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THE MONTROSE MIRROR

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

Issue No. 257, Jan. 29 2018

CAREFLIGHT'S 2017 FLIGHTS OF MERCY HELP 391 PATIENTS



This panoramic photo shows CareFlight pilot Ryan Berry, with flight nurse Ryan Grube, bringing the rescue helicopter down on the roof of Montrose Memorial Hospital, with the city of Montrose lying in the background. (Photo by Michael Lawton).

By Carole Ann McKelvey
Mirror Feature Writer

Montrose – Thursday morning this writer was on her way to Blue Mesa Reservoir for a training session between Montrose Memorial Hospital's (MMH) CareFlight helicopter and the National Forest Service. Um, not so fast. . . Just as the helicopter, with Montrose Mirror photographer Michael Lawton on-board, began to leave Montrose airspace, an emergency call came in.

[Continued pg 13](#)

REAL ESTATE MARKET SEES GROWTH ACROSS SECTORS; INVENTORY CONTINUES TO BE SCARCE IN MONTROSE



Affordable homes in the City of Montrose continue to be scarce, experts say. Mirror Staff photo.

By Caitlin Switzer

REGIONAL-The local real estate market continues to see strong growth, but a scarcity of available, affordable homes. Planning to buy a home here? "Go out and get pre-approved," Montrose Realtor Betsy Spitzer said. Especially popular are Down-town Montrose homes, she said. "They are very difficult to find, and they are moving fast."

"There's no inventory, so you've really got to be on it. Things move, and prices keep going up."

Commercial properties are moving as well, Spitzer said. "There are some great deals on commercial properties for investors."

Broker Mark Shaffer of Shaffer Real Estate sees promise in another sector of the local real estate

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*Gail Marvel's
Answering the Call series!*

*Gia Porter
Fitness Column!*

*Rob Brethouwer
On Classical Music!*

*Art Goodtimes'
Up Bear Creek!*

*A Fresh Point of View,
From MHS*

ANSWERING THE CALL: MPD PATROL OFFICER MATT SMITH

By Gail Marvel

MONTROSE-Matt Smith, third generation and 100-percent native, received his higher education in turf grass management, "I lived in Cedaredge and worked at the Devil's Thumb Golf Course [Delta]." He laughed and said, "That was when I was a normal person with a normal job." A job in the field of recreation didn't fulfill Smith's desire to serve his community. "I think you should contribute to the community you live in. I needed a change and responded to a newspaper ad for the Montrose Police Department (MPD)."

The MPD sent Smith to the Police Academy, "The class work wasn't difficult, but I felt pressure to be the best I could because they were paying for it."

From 2008 - 2013 Smith served as an MPD Patrol Officer; however, in 2013 he switched agencies and went to work for the Montrose County Sheriff's Office. Then in 2016 Smith once again switched and returned to MPD, "I never left law enforcement, but I wanted to be more well-rounded and see how other agencies did business."

Along with his duties as a patrol officer Smith is also a Field Training Officer for new hires. Over a four-month period each trainer will spend nine to 10 shifts with the new hire. Smith said, "It's gratifying to train your guys. It's fun to watch the people you've trained become really, really good officers. They take bits and pieces from each trainer and use what they've

learned to shape themselves into the officer they want to become."

When asked about the most stressful part of his job Smith said, "If you had asked me that several years ago I would have said the unfamiliar call, but

with more exposure and the variety of calls you feel far more confident and that stress doesn't apply as much. My job is too interesting. It's easier to go in excited about work, rather than being stressed. It's just a FUN job! I can't imagine going to a job that you knew what you were going to be doing every day. Police officers never know what the day is going to hold. You can guarantee that no day is the same."

The most enjoyable part of Smith's job is the people he works with, "From the top to the bottom — supervisors, administration, dispatchers. It's an enjoyable environment and Montrose is a positive community."

Smith struggled to come up with something about his job that he didn't enjoy, "I guess it's the 4 p.m. traffic on South



MPD Patrol Officer and Field Training Officer Matt Smith. Photo by Gail Marvel.

Townsend. When you're trying to go someplace. When someone has shoplifted something at Walmart and it's hard to get there. It's the same for patrol officers as it is for everyone else!"

As for his ability to relate to citizens Smith said, "I'm well-rounded and can communicate with folks. When they are having their worst day it's not hard for me to talk to them in that scenario. I identify with people." As a first responder Smith said, "I've done CPR, but I've never done CPR and had it work...it was always just a little bit too late."

In the area of interests and activities Smith said, "Montrose is such a great place for outdoor activities. I like fly fishing, white water rafting, hiking and mountain biking."



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A FRESH POINT OF VIEW: FROM THE HALLWAYS OF MHS

School Shootings Are Nothing to Joke About, But Kids Don't Always Understand

By Jack Switzer

MONTROSE—After two terrifying school shootings made the news last week, two kids from MHS made a joke in sour taste. Not on campus, but while volunteering for a local club. Picture this; the scent of cheese and food wafting through the air, the sound of people stamping blots onto their bingo sheets, feet busily hustling about, and phone cameras recording your conversations as you work so they can later be used against you.

Yep, two local kids who were making jokes about “shooting up the school” were recorded off campus, making the kind of jokes scared kids make every day, because we mostly don’t understand why anyone would shoot anyone. Yes, kids in the high school make that same joke all the time, in the hallways, in the classrooms, in the bathrooms, everywhere.

And then the *Montrose Daily Press* only makes it worse by writing an article about it before the ink was dry on the police re-

ports; and other kids start talking about it on social media. ([Police Catch Wind of Kids Shooting Jokes](#), Jan. 26). It was also stated in the *Daily Press* that the kids were carrying pocket knives, which are also common objects in Montrose High School, believe it or not. Most days, the kids in the parking lot do knife tricks and smoke in their cars like some totally tubular dudes. (sarcasm). And they still don’t get in trouble.

I also remember kids being caught smoking on school grounds and all the school did was slap them on the wrist and kick them off the sports team.

School shootings are nothing to joke about; neither is suicide. So why wasn’t anything done when I reported that I was told to end my life? Is that not as big a deal as a joke? I feel like someone telling me to kill myself should be taken just as seriously, seeing it happened on campus and bullying’s a problem at MHS.

Ruthless bullying was a main cause for a suicide three years ago. Sure, I under-

stand the school has a zero-tolerance policy or something of the sort, but it’s just a joke.

And two good kids are in big trouble, for something I bet they really don’t understand.

Because they are 14 and 15.

And those constant school shootings scare us all.



Jack Switzer, MHS freshman.

Editor’s Note: It was reported in the [Montrose Daily Press](#) last week that two juveniles were taken into custody Jan. 24 for allegedly making jokes off-campus about shooting up the school. According to Montrose Police, the students were taken to Grand Mesa Youth Services last week after being taken into custody.

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REGIONAL NEWS BRIEFS

GMUG HIRING FOR 2018 TEMPORARY POSITIONS

Special to the Mirror

DELTA-The Grand Mesa, Uncompahgre, and Gunnison National Forests will soon be advertising over 60 seasonal temporary positions for the 2018 field season. Temporary positions are available in a wide variety of locations for exciting and rewarding occupations such as trails, forestry, engineering, wildlife, range, recreation, fisheries, archaeology, and administrative support. Job seekers can apply for tempo-

rary jobs through USAJOBS beginning January 26 - Feb. 1, 2018.

Regional temporary job opportunities are searchable online at www.fs.usda.gov/main/r2/jobs. All applicants must apply to the specific vacancy announcements that will be posted on <http://www.usajobs.gov/>.

Prospective applicants can also visit the GMUG Website (<https://www.fs.usda.gov/gmug>) under the "About the Forest" and

"Employment" tabs for potential openings along with guides for applying to Forest Service jobs.

Applicants should also review the [Rocky Mountain Region Temporary Hiring](http://RockyMountainRegionTemporaryHiring) website for further information on how to use USAJOBS, complete applications, and tips on writing resumes.

Temporary and permanent job opportunities can also be found online at: <https://fsoutreach.gdcii.com/Outreach>.

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REGIONAL NEWS BRIEFS

EIGHTH ANNUAL WESTERN SLOPE SOIL HEALTH CONFERENCE FEB 22 & 23, 2018 AT THE DELTA CENTER FOR PERFORMING ARTS

Special to the Mirror

DELTA— the Eighth Annual Soil Health Conference will be held on Feb. 22 and 23, 2018 at the Delta Center for Performing Arts, located at 822 Grand Avenue in Delta. This conference is the premier area educational and networking event designed to educate producers, orchardists, ranchers, government officials, and the broad community about ways to increase organic matter and increase the health of our soils by using cover crop, green manure, grazing, composting, entomology and other sustainable practices.

Nationally renowned speaker Dr. Allen Williams will highlight the 2018 conference. The conference will feature a mixture of keynote speakers, 2017 local cover crop data and testing information, as well as breakout sessions. Keynote Speaker Dr.

Williams will present *Diversity in Livestock Integration* and he will connect the link from soil health to food quality. He will also be part of several breakout sessions. Local experts Katie Alexander, Jerry Allen and Steve Woodis will discuss the *Local Cover Crop Results*, which will provide details on a number of local producers who utilize cover crops. This year will have additional topic covering multi-species livestock integration, a case study on no till soybeans, soil health for backyard gardeners as well as a number of other topics.

Soil health is critical to the future of agricultural production. With a contingent of concerned farmers as well as community groups and government officials the soil health conference has been able to take soil health education and implement tech-

niques and specifically adjust them for the local area.

As pressure on agricultural production increases, soil health practices can insure that the agricultural needs are met with sustainable production, quality and economic viability.

Delta County Economic Development is the fiscal and administrative agent for the Soil Health Conference. Understanding that soil is a treasure, DCED in conjunction with NRCS, Delta Conservation District, Shavano Conservation District as well as individuals active in the agricultural community have come together to prepare the Eighth Annual Western Slope Soil Health Conference. For more information please visit www.westerncoloradosoilhealth.com or call DCED at 970-874-4992.

