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THE MONTROSE MIRROR

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

© Issue No. 258, Feb. 5 2018

STEP UP, SAVE A LIFE: HANDS-ONLY CPR, AED'S ENABLE EVERYDAY HEROES

By Caitlin Switzer

MONTROSE-If somebody collapsed in front of you, would you spring into action or fade into the background? Instances of cardiac arrest and heart attack are common occurrences even in rural regions, and thanks to technology and "Hands-Only" CPR, no experience or training is now needed to save a life.

On Jan. 26, quick-thinking bystanders saved the life of a 70-year-old man who collapsed at the corner of Colorado Avenue and Aspen Street in Telluride.

Montrose Fire Protection District Chief Tad Rowan said that heart attacks and cases of cardiac arrest regularly occur anyplace that human beings gather. A Nov. 30 patron death from cardiac arrest at the Montrose Community Recreation Center (CRC) made headlines, but also showed CRC staff to be prepared and trained in the use of CPR and potentially life-saving devices such as the Artificial External Defibrillator (AED).

[Continued pg 15](#)



MFPD Fire Prevention Specialist Mark Bray with a Cardiac Monitor. Early use of CPR and an AED if available are key to surviving an incident of cardiac arrest or heart attack, Bray said. Mirror staff photo.

HABITAT BUILDING IN MONTROSE, RIDGWAY



On Saturday, Jan. 27 Alpine Bank employees from Montrose, Ridgway and Delta participated in the Habitat for Humanity's build going up on Park Avenue in Montrose. (Photo by Michael Lawton).

By Carole Ann McKelvey

Mirror Feature Writer

MONTROSE – Chilly weather early Saturday, Jan. 27, didn't deter dressed-down Alpine Bank volunteers as they offered their day and talents to a Habitat for Humanity of the San Juans

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Gail Marvel's
Answering the Call Series

Art Goodtimes'
Up Bear Creek!

Michele Gad on the
Science of Love!

Rob Brethouwer on
Classical Music!

Regional
News Briefs!

ANSWERING THE CALL: MPD PATROL OFFICER COURTNEY JONES

By Gail Marvel

MONTROSE-Some people in the community may recognize Patrol Officer Courtney Jones from her previous high-profile career in broadcast journalism; "For 12-years I worked for KJCT TV in Grand Junction. I started as a production assistant and climbed the ladder to reporter, then to TV anchor."

Raised in Denver, Jones moved with her family to Grand Junction and graduated from Fruita High School. "Ever since I was a kid law enforcement has interested me. A friend of my parents was a retired police officer and his stories were interesting. I did a volunteer internship with the Grand Junction Police Department (PD) and a spark started growing."

Jones has been with the Montrose Police Department (MPD) for six years. "The Police Academy was fun, but it was a life's worth of information in 15 weeks."

Along with patrol duties, Jones is a Training Officer for new hires and is the Crime Free Coordinator. "Our Crime Free Housing program reduces crime in multi-family housing units and apartment complexes. We also help businesses and organizations. In general, it makes homes and businesses safe and secure. I want to help people, help them solve problems, not just solve crimes."

As for the most stressful part of her job

Jones said, "I think when we're really busy and cases stack up. The work load can be unexpected. Not all calls are dangerous, but sometimes the calls are complex. It can be stressful when you're trying to juggle all the information and the frequency of calls for service. Some days it's the whole shift [no breaks in calls]." Currently patrol officers work 12-hour shifts.

The most enjoyable part of her job is bringing a case to resolution, "When you have answers for someone. It's satisfying to return lost or stolen property and the culprit is charged. There's a lot of opportunity to try and help people, or point them to other services in the community that might make their life better." In the area of lifesaving situations Jones was called upon to use CPR on a woman who was not breathing, "I know that she was alive when EMS transported her to the hospital."

For Jones the least enjoyable aspect of being a patrol officer is directing traffic, "Having to make sure you are seen and giving information to tons of people. It's nerve wracking. Like when there is an accident, or a traffic light is out. You're directing numerous lanes of traffic and it's annoying that a lot of the time we can't get motorists to pay attention."

