but I am not happy about it, I just want the public to know that.

"And you're doing an outstanding job," he said to Sanchez. "Thank you for doing that."

Caddy commented that the expense for

horse stalls will ultimately pay off for the event center. "That's one of the things we found out from our research...that seemed to be one of the common threads; the horse stalls is a money maker."

Commissioners unanimously approved County Treasurer Rosemary Murphy's [Resolution regarding the deposit of funds by the County Treasurer and designation of approved financial institutions](#) that can be used for the deposit of county funds and money.

Bruce Ray's reappointment to the Montrose Regional Airport Advisory Board was approved unanimously, for a three-year term to expire on Dec. 31, 2020.

Commissioners held a public hearing to consider the final item, the Wynne rezon-

ing, which involved a proposal to rezone 10.907 acres from general agriculture to general commercial. The BOCC unanimously voted to approve, with a Resolution to be brought forth at next week's BOCC meeting in Olathe.



On Jan. 17, County Engineer Keith Laube (right) looks on as Government Affairs Director Jon Waschbusch reads the a revised OHV Ordinance permitting use of OHVs on all County roads, under terms and conditions that are consistent with Colorado Parks and Wildlife (CPW) regulations.

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 CRIME STOPPERS

see something, say something

CITY COUNCIL CANDIDATE PETITIONS DUE JAN. 22

By Gail Marvel

An Executive Session preceded the regular council meeting held on Jan. 16. The agenda states, "An executive session to discuss the purchase, acquisition, lease, transfer, or sale of real, personal, or other property interest under C.R.S. Section 24-6-402(4) (a); and the following additional details are provided for identification purposes: real estate acquisition" The regular council meeting convened at 6 p.m. Mayor Pro Tem Roy Anderson was absent; all other councilmembers were in attendance.

Presentation of the 2018 Official Montrose Visitor Guide – Office of Business and Tourism (OBT)/Assistant City Manager Rob Joseph.

Joseph said, "This is the fifth edition of the Montrose Visitor Guide. There are 84 pages with a 30 percent advertising to content ratio. This year we increased copies from 80,000 to 100,000." Working with a different vendor this year allowed the city to also offer the community a digital visitor guide. Montrose residents will receive a copy of the guide in their mailbox on January 17th.

Call for Public Comment for Non-Agenda Items:

No public comments.

Hotel and Restaurant Liquor License Transfer - City Attorney Stephen Alcorn.

The request for transfer of liquor license at 1015 S. Townsend Avenue from Chang Thai Cuisine Montrose LLC, d.b.a. Chang Thai Cuisine Montrose, to Chang Thai Montrose LLC, d.b.a. Chang Thai Cuisine. This is a transfer of license from the former owner to his sister, who owns a similar establishment in Glenwood Springs. The management, food menu and liquor menu (beer, wine and Sake) will remain the same. Citizen Dave Stockton spoke in favor of approving the transfer. Approved

unanimously, one absent.

Ordinance 2441 (second reading) - Senior Planner Garry Baker.

Annexation of the Recalde Addition. The 1.39 acres is located northeast of the Main Street Bridge across the Uncompahgre River. The City is working with the landowner to acquire a portion of the property for an extension of the river trail.

Baker said, "This is a key piece to future connection of the river trail and annexation is needed for that." Approved unanimously, one absent.

Ordinance 2442 (second Reading) - Senior Planner Garry Baker.

Zoning of the Recalde Addition (see above). Baker said, "Roughly it splits the property in half. "P" is for public on the west side and "MHR" is for Manufactured Housing Residential." The city will acquire the property zoned "P" for the river trail, while the portion zoned "MHR" allows for future subdivision by the landowner. Approved unanimously, one absent.

Bid Approval - Senior Planner Garry Baker.

This is a contract between the city and Davenport Group Software Solutions for community development software and associated implementation costs. Baker clarified that the first-year expenditure request is for \$73,400 with an additional 5 percent contingency if overages occur.

Baker said, "This is a much-needed upgrade. To upgrade the existing software was significantly higher than this one."

City Manager Bill Bell said, "Part of the new software was driven by our builders. They can do some online payments. We're trying to meet the needs of our constituents." Approved unanimously, one absent.

Staff Reports:

Sales, Use and Excise Tax Report – Finance Director Shani Wittenberg.



This year the number of issues for the 2018 Official Montrose Visitor Guide was increased to 100,000. City residents within the three-mile service radius of the city will begin receiving the guide in their mailbox on Jan. 17.

Wittenberg said, "This is pretty much a sunshine report, not as good as last year, but it's good." Collected Sales & Use Tax YTD (2017) \$14,995,932; Montrose Recreation District (0.3 percent) YTD (2017) \$1,499,581; Retail Enhancement Program YTD (2017) \$291,355.

Public Information Report – City Manager Bill Bell.

Bell deferred to Montrose City Clerk Lisa DelPiccolo for an update on the upcoming city council election. DelPiccolo said, "There is still time to become a candidate. Petitions with 25 valid signatures must be turned in by Jan. 22."

For information on the election, or becoming a candidate, you may call DelPiccolo at 970-240-1422.

City Council Comments:

Youth Council Representative Claire Wilson reported on the Teen Expo Opportunity, which will be held March 7. "We're also working with the rec center to keep it open longer on weekends [to give students a place to go]."

Mayor Judy Ann Files had been in an auto accident earlier in the day and complimented Montrose police officers on their courtesy and caring.

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OURAY WOMAN, 89, LOSES LIFE IN CRASH ON 550 SOUTH

Mirror Staff Report

MONTROSE—An 89-year-old Ouray woman lost her life on Highway 550 South Thursday, Jan. 18, in a two-vehicle crash at Milepost 110 that took place at 3:13 p.m. The two-car crash involved a Honda Pilot that was westbound and a Toyota Tundra that was eastbound. According to Colorado State Patrol, the Honda Pilot drifted into the oncoming lane, causing the Tundra to swerve. The 67-year-old female driver of the Honda was not injured, but the female passenger was killed. The driver of the Toyota Tundra was a 57-year-old male from Telluride who sustained serious injuries. All were wearing seatbelts, and CSP does not suspect excessive speed was involved in the crash. There was no drug or alcohol impairment involved in the crash, according to CSP.



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2018 Early Blood Draws & Health Fair

Montrose Pavilion
January 31, February 1-3
6:30-9:30 a.m.

Additional Locations for Early Blood Draws

January 27th
4H Event Center in Ridgway 7:00 - 10:00 a.m.

January 29th
American Legion Hall in Olathe 6:30 - 9:30 a.m.

**Appointments may be made online for all three locations
at
www.MontroseHospital.com**

NO Walk-ins will be allowed on January 31 and February 1

**12 hour fast required. Drink lots of water!
We will NOT bill your insurance. Checks and cash only.**

Blood Tests Offered

- HealthScreen (Chemistry) & Lipid Panel ~ \$45
(includes iron binding, TSH and Ferritin)
- Hemoglobin A1C ~ \$35
(additional screening for diabetes)
- PSA for Prostate Health ~ \$30
 - CBC ~ \$20
(complete blood count)
- Vitamin D Screening ~ \$40
- Vitamin B-12 ~ \$40
- Male Testosterone ~ \$45

**Health Fair 2018 is
Saturday, February 24**

The lines are long, so MMH offers early blood draws to make it more convenient for you.

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Friday
Jan 26

Thurs - Sun
Feb 1-4



OPEN BARD: Ellen Metrick & Erika Moss Gordon

Doors @ 6:00pm. Readings @ 6:30pm. \$5 entry. Students Free!

ROGUE ELEMENTS

Benefit for the George Gardner Fund

Doors @ 6pm. Show @ 7 pm. \$10



Alpine Bank's FREE FAMILY MOVIE NIGHT

Free-Tured Film: CARS 3

Doors @ 6:30pm

Movie @ 7:00 pm

SHERB TALK: "ON MUSHROOMS: THE GOOD, THE WEIRD AND THE MEDICINAL" with John Hollrah

Doors @ 7. Talk @ 7:30. Suggested \$10 donation.



COMEDY NIGHT

"ONE MAN'S STAND

WITH QUEVAUGHN BRYANT & FRIENDS" (Quevaughn + 2 Openers!)