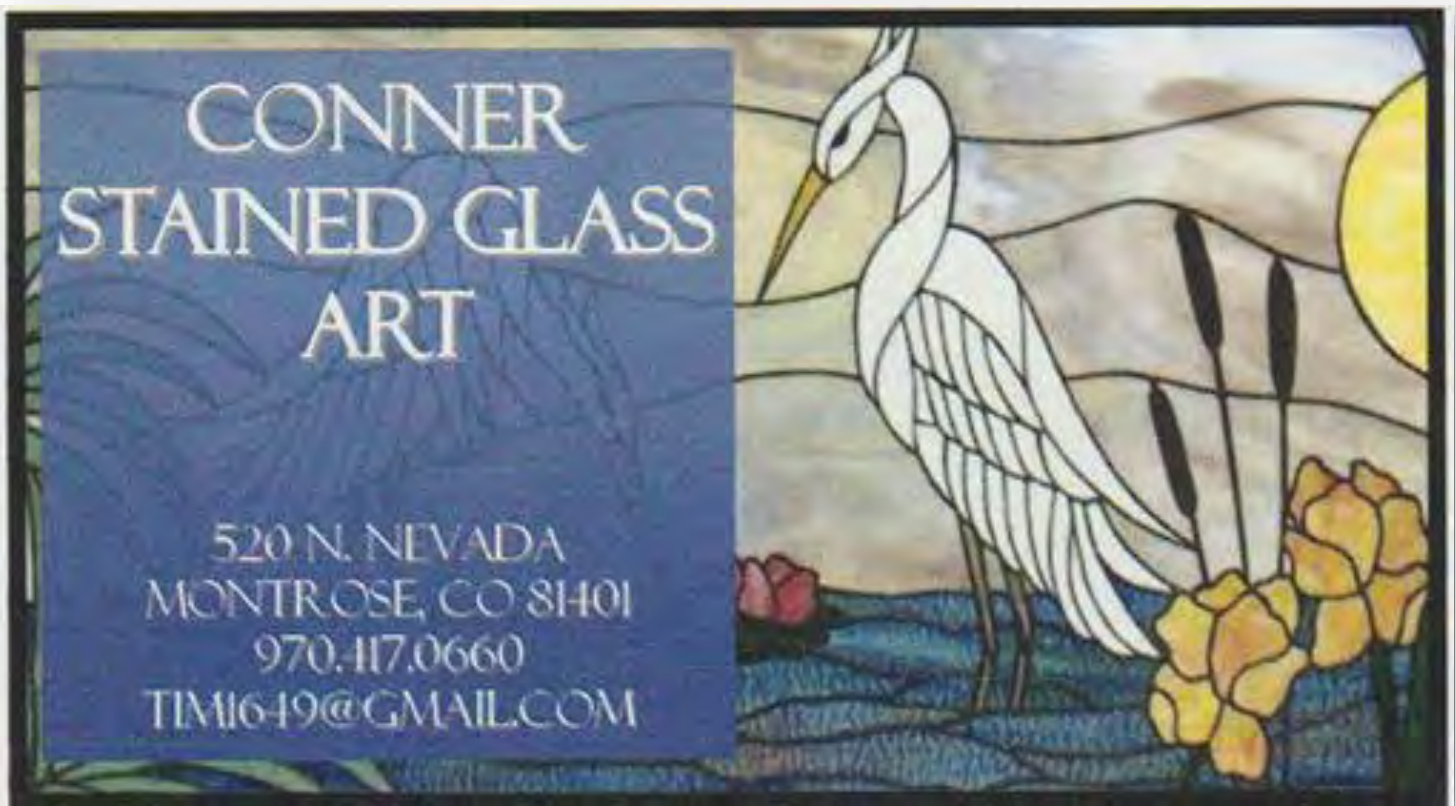


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REGIONAL NEWS BRIEFS

CANDIDATES SET FOR 2018 CITY COUNCIL ELECTION

Special to the Mirror

MONTROSE-Five city residents have qualified to have their names placed on the ballot for the upcoming City of Montrose General Municipal Election.

The election will be for three council seats; Districts I and II, both four-year terms, and the two-year At-Large seat.

Candidate petitions have been verified for the following individuals:

District I

Douglas W. Glaspell
Jeremiah Quintin

District II

Dave Bowman

At-Large

Barbara Bynum
David Stockton

A drawing to determine the order that the candidates' names will appear on the

ballot will be held in the City Council Chambers ([107 S. Cascade Ave.](#)) on Tuesday, Feb. 6 following the City Council meeting.

The Montrose-Delta League of Women Voters will host a candidate forum at 7 p.m. on Thursday, March 1, in the City Council Chambers. The forum will be broadcast live on Montrose TV (Channel 191) and periodically rebroadcast on the channel following the forum.

Voters can also watch the forum live or on-demand at [CityofMontrose.org/Video](#).

The election will be conducted by mail ballot on April 3, 2018. Citizens can register to vote up to and including Election Day (April 3), but must reside within the city limits for a minimum of 22 days before Election Day to be eligible to vote. Voter registrations and updates can be

made at the Montrose County Election Office (320 S. First Street), or on the Colorado Secretary of State website ([GoVoteColorado.com](#)).

Ballots will be mailed to voters during the week of March 12.

Citizens can return ballots by mail or hand deliver them to official ballot boxes in the lobby of City Hall (433 S. First Street) and the Montrose County Election Office.

Ballots can also be deposited in Montrose County's 24-hour ballot drop box at 320 S. First Street.

Ballots must be received by the City Clerk before 7 p.m. on Election Day in order to be counted.

For more information, contact City Clerk Lisa DelPiccolo at [970-240-1422](#) or ldelpiccolo@ci.montrose.co.us.

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REAL ESTATE MARKET SEES GROWTH ACROSS SECTORS

From pg 1



sion." Shaffer and realtor John Fowle will remain at the headquarters in Austin; the company has an office run by realtor Roger Lord in Hotchkiss. Here in Montrose County, the [Shaffer Real Estate team](#) consists of Rich Porter and Burton Bullington. "They both

In its latest *Real Estate Trends* report, [Heritage Title Company](#) of Delta notes that real estate transactions increased by 14 percent in Montrose County in 2017. Annual dollar volume was \$335 million, a 23 percent hike over 2016. Of the 13 sales that topped \$1,000,000 in 2017, one local property sale—Brookdale Sunrise Creek Senior Living Center—accounted for \$22.7 million of the \$57 million yearly total.

market—farm and ranch sales. After years as a sole proprietor based in Delta County, Shaffer has opened an office at 1100 East Main Street (#C) in Montrose.

"I do everything long-term," Shaffer said. "The farm and ranch world looks pretty promising; I knew a couple of guys who would join up. This is just a little expan-

come with very strong backgrounds," Shaffer said.

The decision to open a farm and ranch sales office here makes sense, he added.

"It is a vote of confidence for the Montrose region and the local economy," Shaffer said. "We plan on being there quite a while."

Foreclosure filings here dropped from 85 in 2016 to 59 in 2017; in that same time frame, completed foreclosures decreased by 47 percent—dropping from 68 in 2016 to 36 in 2017. "Montrose County continues to reflect some of the lowest rates of foreclosures and bank-owned re-sales in the region," notes the report.

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

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• 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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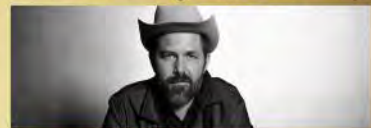
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\$22 at the door

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OPEN MIC NIGHT

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GAME CAFE NIGHT

Entry by Donation

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CAREFLIGHT'S 2017 FLIGHTS OF MERCY HELP 391 PATIENTS *From pg 1*



Paramedic Bob Ross, left and Ryan Grube, flight nurse, get equipment ready prior to leaving on an emergency flight. (Photo by Michael Lawton).

Forget the training drill -- routine for the CareFlight crew -- it was back to the business of saving lives, STAT.

CareFlight, which operates out of MMH and St. Mary's Medical Center in Grand Junction, in 2017 provides on-the-spot critical-care to patients in extremely bad condition due to heart attacks, strokes, accidents and other incidents that required immediate medical attention.

It isn't just the fast transportation to hospitals, said Dr. David Dreitlein, chief of Emergency Services at MMH, "It's the life-saving expertise on board the aircraft that contributes to so many successes." Every time the helicopter heads out to an emergency, in addition to the pilot, a highly trained flight nurse and paramedic are on board.

"It's the expertise brought by the crew itself," he said, "that makes all the difference with good critical care." From Montrose alone, a total of 332 patients were airlifted to care last year -- an average of about 33.5 patients per month. During the month of June, 2017, the helicopter transported a high of 43 patients per month.

Depending on the severity of the injury

and where it takes place, CareFlight patients are transported in either a helicopter designed for high altitude performance -- the "A-Star" Eurocopter AS 350 B3 helicopter or a Beechcraft King Air 200 fixed-wing aircraft with a twin engine, turbo prop--or by ambulance.

CareFlight operates 24 hours a day, across a radius of about 100 miles.

"The specialty care given by the crews can range from injuries and illnesses, from serious head and chest injuries, septic shock (infections), to spinal conditions, heart attacks and strokes," said Dreitlein. "The real advantage of critical care transport is not only time, but also the level of care provided en route.

"We bring the critical care expertise (you would get at a hospital) directly to the scene," he said. "All the crew must have a minimum of four years of critical care experience -- some have 20 years -- and critical care certification."

The only thing that can ground the aircraft, he said, is weather, and even then, only one type of flying machine is affected: The A-Star chopper operates according to Visual Flight Rules, and low cloud ceilings, or ice in the atmosphere, limits its

ability to make emergency calls. The King Air has d-icing capability and flies IFR, meaning it employs instruments when visibility is low. In the event of a mechanical problem, an additional helicopter can be dispatched from Rifle. CareFlight operates both helicopters, the one based at Montrose Memorial and the other at Rifle Hospital. The helicopters fly as many times as needed at all hours of the day, all year around. To make this happen, on-duty crews are available at a moment's notice. CareFlight's range is wide, and extends from Monticello, Utah, to Telluride, Durango (only occasionally), Montrose and Grand Junction. In addition, the helicopters access three national recreation areas: Black Canyon of the Gunnison, Colorado National Monument and Curecanti National Recreation Area.

Accessing remote areas and varied terrain gives helicopters the advantage. Twelve full-time pilots work for CareFlight. Eight operate the choppers; all are certified for Medical Transport services. All have airline transport pilot training and extensive experience flying helicopters.

For those hurt or critically ill in its 100-mile radius, CareFlight has been a god-send. Because of its non-profit status, the helicopter service doesn't result in crippling additional bills for those transported.

Unlike for-profit operations, CareFlight accepts the insurance payments of its clients, with patients only having to pick up their insurance deductible or copay. CareFlight works with private insurance, Medicare, Medicaid and the Colorado Indigent Care program. The service is a joint venture between Montrose Memorial Hospital and St. Mary's Medical Center in Grand Junction (St. Mary's owns 51 percent, and Montrose owns 49 percent). The nonprofit status makes a crucial difference between CareFlight and the for-profit helicopter services that serve other parts of the state. The for-profit service could leave patients facing bills of \$20,000 to \$40,000 after their insurance kicked in. A recent TV program on for-profit companies by Nightline decried the costs involved.

By contrast, because the CareFlight venture is structured to be a nonprofit, it has

Continued next pg

CAREFLIGHT'S 2017 FLIGHTS OF MERCY HELP 391 PATIENTS *From previous pg*



CareFlight's crew in front of the life-saving helicopter on the hospital roof from left, Ryan Grube, flight nurse; Bob Ross, paramedic; David Dreitlein M.D., medical director; and Ryan Berry, pilot. (Photo by Michael Lawton).

made the choice not to charge patients more than what their insurance will cover. CareFlight accepts patients who are covered by private insurance, Medicare, Medicaid and the Colorado Indigent Care program. In 2017 the expenses to operate the service cost \$3.28 million; CareFlight had a net profit of \$16,000 and wrote off \$7.1 million not paid by insurance which would otherwise be billed to the patient. "This makes a huge difference, we don't bill patients but are reimbursed by insurance based on a flat fee and mileage. We can offer more expensive therapies without the additional cost due to our non-profit status," Dreitlein said.