A particular skill set for Jones is her abil-

Officer Courtney Jones



Patrol Officer Courtney Jones. Courtesy photo.

ity to talk to people about anything. "My previous career gave me a wide base of knowledge and I can talk about anything. I can build a rapport and it's helpful when people don't feel comfortable talking to PD." Public speaking, community outreach and interviewing are carryovers from her career in broadcast journalism. "I find different ways to get people to open up. Writing reports comes easy. It's not so much research, but I know how to dig [for information]."

Jones did not know a lot about Montrose until she moved here, "It's grown on me a lot and I really enjoy living here." Jones likes to stay active with exercise, running, lifting weights, hiking, reading and creative writing. "I like to ski...when there is snow!"



ONLINE NEWS
ASSOCIATION

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Publisher: Caitlin Switzer, Weekly pre-share Circulation 10,300+

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

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THE
MONTROSE MIRROR



MONTROSE
DOWNTOWN

THURSDAY FEBRUARY 22

DINNER + MAGIC + MOVIE

1

SHOW YOUR TICKET TO GET FOOD & DRINK SPECIALS

Hiro Japanese Steakhouse:

Free appetizer*

Colorado Boy: Free 16 oz pint or soda*

RnR Sports Bar:

Free appetizer per table and \$1 off first drink*

The Vine Market & Bistro:

Buy 1 Get 1 Free Entree*

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2

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FOX THEATER FOR
AN INTIMATE
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TELLURIDE'S

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Magic Show starts at 6:30 pm

3

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FOR
MARVEL
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7:30 pm



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REGIONAL NEWS BRIEFS

RAPTOR FIELD TRIPS OFFERED IN FEBRUARY

Special to the Mirror

MONTROSE—The Black Canyon Chapter of the Audubon Society is offering four field trips to look for raptors (eagles, hawks, owls, and falcons) in the Montrose and North Fork areas. The trips will be limited to 12 people per day on a first come, first serve basis. No previous experience is required, just an interest in the

birds of these areas. Two field trips will be held in the North Fork area on 10-11 February. Both will be leaving from the Hotchkiss City Market at 9 am. The field trips for the Montrose area will be 17-18 February and will be leaving from the downtown City Market parking lot at 8:30 am. All the trips will go to 2-3 in the afternoon. Those joining the trips are asked to bring their

own binoculars, a lunch, something to drink, and to dress warmly. Last year more than 100 raptors of seven different species were seen each day. For more information and to reserve a place on the Montrose trip contact Bill Harris, [970-615-7166](tel:970-615-7166) or trlgpa48@gamil.com, for the North Fork area trips contact Jim LeFevre, jimlef@paonia.com.

HARLEM WIZARDS ARE COMING TO DELTA HIGH SCHOOL!

Special to the Mirror

DELTA—The Harlem Wizards are coming to Delta High School, Tuesday, Feb. 13 at 7 pm. The evening promises to be a fun-filled event that is great for kids and adults and will guarantee to put a smile on your face! This event is hosted by DHS Student Council, Delta area schools, and

the Delta Police Department.


They have brought The Wizards into town as a community unity event- to celebrate and show our love of our great Delta Community and just in time for Valentine's Day!

Tickets purchased before the event are \$10 for adults \$8 for children.

Tickets can be purchased at the following locations: Delta High School or online at www.Harlemwizards.com, from now until the day of the game, Feb. 13.

Tickets will also be available on the day of the game at Delta High School at 6 pm for \$12 for adults and \$10 children, and online at www.Harlemwizards.com.

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REGIONAL NEWS BRIEFS

HELP IDENTIFY STOLEN SUSPECTS AND STOLEN VEHICLES

Montrose Regional Crimestoppers

MONTROSE-Montrose Regional Crime Stoppers, Inc. and the Montrose Police Department are seeking the help of citizens to identify and locate the suspect(s) and vehicles stolen in Montrose during 2017.

During the past year, 106 motor vehicles were stolen from residents and visitors in

the City of Montrose. While some vehicles have been recovered, many have not. Auto theft and theft from vehicles are often crimes of opportunity. Police are asking everyone not to leave valuables in their vehicles overnight, not to leave vehicles unlocked, and never leave their vehicles running when unattended. Anyone with information about these or

any other crimes may call Crime Stoppers anonymously at 970-249-8500, use the mobile app P3 Tips, or provide information via P3tips.com. Crime Stoppers wants your information, not your identity. If the Tip results in an arrest, the Tipster may receive a cash award. Crime prevention and crime solution are everyone's responsibility.