Doors at 6:00pm. Comedy starts at 6:30pm. \$20 entry.

ELDER GROWN

Doors 7:30pm. Music around 8:00pm. \$10 at the door.



FILM: "ASCENDING AFGHANISTAN: RISING WOMEN"

Doors @ 6:00. Film @ 6:30 pm. \$15 toward the program in Afghanistan



OPEN MIC NIGHT

5-9 pm, 2 monitors & 2 mics provided, \$ By Donation



SHERBINO NIGHT LIVE

SHERBINO NIGHT LIVE!

Doors 7:30pm. Show @ 8:00pm. \$15 at the door.

SHERB NERDS Trivia Night

Doors and cash bar at 6:30pm. Trivia at 7:00pm. Entry by donation.



STRANGE AMERICANS

Doors at 7:30pm. Music at 8:30pm. \$10 in advance. \$12 at the door

UpstART Professional Theatre and the Sherbino present:

HEDWIG AND THE ANGRY INCH

Feb. 1, 2, and 3 @ 7pm, and Feb. 4 @ 4 pm. TIX at www.sherbino.org



BLM OFFERS NEW ROAD ACCESS TO EAGLE ROCK SHELTER

From pg 1

site by boat, car or trail. It's a nice hike." Last year 1,500 people visited the site.

Franz also reported on a survey being taken of county residents in Mesa, Delta, Montrose and San Miguel. "It's a phone and online survey asking residents how they value public lands. What role did public lands play in your decision to move here, or live here?" The survey may show if the diversity in recreation caused people to move to the area.

Ann Duncan, CSU Area Extension Agent, reported on the upcoming Farm Food Forum BBQ which will be held on Jan. 27th at the Montrose Pavilion. Registration for the all-day event begins at 7:30 a.m.

Eric Feely, General Manager Bridges of Montrose, "We had a great year, Christmas was amazing and we were up 28 percent. Six homes are under construction and more are coming soon."

Paul Zaenger, Supervisory Park Ranger and Interpretive Specialist at the Black Canyon of the Gunnison National Park, was unable to attend the meeting. However, Rob Joseph, Director of the Office of Business and Tourism (OBT), gave Zaenger's report. Joseph said, "In 2017 there were 307,143 park visitors, which is a 29 percent increase over 2016. This is the first time since 1980 that visitors were over 300,000. June 13-16 is the astronomy date.

Joseph reported city retail sales to be up 37 percent over last year. Debbie Blanchard, D'Medici Footwear Proprietor, noted that the warm weather impacted the sale of winter clothing.

Director's Report – OBT Rob Joseph.

The number of visitors at the visitor's center was down in 2017 over 2016. Explaining reasons for the decrease Joseph said, "We have visitor info at multiple locations. Not as many are coming into the OBT office. Also, the Ute Museum was housed at the city for a while."

Joseph reported on social media endeavors and programs, "The Visit Montrose Social program has surpassed some of the regional big players in terms of activity on Facebook."

The Official Montrose Visitor Guide was

unveiled. Distribution increased to 100,000 copies and is also now available in a digital format. On Jan. 17th residents who live within the city's three-mile service area will receive a copy of the guide in their mailbox. "It's complementary to the customers we serve. We included the local need with that of visitors."

Joseph explained two different marketing models, "CMO is a Community Marketing Organization and DMO is Destination Marketing Organization. We're going to be a DMO, but we're going to cater to our local citizenry. We're marketing to community first."

General Discussion:

Wayfinding Sign Project Update:

Joseph said, "We are on the last leg of authorizing final proof. We have about 31 large signs, five feet across, that will go up and down Townsend and the Bypass. There are three destination signs (City Hall, Police Department and Public Works) and a half-dozen pedestrian kiosks which will be located downtown and at museums." Councilwoman Barbara Bynum reminded the committee that this is just Phase One, "Other signs will come later." Citizens can expect to see the signs by the first of March.

Special Events and Music Tourism:

Applications and paperwork for community events have been deemed onerous and complicated. Joseph said, "We are now going to get a post event report. It will require folks to give us a report to determine the efficacy of that partnership."

There are three ways the city will assist with events: 1) Underwriting music at the event. 2) Help make your event on media digital. 3) Buy tables at an event and extend those tickets to supporters/patrons. Both Blanchard and Feely felt very strongly that tickets should be extended to people from out of town, rather than locals.

Busking, musical performances in public areas, will be undertaken. Joseph said, "OBT is going to pay performers to play in streets and parks. The energy created by music keeps people here and we're offering complementary music. Duncan said,



Official Visitor Guides have been mailed to locals within a 3-mile area. Courtesy image.

"How are you going to get information out [where music is performed] without going to your website?"

Joseph said, "There are ideas for growing the program. Much of this goes back to what [Councilman] Dave Bowman has done with the Summer Music Series. The idea for music on the streets is that it is really organic. People just stumble onto music as they are walking down the street. It will strengthen and augment bigger events." The city underwrites concert accommodations for Councilman Bowman's Summer Music Series.

Speaking to the slated music program Scott Beyer, Scott's Printing and Design Solutions, said "You have to figure out how to tie it back to dollars. How does this come back to retail sales and hotel rooms? Music doesn't bring people into Debbie's store." Joseph said, "We're selling an intangible. There is a tourism economy company that takes numbers and turns them into analytics. A three to six month study would cost about \$30,000." Committee members did not favor a study.

Upcoming meetings:

Beyers said, "At the next meeting I'd like to talk about the Montrose Bucks Program. Some of the Bucks were sold early to city employees and [City Manager] Bill Bell said it was incentive for employees. I don't care who buys them, but we need a discussion about it."

Blanchard wanted to know about Fourth of July preparations. Joseph said, "I don't want to announce anything until we get [hire] an events coordinator."

The next TRAC meeting is scheduled for Tuesday, April 17, 2018.

REGIONAL NEWS BRIEFS

MONTROSE HIGH SCHOOL DIVISION AWARD WINNERS



Special to the Mirror
MONTROSE-Recipients of the January Division Awards: L-R Sheilly Hernandez, Huriel Rodriguez, Fatima Ibarra Sanchez, Zeth Reed, Ashley Bollinger, Garrett Marken, Samantha Morris, Elijah Vigil and Olivia Haga.

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JEFFREY FOUCAULT TO PLAY SHERBINO FEB. 8



Special to the Mirror

RIDGWAY-Blue Speckled Fox Productions and Sherbino Theater present a night of music with songwriter Jeffrey Foucault on Feb. 8. "Jeffrey Foucault, sings stark, literate songs that are as wide open as the landscape of his native Midwest," says The New Yorker.

"Jeffrey Foucault... clocks modern culture about as good as I've ever heard anybody clock it," says musician Don Henley.

Jeffrey Foucault will play the Sherbino Theater on Feb. 8, with doors opening at 7 and music beginning around 7:30. Advance tickets are available online at sherbino.org for \$18, or at the door for \$22. For more information, go to sherbino.org or call [970-318-0150](tel:970-318-0150).

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REGIONAL NEWS BRIEFS

FISH, SKATE, SKI, SLED @ CRAWFORD STATE PARK



Courtesy photo Colorado Parks & Wildlife.

Special to the Mirror

CRAWFORD-Crawford State Park will offer a variety of fun events on Jan. 27. Come to the park for ice fishing, ice skating, sledding and cross-country skiing.

From 9 a.m. to noon, a free ice-fishing clinic will be offered. Participants will start indoors and learn about ice-fishing gear and lures, ice-fishing electronics, fishing techniques and the biology of crappies. Then the class will move outside onto the ice for some hands-on experience.

All participants must have a Colorado fishing license. Licenses are available for sale at the park. Bring your own fishing gear.

From noon-6 p.m. everyone else can join the fun. An ice rink will be ready on the lake, a sledding hill will be open and cross-country skiing trails will be set. You should bring your own sled, skates and skis.

Starting at noon, park staff will get a fire going to cook hot dogs and make s'mores. They'll also be serving up hot chocolate. Refreshments are free.

All events are dependent on ice and snow conditions. Crawford State Park is located in Delta County in western Colorado, about 10 miles south of the town of Hotchkiss. For more information, call the park at 970-921-5721.