The local CareFlight helicopter is the only helicopter service that carries very critical blood products, such as red cells and plasma, that have critical clotting factors. The blood products are made to order at a lab at St. Mary's specifically for the local helicopter use. In addition to the specialized blood products and standard equipment necessary for patient transport, CareFlight carries oxygen, a defibrillator, intubation equipment and immobilization equipment. The critical care teams also carry specialty equipment for lab testing, an in-flight "pharmacy" of emergency medications, and a ventilator. Dreitlein knows the

drill all too well, as he's often on rotation for the flight crews. He remembers two incidents last year that stand out: The helicopter crew worked with one patient with a pelvic fracture from Gunnison for a total of eight hours – the rescue involved hospitals, ambulances, fixed-wing and helicopter flights. Crucial to the safety rescue was the selection of the high-altitude aircraft. Chief Flight Nurse Kathy Shoemaker, a veteran with more than 29 years of in-flight experience, said CareFlight's leadership team was very careful to choose medical aircraft that offered the best performance possible at high-altitude, since so much of this region is mountainous. The helicopter typically flies at 8,000 to 9000 feet; but can fly as high as 13,000 to 15,000 feet (the altitude required for transport to Denver). Another incident involved a very difficult case of atrial-fibrillation picked up from the Basin Clinic in Naturita. Patients at both MMH and St. Mary's benefit from having critical care transportation close at hand. Two regional hospitals participating cuts down on the time it takes to transfer patients. "This can be a huge advantage in making a difference, for a select number of patients," Dreitlein said. "There was a single goal in mind when Montrose Memori-

al Hospital and St. Mary's Medical Center collaborated to provide air medical critical care transport in the region: to provide the highest quality critical care, in the safest manner, at the least cost possible to the injured or ill patient," he said.

In the 40 years since such rescue flights have begun at St. Mary's, there have been three accidents, involving two fatalities.

According to a CareFlight brochure put out by MMH and St. Mary's, "service is offered 24 hours a day to physicians, emergency medical services, law enforcement, search and rescue personnel and private individuals at the discretion of the dispatching physician." Occasionally, the aircraft will transport patients to hospitals in Denver or Salt Lake City, when a service needed is not available in the local region. Professionals aboard CareFlight work under the guidelines of CAMTS, the Commission on Accreditation of Medical Transport Systems. The crews say, "it feels good to offer this service to the community."

Calling for assistance

For immediate care and rapid transport, call 1-800-332-4923 to request CareFlight. Emergency department physicians will make the determination about a patient's triage, treatment and appropriate transportation, whether by air or ambulance.

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STATEWIDE NEWS BRIEFS

NEW BUSINESS FILINGS UP TEN PERCENT IN STATE, REPORT SHOWS

Special to the Mirror

COLORADO-New business filings in Colorado grew almost 10 percent year-over-year in the fourth quarter of 2017, according to the latest report analyzing Colorado Secretary of State data.

The report shows that over the last 12 months 117,648 new businesses filed with the Secretary of State's office. "Year-over-year increases in new entity filings and existing entity renewals have me very optimistic that Colorado's steady economic growth will continue in 2018," Secretary Williams said. "I expect 2018 to be a good year for Colorado businesses and consumers." The Quarterly Business and Economic Indicators Report also shows residential construction increased more than 30 percent, while home prices in Colorado grew at the sixth-fastest pace nationally.

"Given the relationship between new business filings, new business formation, and employment growth, the increase in filings points to job growth in the state for the near term in 2018," according to the report. According to the Bureau of Labor Statistics, 148,000 jobs were added nationally in December 2017, a slowdown from the prior two months of strong growth.

The Quarterly Business and Economic Indicators Report is published by the Business Research Division at the Leeds School of Business, University of Colorado Boulder, using data from the Secretary of State's central business registry.

"Colorado exhibited stronger wage growth through the first half of 2017," said Richard Wobbekind, Executive Director of the Business Research Division. "This is something we expect in tight labor markets—and Colorado is certainly in a tight labor market with a sub-3% unemployment rate." The Quarterly Business & Economic Indicators Report looks at a variety of factors, such as energy costs, the labor market, and inflation. Through the end of 2017, GDP, employment, and wages all increased while the unemployment rate in December remained at 4.1 percent for the third consecutive month. Visit the Secretary of State's [website](http://www.sos.state.co.us) to view the latest report, past reports and to sign up to receive the report by e-mail.

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FEB. 24 BENEFIT FOR AMBER WILL FEATURE KIPORI WOODS, JEFF FIELDS, SILENT AUCTION



Mirror Staff Report

MONTROSE-Share an evening of music and friendship in a gracious historic Downtown venue on Feb. 24. The benefit [“Love, Montrose”](#) will take place at the Lark & Sparrow, 511 East Main Street in Montrose.

Lark & Sparrow owners Yvonne and Harris Meek are opening the doors of their beautifully restored showplace in the historic Masonic Building for one night, to benefit Amber, a local teen who fell from a balcony at Hotel Colorado in Glenwood in October. Amber and her mom, Lily Lawrence Benallou, were on a mother-daughter leaf peeping vacation when the tragedy occurred, and Lily has shared the family's struggles with courageous Facebook posts. Now that Amber is home, the community would like to help the family with their expenses.

Performers at the benefit will include Kipori Woods and Jeff Fields.

Organizing a silent auction on behalf of Amber and her family are Sara McKillip, Lori Beresford and Joey Black.

“I read the story about Amber on Facebook,” Black said, “And as I continued to follow it and pray for the family it became sort of like rooting for the underdog. It was a terrible tragedy, and she apparently wasn't given much hope initially. But in my estimation Amber and her mother Lily are fighters. I couldn't help but want to get behind that. She's beating the odds. I have two small girls myself and our life has been a struggle as of late. We have been

the recipients of a lot of help.

“Our family just relishes the opportunity to pay it forward to another family in our awesome community.”

For local mom Sara McKillip, the news of Amber's fall hit very close to home. “I first saw Lily's posting about the tragedy that happened to her daughter Amber while enjoying a mother/daughter weekend in Glenwood Springs,” McKillip said. “I followed it every day, the struggle that Amber had to endure. After three months they came home to Montrose, where a group of wonderful people had already gotten together to prepare for their arrival.

“I felt the need to help because of humanity,” she said. “This family needed help.”

Headlining the show is Kipori Woods, with opener Jeff Fields. New Orleans Native Woods brings a high energy performance combined with serious talent, making every show a crowd pleaser. And if you have never seen Jeff Fields perform, please take advantage of the chance to see this great talent live at the Lark & Sparrow.

For more information visit [Lark and Sparrow online](#), or call 970-497-3230.

**THANKS FOR READING
THE MONTROSE MIRROR!**

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OPINION/EDITORIAL: LETTERS

SADLY, LARGE DOSES OF REALITY ARE PAINFUL!

Editor:

A recent Letter to the Ouray Plaindealer dealt with alleged area sexual predators, but it only grazed the surface of our criminal, mental health and drug problems. Yes, we live in a wonderful area with caring people but we have the same criminal, mental health and drug issues as any community or large city. A Montrose resident with close Log Hill ties was recently apprehended following an alleged threat against a local judge. A Log Hill neighbor has the Montrose Police investigating a suspect for allegedly making serious threats against him. Vehicle thefts have skyrocketed recently for the entire region and burglaries and thefts are on the rise everywhere, given the demand to feed drug habits. Even the area schools are not immune, with two juveniles being taken into custody last week for allegedly making remarks about "shooting up the school." Similar issues face virtually every community in this nation today.

As caring neighbors, we are often reluctant to speak out, but there is a vehicle whereby crimes and criminals may be reported anonymously, and if the Tip results in an arrest, a Tipster may receive a monetary reward. Tips may be made anonymously to the Montrose Regional Crime Stoppers, Inc. Tip line at **970-249-8500**, by means of mobile app. **P3Tips** and by web address **P3Tips.com**. This 501 (C)(3) Colorado non-profit corporation, while only three years old, has awarded over \$7,000 in rewards, caused the apprehension of over 30 criminals and recovered an estimated \$70,000 in drugs and stolen property. Crime Stoppers Tips increased 32% in 2015, 116% in 2016 and 28% in 2017. Supported only by individual tax-deductible donations, with additional funding from Montrose County, Montrose Police Dept. and Alpine Bank, this group of volunteers has enhanced the security of residents and visitors alike in the six counties of the 7th Judicial District. Donations may be sent to Crime Stoppers at 434 S. 1st Street, Montrose 81401.

If you see a crime in progress, call 911. If you have information on other crimes or criminals and wish to remain anonymous, provide the information to Crime Stoppers. There will never be sufficient police and law enforcement to keep us safe. Our safety and the security of our property depend on each of us.

Don Richter, in a review of "Beware of the Cable Guy", a book about the killer of a Montrose resident years ago, said: "A 5% increase of citizen involvement in the war on crime does more than a 100% increase of hiring more police officers. Police fight crime with guns and tear gas but all we need is a telephone. As Edmond Burke said: "All that is necessary for evil to triumph is for good people to do nothing."

John W. Nelson

Montrose Regional Crime Stoppers, Inc.



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**MONTROSE REGIONAL
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OPINION/EDITORIAL: LETTERS

RE-1J SUPERINTENDENT'S JANUARY LETTER TO THE COMMUNITY

Editor:

The New Year is upon us, Happy New Year!

Last month I commented on the improvement that your students made on the state testing during the spring of 2017. This was a big accomplishment by the students and staff, I am proud of everyone's efforts. Spring testing for 2018 will soon be upon us (April) and our teachers have higher expectations for the students this spring. Together; students, parents, teachers, and support staff, the scores of the Montrose County School District (MCSD) student's achievement will continue to improve!

The collaboration between MCSD and Colorado Mesa University (CMU) continues to grow. CMU has plans to increase the number of course offerings at the Montrose Campus for next school year in the field of technical education that will be available to MCSD students. Students from

MCSD participating in the classes at CMU Montrose is at an all-time high. As a community member and the Superintendent of the MCSD I see the value of this collaboration effort between our two educational institutions. Educating our community provides the opportunity for people to acquire better paying jobs and to attract companies to the Montrose area that need highly educated employees. MCSD and CMU are key to the continued growth of the economy of Montrose and western Colorado!

The Columbine Middle School building project is on time and on budget for completion in early August 2018. The building will be ready for the start of the 2018-19 school year. Demolition of the old Columbine will begin approximately in June, 2018. The tallest section of the new building is the gymnasium, a questioned had been asked if the school was a two story building, it is not. You can see pictures and

Facebook Live video of the progress of the new school on the MCSD Facebook page. Don't forget to like MCSD and receive the latest news feeds from MCSD.

Safety of your students and our staff is a top priority for MCSD.

The Montrose City Police and the Montrose County Sheriff's Department work closely with all of our schools to ensure the safety of our students. MCSD collaborates with Peer Kindness and brings training to our teachers and students to promote the acceptance of all students and to create an environment of support for everyone.

Remember, our students learn from their parents or significant adults in their lives regarding how they treat others and themselves.

Be the good role model for your students! I wish you the very best for 2018!