WESTERN COLORADO LATINO CHAMBER OF COMMERCE CELEBRATES 5-YEAR ANNIVERSARY

Special to the Mirror

GRAND JUNCTION—The Western Colorado Latino Chamber of Commerce (WCLCC) will celebrate its five-year anniversary on Feb. 21, 2018, featuring special VIP guest Jessica Acosta. Acosta is Founder/CEO of Environmental Consulting Services(ECS) & EDIFICE2120, an accomplished leader with

more than 14 years of progressive experience in the construction industry.

Members and non-members are invited to celebrate with the WCLCC from 5 p.m. to 7:30 p.m. Event will be held at the Western Colorado Community College's student run Chez Lena Restaurant, 2508 Blichman Avenue, in Grand Junction. The

event will feature food, drinks, live music and VIP Speaker.

Tickets are \$25 for members and non-members. RSVP by Feb. 19 -tickets available on EVENTBRITE. For more information: wclatinochamber.org or info@wclatinochamber.org or by phone 970.712.8663.

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REGIONAL NEWS BRIEFS

HOSPICE ISN'T ABOUT DYING, IT'S ABOUT LIVING YOUR BEST

By Nancy Hannah, HopeWest
Director of Community Relations

REGIONAL-I remember so vividly the pain and confusion that my mother experienced struggling with cancer and not having hospice care. It was simply awful for all of us. My father moved to western Colorado after she died, so when his cancer returned he enrolled first in palliative care and then in hospice.

The difference in care, support and pain management was remarkable. We all felt safe, cared for and loved. We knew who to call when we had questions, when there were alarming symptoms in the middle of the night and when we were overwhelmed. My father's care team was amazing and they made his last months not just comfortable but special.

My hope is that every family facing similar situations will use these services and understand that enrolling in hospice doesn't mean you're giving up. For my dad, it was choosing to live his last months

the best they could be.

Scenarios like mine play out hundreds of times across the nation every day. Among the more than 1.3 million Americans who received hospice services, 28% were in hospice for less than seven days according to the National Hospice and Palliative Care Organization's Facts and Figures 2016 edition, when the Medicare Benefit allows up to 180 days of hospice care. *The Journal of Pain and Symptom Management* also reports that patients who received hospice services lived on average, 29 days longer than those who did not receive hospice care.

So, why do patients wait so long to enroll in hospice care? Is it the fear of giving up or a misconception that hospice is a last resort when nothing else can be done?

One of the most frequent wishes I hear from families is that they enrolled in hospice sooner. At HopeWest we believe that hospice isn't just about dying peacefully but rather *living* in comfort.

Medicare and other insurance providers typically cover hospice care in full for up to six months and may cover an extended period if physicians re-evaluate patients and determine they are still appropriate for hospice. If a patient enrolls in hospice, HopeWest will support caregivers, work directly with the patient's physician to coordinate care, help families focus on what's important and worry less about the details, plus so much more. If a patient is not eligible for hospice, HopeWest's Palliative Care program is an alternative for patients who may need that same level of support and care.

I encourage you to look to HopeWest as a resource and don't be afraid to ask questions. Our staff will find the best solutions and care options for you or your loved ones. For more information about how HopeWest's hospice, palliative care or grief support can help you or your family, visit HopeWestCO.org or call (970) 240-7263.



ANONYMOUS

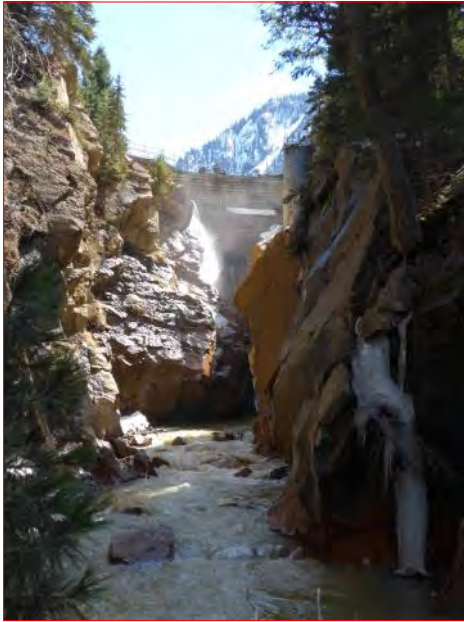
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**MONTROSE REGIONAL
CRIME STOPPERS**

see something, say something

REGIONAL NEWS BRIEFS

WATERSHED STUDY CONFIRMS HIGH ARSENIC LEVELS IN UNCOMPAHGRE



Spillway and sluice gate; sediment collection. Courtesy photos Uncompahgre Watershed Partnership.