Entrance to the park is just \$7 per vehicle. Annual passes, good for all 42 state parks, are available for \$70.

CHAMBER, PARTNERS PLAN CREATIVE CONNECTIONS COMMUNITY SPACE

By Gail Marvel

MONTROSE-For the Jan. 15 Montrose City Council Work Session four council members were present. Mayor Pro Tem Roy Anderson was absent.

Discussion Items:

Creative Connections Community Space (CCCS) – Director of Business Innovation/Montrose Chamber of Commerce Executive Director Chelsea Rosty, MHS Lead Student Taylor Kettell and High School Digital Arts Coordinator Kathy Gaber.

Rosty, Kettell and Garber presented a general overview of the proposed Creative Connections Community Space. In essence, MHS digital arts students will offer their talents (web design, graphics, video production, advertising, logo design, etc.) to the community.

Proximity Space donated office space for the project, which students will then equip with podcasting equipment, lighting and computers. Kettell said, “Students will gain real world experience and expand our portfolios in a professional setting and businesses will get help.”

Supporters of the concept are Montrose High School, Proximity Space, the City and the Montrose Chamber of Commerce. Both the City and the Chamber have a vested interest in the Proximity Space.

Rosty said, “There are small businesses that don’t have money to hire graphic designers.” Chamber members can avail themselves of CCCS services at a discounted price, the fee for walk-in clients is \$15 and student use the services for free.

The program will be managed by the Chamber. Kettell said, “We need \$15,000 to get the program up and running, but we’re shooting for \$20,000. We have three sponsor levels — \$1,000; \$2,500 and \$5,000. We’re asking the city for \$5,000 to buy computers.”

Councilwoman Barbara Bynum wanted to know about funding from other sources and the equipment, “Who’s going to actually own the equipment, the city, the Chamber, Proximity Space?”

Rosty said, “The Chamber will own the



At the Jan. 15 Montrose City Council Work Session, MHS senior and Lead Student Taylor Kettell (standing) requested \$5,000 from the city to purchase computers and equipment for the proposed Creative Connections Community Space. Council does not take official action during work sessions. Photo by Gail Marvel.

equipment. They [students] are getting donations, it’s just slow.” Mayor Judy Ann Files said, “Can’t that come out of your city budget?” Rosty said, “I didn’t budget for it.”

City Manager Bill Bell said, “The city has helped a little already with in-kind.”

Intergovernmental Agreement with Montrose Recreation District (MRD) – Director of Innovation and Citizen Engagement Virgil Turner.

Turner said, “This is a good agreement for both organizations. It has been wildly successful for a number of years. There are other entities that we are in agreements with. Each year we look at the labor rate and cost.” Region 10 is an example of shared services agreements. Turner said, “The internet doubled in speed, but decreased in cost. We have more service for less cost.”

Mayor Files questioned why the agreement was coming before council when it is referred to as an automatic renewal. City Manager Bell said, “Technically it could be a staff-approved agreement, but because of the high profile we want to bring it to council.” Councilman Dave Bowman said,

“I don’t think it hurts to bring it to council once a year, especially when new council members come on [board]. It brings attention and education to new members.”

Bynum said, “Overall it saves taxpayers money. It’s a win-win.” Mayor Files said, “It benefits the rec district, but it doesn’t hurt the city.”

General areas covered by the agreement include:

Finance - The city finance department will work with MRD in the areas of budget preparation, reporting and mill certification.

Legal – The city attorney’s office will provide general legal service to MRD.

Facility Services – The city will provide chemical herbicide application for non-irrigated turf and provide sweeping services at MRD parking lot.

Cerise Fields – The city will allow MRD to use Cerise Fields for programs and activities. The agreement addresses scheduling, maintenance and use of the fields.

Information Services (IT) – The city will provide technical support to MRD.

Fleet Management – The city will provide fleet services for MRD vehicles; however,

Continued next pg

CHAMBER, PARTNERS PLAN CREATIVE CONNECTIONS COMMUNITY SPACE

From previous pg

MRD will bear expenses related to maintenance.

Facility Access for Employees – A 15-percent discount at the recreation center will be given to, "...city employees and council for the family and adult annual pass at the effective rate at time of purchase."

A 15-percent discount at the city owned Black Canyon Golf Course for MRD employees and board members, "...on the individual pass and couples pass at the effective rate at time of purchase. This will include a cart and golf range privileges."

The city will provide MRD with sanitation utility service and recycling service for the recreation center and the field house, a \$4,692.92 value. In turn the MRD will provide vouchers for discount passes to the city in the amount of \$4,692.92.

2018 METSA Surcharge Ordinance – Assistant City Attorney Andrew Boyko. METSA (Montrose Emergency Telephone Service Authority).

Boyko said, "This is required by the METSA bylaws. The IGA (Intergovernmental Agreement) was amended two years ago."

One option allows council to delegate authority to the METSA Board to set the surcharge rate at a maximum of \$0.70 to service users. There is no increase for 2018. Boyko said, "In the State the highest [surcharge] is \$1.75. The State average is \$1.02 and for Montrose it is \$0.70."

General City Council Discussion:

Councilman David Romero said, "A citizen asked about getting crosswalk lights at the Hillcrest/Sunnyside roundabout. Twice he almost hit a pedestrian because he was hard to see in the early morning hour." Bell has not heard of the concern, but will talk to staff.

Staff Comments:

Assistant City Manager/Director of Office of Business and Tourism (OBT) Rob Joseph reported on the Wayfinding signage. Previously council requested the city install

more airport and hospital signs. Joseph said, "The hospital signs (big blue H) are controlled by CDOT (Colorado Department of Transportation). The other hiccup is they will not grant us access [at the airport] to enlarge the space on CDOT property." Reporting on other signs Joseph said, "When it is all said and done we will install 32 actual signs, three destination signs and a half-dozen pedestrian kiosks."

Mayor Files discussed a request to send a letter on airplane pilot accreditation to Senator Gardner and the Federal Aviation Administration. Council concurred that more information was needed before sending a letter.

The Annual Employee Recognition Event took place on Jan. 13 at the Montrose Pavilion. Human Resource Director Terri Wilcox received the Manager's Award of Excellence, Deputy City Clerk Carolyn Belavance was named 2017 Employee of the Year and the Facilities Department earned the Team Excellence Award.



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FAMILY-OWNED AFTER-LIFE CARE: CRIPPIN FUNERAL HOME From pg 1



The grounds at Grand View. Courtesy photo.

The Crippins, Pridy and Hartman are ready to take the call and go out at all hours of the day and night to comfort and assist those struggling with the passing of a loved one. This may mean they travel in the middle of the night to either the home, a hospital, nursing home, to meet police or rescue workers, or anywhere else necessary.

Dispatchers often alert the Crippin Funeral Home of their need after receiving word from families or officials. One day, Kelly Crippin was up on the Uncompahgre Plateau trying to meet some rescue personnel who had recovered a man up on a hill. "I beat them to the meeting spot and went right by it, finally having to make a 911 call to be able to hook up with them," he said.

Then there was the night he and Greg drove in a blizzard to Leadville to pick up a deceased and help the family. "That was one long night," he says, "and we'll never forget that blizzard. But that's what we do; if someone needs us, we're there."

Greg Crippin noted, "Our job is to take care of families, that is our main purpose."

The impressive residence that holds the business is an original and ornate 1911 Victorian home which has held one other funeral business in the past. The Crippins ended up in Colorado because of its beauty and the fact their father had business here. It was in late 1987 that they first bought the 802 East Main location, and they opened for business in February, 1988. Since that day the Crippin Funeral Home has stood steadfast as arguably the most reliable and caring funeral business in Montrose. Both Kelly and Greg Crippin say they are dedicated to bringing professional and caring services to area families suffering from the loss of a loved one.

The building is completely restored, with



An attached Chapel stands ready to serve at the Montrose Crippin Funeral Home. (Photo by Michael Lawton).

elegant original woodwork, fireplaces, staircases and windows. Kelly, being the handier of the brothers, has been primarily involved in remodeling and adding on to the building, especially updating the attached chapel. He's been careful to continue the touches that make the house shine, such as woodwork, crown moldings, period paints, etc.