Stephen Schiell

Superintendent RE-1J Schools

REGIONAL NEWS BRIEFS

CUSTOMERS SPUR ALPINE BANK TO DONATE MORE THAN \$1 MILLION ALPINE BANK SAYS THANKS FOR GIVING A DIME

Special to the Mirror

MONTROSE-Customers have sparked change in their communities by participating in a unique program offered by Alpine Bank. Last year alone, the bank donated \$1,140,350 to nonprofits and other community organizations through the bank's Loyalty Debit Card program. Alpine donates 10 cents for every personal debit card transaction, with the contribution directed to support the part of

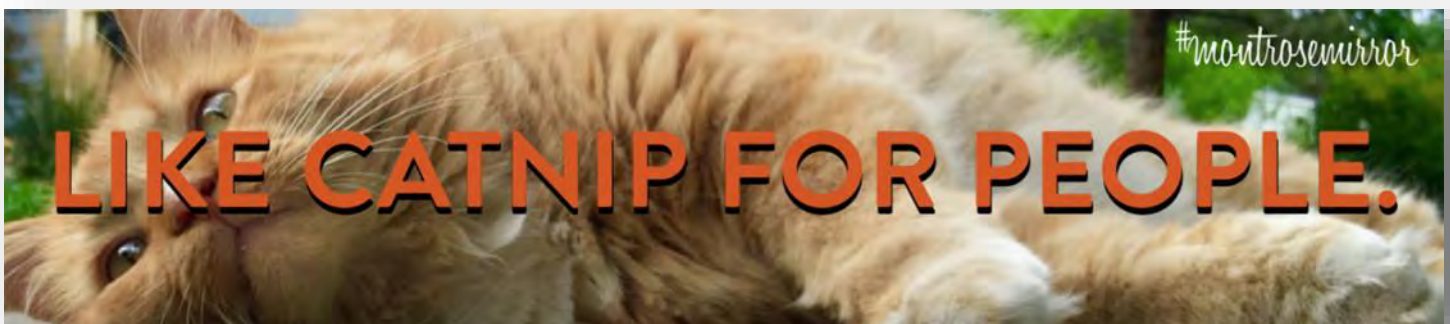
their local community that each customer selects.

In all, customers can choose from Community, Education, Environment, Arts, Americas, Colorado Mountain College and Children's Hospital Colorado.

"We want to thank our customers for supporting their communities," said Alpine Bank founder and Chairman Bob Young. "For the first time, Alpine Bank was able to donate more than \$1 million in one

year from our Loyalty Debit Card thanks to its growing popularity with customers." According to Young, the debit card donations are just part of a broader commitment to community service that has always defined Alpine Bank.

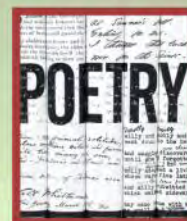
Including the debit card donations, Alpine contributed a total of \$3.7 million in 2017 to charitable organizations from its 38 branches serving 28 Colorado communities.



Weehawken Winter Programs

January 3

Poetry of Presence: A 5 Week Discussion Series with Rosemerry Wahtola Trommer in Ridgway



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

And look for our Spring/Summer Workshops Online...

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**For more information, or to register,
go to www.weehawkenarts.org or call (970) 318-0150**



REGIONAL NEWS BRIEFS

MONTROSE CHAMBER NAMES ELEVATE FIBER AS NEW BUSINESS OF THE YEAR

Special to the Mirror

MONTROSE-The Montrose Chamber of Commerce recognized Elevate Fiber as the 2017 New Business of the Year at its annual gala last Saturday. Elevate's president, who is also the Delta-Montrose Electric Association CEO, Jasen Bronec, accepted the award, highlighting Elevate's long-term vision.

In his speech, Bronec noted three main goals, "The first is to really help promote business and support business in our community but also teleworkers who want to live here [...] and work remotely. We want to support telehealth. We want to connect our schools and our students so that every student has access in a home. And, we want to use it to help with the operations of DMEA and support renewable energy."

Powered by DMEA, Elevate Fiber is a wholly owned subsidiary of the local electric cooperative. It is a fiber internet company launched in response to community need. DMEA members expressed years of frustration about sub-par internet service.

In response, DMEA began the process of researching options for expanding its own fiber-optic network to homes and businesses across its service territory in order to provide truly high-speed and reliable internet service. The result: Elevate Fiber launched on June 16, 2016.

As Bronec noted to crowd applause in his acceptance speech, "Elevate Fiber [is] just getting launched and we have been really aggressive to get 2,600 customers installed in the last year." The first areas to receive service were Paonia and Orchard City. Elevate hit Montrose in early 2017 and has been rapidly expanding ever since.

Elevate is currently providing live service in ten areas, called zones, across DMEA's service territory. To find out in what zone your home or business is located, track progress, and preregister for service, visit join.elevatefiber.com. There is no cost to preregister and doing so locks in the \$100 installation fee, due at the time service is installed. A full listing of services and prices

is also available at this website. Elevate offers speeds starting at 100 Mbps for \$49.95 per month and topping out at 1 Gig (1,000 Mbps).

The community is encouraged to explore Elevate at join.elevatefiber.com, call 877-687-3632 or stop into a local DMEA office for more information. Elevate Fiber is a wholly owned internet subsidiary of DMEA, building a fiber network to DMEA's service territory.

Service offerings at this time include a 100 Mbps (megabits per second) internet option and 1 Gig (1,000 Mbps) internet option.

Elevate also offers a voice (phone) option and is exploring a future video (TV) offering that will bring local channels and streaming solutions to members at a lower price compared to traditional cable/dish offerings.

Elevate requires a 1-year contract to start, with month-to-month service after that. Learn more and preregister for service at join.elevatefiber.com.

MONTROSE DEMOCRATIC PARTY TO HOLD TWO CANDIDATE FORUMS BEFORE CAUCUS

Special to the Mirror

MONTROSE-The Montrose County Democratic Party will be hosting two candidate forums in preparation for the biennial Caucus on Tuesday, March 6th. The first candidate forum, to be held on Saturday, Feb. 10, will feature four candidates for Colorado Attorney General. The four participating candidates are Brad Levin, Joe Salazar, Michael Dougherty, and Amy Padden. The forum will be held at the Montrose Events Center, 648 So. 1st Street, Montrose, from 3 to 5 p.m. The door will open at 2 p.m. for audience members to prepare their questions for the candidates. Each candidate will have three minutes at the beginning for an introductory statement which will be followed by approximately 75 minutes for questions from the audience. At the end, each candidate will have an additional three minutes to make a wrap-up statement.

The second candidate forum, to be held on Saturday, Feb. 24th, is for Gubernatorial candidates. The participating gubernatorial candidates include Noel Ginsburg, Michael Johnston, Cary Kennedy, Donna Lynne, and Erik Underwood. This forum will be held in the Centennial Middle School gym, 1100 So. 5th St, Montrose, from 9:30 a.m. to 11:30 a.m. Doors will open at 8:30 so that audience members can prepare their questions. A similar format to the Attorney General Forum will be used. In addition to meeting these five gubernatorial candidates, two candidates for the 3rd Congressional District will also be introducing themselves, Diane Mitch Bush and Karl Hanlon.

All registered Democrats are encouraged to attend these candidate forums in preparation for the Caucus to be held on Tuesday, March 6th. The Democratic Caucus for the Montrose and Olathe precincts will be held at the Centennial Middle School Cafeteria. The Caucus for the precincts in the West End will be held at the Naturita Community Library. Each Caucus will begin at 7:00 p.m. Doors open at 5:30 p.m. for registration and check-in.

Unaffiliated voters, who plan to vote on the Democratic ballot, are also encouraged to attend these forums to meet the candidates. The Primary election will not be held until June 26th.

REGIONAL NEWS BRIEFS

TAMARISK COALITION TO HOST CONFERENCE FEB. 6-8

Special to the Mirror

GRAND JUNCTION—Close to 200 scientists, river restoration practitioners, land managers, students, nonprofit organizations, and contractors from 17 states and three countries will convene next month in Grand Junction, Feb. 6-8, 2018, to share the latest research and best practices for successful river restoration and invasive riparian plant management. Attendees will learn from and support one another as they explore different approaches to address challenging restoration projects on riparian lands.

The focus and outcomes of the meeting go beyond enhancing river ecology. River restoration supports the growth of local economies, has social impacts, and positions communities to take ownership over the rivers in their region. Invasive plants such as tamarisk, Russian olive, Russian knapweed, and others are a problem because they rapidly displace native plants and degrade river systems by channelizing river banks, impairing natural river function, significantly reducing the quality of wildlife habitat value and forage for pollinators, decreasing biodiversity, increasing the risk of wildfires, and restricting public access to scenic landscapes.

The US Fish and Wildlife Service esti-

mates that 80 percent of natural riparian habitat throughout the US has been lost or altered due in part to the presence of invasive plants. Invasive species have contributed to the decline of 42 percent of the threatened and endangered species in the US and the annual cost to the US economy is estimated at \$120 billion a year, with more than 100 million acres (an area the size of California) suffering from invasive plant infestations. Tamarisk Coalition, a Grand Junction-based nonprofit

that is committed to addressing these issues and restoring riversides across the West, will partner with Colorado Mesa University's Hutchins Water Center to host this year's meeting.

For more information about the conference or Tamarisk Coalition, visit www.tamariskcoalition.org/events/riparian-restoration-conference or contact Cara Kukuraitis, Tamarisk Coalition's conference coordinator, at Ckuku-raitis@tamariskcoalition.org.





MAGIC CIRCLE'S CALENDAR GIRLS: AN EVENING OF ENTERTAINMENT WELL WORTH THE TICKET PRICE

By Caitlin Switzer

MONTROSE-The Magic Circle Theatre (420 South 12th Street) welcomed a packed house to the Jan. 26 performance of *Calendar Girls*, directed by Kathy Murdoch and Amy Nelp. *Calendar Girls*, based on the Miramax motion picture created by Juliette Towhidi and Tim Firth, told a story as fresh as the sunflowers featured in the drama.

Like bright blooms in a garden, a diverse, well-developed group of characters, strong acting performances, and a great script came together in a cohesive and charming whole, keeping audience engagement high throughout the performance. And in contrast to the brisk January night outside, temperatures in the theatre at some points bordered on "hot." Ruthie Rich's "Chris" was a favorite, with her bold attitude and willingness to flirt. As "Celia," Jill Vincent recalls a long, Hollywood tradition of curvaceous, comedic blondes. Though acting in a Magic Circle production for the first time, Brenda Joyce Coda made "Ruth" an especially compelling character, a shy woman who emerges

from her shell during the play. There were no weak players in this production. The theme of sunflowers underscores the story, which tells how a group of friends created a tasteful nude (never say "naked," they warn) calendar to raise funds for a more comfortable couch for the local cancer center. According to the Director's notes for *Calendar Girls*, the play is based on the true story of John Richard Baker, the husband of one of the women, who succumbed to non-Hodgkin's Lymphoma in 1998 at age 54. The fastest selling play in British theatre



KC Pollak as Annie, left, and Ruthie Rich as Chris, in the Magic Circle Theatre Production of *Calendar Girls*. Courtesy image.

history according to www.magiccircleplayers.com, *Calendar Girls* presented an evening of entertainment well worth the price of the ticket. In March, the non-profit Magic Circle Players, now in their 58th season, welcomes the *Savannah Sipping Society*.

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

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COMMUNITY NEWS BRIEFS: ARTS & CULTURE

CLASSIC FILM SERIES DEBUTS AT KAFM RADIO ROOM

Special to Art & Sol

GRAND JUNCTION-The KAFM Radio Room proudly presents the Classic Film Series, held on the first Tuesday of each month at 7 p.m. Come see a Classic film about Racism in America during Black History Month. **No Way Out (1950)**, starring Richard Widmark and Sidney Poitier, is a grim, black and white drama from director Joseph L. Mankiewicz. A pivotal early film in the wave of racially progressive dramas throughout the 1950s and 1960s, **No Way Out (1950)** earns its place in the history books thanks to the searing feature film debut of Sidney Poitier, offering a formidable performance as a doctor tending to slum residents whose ethics are put to the

test when confronted with blind racism (personified by Richard Widmark as the hateful robber Ray Biddle).