Special to the Mirror

OURAY-A recently released study by the Uncompahgre Watershed Partnership (UWP) confirmed that arsenic levels in the Uncompahgre River in Ouray County continue to exceed state water quality standards for human health. Though not a direct source of drinking water for homes and businesses in Ouray, Ridgway, Loghill and other downstream neighborhoods, the river is used for agriculture and recreation and may be connected to underground sources that feed nearby wells.

The nonprofit watershed group has secured \$1,000 from the county and \$500 from Ridgway to partially fund a followup hydrodam sediment release study, and has discussed the possibility of collaborating with the county on a study of well water on properties along the Uncompahgre River between Ouray and Ridgway.

The Uncompahgre River is known to have relatively high concentrations of several heavy metals such as manganese, aluminum and iron, since it has many tributaries that pass through both naturally

high mineral content in the mountains as well as minerals exposed by past mining activity. The water flowing through the river between Red Mountain Pass and Ridgway Reservoir turns various shades of green, yellow and orange at different times throughout the year, due to human-caused and natural events that increase the flows of heavy metals.

For years, the Ouray County government has fielded calls from concerned people when the river's color was brightest. One annual event that elicits such a public response is the sluicing of the Ouray Hydrodam, when a gate at the bottom of the dam is opened to release sediment from the reservoir. The sediment flows into and builds up in the reservoir each year, and must be released to improve operations. This release, usually once a year, sends an orange plume down the river.

"The hydrodam has a storage capacity of less than one acre-foot, which fills quickly with sediment and precipitated metals from the inflow. The annual sluice event releases accumulated sediment and met-

als in hours rather than slowly, over the period of a year," said Murphy, a retired Bureau of Land Management hydrologist.

Some community members have wondered if the plume with its higher concentrations of metals has negative impacts on the Uncompahgre River. Last March, UWP studied the plume by taking water and sediment samples before, during and after the dam release at three locations along the river by a group of volunteers with hydrology expertise, led by UWP Project Manager Agnieszka Przeszlowska.

Analysis of the sampling data showed that the water and sediment released from the hydrodam raised water levels in the river for a short period. The stream flow in the Uncompahgre River near Ouray increased from 141 cfs (cubic feet per second) to 174 cfs for less than 30 minutes. Downstream near Ridgway, the streamflow peaked at 170 cfs for approximately three hours and 30 minutes, only 2 cfs higher from the 168 cfs peak the previous day.

During the release, measurements showed substantially raised [total](#) metal concentrations, including manganese, aluminum, arsenic, cadmium, copper, iron, lead, nickel, selenium, silver, and zinc. All metal concentrations met aquatic life standards and most metals met human health standards, according to state water quality criteria.

However, both manganese and arsenic were at unsafe levels. The release is not suspected to be an original source of the manganese and arsenic concentrations, so UWP recommends additional study to better understand sources and concentrations within the watershed.

Manganese exceeded water safety standards before, during, and after the release at the sampling location below the dam, but attained levels within safety standards at the other two sampling locations at certain times around the release. No drinking water sources including wells are located near the dam, and the overall manganese concentrations were

Continued next pg

WATERSHED STUDY CONFIRMS HIGH ARSENIC LEVELS IN UNCOMPAGHGRE

From previous pg

considered relatively benign.

However, the arsenic concentrations, which exceeded the human-health criterion before, during and after the sediment release at all three sampling locations, are considered more of a concern. "The EPA classifies arsenic as a Class A carcinogen, meaning it may pose the highest risk of cancer. This classification results in a very low human-health standard (0.02 microgram per liter of total arsenic)," according to the report produced for UWP by Ashley Bembenek and Julia Nave of Alpine Environmental Consultants in Crested Butte.

The arsenic concentrations are not new in the Uncompahgre River near Ouray and Ridgway, which have occasionally exceeded the human-health and raw water supply criteria in other measurements taken over the past 15 years.