The Crippin brothers grew up primarily in Oregon; their father Harry Crippin went to college to be a mortician and taught his sons the business. There is another brother who chose not to be involved.

The brothers Crippin say they are most proud of their professionalism and the services they provide. At one time the Crippin family business was in Oregon, California, Montana, Arizona, and Colorado.

As Pridy took visitors through the building, he pointed out what a family member might find when they come through the doors seeking help in an emotional time. Families are first taken into an intimate Arrangements Room to discover what services are provided, the costs, and just what they want and can expect from the Crippin Funeral Home. Then they are taken into additional rooms to decide on either an urn or casket and to customize their wishes. After determining what services the family wishes, the Crippins prepare the deceased in an on-site embalming room or in the nearby crematorium,

also on site.

Greg Crippin says the families have many [options and services](#) they can decide to include, or not. Some families choose cremation, and in some cases the deceased has decided ahead of time what needs to be done.

An expansive on-site chapel allows families to have a religious or non-religious memorial for the person who has died. There are many choices to be made and the funeral home can make arrangements with the deceased person's church and pastor for a funeral, or hold a ceremony at the funeral home's chapel.

"It isn't so much like a formal funeral and saying goodbye," said Greg, "but a celebration of the person's life." He said more and more this is what families are choosing to do.

The Crippins said they are encouraging this trend, as it helps the family in their grieving process.

Even if the choice has been cremation, as 80 percent of the business now is, there can still be a celebration and memorial to honor the fallen, the brothers said.

Many families today simply chose cremation because it is less involved and less expensive, yes, but funeral homes like Crippin are adding in complementary services, they said. In addition to funeral services and cremation, most modern funeral homes, such as Crippin, automatically help families with

Continued next pg

FAMILY-OWNED AFTER-LIFE CARE: CRIPPIN FUNERAL HOME

From previous pg

such things as notifying government agencies, preparing death certificates and obituaries, and making other arrangements.

It is also helpful to Crippin Funeral Home & Crematory customers that the Crippin family owns the beautiful Grand View Cemetery on Sunset Mesa in Montrose, which now includes the Serenity Cremation Garden where cremated ashes in urns can be placed in small vaults and the family has a place to visit to honor their loved one. It was Kelly Crippin who designed and supervised building the garden, with an expansive view of the San Juans in the background for inspiration. Grand View Cemetery is located off Chipeta Road in Montrose at the south end of Sunset Mesa, looking down on Montrose and the Uncompahgre River. Here, the Crippin Funeral Home offers traditional burial sites and the placement of urns in vaults built into marble monoliths in the gardens.

Kelly Crippin noted that the gardens are frequently visited by a local herd of deer, who enjoy the cemetery lawns and, he



The Crippin Funeral Home is located in this stunning Victorian home at 802 E. Main Street, Montrose. (Submitted photo).

smiled, any flowers families might leave there. "They may not last too long due to the deer," he said.

Visit Crippin Funeral Home & Crematory online at <http://crippinfuneralhome.com/>, or call 970.249.2121.

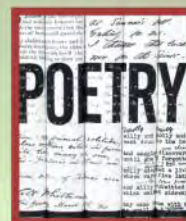
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Weehawken Winter Programs

January 3

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January 10



Introduction to Art Materials and Techniques with Allison Wofford in Montrose- Ages 4-8

January 17

The Wild World of Watercolor with Mike Simpson in Montrose



January 17



The Basics of Stitching with Allison Wofford in Montrose- Ages 4-8

January 24

The Art of Eric Carle with Allison Wofford in Montrose- Ages 4-8



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



February 6



Writing An Untamed History with Kierstin Bridger in Montrose

February 7

Develop More Interesting Oil Paintings with Mike Simpson in Montrose



February 21



Introduction to Acrylics: 4 Week Series with Ann Cheeks in Montrose

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2018 ANNUAL FUND DRIVE

Dear Montrose County Resident,

Every year the Montrose County Sheriff's Posse asks the people of our county for funds so we can continue our mission of helping the residents and visitors who encounter problems in our great outdoors, as we have done for over 50 years.

The Montrose County Sheriff's Posse consists of volunteers from our community who donate their time and equipment to help make Montrose County a better place to live. Most of us live in Montrose County because of the availability and variety of outdoor activities. Whether it is hunting, fishing, hiking, cycling, photography, camping, ATV or 4-wheeling, there is something for everyone. Enjoying the great outdoors is a year round activity.

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Every year we make a single appeal to you, our neighbors, for donations to support us in our mission to provide these services. Thank you in advance for your donation, large or small, as anything you can give helps keep us there for you.

As a 501(c)(3) charitable, non-profit corporation, all donations are deductible for income tax purposes. Please mail your gift today in the envelope provided.

Sincerely,

Montrose County Sheriff's Posse

REGIONAL NEWS BRIEFS

DOI CONSUMER ADVISORY: INDIVIDUAL HEALTH INSURANCE SPECIAL ENROLLMENT

Special to the Mirror

MONTROSE-The Division of Insurance (DOI), part of the Department of Regulatory Agencies (DORA), reminds Coloradans that even though the open enrollment period for individual health insurance ended on January 12, 2018, some people may still have more time to sign up for a health insurance plan through a Special Enrollment Period (SEP).

Individual health plan consumers whose 2017 health insurance was not offered for 2018, and who have yet to enroll in health insurance, qualify for an SEP. This SEP is available until March 1, 2018.

"Recently, Connect for Health Colorado announced that this year's enrollment numbers nearly matched last year's, even though this year's open enrollment period was 22 days shorter," said Interim Insurance Commissioner Michael Conway.

"Maintaining health insurance coverage is vitally important to so many people and their families, and these results are a tribute to our efforts in Colorado, despite

the uncertainty and chaos taking place at the federal level this past year.

"And there is still time for some individuals to get enrolled under this Special Enrollment Period. We encourage people who are eligible to take advantage of this extended time," continued Commissioner Conway.

As a reminder, this applies to people who buy individual health insurance plans, either through Connect for Health Colorado, or directly from an insurance company or agent. It is not for people who get their

health insurance from an employer.

Individuals who are not eligible for this SEP and missed signing up during open enrollment will only be able to purchase individual coverage in 2018 if they have a qualifying life event, such as getting married or divorced, having a baby or losing employer-based health insurance.

To learn more about life change events and special enrollment periods, visit Connect for Health Colorado's page, "[When can I buy?](#)" or contact an agent or your health insurance company directly.





BACK 2 SLEEP, IN A BOX: MONTROSE COUNTY HHS HAS BABY BOXES



Nothing else goes in the box when baby is there.

By Caitlin Switzer

MONTROSE—Last year a research team at [Temple University Hospital \(TUH\)](#) found that face-to-face postpartum education about safe infant sleep, combined with the distribution of a baby box that functions as a cardboard bassinet, reduced the rates of bed-sharing during an infant's first eight days of life.

Now, new moms in Montrose County can take advantage of the popular Baby Box program, available through Montrose County Health & Human Services (HHS). A news release issued last week by Montrose County notes that the Baby Box, inspired by a Finnish tradition, provides a safe sleep alternative for families who

may not have the space or funds for a traditional bassinet, crib, or pack-and-play.

Baby Boxes, which are made by the Baby Box Company, also come complete with a washable mattress and fitted mattress cover, instructions on safe sleep practices, as well as free samples such as soap, shampoo, and laundry detergent. Child development information is also provided in the portable boxes. Once baby outgrows the box around five to six months, the box can be used for storage, the news release notes.

Montrose County HHS nurse and educator Terry Balet had been aware of the Baby Boxes for more than a year, but it was after hearing from other nurses who discovered the boxes at a conference that she approached HHS Director Stephen Tullos about acquiring some to share with local mothers.

"I talked with Stephen about the county becoming a distributor; he said yeah, great idea!" Balet said. "For us, the value is in having a safe place for baby to sleep."

Baby Boxes include learning games, and parents can go to [Baby Box University](#) to set up an account, which will allow them to watch a video series on issues such as

breastfeeding, shaken baby syndrome, and the importance of putting babies to sleep on their backs for safety. "Once you have watched a required video, you can take a short, simple test and get a certificate," Balet said. "It's not just about the box, it's about the education."