We will show a classic cinematic treasure in our Radio Room the

First Tuesday of every month at 1310 Ute Avenue starting at 7 pm. Tickets are just \$5. All the movies are kid friendly, so this is a great family outing or date night for all ages. There will be popcorn, drinks, and candy available. The Radio Room film series is held in the KAFM Radio Room, located at 1310 Ute Avenue, Grand Junction,



CO. The Radio Room is a live music venue in an intimate environment, with only 75 seats and great acoustics. KAFM Community Radio is a public access radio station serving Mesa County in Western Colorado. KAFM has been on-air since 1999 and is programmed by a passionate staff of over 150 volunteers.

POET ROSEMERRY WAHTOLA TROMMER TO TEACH 5-WEEK DISCUSSION SERIES IN RIDGWAY

Special to Art & Sol

RIDGWAY-Rosemerry Wahtola Trommer invites you to join her in an immersion of mindfulness in her five-week discussion series "Poetry of Presence," beginning Feb. 7 in Ridgway. This class is a continuation of her January five-week session, held over by the request of her students and interested members of the community. This February session is open to both new and returning students.

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

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

Registration for the series is \$125. Participants will need to purchase a book prior to the class, available for \$21.95 online at poetryofpresencebook.com or through Amazon.

Guiding you on this journey through the Laureates is Western Slope poet laureate emeritus Rosemerry Wahtola Trommer. She holds a master's degree in English Language and Linguistics, and for 10 years, she has directed the Telluride Writers Guild. She has written a poem a day for

several years, and her poems have been featured in *O Magazine* and on *A Prairie Home Companion*. Her books include *The Less I Hold* and *The Miracle Already Happening*.

"Poetry of Presence" with Rosemerry Wahtola Trommer will be offered on Wednesdays beginning Feb. 7 from Noon-2 pm at Weehawken Ridgway (1075 Sherman St.). The cost for this five-week series cost is \$125. Students must register in advance through Weehawken Creative Arts at www.weehawkenarts.org (adult arts classes tab) or by calling Weehawken at 970.318.0150. A minimum number of students must be met to guarantee the class, so interested students are encouraged to register several days in advance. More details are available at www.weehawkenarts.org or facebook.com/weehawkenarts.

COMMUNITY NEWS BRIEFS: ARTS & CULTURE

LARK & SPARROW VENUE TO HOST VALENTINE'S CONCERT FEB. 10



Gabrielle Louise will perform at the Lark & Sparrow Feb. 10. Courtesy photo.

Special to Art & So!

MONTROSE—On Saturday, February 10th at 8pm Gabrielle Louise will be performing in duo format as well as celebrating the release of her most recent recording, *Live at Etown Hall*. Recorded last holiday season in Boulder, *Live at Etown Hall* features 14 concert tracks supported by a roster of the southwest's finest musicians. The record couples the spirit and charm of a live performance with the careful orchestration and production of a studio record. It features live favorites of Gabrielle's original material as well as some carefully selected covers by Mark Knopfler, Justin Evan Thompson, and James Keelaghan. Gabrielle Louise is a nationally touring

spirited and versatile delivery of fellow genre-hopper Eva Cassidy. Unafraid to take a musical escapade in the name of inspiration, Gabrielle is at one moment folkie and ethereal, the next a smoky jazz chanteuse. Known for her authenticity and candor on stage, Gabrielle's performances are notably present and sincere, a professional presentation of her private creative world. Her story-telling and banter envelopes and enchants, gently enticing her listener to release their grip on the status quo. Perhaps because of this quality, Louise has been entrusted to share the stage with greats such as Richie Havens, Tom Paxton, Patty Larkin, Eliza Gilkyson, and Guy Clark.

troubadour noted for her poignant lyrics and lush voice.

The daughter of two vagabond musicians, Gabrielle inherited the predisposition to wanderlust and song. Her music is anchored deeply in folk and Americana, but undeniably drawn to rich harmonies and melodic adventurism. With the earthy feel of early Joni Mitchell, she also veers into the

A poet, painter, and orator, Gabrielle has also presented a talk on autobiographical expression at TEDx, an independently organized TED (Technology, Entertainment, Design) event. Her talk, "The Breath of Experience," stresses the importance of not only "inhaling" stimuli, but also "exhaling" our own stories about our lives, and in doing so empower our own course.

In the original songwriting realm, Louise has released a handful of records, the most recent of which were *Mirror the Branches* (2010), *The Bird in My Chest* (2014), *If the Static Clears* (2016) and *Live at Etown Hall* (2017). For her this special Valentine's Day themed show, Gabrielle will be appearing with accompaniment by Justin Evan Thompson, her partner, frequent co-writer, and lead guitarist. They will also include some of Justin's original songs into the presentation. Justin's persona and lyrics are poetic and raw, and his songs are as sing-able as they are poignant. Together, Gabrielle Louise and Justin Evan Thompson make a compelling combination of sensitivity and grit. The Lark & Sparrow is located at 511 East Main Street, Montrose, CO. Tickets are \$15 at the door and \$13.50 in advance via eventbrite.com. Visit www.gabriellelouise.com or www.thelarknsparrow.com for more information.



TRIGGERED: HOW OUR HORMONES RESPOND TO EXERCISE AND INFLUENCE OVERALL HEALTH AND FITNESS



Fitness Pro Gia Porter. Courtesy photo.

By Gia Porter

MONTROSE-What is “fitness?” What do you think of when you hear that word? What does it mean to you? Wikipedia defines Fitness as “the condition of being physically fit and healthy; the quality of being suitable to fulfill a particular role or task; an organism’s ability to survive and reproduce in a particular environment.”

Fitness and nutrition aren’t mutually exclusive and they are not limited to body building and competitive sports. They are the foundation of health and vitality in all of us. Obviously poor nutrition contributes to illness but countless studies have shown that disease and lack of fitness are closely related as well. The sad reality is cancer, diabetes, heart disease, autoimmune disorders, chronic inflammation and adrenal fatigue are so commonplace that it is an accepted outcome for most people. A friend of mine once said, “Well God’s gotta take us all outta here somehow...” While that is a fair statement, in many cases we have a fighting chance of main-

taining or even achieving good health and quality of life through basic physical fitness and good nutrition habits. If your doctor tells you that you fall within a “normal” range that’s a huge margin. Why be “normal” when optimal is available?

In our daily lives many of us dismiss Fitness as something for athletes or people with lots of free time. Popular emphasis is placed on things like weight loss or gain and looking a certain way. External appearance is more celebrated than internal vigor. Mainstream media bombards us with Jenny Craig, Weightwatchers, Nutrisystem etc followed by another six minutes of pharmaceutical commercials. And, no offense, Multi-Level Marketing products like Thai Slim with their magic body sculpting tea or Le-vel with their miracle weight loss patches target the overweight, uninformed and under motivated. So how do we get “fit” and maintain a healthy body weight? Hint: it’s not just about a simple math equation of calories in, calories out. If it was everyone would be “fit.” And you can’t buy it online. It requires some level of effort, consistency and reasonable goal setting. But before we can do any of those things, let’s take a look at hormones. Everything is affected by hormones, regardless of age. And if you’re 40, 50, 60, and losing the battle against time, weight gain and bone loss then you absolutely must understand your hormones and what they do in order to make any progress toward your fitness goals.

So what are hormones? In short, hormones are chemicals within the body that are trafficked and controlled by the endocrine system, secreted by glands and released during certain activities. They directly affect cellular activity based on something called “cell receptors.” Picture a lock and a key. The key is useless if it doesn’t fit. The cellular activity mobilized by using these keys creates physiological responses like lipolysis (fat metabolism,) muscle growth and degradation, bone mineralization, hydration, collagen stimulation, energy production and feelings of

well being, just to name a few. It is so important to understand which hormones are released in response to different varieties of exercise and which physiological functions they influence. There are three major types of hormones: steroid, peptide and amines. Each has a unique chemical structure which determines how it reacts with specific cell receptors. In the above key simile it’s the teeth pattern, if you will. To simplify, steroids fit the receptors in the cell nucleus, peptides (comprised of amino acids) unlock receptors in the cellular membrane and amines contain nitrogen and influence the sympathetic nervous system (SNS).

These hormones can be either anabolic, meaning they build stuff, or catabolic, meaning they break stuff down. So an anabolic steroid, for example, is how body builders pack on muscle. Although some athletes use synthesized anabolic steroids and inject them to increase performance, these are still naturally occurring in the body and we all use them for tissue growth.

As we age our hormones decline, some of them exponentially with each passing decade. This process begins roughly around age 20. Largely this is attributable to our increasingly stressful lives, worsening nutrition and lack of physical fitness. We move less, eat more and unwittingly poison ourselves every day counting on some magic pill to fix it. This is why it’s so important to take responsibility, be your own advocate and educate yourself on your own biology.

We all know and accept the mysteries of menopause. Millions of books have been written on the subject. Supplements, prescriptions, seminars and complex treatment plans abound for pre, peri and post menopausal women. But did you know men experience their own version? It’s called Andropause and is the result of declining testosterone and growth hormone. An adult male’s growth hormone falls about 14 percent every decade. By 40, he’s lost almost half the growth hormones he had at 20 and by 80, men are left with just five percent of their original growth

Continued next pg

TRIGGERED: HOW OUR HORMONES RESPOND TO EXERCISE

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hormones.

Although several important glands are influenced by exercise like the Adrenal and Thyroid, scientists have proven that the first gland to respond to exercise is the Pituitary Gland. The pituitary secretes a number of different hormones but most notable is HGH (Human Growth Hormone). Casually known as the youth hormone, HGH is an anabolic peptide hormone. It builds stuff. It is produced during REM sleep cycles and anaerobic exercise, right at or slightly above lactate accumulation (upper end Zone 3 and into Zone 4.) Things like explosive movement, sprints, Intervals, Cross Fit or heavy strength training is how to stimulate it through exercise. It isn't just for men and andropause. Human growth hormone can turn back your body's internal clock, helping you to build muscle, metabolize fat, strengthen bones, increase libido, increase energy levels and strengthen the immune system. But when it comes to discussions on HGH, there is a lot we don't know, especially as it relates to supplementation. Augmenting HGH can be dangerous, increasing the risk of diabetes and contributing to the growth of cancerous tumors if you're taking more than your body can deal with. Furthermore, if you get the drug illicitly, you may not get what you pay for. Never ever try to buy this online or in some parking lot. Please consult a Doctor and have responsible oversight if you chose to supplement with this.

In addition to HGH there are many other hormones directly affected by exercise. But for this article we are only going to look at a few big ones: HGH, Insulin, Cortisol and Glucagon. We have all heard of Insulin. Our "fat storage hormone." It regulates carbohydrate and fat metabolism. When blood sugar is elevated, let's say after you eat bread, sugar, starchy vegetables, etc, then insulin is mobilized to absorb and distribute glycogen and glucose to either large skeletal muscles or fat cells. Again with those pesky keys. Absent disease, and in a properly functioning environment insulin and sugar go hand in hand. Like singles at a barn dance they will

eventually pair up. But timing is everything. If you consume sugar at the beginning of exercise (let's say Gatorade) then you stimulate Insulin, which then will use that Gatorade, not to fuel performance but to store in adipose tissue. Wait until you start to sweat, which is the sign that energy is being converted to water. In most people this takes about 15 to 20 minutes. Your body is looking for fuel sources. Insulin is suppressed by the sympathetic nervous system during exercise so that your body can actually *get* energy instead of store it. But given how much we eat in our culture most of us have sugar in our bloodstream all the time. We are secreting Insulin constantly. So be thoughtful about that when you begin your workout. Wait 20 or 30 minutes (at least) after eating before you work out for optimal hormone function and energy consumption. Many experts recommend fasting cardio, which is fine if you have stable blood sugar and are not diabetic or hypoglycemic. (If you're not sure, ask your doc.) Using a BCAA (branch chain amino acids) during exercise is a great idea. They are the building blocks of protein that aid in ATP synthesis, muscle growth and recovery, endurance and cellular hydration. Sugar-free, calorie-free is the way to go. And you don't really need it for a 20-minute leisurely walk on the treadmill, but it certainly won't hurt you. Especially if it's sugar free. BCAAs consumed during weight lifting, long endurance (Zone 2) cardio, anaerobic intervals, spin class and Tabata can be a valuable training tool.