The UWP study did not directly investigate the potential effect of the sediment release on public water supplies. The raw source waters for local utilities are all upstream from the Uncompahgre River and do not receive any flows from the releases. While those supplies would be unaffected by the sediment release, wells in the area may be affected. They were not studied in 2017, but plans are being considered to study them in 2018.

Murphy concluded, "This initial study was conducted under significant time, labor, and financial constraints, so did

not provide as complete a picture as we had hoped. However, using what we learned from this study will be beneficial to better design future studies and monitor potential water quality issues in the Upper Uncompahgre Valley. As an example, the metal arsenic, a class A carcinogen, shows to be elevated at times in the Uncompahgre River. Sampling the water quality of domestic wells in the valley bottom, that may be pumping water connected to the river, might expose some potential health issues previously undetected."

As far as the health impacts of arsenic on recreational users of the Uncompahgre River, the Colorado Department of Public Health and Environment put out an advisory after the 2015 Gold King Mine spill into the Animas River, stating that it "does

not anticipate adverse health effects from exposure to contaminants detected in the sediment during typical recreational activities or through incidental contact with the sediment." The CDPHE recommends prudent public health practices when coming into contact with sediment and surface water containing heavy metals: 1. Don't drink untreated water from the river. 2. Wash hands thoroughly with soap and water after contact. 3. Avoid contact in areas where there is visible discoloration in sediment or river water. 4. Wash clothes after contact. 5. Supervise young children to make sure they follow these recommendations. The full report on the Ouray Hydrodam Sediment Release is available online at: <http://www.uncompahgrewatershed.org/2017-hydrodam-sediment-release-study-report/>



Montrose Adult Diabetes Support Group

Tuesday, February 6 - Diabetic Medication 101

by Jeannie Mueller PA-C, RD, CDE and Rachel Stranathan PA-C, CD

Questions? Call Teresa at 970-240-7280

Join us the 1st Tuesday of the Month at 6 PM(except Holidays)

Upcoming:

Tuesday, March 6 - To Be Determined



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OLATHE MAYOR REMINDS OF HIS CANDIDACY FOR BOCC DISTRICT 2; COMMISSIONERS HOLD 2 EXECUTIVE SESSIONS TO SEEK LEGAL ADVICE



The Montrose Board of County Commissioners (BOCC) met for a special meeting in Montrose, above, at 10 a.m. on Jan. 31, and for a regular meeting in Olathe at 7 p.m. Mirror staff photo.

Mirror Staff Report

REGIONAL- On Wednesday, Jan. 31, the Montrose Board of County Commissioners (BOCC) met for a special meeting in Montrose at 10 a.m., and for a regular meeting in Olathe at 7 p.m.

SPECIAL MEETING: Only two items were

listed on the special meeting agenda; an executive session for legal advice concerning negotiation positions related to the Dispatch Center (with the Sheriff and Undersheriff present during this session); and an executive session for legal advice concerning the role and fiduciary duties of

county commissioners. No actions were taken during the executive sessions. REGULAR MEETING: At 7 p.m., the BOCC convened at Olathe Town Hall for a regular meeting. Addressing commissioners during the time for public comment, Olathe Mayor Rob Smith said, "I just wanted to let you guys know...about my candidacy for County Commissioner, District Two, I know I announced with the Party back in November but apparently it hasn't hit the papers anywhere, no matter how hard I try, so I wanted to make sure and say that in open session today and try to move forward in that direction."

He thanked the current BOCC, "You've done a great job...I know everybody's doing what's best for the County and I certainly appreciate that."

[Consent Agenda items](#) were unanimously approved.

Commissioners unanimously adopted [Resolution 15-2018](#), ratifying a previously approved request to rezone 10.9 acres from General Agriculture (A) to General Commercial (C) for Lot 2 of the Wynne/Seibert Minor Subdivision.

With no further business, the meeting was adjourned.

ROSS STORES LEND A HELPING HAND

Special to the Mirror

REGIONAL- From Feb. 3-25, 2018, local ROSS stores in Grand Junction and Montrose are going to be working hard to raise money for the Black Canyon Boys and Girls Club. ROSS stores have long since been an advocate and fundraising partner for the Boys and Girls Clubs of America, and the local ROSS stores are no exception. In 2017, the two stores totaled \$3,605.77 in funds that went toward helping the Montrose and Olathe Boys and Girls Club units. So make sure to stop into your local ROSS stores to help make great futures start here for our local youth. For more information on the Black Canyon Boys and Girl Club, check out www.bcbgc.org.