The mattresses that come with the baby boxes are fitted with covers, and nothing else goes in the box when baby is there. "We really want families to understand the need for a child to have a safe place to sleep," Terry Balet said. "I would rather someone put their baby to bed in a Baby Box to sleep than to put them to sleep with you, on the couch, or in a car seat."

For safety reasons, infants should always be placed on their backs to sleep, she reminded.

To receive a free Baby Box from Montrose County, visit

www.babyboxuniversity.com and create an account. Once an account has been created, you can watch several informational videos and take a simple quiz. When completed, you will receive a certificate of completion which can be presented at the Montrose County Public Health Department in exchange for your free Baby Box. For more information contact Terry Balet at 970- 252-5015 or Veronica Martinez-Erie at 970- 252-5056.

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2nd Wednesday: **All Points Transit**

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

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

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

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(970) 252-1111 Fax

*Coupon must be present

GET IN THE ZONE: HOW TO CALCULATE YOUR TARGET HEART RATE ZONES TO ACHIEVE MAXIMAL RESULTS



Fitness Pro Gia Porter. Courtesy photo.

By Gia Porter

MONTROSE-Whenever you engage in any form of exercise, regardless of the goal, the most important variable to track is your *intensity*. To avoid injury and achieve personal goals it is absolutely essential to know how hard you work. Working too hard doesn't necessarily yield the desired result and often leads to injury and burn-out. Not working hard enough leaves you frustrated and defeated after wasting hours in the gym with no real results.

Tracking your intensity during each workout allows you to exercise with purpose and achieve the exact level of exertion necessary to your goals. So what is intensity? Intensity is an indicator of calories burned, muscle and cardiovascular endurance as well as the actual progress made from each workout. For elite athletes it involves a series of complicated calculations and observations but for the

every day gym-goer it can be measured with a few simple metrics based on your own heart rate. By working within a scientifically proven range of "target heart rate zones" you are able to achieve a precise training result. Before we calculate those zones let's take a look at what they are and what they mean.

Zone 1 (50-60% max heart rate) This is your warm up and cool down range. But this is also a good place to be if you feel a little tired, maybe over-stressed, undernourished or lacking sleep. Also called the "recovery zone," this zone allows you to experience movement without fatigue or depleting oxygen. Work in the Recovery Zone should consist of breathing exercises, visualization and energy accumulation with minimal workload. Focus on the breath. Yoga, Pilates, walking, gentle rowing or slow, steady cycling or elliptical machine with low resistance are some good examples.

Zone 2 (60-70% max heart rate) This is your endurance, or fat burning, zone. Endurance is about even and consistent application of moderate energy for sustained periods of time. It teaches your body to be more efficient at not only fat metabolism but at pumping blood through the heart muscle. It is about increasing and expanding aerobic capacity, making the heart and lungs stronger. It will teach you efficiency and economy while improving intrinsic muscle strength. Endurance movements are mostly things like walking, slow easy jogging, elliptical, easy cycling or gentle rowing. The goal of an Endurance workout is to pick a target heart rate around 70% hit it and then hold it with a smooth steady rhythm for at least 45 minutes.

Zone 3 (70-80% max heart rate) Strength building. Heavy resistance to develop muscular endurance and power. Hill climbing on a treadmill or bike. You have a choice to move from aerobic to anaerobic metabolism. The goal here is to build cardiovascular and muscular strength simultaneously by working at the upper end of your aerobic threshold, for most people that should be around 75-80%. It teaches you

to build the stamina to maintain an uncomfortable workload. Stretching that aerobic capacity to or slightly above 80% with short forays into anaerobic metabolism also helps you develop the ability to buffer lactate accumulation in the muscles. Your body learns to adapt and you build power.

Zone 4 (80-90% max heart rate) High intensity, "HIIT" or Tabata style training. This Zone focuses on speed, tempo, timing and max efforts followed by rapid recoveries. The faster you drop down from a high heart rate, the better shape you are in. Interval training requires a substantial fitness base. The goal here is to develop the ability to recover quickly from intense workloads through a variety of movements with both fast pace and or heavy resistance. Examples would be Cross Fit, hill repeats, weight lifting, plyometrics. Often this type of training is done with 10 seconds of maximal effort followed by 20 seconds of rest for four minutes repeated several times. The harder the effort, the shorter the number of repeats. Your intervals can be aerobic (going from 65% to 80%) or anaerobic (65% up to as high as 92%). A relatively fit person should be able to achieve "active" recovery (65%) within four minutes and full recovery (50%) within 10 minutes. If those metrics are not achievable then you are likely working too hard or overtrained. This can lead to injury and personal damage. Listen to your body. Your best competition is with yourself.

Zone 5 (90-100% max heart rate) Peak performance. Max effort at anaerobic threshold. This requires a substantial fitness base of at least two months of consistent base building. Work in this Zone allows you to measure fitness progress through training in the other zones. This is not something that should be done often for sustained periods of time. It is a special event. Unlike Interval, where efforts are broken up by consistent rest periods, this zone is all out "red line" Anaerobic Threshold effort with no significant fluctuations in pace.

Once you understand what each Target

Continued next pg

GET IN THE ZONE: HOW TO CALCULATE YOUR TARGET HEART RATE ZONES TO ACHIEVE MAXIMAL RESULTS *From previous pg*

Heart Rate Zone is and what it's for, you are able to design a workout to suit both long-term and short-term goals. Zone 2 and Zone 3 are where most people will spend their time. A triathlete or distance runner will mostly be in Zone 2. A sprinter or power lifter will be in mostly Zone 4 and 5.

A recreational athlete looking to burn fat should mostly stay in Zone 2 or low end of Zone 3 with occasional Interval Training. Familiarizing yourself with the basics of heart rate training will empower you to achieve your personal best. So how do you figure out your specific Target Heart Rate Zones?

One of the most accurate ways to do this by using the **Karvonen Formula**. Online calculators are relatively accurate but still use the old 220-age method, just adding in your resting heart rate. This is going to be reasonably close but still doesn't take into account your fitness, the size of your heart and your gender. So it can still be off by as much as 6-12 beats.

Using a generic poster on the wall is simply the old 220-age method with no other variable, which for safety and liability purposes can keep you from injury, it will also keep you from your goals. Research has proven that 220 as an average maximum regularly underestimates heart rate zones for 90% of people studied. In recent years scientists have tried to correct for this number and have come up

with 206.9 for men and 206 for women. (It's been discovered that women have a different heart rate response to exercise than men.)

The female formula for max heart rate is **$206 - (.88 \times \text{age}) = \text{MHR}$**

The male formula is **$206.9 - (0.67 \times \text{age}) = \text{MHR}$**

Next you will need your resting heart rate RHR. Check your pulse first thing in the morning before your feet hit the floor. If that isn't possible then try to check it after 30 minutes of rest. (Bear in mind that things like temperature, environment, food/digestion, emotions, medications or standing versus prone can affect that value.) Using a stopwatch or your phone, count your pulse at either your wrist or throat for 15 seconds and multiply by 4. This is how many times your heart beats within one minute while at rest. This is your resting heart rate. RHR

Now let's calculate target for a 35 year old man with a resting RHR of 65:

$(0.67 \times 35 (\text{age})) = 183.45 \text{ MHR}$ Here's your max

$183 - 65 (\text{max MHR} - \text{resting RHR}) = 118$ (heart rate reserve)

$118 \times 65\% (\text{reserve} \times \% \text{effort, low end})$ or $\times 85\% (\text{high end}) = 77$ or 100 respectively. Now add those back into the RHR to get the target zone.

$77 + 65 = 142$ (low end 65%)

$100 + 65 = 165$ (high end 85%)

Now let's calculate target for a 45 year

old female with a RHR of 55:

$206 - (.88 \times 45) = 166 \text{ MHR}$

$166 - 55 = 111 \text{ reserve}$

$111 \times 65\% \text{ or } 85\% = 72 \text{ or } 94$

$72 + 65 = 137$ (low end zone 65%)

$94 + 65 = 159$ (high end 85%)

Most exercise will be between these two numbers (65-85%) but for absolute accuracy in training calculate all 5 zones. Jot those numbers down and keep them on your water bottle for reference during your workout. Reevaluate those numbers every three or four months to track progress.