Next let's look at Cortisol. We've all heard those commercials on TV for that diet drug that promises to solve your Cortisol problem and whisk away stubborn belly fat. But you need Cortisol. It's not always a bad thing. It's a catabolic steroid produced by the adrenals in response to stress. Remember catabolic breaks things down. Think fight or flight. Think explosive movement. Nowadays you may not need to run from a tiger but what if you did? The brain perceives a threat then sends a message to the adrenal gland which releases Cortisol by way of Adrenaline and

Norepinephrine. It's a three-part process, which is sort of a fail safe to guarantee swift response to acute danger. The adrenaline makes you sweat as your heart rate increases. Norepinephrine makes you hyper aware and focused. Then blood is transferred from less important tissues, like skin, to more important areas like skeletal muscles so you may flee. That Cortisol would instantly give your muscles the additional power boost needed to high tail it out of there. Cortisol facilitates the emergency breakdown of triglycerides and protein to create glucose, which provides energy. It modulates blood sugar, heart and vessel tone and contraction, activation of the central nervous system and anti-inflammatory actions. But again, timing and balance are vital. Cortisol levels, like any hormone, fluctuate throughout the day, and following a stress response can take anywhere from 30 minutes to a couple of days to return to normal. But stewing on a problem may leaves those levels elevated. Either too high or too low can cause persistent and increasing problems over time. Too high can cause increased abdominal fat, hyperglycemia, sleep disruption, bones loss, muscle loss and dampened thyroid function. But suppressed Cortisol (adrenal fatigue) can cause depression, brain fog, low thyroid, trouble sleeping, low blood sugar and chronic fatigue, particularly morning and mid afternoon. Typically our Cortisol levels return to normal after a stressful event but our current high-stress culture triggers a constant physiological stress response. Moderation in all things is a mantra to live by. Fuel, work, rest, repeat. Your body is amazingly good at deciding what it needs. It does it all by itself. So if you fit into the high Cortisol category then maybe try an app for guided meditation, reading a book, going for a walk. Just 10 minutes a day could make a big difference in your stress level. If you're fatigued and burned out maybe talk to your doc about something to help quiet that constant roar of adrenaline. Like noise canceling headphones for your nervous system. There's probably a pill for that.

TRIGGERED: HOW OUR HORMONES RESPOND TO EXERCISE

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Another major hormone influenced by exercise is Glucagon, the counter balance of Insulin. A lesser known hormone also secreted by the pancreas, Glucagon releases FFAs into the bloodstream, free fatty acids, in response to low blood sugar. For example, during fasting cardio. Glucagon pulls fatty acids from adipose tissue and additional glycogen from the liver once the muscle glycogen levels start to fall. Muscle glycogen can be burned like a match during intense exercise and you only have about two hours worth (which circles back to fight or flight.) Burning through that at high intensity without rest will not stimulate fat metabolism though. It'll just make you weak and dizzy and probably nauseous. Again, balance. Let the hormones work in concert like a beautiful symphony. Use heart rate and zone training to target fat loss and strengthening of the cardiovascular system. Understanding how and why those hormones directly determine your energy pathways is they key to getting the results you seek. At

any age.

If you're 20, 30 or 40 you will not have to think about it as much, nor will you have to invest as much effort. But for those people over 40 fighting their seemingly separate and frustratingly repetitive battles, get a heart rate monitor. Polar, Fitbit, Garmin, are all great tools for helping to measure intensity. It always comes back to intensity. Talk to your doctor about symptoms you may be overlooking like adrenal fatigue, sleep disruption, brain fog, or blood sugar imbalances. Checking your adrenal and thyroid function may provide valuable insight into internal factors affecting your ability to achieve ideal body composition and general health and well being. With a basic understanding of these hormones you can approach your next workout with the knowledge of what's happening inside your body. Think about sugars and how the timing of those can decimate your workout. Think about heart rate and intensity if you're trying to stimulate fat metabo-

lism. Think about protein and BCAAs if you want to build muscle. Incorporate resistance training with your cardio. And as always, consult your doctor about beginning any new training program if you are new to exercise.

**For more information on hormones and how they are affected by the foods you eat check out something called Ketogenics. The Bulletproof Diet, by Dave Asprey is fascinating. It won't work for everyone but it's packed with good info. The Schwarzbein Principal, by Dr. Diana Schwarzbein is an older book but it's a good look at the endocrine system and a condition called insulin resistance.*

1[^]Bodylogicmd.com/for-women/symptoms-of-hormonal-imbalance 2[^]bodylogicmd.com/hormone-imbalance-in-men www.muscleandfitness.com › [Supplements](#) › [Build Muscle](#) 3[^]<https://www.webmd.com/fitness-exercise/human-growth-hormone-hgh> 4[^]<https://www.acefitness.org/education-and-resources/professional/expert-articles/5593/8-hormones-involved-in-exercise> 5[^]<http://www.wisegeeekhealth.com/what-are-catabolic-steroids.htm> 6[^]<https://adrenalfatigue.org/cortisol-adrenal-function/> 7[^]https://www.huffingtonpost.com/2013/04/19/adrenaline-cortisol-stress-hormones_n_3112800.html



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COMMUNITY NEWS BRIEFS

YOUTH MUSICAL THEATER CAMP TO BEGIN IN MONTROSE

Special to Art & Sol

MONTROSE-Weehawken Creative Arts brings musical theater to Montrose with "The Gleekers," a program led and directed by Kathleen O'Mara who is in high demand from coast to coast. This will be an amazing lifetime opportunity to work with nationally known theater teacher Kathleen O'Mara.

A one-week workshop culminating with performances of song and dance including contemporary, classic and Broadway hits, students and teaching artists will create a fully-produced performance that will entertain audiences of all ages. The workshop will focus in voice and choreography element of a performance piece, with individual, duet & ensemble numbers. The fully-staged performance will highlight the individual student's acting technique and provide exposure to an ensemble- building process through games, warm ups and performance experience. "This program is ideal for young performers who love to shine!" says Kathleen O'Mara.

Kathleen O'Mara has been a Teaching Artist, Producer and Director of Performing Arts since 1992. Known for being dedicated to innovative, story-driven, staged productions, Kathleen has worked with thousands of students across the nation on hundreds of performance pieces. Historical content, student original works, musical theater, Shakespeare, and classic drama are all based on a background in Educational Theatre Arts, and experience. Kathleen is equally comfortable with small or large casts, novice or experienced actors of all ages. Kathleen's talent for fast-paced, process-oriented work ties together structure and organizational skills with the freedom of ambitious thought provoking projects. Influenced by her experience in interpersonal acting, transpersonal acting, and ensemble group theatre, Kathleen strives towards a product that tells a story, creating pictures and moments within the scene work. A creative eye and accomplishing visually stunning pictures of character and costume, as well as commit-

ment to ensemble process and the importance of warm ups, theatre games, and a sense of community, has led her to a career of quality productions that tell compelling stories.

This one-week week camp-style workshop is intended for ages six years and up. This program runs Feb. 19 and 20 from 1-6 pm and Feb. 21-23 from 4-6 pm at the Montrose Field House (25 Colorado Ave.) and will culminate with public performances on Feb. 23 and 24. Tuition for the workshop is just \$50. A minimum number of students must be met in advance to guarantee the class, so those interested are highly encouraged to register in advance. Scholarship, work-trade and partial scholarships are available. Have a conflict with dates? Not a problem, flexible schedule options available, but must be cleared by instructor. For more information or to save your spot and register in advance, head to Weehawken's website at www.weehawkenarts.org or call Weehawken at [970.318.0150](tel:970.318.0150).

THANK YOU ELEVATE FIBER...FROM THE MIRROR TEAM!



Mirror staff report

MONTROSE-Thanks to installers Greg and Clint, left, we have joined the growing number of local businesses with the new broadband service, after years of constant outages and inflated prices. We could not be more grateful. Thank you, Elevate Fiber!

CITIZENS' CLIMATE LOBBY MEETS FEB. 5

Special to Art & Sol

MONTROSE-Feb 5- 6:30, Montrose Library meeting room. Citizens' Climate Lobby monthly meeting to assist in promotion for premier showing of Saving Snow at Two Rascals Feb. 27th. Information for public is needed to influence legislators to protect our environment and economy. Check Out Citizens Climate Lobby- Montrose Facebook site.



EL JIMADOR'S AUTHENTIC MEXICAN RIGHT OFF 12TH STREET



MONTROSE – Well, frankly, it felt like a night for a margarita and some spice. This was the second time my friend and I went to El Jimador. It's a popular Montrose lunch/dinner spot.

Margarita, done. Yumm. Basic original is generous and \$7.

Now, this is a pretty extensive menu. Prices are decent depending on what you order. When we were here before we ordered a Medio combination (a choice of two items – to share – and for \$11.50 we were presented with a lovely Chili Relleno and Enchilada/shredded beef with rice and beans).

There are also Poquito (choice of one) and Grande (three). Prices for the dinner combinations run from \$9.50 – 12.75. The servings are large.

This evening we just weren't all that hungry so decided it would be fine to just split a dish. We ordered the Zuisa Enchiladas. The overflowing dish came with a sea of rich beans and a tasty green sauce. Two enchiladas swam in the beautiful sea. They were overflowing with chopped chicken, topped with sauce and a generous dollop of sour cream. Very yummy.

There are so many choices here I cannot begin to give them all to you. El Jimador is known for its offerings of seafood and there are plenty. Prices run from \$13.99

to \$18.99. Many of the dishes feature jumbo prawns. Want octopus? They have it. In this Campechana fresh octopus and prawns come in a bowl with tomatoes, onions, avocado and is served with crackers. Not for me, thank you.

If you want to go all out, they feature two dinners meant for two (if you want to be really full or bring friends and share): Cielo, Mar, & Terra with carne asada, pollo asado and prawns served in an extra-large dish for two. Comes with two plates of rice, beans, guacamole and sour cream for \$35.25; the other offering is Fajitas for Two – choose from chicken, beef or prawns. Bell peppers and onions all served in a sizzling grill with the two plates of rice, beans, etc. This one is \$32.75. I'm bettin' you'd be too full to walk out the door.

Also chicken, beef, seafood and pork dishes ranging from \$14.25 to \$19.50. Most of the dishes here come with a large portion of Spanish rice and refried beans.

There is also a large menu section featuring burritos, enchiladas, fajita's, some egg dishes, salads and appetizers. I'm thinking this would be a great place to come for a plate of Huevos Rancheros at \$9.75.

Pretty comprehensive lunch offerings for \$8.75 and a combinations offering up to \$8.75.

In addition to numerous margarita choices there are cocktails, beer, wine, coffee drinks, and soft drinks.

You can get a Chiquitaboom (large) margarita for \$26 or a pitcher for \$26.50; again, have a designated driver.

Don't you forget dessert! Typical Mexican offerings, flan, sopapillas, fried ice cream, churros, all for \$5 each.