****According to Mayo Clinic a normal resting heart rate for adults ranges from 60 to 100 beats per minute. Generally a lower heart rate implies more efficient heart function and better cardiovascular fitness. For example, Lance Armstrong's RHR is around 40 beats per minute. Although there's a wide range of normal an unusually high or low heart rate may indicate an underlying problem.**

Consult your doctor if your RHR is consistently above 100 (tachycardia) or if you're not a well trained athlete and your RHR is consistently below 60 (bradycardia) – especially if you have other signs or symptoms such as fainting, dizziness or shortness of breath.

1^verywell.com/karvonen-formula

2^dailyburn.com/life/tech/heart-rate-training-zones/ 3^Spinning Instructor

Manual, 2011, Mad Dogg Athletics.





NOTES FOR THE JOURNEY...

ARCHITECTURE OF UNDERSTANDING: BUILDING UPON MUSICAL KNOWLEDGE

Prior articles have dealt with the fundamentals of music theory. Topics such as key signatures, treble and bass clefs, major and minor chords, inversions, and the circle of fifths form the foundation that is needed in order to understand how music is built from a blank sheet of composition paper to a complete work. These topics would fall under a standard notation (Music 100) class. We must continue to build on what has already been discussed and move on towards more complicated topics in music theory. Considering the format, these future articles will be basic overviews of each topic and will barely scratch the surface in regards to terminology and use in composition. Enough information will be provided so the reader can have a starting point from which to learn more on his or her own.

It is easy to appreciate the beauty of a completed work. A building whose design elevates one to a sense of wonder, a painting that when first seen takes your breath away and forces you to sit and simply admire, a feat of engineering that is

elegant in its construction while at the same time being endlessly practical. An appreciation at this level is enjoyable and easy because it does not require in-depth thinking beyond appreciation. The question is often asked, "how did they do that?" and the answer lies with the tools and techniques used to create wonders of the mind. Having even a very basic understanding of architecture, techniques of great artists, and the tools used by composers of all genres of music can do nothing but increase the sense of wonder and the sense of awe that comes from hearing or seeing great works of art.

An ability to read music is helpful when discussing more advanced topics in music theory. However, the material will be presented in a way so that those that can read music and those that cannot read music will both be able to understand the concepts, perhaps from different starting points.

The basics of architecture can be understood without having any experience with developing building plans and great works of art can be appreciated without ever

having put brush to canvas. The beauty is that an individual can choose to build on a body of knowledge or simply take the few tools that they have and use them to appreciate the basics and let the works of art speak for themselves. Exploration can be narrow, or it can be broad and never-ending. It is the choice of the person who has found a sense of wonder in a work of art.

The topics that will be discussed will begin in the Renaissance with a discussion of music modes and will conclude with a discussion of augmented sixth chords, also called Italian, French, and German sixths. Counterpoint and harmony will be presented with examples from J.S. Bach, and a technique that is used to give the listener a sense that the time signature of a piece is changed, called Hemiola. Seventh chords and orchestration will be presented along with a discussion of what it means when you see a credit in a movie that says, "Orchestrated by..."

These topics will take us to the next level in our understanding of and the uses of western music theory.

COMMUNITY NEWS BRIEFS

AUDUBON SOCIETY WELCOMES SEA OF CORTEZ TRAVELERS FEB. 1



Susan Werner and Bruce Ackerman on the Sea of Cortez. Courtesy photo.

is often referred to as the "Mexican Galapagos" referring to the varied and unique wildlife of the Galapagos Islands off the coast of Ecuador. Like the Galapagos, the Sea of Cortez has numerous islands and a multitude of land and marine species not found anywhere else in the world.

Montrose residents Bruce Ackerman and Susan Werner recently spent over a week camping, kayaking, and snorkeling around the Sea of Cortez.

They will share their experiences 1 February at the Montrose Field House office, at

the corner of Rio Grande and Colorado Ave. (previously the Aquatic Center).

Among the highlights of their trip were sighting Bryde's whales and bottlenose dolphins, snorkeling with the world's largest fish, the whale shark, as well as California sea lions and Olive Ridley's turtles. "We also saw some 55 species of birds including brown pelicans, magnificent frigatebirds, and blue-footed boobies as well as an amazing number of incredibly colorful salt water fishes," Ackerman said.

Their program, sponsored by the Black Canyon Chapter of the Audubon Society, will begin at 7 p.m. The public is welcome and there is no charge. For more information call 615-7329.

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COMMUNITY NEWS BRIEFS

MONTROSE REGIONAL LIBRARY WELCOMES GREAT DECISIONS DISCUSSION GROUP

Special to Art & Sol

MONTROSE-The public is invited to join the Great Decisions discussion group, co-sponsored by the Montrose Regional Library District and the Montrose County League of Women Voters. The group will meet from 6:30 - 8:30 pm for eight sessions, every Thursday evening starting

Feb. 1. This year's topics are: The Waning of Pax America; Russia's Foreign Policy; China and America; Media and Foreign Policy; Turkey-A Partner in Crisis; US Global Engagement and the Military; South Africa's Fragile Democracy; and Global Health-Progress and Challenges. The group follows a briefing book and video

provided by the Foreign Policy Association. Participation in the discussion group is free and open to the public. Briefing books are available to buy for \$20 at the library. There are several copies available for check out as well.

For more information call Tania at 964-2546.



**BALANCED REPORTING
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SOMETHING FUN.**

#THEMIRROR

Up Bear Creek by Art Goodtimes

NOT ALL FREEBIES ARE WORTHLESS



Several young demonstrators at the Women's March (photo by Dea Jacobson).

Dolores, teaches me how to cut through old pain, trace a source, and let its quiet murmur dissolve embedded grief" ... Rachel Turiel knows how to pull a reader in. Her second sentence: "The days are just slivers of light sandwiched between thick slabs of darkness." She's a mom with a houseful of tweens, including friends of her daughter and her withdrawn son. When he asks to make dinner, she follows his lead and amplifies it into a twelve-year-old success story. They name it *Mungo*. Her definition of how she copes with kids is one to remember: "This parenting is like a progression of dance moves ... It's beautiful and terrifying." But there's nothing to fear in the recipe. *Mungo* looks downright mouthwatering ... in *Dune's Day* Zach Healy takes us on a dog pilgrimage that teaches a lot about expectations and how what doesn't work can teach us as much or more than easy success. He certainly captures the winds of the San Luis Valley as he watches "the breeze starching stiff the various American flags in the park" ... The multi-page interview stories by Scibelli were ones I had planned to skip after the first flip-through -- *Sculptors of the Hunt*, with photos of animal mounts and their post-mortem shapers. But everything had been so appealing so far, I dipped in. And Scibelli played out my resistance with his own reticence that dissolved on meeting his first taxidermist. In the end I loved reading about all three: Mike Francavilla, John Gardner and Craig Candelaria. It impressed me how they all insisted that if you were going to kill an animal, you

Speaker at the Women's March in Grand Junction last Saturday (photo by Dea Jacobson).

EDIBLE SOUTHWEST COLORADO ... If you haven't seen the annual Storytelling Issue of this free publication (#31, Winter2018), grab one. Its great writing, smart layout and hot photos swirl around themes we all can relate too – local ag, local food, local culture. Editors Rick Scibelli, Jr. and Rachel Turiel have done an outstanding job pulling together fine stories from some of the region's best writers. I'm kind of a regular fan of their mag, although I admit to article-hopping sometimes. Not every piece pulls me in ... But this issue, just the opposite. It's a roster of heavyweights ... Scibelli got me going with his editor's letter. Pretty soon I'm packing up a Saab for a retreat back to Connecticut and what turns into a failed restaurant gig, several years testing battery acid, and a back-to-school come-to-Jesus moment that leads back to a schoolboy dream of photography. Already my head's spinning. I can almost see battery acid being sucked up a pipet with strange red dye ... The first actual story made me sit back and remember. How my father died. How I went and spent hospice with him. Held his hand as he journeyed into the mystery. Sheryl McGourty writes quietly but powerfully: "What I came to witness is that someone's

death can often closely reflect the essence of how they lived" and "My dad and I shared a few things in common, appreciating days alone and at home cleaning, straightening, sorting, and making sense of our world through quiet organization" ... Scibelli's kodak of a kite flyer on an Oregon beach is a strikingly nostalgic companion to McGourty's *My Father* ... And Jennifer Rane Hancock of Grand Junction has a quite lovely poem, *In This Season of Soup*, that honors the diversity as well as the food of her relatives and ancestors: "I cook to celebrate your lives, and cry/into the onions on the cutting board" ... Rosemary Wahtola Trommer, who is herself a fine poet, leads us down the in-law path of a holiday faux pas, only to be rescued by the grump whom she most feared: "First, I laughed in embarrassment. Then in disbelief. Then in full-on love. I hugged him long" ... Kierstin Bridger shares a diary, inverted, of watching as her fifteen-year-old tests boundaries she herself broke as a youth, trying to help Sophia "set her compass back to her own true north." It's a story almost any parent can understand. And Kierstin is a soul-searching observer of the natural world: "The branch of cool water feeds the

Continued next pg

Up Bear Creek by Art Goodtimes

ought to use it all. It felt like they said, an honoring ... By this time I've overspent my morning reading time and am nearing the magazine's end. So I wasn't prepared for Samantha Tisdell Wright's dazzling travelogue into a remote part of China, where she and a vagabonding Frenchman are trekking over Jade Dragon Snow Mountain down into the Jinsha River valley to visit the Naxi ethnic group. *Of Pigs and Dragons* is a marvelously droll tale with surprises galore and colorful language in several languages: "Since the only Naxi I knew was 'oho-la-a-lay, dao a-kun dao-pay,' which means 'Hello, I can see chicken feet up your ass,' (I had learned this during a raucous New Year's Eve celebration a couple weeks before) I tried Chinese instead" ... The second to last story took me completely by surprise. Amy Irving is an old friend and excellent writer who lives in the little Western Slope town of Norwood as I do. *Inedible*, with its unsigned sketch of a toadstool (maybe a russoula?), was a story I'd told many times. Only this time Amy was telling it; and I was turned quite around, being a character in someone else's story. It's one of those scary kid's

stories every parent fears, but all's well that ends well. And Amy's adventuresome tyke Ruby has turned into a thirteen-year-old devourer of dystopian tales by the story's end: "Yup, during the zombie apocalypse, our community here will do just fine" ... Scarlett's full-page photo and quote is adorable ... And Joy Martin sends us off with another fine travelogue journey, sharing funny stories of trying to be a veggie in exotic Davao Island in the Philippines and another time in the wilds of western China. Her saving grace is her willingness to not take herself too seriously: "Raised in Mississippi on a silver spoon dripping with butter, I knew better than to make my vegetarianism a deal. I'd been hardwired to respectfully accept whatever food was served by my hosts" ... Food, of course, figures prominently in most of the stories. But it's the quality of the writing and all the places those stories take me that makes *Edible Southwest Colorado* a favorite regional magazine of mine ... And it's free!

GOSSIPING GOOSE ... It was sweet to see sharp-talking Uncompahgre Ute tribal

leader Shaun Chapoose bring his wife Shirley and daughter TisSean along for his Telluride Institute roundtable at the Wilkinson Library Jan. 17th. If you haven't seen Shaun's national videos on Bears Ears, check the Ute Pac FB page. I loved watching him put that hoary Utah troglodyte Rob Bishop in his place at the congressional hearings in DC last week ... Shooting is done and editing is underway for Ron Melmon's documentary *The Valley Floor*. I think they're hoping for a MountainFilm opening this spring ... I saw that John Hollrah was lecturing on mushrooms at the Sherbino last week. Did anyone go? I'd love to hear how it went ... Speaking of mushrooms, Paul Stamets is almost confirmed for this year's Telluride Mushroom Festival. It's been a few years since we've seen that iconic myco-researcher and entrepreneur and we're hoping we can entice him out here. For the first 25 years of the festival, he was part of the resident faculty ... Drumming meets have started up for djembe-lovers in Ridgway. Talk to Jonathan Barfield ... Heard there was a good crowd at the Women's March in Grand Junction this past weekend.

THE TALKING GOURD

the moon emerges
from behind the cloud
and the whole sea shines—
wanting to find in us
that kind of light

-Rosemerry Wahtola Trommer
Placerville

**The Mirror:
many views,
one newspaper.**





BBQ IS THE SPECIALTY: RIB CITY DELIVERS, MOSTLY

Their name says it all, Rib City serves up smokehouse specials along with ribs.

The other evening my friend and I decided it was time to go for a little barbeque and ended up at Rib City on the west end of town.

Now, I have to say that BBQ isn't always my fave, but this meal was decent. Not too hungry we went for a couple of BBQ sandwiches. No drinks tonight.

Michael had the BBQ pork sandwich and I smoked turkey. Both were served thinly sliced on garlic toast. And they came with a choice of 2 sides; I had coleslaw and a baked potato, Mike beans and baked potato.

The meals were tasty and abundant. Douse your sandwich or other meal with three types of BBQ sauce (vinegar, brown sugar or honey mustard) and you're set.

For sides there was a choice of two: coleslaw, potato salad, mac and cheese, french fries, corn cobette, BBQ beans, baked potato (after 4 p.m.), applesauce, green beans or sliced tomatoes. You can substitute sweet potato fries or a garden salad for an additional price.

Prices here are really good with appetizers running from fried okra (\$4.49) to

buffalo shrimp for \$9.29. They serve "Skyscraper" sandwiches for \$8.99 - \$9.69 and regular "Great" sandwiches from \$7.99 - \$9.39.

Ours were regular, skyscraper sounded a bit too much for this night.

If you're in the mood for ribs, Rib City serves a full rack of baby backs for \$15.99 or one and a half racks for \$19.99.

Dinners range from "Smokehouse" offerings of BBQ pork dinner (your choice of smoked sliced pork or Carolina style pulled pork) from \$10.99 to St. Louis Style ribs (closely-trimmed ribs) for \$15.29. There are also BBQ riblet dinners, beef dinners, brisket, or smoked turkey.

Rib City combos give you the option of choosing any two, or three: rib and rib combo is \$17.99, Tony's combo at \$17.99, fried shrimp, \$13.99, shrimp and ribs, \$14.99; or a feast for two (includes baby back ribs, smoked pork, beef and chicken, two potatoes, two cole slaw, two beans and 2 garlic toast) for \$34.99.

That sounds like an awful lot to eat!

You can also get lunch here, running from \$8.89 to \$10.29.

Salads feature smoked meats as well or shrimp, from \$7.49 to \$10.19.

Got kiddos? If the child is under four you

can get a meal with one piece of chicken and fries for free (dine-in only).

Ten and under meals go from \$4.49 to \$6.99, ranging from BBQ chicken to 'Lil Ribber Baskets.

Just about everything here can be had a la carte or on the side and beverages and the bar are at your ready also, milk, soft drinks and beer or wine.

Of course there is sweet stuff, from cheesecakes, key lime pie, to pies and cakes, ranging from \$4.49 to \$5.49.

There are also Rib City picnic packs with a variety of amounts and prices (\$19.99 - \$89.99).

All in all, if you are looking for a convenient family dinner for not too much cash, Rib City is ready and waiting.

Montrose Rib City is located at 1521 Oxbow Drive, Montrose. You can call 970-249-74727.

The restaurant is open Monday through Sunday, hours are 11:30 am-8 pm Monday - Thursday and Sunday. Friday and Saturday Rib City is open from 11 am to 9 pm.



COMMUNITY NEWS BRIEFS: ARTS & EDUCATION

WEEHAWKEN CREATIVE ARTS TO OFFER TPRS SPANISH FOR TEEN/TWEENS IN MONTROSE

MONTROSE-Weehawken invites your teen/tween to enhance their Spanish speaking skills in a super fun and interactive class taught by Señora Christi Berry. This class will involve Total Physical Response Story Telling (TPRS) practice, a mini vocabulary/grammar lesson each week and games to reinforce what they have learned. Students will integrate what they have learned into short skits/videos once a month. This is a great supplemental class for those who have learned a bit of Spanish or who are currently taking a class and want to enhance their skills while having a great time. Señora Christi Berry lives in Montrose

with her husband, two children and two Main Coon cats. A Colorado native, she enjoys hiking, running, snowshoeing, knitting and most of all, teaching Spanish to students of all ages. She studied at CMU and The University of Costa Rica and has a BA in Applied Professional Spanish. Señora Berry has taught over 30 Spanish classes and summer camps the past four years privately and in several charter and private schools in the area to students preschool age-adults. Christi utilizes TPR (Total Physical Response) and Waldorf methods to teach the language. Christi says "Students are rarely bored in

my class; they are too busy moving, acting out, singing and practicing newly acquired knowledge through games and conversational simulations."