Got ninos? We didn't see a child's menu but I'm bettin' they have one. This evening families with little ones were seated in a large back dining room, which was nice. Nothing can ruin a meal like a screaming child (who should already be in bed) sitting just over the booth back. Now, I love my granddaughter, but . . .

El Jimador is located on 1201 S. Townsend at the corner of 12th. Call 970-249-8990. Lunch is served daily from 11 am to 3 pm, then it's on to dinner.



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NOTES FOR THE JOURNEY...

IMAGINE A SNOWPERSON WITH FOUR SECTIONS...

Technically it is wintertime so our visual aide for this exercise will be the snowperson. This is a special snowperson as each round section is of equal size and there will be a non-traditional fourth ball that we will be using. A snowperson of four sections all of the same size. Keep this in your minds eye, as you will most certainly be using this visual. Each section of our snowperson is a sibling. Four siblings who all look very much alike so to keep things easy they will be referred to as 1st, 3rd, 5th, and 7th. Three girls and a boy in case those sorts of details mean something to you. The 1st sibling thinks they are the bosses of all things so they refuse to move at all. They are at the root of their existence as well as all of their siblings. This sibling is satisfied with having temporary names assigned but that is far as they will go. Stubborn to the very core and immovable. The other three siblings have the unique ability to adapt to changing environments. They adapt by physically lowering and raising themselves by what they call a half step. The sibling referred to as 7th is even easier to work with because they will lower themselves by as much as two half steps but up only one half step. Asking them why this is the case will only upset them so take what they offering to do and be happy. The snow siblings are capable of taking five different positions. It takes a while to get to know them so we will not rush the process and only deal with their first two positions right now. The positions have names and they have named them based on whether or not one of the upper three siblings has decided to move their position. They are easiest to deal with when they are in the position they like to call major. This is easiest be-

cause all of the siblings use their given names assigned to them at birth. By tradition, these names are based after what the family has always called the major scale. They have learned that no matter what major scale is used their structure within the major never changes. It is the interval between each sibling that matters most and this is something they have been told since conception. Well, maybe a bit after conception but the tradition goes way back. Within the four siblings the major is a triad of the first three siblings based on a major scale along with the fourth siblings, called the 7th and built on top. In their lingo this is a major triad and major 7th chord. When they are asked about this family tradition they always tell people, while rolling their eyes, to think of the C major scale and use the 1st, 3rd, 5th, and 7th notes of the scale so they can be related to the names of each siblings. In C major this would be the notes C-E-G-B. Major triad C-E-B (3 notes) and then the easygoing top siblings, named the 7th (B). Put together we have the major 7th chord (M7) C-E-G-B. The siblings have gone over this with friends and family members for years and when someone pipes up and says, "Well, what if it is an A-flat major scale?" Automatically they reply, "Find the notes of that scale and use the same rules we told you last Tuesday?" The person asking the question, often a distant Aunt or a golfing buddy of their father, huffs in frustration and walks away. The siblings always say to themselves that at some point the rules must be played with in order for things to make sense.

There are time with the sibling know as 7th takes a dominant position with the other three. Being the most flexible in

regards to character and movement, the 7th will for really no reason whatsoever lower themselves a half step. Why? They do it because they can and because it feels really good. Simply by making this decision the 7th has changed the entire structure of the four siblings barely with them realizing what has occurred. This small movement is an act of a sole sibling, the 7th, but the tone of the group changes fairly dramatically. The 7th, since birth, has always had this power and uses it without warning just because a change within the four of them is often a good idea. This small step does nothing to the first three siblings, 1st, 3rd, and 5th, but does change how others view the four of them together. Now, instead of having a major 7th (M7) between the 1st and 7th we have a dominant 7th because of what the top sibling has just done to the group. Sure, the first three are happy with remaining a major triad (C-E-B) but they quickly realize that the relationship between the 1st and 7th has changed because of a small dominant move. They are now a major triad and m7 (minor 7th) outlined in order as C-E-G-B flat. One second they are all major players until the rebellious 7th lowers himself or herself just a half step to take a dominant position within the group.

In the next installment we will see what happens when the siblings known as the 3rd, 5th, and also the 7th have had enough with change and decide to make their own drastic movements. Their identities and qualities will once again change and they will take the forms of 7th chords called minor, half-diminished, and diminished. Stay tuned for my tales from our four siblings, stacked upon each other as a four-balled snowperson.



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COMMUNITY NEWS BRIEFS: ARTS & POETRY

COLORADO'S FISCHER PRIZE FOR POETRY ACCEPTING ENTRIES

Special to Art & Sol

TELLURIDE-The Telluride Institute's Talking Gourds poetry program continues its 20-year tradition of offering a national Fischer Prize contest in honor of attorney/poet Mark Fischer, who died in 1987, and his wife politician/painter Elaine Cantor Fischer, who passed away just three years ago.

"Both were beloved members of our local community," said Fischer Prize director Art Goodtimes, "and champions of the arts." Once again the Institute is offering \$1000 first prize award in the contest and five \$200 finalist awards for selected poems. Winners receive their prizes at the Telluride Literary Arts Festival May 19,

2018 in Telluride. A \$500 travel allowance for the winner to attend the festival and five \$100 travel allowances for finalists will be available. "And this year, thanks to a generous donation from the Cantor Family of North Carolina," added Goodtimes, "we will be offering a special \$500 Cantor Award for a selected poem submitted by a Colorado poet in the Fischer Prize contest."

Last year Anna Scotti from California was named the 2017 Fischer Prize winner by Chris Ransick, former Denver Poet Laureate, with her poem *Tanager*: talkinggourds.weebly.com/2017-winning-fischer-prize-poem.html. This year New

Mexico poet Joan Logghe, former Santa Fe Poet Laureate, will be our contest judge. Her website is: www.joanlogghe.com

Five finalists in 2017 were awarded \$200 cash prizes.: Anne Valley-Fox's "Because the Road Rises to Meet their Feet," Jennifer Rane Hancock's "St. Mary's Orphanage: Galveston Island, September 8, 1900," George Perreault's "Mr. Richardson's Nails," Helen Stevens Chinitz's "After Hearing Ellen Read Tarfia Faizullah," and James Crews' "My Father Asks for One Last Thing." For contest rules visit talkinggourds.weebly.com/2018-fischer-prize-submission-rules.html. Contest deadline is May 1, 2018.

Up Bear Creek by Art Goodtimes

Calling on local and state governments

FRACKING ... I've never been a fan of fracking (though some of my friends are). It can be done right. But in a profit-first economic system like ours, with chronically underfunded regulatory oversight (thanks Dumb & Dumbers), it often doesn't. We get bad air and water pollution ... We also get an American boom in oil&gas production where the U.S. is currently out-producing Saudi Arabia. That's great for business. But, without sidebars, bad for people ... So, it was interesting to read about a study by economist Janet Currie of Princeton and epidemiologist Pam Factor-Litvak of Columbia published last month in *Science Advances*. Fumes from gas production in Pennsylvania appear to be linked to low birth weight in infants, increasing in severity with proximity to the fracking. Beyond three kilometers from the drill pads infants had no discernible higher risk of low birth weight than the population at large ... This study is only associative, and it didn't measure actual pollution, but uses distance from the fracking site as proxy for pollution – given the clearly significant effect of that distance ... At the very least, it would seem prudent for all governments in Colorado to enforce a three kilometer (about a mile and a quarter) setback from any residential area for fracking operations in our state.

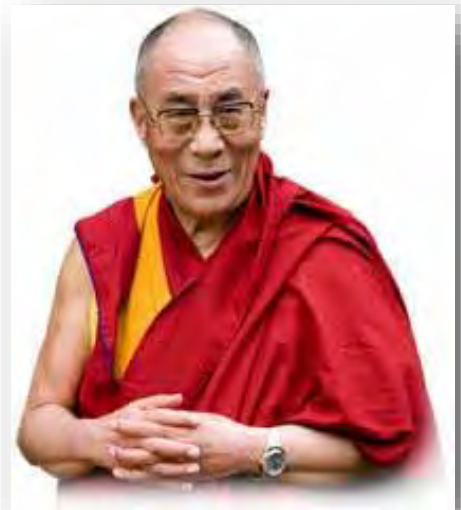
AI ... Artificial Intelligence is a burgeoning field. And it just got a boost, according to a recent issue of *Science News* (the brilliant weekly publication of the Society for Science & the Public), from a news conference last month where astronomer Andrew Vanderburg of the University of Texas at Austin announced a new planet has been discovered orbiting Kepler 90 using an artificial intelligence algorithm ... Kepler 90 is a sun-like star about 2,500 light years from Earth in the constellation Draco (the Dragon). Seven previously known planets circle the star thanks to the planet-hunting Kepler space telescope. The newest orbiting find is known as Kepler 90i. It's a rocky planet about 30 percent larger than Earth. But unlike Earth, its surface temperature is 400 degrees (Celsius) ... Vander-

burg teamed up with Google software engineer Christopher Shallue in Mountain View (my old hometown), to design a computer code called a "neural network" – a system that mimics the way human brains process information. After data training, the neural network examined 670 star systems and spotted Kepler 90i and a sixth, Earth-sized planet around the star Kepler 80. As *Science News* reporter Maria Temming notes, "The feat marks the first time a neural network has identified a new exoplanet in Kepler data" ... And you can bet we're going to continue to see new "firsts" for artificial intelligence, as our machines begin to approach and maybe one day surpass the computing power of our biological systems.

DALAI LAMA ... This Tibetan spiritual leader has the respect of most world leaders, other than the Chinese, and yet his political views seem quite in line with Maoist thinking ... As reported in the *Indian Express* in January of 13008 (2008 CE), the Dalai Lama told the Indian Institute of Management, "I am a Marxist monk, a Buddhist Marxist. I belong the Marxist camp, because unlike capitalism, Marxist is more ethical. Marxism, as an ideology, takes care of the welfare of its employees and believes in distribution of wealth among the people of the state."

HIGH STRANGENESS ... Long-time San Juan Mountains community watchdog ROCC, the Ridgway Ouray Community Council, is holding its annual spaghetti dinner Saturday, Feb. 3, and they have me coming to talk to them about politics and poetry (along with music by David P. Nunn). Chris Pike commissioned a wild poster, and put a wild title to the talk, but as the MountainFilm folks are fond of saying, Welcome to the New Normal. Perhaps in the Trump Era a Green paleohippie Rainbow elder ex-commissioner bardic keynote speaker makes something like sense ... At the Ouray Community Center. 6 p.m. ... Not recommended for the faint of heart.

MEDICARE CLAIMS ... *The Atlantic* said it,



so it's hard to believe it's not true, but it seems quite disturbing: The average Medicare recipient receives full treatment totaling the full amount of her or his lifetime contributions, plus a market rate of return, within the first two years after retirement."

THE PERILS OF APPAREL... My youngest is doing well in his first year at American University in Washington, D.C. As part of the Eagles outreach, they sent me a copy of *American Magazine* (Nov. 13017). And that issue had a great story on the fashion industry, with a grab-bag of fun fabric facts ... 70 million trees are logged every year and turned into fabrics like rayon and modal ... The average garment worker in Bangladesh makes \$91.45 per month ... 25% of the chemical produced in the world are used textiles ... The fashion industry is the second-biggest polluter of freshwater resources on the planet ... 150 billion garments are produced annually ... 61% of clothing companies don't know where their garments are made ... 70 million barrels of oil are used each year to make the world's polyester fiber ... 80 percent of garment workers are women ... 2.1 million tons of CO² emissions are produced by the fashion industry each year ... American throw away 70 pounds of clothing per person per year (and most of it locally ends up in Telluride's Free Box).

Continued next pg

Up Bear Creek by Art Goodtimes

THE TALKING GOURD

Epitaph

How can we mourn over
That which we never knew?
The giant chesnut trees
The salmon runs, the song of the wolf
Otter pools and the jeweled flicker
Of dragonflies.
The sun-greeting of lemurs
Wild, free rivers and sacred mountains
Medicine wheels and mandalas.

Is it thus
That we will adapt?
Shells of extinct passion
Choosing to love
Only what is available.
Knowing only silent springs
We yearn for nothing more.
Is that what saves us
From suicide?

-Mary de La Valette
Canada

From *The Glacial Erratic* (Fall 129990)

CELEBRATING LOCAL BEAUTY.



COMMUNITY NEWS BRIEFS: ARTS & CULTURE

ART GOODTIMES WILL SPEAK AT 2018 ROCC DINNER

Special to Art & Sol

OURAY-The Ouray County Outstanding Citizen Award, live music by David Nunn, and poetry and reflections from the irrepressible paleohippi Art Goodtimes are among the highlights of the 2018 ROCC Spaghetti Dinner. The annual event will be Saturday, Feb. 3 at the Ouray Community Center.

The dinner, starting at 6 p.m., includes spaghetti, homemade sauces, salad and gourmet desserts. An awards presentation and the keynote speaker's presentation immediately follow.

Offered by the Ridgway-Ouray Community Council (ROCC), the event is open to the public. Admission is \$10 per adult, free for children 12 and under. Wine and Colorado Boy beer may be purchased.

Art Goodtimes, who honed his lyrical skills with some of the original San Francisco street poets, will share a new poem and talk about his experiences in politics. The former San Miguel County Commissioner will speak on "Voices from the Edge: Surviving High Strangeness."

Goodtimes is a Telluride Institute Board member, Ute Reconciliation program director, Talking Gourds poetry program co-director and Telluride Mushroom Festival poet-in-resident. He was the first poet to be named Poet Laureate of the Western Slope.

David Nunn is a popular Ridgway-based guitarist who regularly performs at the Chipeta Solar Springs Resort and other local and regional venues. His performance at the dinner will include some songs from Neil Young's new album.

ROCC's annual Outstanding Citizen Award this year goes to Ridgway residents Joan and Kevin Chismire.

The award honors and thanks those who have made sustained contributions to Ouray County's quality of life.

Since moving to Ridgway from Olympia, Washington in 2002, the Chismires have dedicated their time and talents to many county nonprofits.

Joan is president of the board of the Ouray County Ranch History Museum and Kevin is president of the Ouray County

Historical Society and Museum's board.

Joan's interest in the county's ranching history began in 2002 when she and several other interviewers began talking to longtime ranch families and gathering information and photographs. The result of that research was, to date, the two-volume *Ranching History of Ouray County*.

A former art gallery manager, Joan envisioned a museum that would showcase local ranching history through collections of ranching implements and other historic artifacts. With other local volunteers, the nonprofit Ouray County Ranch History Museum was formed.

"I've always loved the arts and history and was fascinated by the ranching history of this area," Joan said. "I wanted to make sure that our ranching families would have much input in establishing the museum."

She drew upon her art gallery experience to help create exhibits in the Colona schoolhouse that told the story of ranchers' lives and work. But the space the museum began renting there in 2007 was limited and had no heat. The museum founders realized they needed to expand and began searching for property.

The Mitchell family, who owned the 126-year-old Ridgway Depot building, contacted the museum board with an offer to sell. Donors helped to purchase the depot and surrounding acre of land. The new Ouray County Ranching History Museum opened its doors in June, 2017.

"We had over 475 visitors in our three-and-a-half-month opening last year. People from as far away as Japan, as well as second and third-generation local ranching families, visited," said Joan.

"We are blessed with creative volunteers and donors who have helped us showcase our important ranching heritage in a fabulous downtown location."

The new building features ten themed rooms and a garage packed with cattle brands, saddles, and farm implements, all donated by local families.

"Joan's unwavering perseverance made this all happen," said Linda Ingo, a member of the museum's advisory board.

"She had the vision and artistic talent to

clear hurdles and put it all together so that we could provide this great asset to the community." Joan also has served on the Ridgway Streetscape steering committee, and for Ridgway Community Pride. She was administrator for the Mt. Sneffels Education Foundation and is currently a member of the Ridgway Creative District Committee.

Both she and Kevin have volunteered for Ridgway Schools and travelled with the school's Solar Car Team when their two sons, Neill and Bryce, were high school students. And for six years, Joan matted high school artwork for the school's annual Art Show.

Kevin had served the U.S. Army for 30 years as an ophthalmologist specializing in glaucoma research and treatment. He was Special Forces Battalion Surgeon in West Germany and held a staff position at Madigan Army Medical Center in Tacoma. When the Chismires moved to Ridgway, Kevin's interest in history led him to volunteer at the Ouray County Historical Society. Since 2004, he has been an active president of the board of directors.

As president, Kevin oversaw the establishment of an archival facility on Ouray's Main Street to house the historical museum's many paper and photographic archives. The facility also serves as a workplace for OCHS archivists who meet year-round research requests.

He is now working with the board to achieve a second major goal -- a three-phase renovation and restoration project for the 131-year-old building.

Kevin, now retired from medical practice, also serves on the steering committee of the Ouray County Community Fund, a subdivision of the Western Colorado Community Foundation.

An avid bicyclist, he has ridden in and organized many bike events for charities and nonprofits.



Art Goodtimes.
Courtesy photo.

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. 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. 3-The Montrose Education Foundation (MEF) announces our first annual “Montrose’s Got Talent” finals competition talent show! It will be held Feb. 3, 2018 (Saturday) from 2 p.m. to 5 p.m. at the Montrose Pavilion (1800 Pavilion Dr. Montrose). This competition will be an exciting event showcasing all ages and talents. Tickets are \$10/Adults and \$5/Students.

Feb. 3-2018 ROCC Spaghetti Dinner, Ouray Community Center, 6 p.m., with spaghetti, homemade sauces, salad and gourmet desserts. Speaker Art Goodtimes. An awards presentation and the keynote speaker’s presentation immediately follow dinner. Offered by the Ridgway-Ouray Community Council (ROCC), the event is open to the public. Admission is \$10 per adult, free for children 12 and under.

Feb 5- 6:30, Montrose Library meeting room. Citizens' Climate Lobby monthly meeting to assist in promotion for premier showing of Saving Snow at Two Rascals Feb. 27th. Information for public is needed to influence legislators to protect our environment and economy. Check Out Citizens Climate Lobby-Montrose Facebook site.

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-League of Women Voters presents "IS OUR DEMOCRACY FOR SALE?" HARD, SOFT & DARK MONEY IN POLITICS - What are PAC's, Super PAC's, 527's, 501(c) 4's? Feb. 8 at noon in the Community Room of the Montrose Library.

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.

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

Feb. 10-Gabrielle Louise to perform at Lark & Sparrow, a Valentine’s Concert. The Lark & Sparrow is located at 511 East Main Street, Montrose, CO. Tickets are \$15 at the door and \$13.50 in advance via eventbrite.com. Visit www.gabriellemontrose.com or www.thelarknsparrow.com for more information.

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 unwpccommunications@gmail.com to get a registration link or leave a message at 970-325-3010. More information: www.uncompahgrewatershed.org/events.

Feb. 10-Montrose Democratic Party Candidate Forum, featuring Four candidates for Colorado Attorney General: Brad Levin, Joe Salazar, Michael Dougherty, and Amy Padden. The forum will be held at the Montrose Events Center, 648 So. 1st Street, Montrose, from 3 to 5 p.m. The door will open at 2 p.m. for audience members to prepare their questions for the candidates.

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. 13--Alpine Photography Club Meeting,, 7 pm at Colorado Mesa University, 245 S. Cascade Ave., Room 100. Presentation: Panoramic Images By Vince Farnsworth. Tech Tip: Split Neutral Density Filters By Tony Litschewski. Sharing Theme: Food. All are welcome to attend.

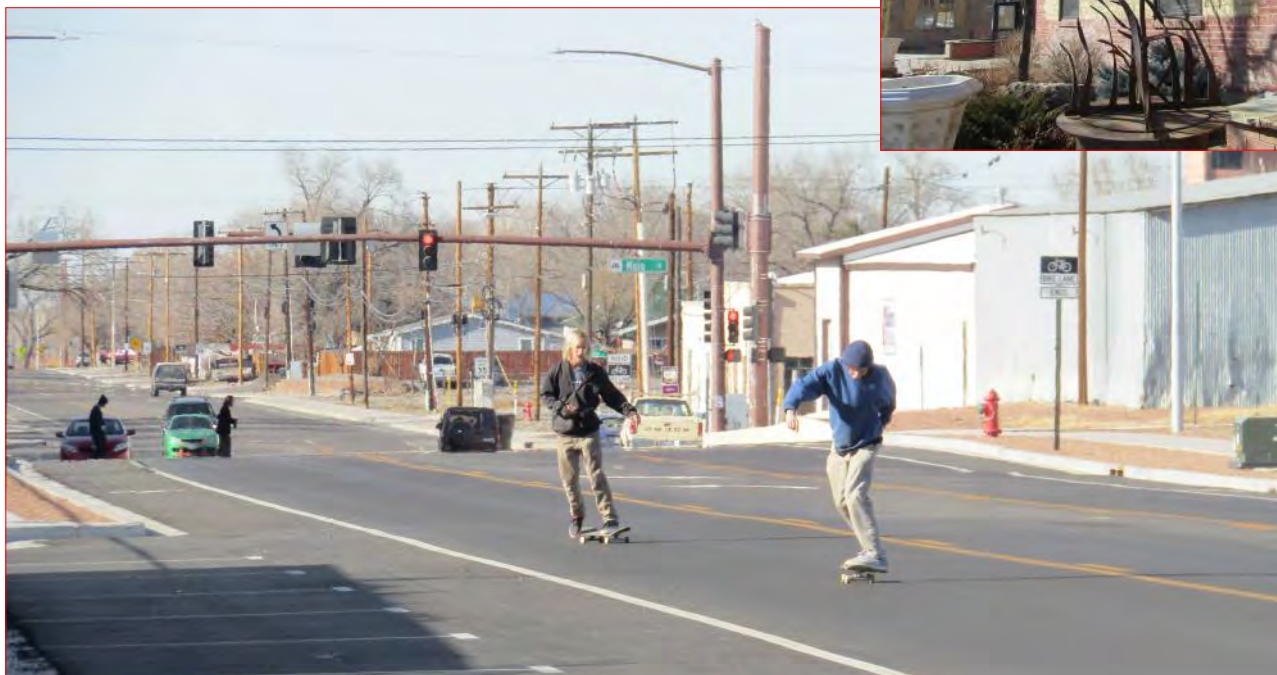
Feb. 16-Circle Three Cowboy Church, Valentine Dance will be held on Friday, Feb. 16, 2018 at 7 pm. 62885 LaSalle Road, Montrose It is a family event, so bring your family for Western Dancing and fun.

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:
970-275-0646

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Below, January's warm weather brought out some intrepid skateboarders Sunday; at right, "Colorado Trash Fish" by Artist Lee Baxter was acquired by the Montrose Public Art eXperience (PAX) committee for the City's permanent collection in 2007.



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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!