Weehawken Creative Arts is offering three four-week sessions in Montrose at the Field House (25 Colorado Ave). These classes are intended for students ages 11-15. The first session will run Feb. 15 to March 8, on Thursdays from 5:30-6:30 pm. Registration is just \$40 per session. A minimum number of students must be met in advance in order to guarantee the class, so those interested are highly encouraged to register in advance.

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COMMUNITY NEWS BRIEFS: ARTS & CULTURE

OPEN BARD POETRY SERIES PRESENTS FIFTH ANNUAL YOUTH NIGHT @ THE WRIGHT

Special to Art & Sol

OURAY-On Thursday evening, Feb. 1, the Open Bard Poetry Series will present its fifth annual Youth Night at the Wright Opera House, a special poetry reading event featuring area youth.

Students from grades 6 through 12, including those who homeschool in Ouray, San Miguel, and Montrose counties, are invited to participate by reading and by entering their poems in the contest.

Students in Grades 1 through 5 are welcome to read poems (original or not) at an open mic that begins at 6:30 p.m.

Open Bard welcomes poetry of any style, subject, or form. We especially appreciate poems that surprise with fresh language and careful writing. We also welcome poetic recitations from individuals or groups of two-three people. All students who participate will receive prizes.

Students can register to take part by sending their name, the title of their piece (s), indicating whether they will be performing or reading alone or with a group, their age, grade and school in an email to Kierstin Bridger at kbbridger@me.com. The deadline to submit poems and sign up to participate is Friday, Jan. 26, 2018.

Cash prizes will be awarded in the following categories: Best Original Poem; Best Performance of an Original Poem; Best Recitation of a Poem by another author; and Audience Choice.

A special addition to this year's Youth Night will be a poetry performance following intermission by Professor Douglas Jones and his Word Horde students from Western Colorado State University.

Open Bard is grateful to the Ouray County Community Fund and the Woman's Club of Ouray County for their generous



*Photo from a previous Youth Night.
Courtesy image.*

sponsorship of Youth Night at the Wright.

Admission to Youth Night is free to all students and teachers, \$5 for adults and free to Bard Card holders. Doors will open at the Wright at 6 p.m. so come early to get good seating.

WEEHAWKEN CREATIVE ARTS PRESENTS CONTEMPORARY MOSAIC ART

RIDGWAY-Weehawken is excited offer a new art workshop with visiting instructor Carol Turtness Newman, Contemporary Mosaic Art, on Feb. 3 in Ridgway.

"In this class, the student artist will create a mosaic using cut glass tile and other materials. The artist will become familiar with cutting techniques and adhesives using design templates. It can be messy...wear appropriate clothing!" says Newman. All materials and tools will be provided, although, students may bring their own tools or objects (small items up to approx. 1" sq.) to include in their creation. Additionally, the student artist will receive a demo in grouting and a supply of grout to take home to complete their artwork. This class is designed for adults and teen-age art enthusiasts.

As a mosaicist, Carol is inspired by a love of color and form. She paints with blocks of color using bits of cut glass, shards, stone,

and other materials. Each block of color is laid with intent as her artwork manifests into an abstract, or possibly a flower or mountain scene. Her love of mosaic art is shared through teaching. Carol says of her art career, "I renewed my passion for creating art after a career in corporate human resources. It was like coming home. Creating once more frees me to explore and experiment with materials that intrigue me. Up-cycled and repurposed materials often appear in my work. I love the texture, patterns and contrasts that they provide. When an idea comes to me (typically at 3am!) the materials needed to manifest my vision start to appear everywhere I go. A plate of just the right shade of blue, vintage jewelry that can be used for eyes on a sculpture, or wire that can be twisted like vines. Each step of the process is a voyage into myself, and I have learned to enjoy every step! I share my

love of mosaics through teaching at private and public venues."

Carol's mosaics and mixed media have been exhibited nationally in juried exhibitions most recently at the National Center of Atmospheric Research (NCAR) in Boulder, CO. Carol's works of art are held in private and permanent collections such as Duke University Medical Center in Raleigh, NC, and Carolinas Medical Center of Pineville, NC. After living in Charlotte, NC, for nearly 12 years, Carol returned to Colorado where she grew up. She is a member the Colorado Mosaic Artists.

Contemporary Mosaic Art will be offered Feb. 3 from 10 am to 4:30 pm at Weehawken Ridgway (1075 Sherman St.). Tuition is \$85 for the workshop, plus a \$15 materials fee. For more information, or to register, go to www.weehawkenarts.org or call 970-318-0150.

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. 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. 25-Nuclear Care Partners, an organization that provides benefits guidance and in-home care to former uranium and atomic workers, is hosting the Open House on Jan. 25 from 2 p.m. – 4 p.m. at the Nuclear Care Partners office located at 631 24 ½ Road in Grand Junction, Colorado. Community members can RSVP for the event or get more information by calling [970-628-7496](tel:970-628-7496).

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. 27-Arcanum: The Mystery & Abandon of Asemic Writing will be offered Jan. 27 from 10 am to 3 pm at Weehawken Ridgway (1075 Sherman St.). Tuition is \$75 for the workshop. For more information, or to register, go to www.weehawkenarts.org or call 970-318-0150.

Jan. 31-Volunteers of America Open House @ Valley Manor Care Center, 1401 South Cascade Ave., Montrose, 8 a.m. to 6 p.m.

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. 1-Volunteers of America Open House @ the Homestead at Montrose and Senior Community Care PACE, 1819 Pavilion Drive, Montrose, 8 a.m. to 6 p.m.

Feb. 1-Open Bard Poetry Series will present its fifth annual Youth Night at the Wright Opera House in Ouray. Students in Grades 1 through 5 are welcome to read poems (original or not) at an open mic that begins at 6:30 p.m. Admission to Youth Night is free to all students and teachers, \$5 for adults and free to Bard Card holders. Doors will open at the Wright at 6 p.m. so come early to get good seating

Feb. 2-Volunteers of America Open House @ Horizons Care Center, Senior Community Care PACE, and Senior Community Meals, 11411 Hwy 65, in Eckert, 8 a.m. to 6 p.m.

Feb. 5--Montrose Giving Club meets at the Bridges Golf & Country Club of Montrose, 5:30 p.m. Open to ALL women who can afford the \$100 donation and a \$10 hospitality fee.

Feb. 8-Blue Speckled Fox Productions and Sherbino Theater present a night of music with songwriter Jeffrey Foucault on Feb. 8, with doors opening at 7 and music beginning around 7:30. Advance tickets are available online at sherbino.org for \$18, or at the door for \$22. For more information, go to sherbino.org or call [970-318-0150](tel:970-318-0150).

Feb. 9-Delta Area Chamber of Commerce Annual Banquet. Friday, Feb. 9, 5:30 – 8 pm, Bill Heddles Rec Center.

Feb. 10-Guided Snowshoe Tour of the Red Mountain Mining District: Join Ouray Historian Don Paulson for a fun, informative snowshoe adventure into historic mine sites. Moderate difficulty level (elevation: 8,000-plus). 9 a.m. to 2 p.m.; spaces are limited to 20. \$25 donation to support our nonprofit tour hosts, Uncompahgre Watershed Partnership and Ouray County Historical Society. Email Tanya at uwpcommunications@gmail.com to get a registration link or leave a message at 970-325-3010. More information: www.uncompahgrewatershed.org/events

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.' Tickets start at \$35.

Contact the Montrose Mirror:

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Photographer Jennifer McClanahan snapped these shots of snow dusting the Black Canyon of the Gunnison this weekend.



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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!