Black Canyon Boys and Girls Club Executive Director, Bud Taylor (right), is presented the funds raised from the Montrose ROSS by Store Manager, Amanda Lannon (left) in 2017. Courtesy photo.



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Thursday
Feb 1

Thurs - Sun
Feb 1-4

Tuesday
Feb 6

Thursday
Feb 8

Friday
Feb 9

Saturday
Feb 10

Wednesday
Feb 14

Thursday
Feb 15

Friday
Feb 16

Thursday
Feb 22

Friday
Feb 23

Saturday
Feb 24



OPEN BARD: YOUTH NIGHT at the WRIGHT

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

UpstART Professional Theatre and the Sherbino present:

HEDWIG AND THE ANGRY INCH

Feb. 1, 2, and 3 @ 7:30pm, and Feb. 4 @ 4 pm. TIX @ sherbino.org



LATIN FEVER SALSA NIGHT

Doors @ 6. Salsa Lesson @ 6:30. DANCING begins @ 7. \$8 entry.

JEFFREY FOUCAULT

\$18 in advance
\$22 at the door

Doors @ 7:00pm. Music @ 7:30pm.



OPEN MIC NIGHT

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

GAME CAFE NIGHT

Entry by Donation

Doors 5:30pm. Open Games from 6-9 pm. Food by The Lunchbox (\$!).



Alpine Bank's FREE FAMILY MOVIE NIGHT

Free-Tured Film: DESPICABLE ME 3

CO-HOSTED BY VOYAGER, OFFERING CHILDCARE (donations welcome)

Doors 5:30pm. Movie @ 6:00pm. FREE!

dZi presents

MOUNTAINFILM on tour

Doors @ 6. Films @ 7. \$10 at the door.



NICENESS!

Doors @ 7:30pm. Show @ 8:00pm. \$10 at the door.

SHERB NERDS Trivia Night

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



Blue Speckled Fox Productions & the Sherbino present

LIQUE

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

SAVING SNOW

An Adaptation Now Documentary Premiere

Doors @ 6:30. Movie at 7. FREE ENTRY. Cash Bar and Concessions Available.



HABITAT BUILDING IN MONTROSE, RIDGWAY From pg 1



Teresa Peters of Alpine Bank prepares to saw some boards at the triplex being built by Habitat on Park Avenue. (Photo by Michael Lawton).

(HFHSJ) build going up at 333 Park Avenue South, Montrose.

Lead by Alpine Bank Marketing Dept. Manager Allison Michelle Nadel, bank employees from Montrose, Ridgway and Delta put on their work clothes and pitched in. Most had never built anything, ever.

"It's really very rewarding and fun to learn these new skills," Nadel said. "Four of those working today have done this before, the rest are newbies. It's a fun, team-building group, something really new," she said.

Saturday's volunteers were framing the exterior and interior of the triplex, which will be three stories high and about 1,500 square feet each. Build Days, as events like these are called, are crucial to Habitat's process. "It's community outpouring like this that make our mission possible," said HJHSJ Executive Director Colleen Burke.

Triplexes going up here and in Ridgway are destined to serve community members who live and work in the area.

"An open door" is an oft-used analogy for opportunity, a metaphor likely not lost on Alpine Bank as they pledged \$10,000 to cover the cost of every door for HJHSJ's new triplex housing project. "These aren't just any doors," said Weesa Hild, event and volunteer coordinator at Habitat. "These doors will literally open up to a better life for three local families, including four children."

Alpine Bank's donation is the latest demonstration of community support for the triplex project, according to Burke. She said in January alone hundreds of volunteer hours were spent during Build Days, including the one sponsored by Alpine Bank and another by the First Presbyterian Church in Montrose. As many as 20 employees from DMEA and Elevate Fiber gathered at Habitat's new triplex build site in Montrose twice last October to help build the three homes. Volunteers from the two businesses took the day off from work to

spend their time and energy framing the first level floors of the three-story homes. It was part of DMEA and Elevate Fiber's partnership and commitment to helping Habitat.

"Build Days are a very important part of our whole process. What these committed volunteers will contribute is nothing short of amazing," said Hild.

DMEA has committed to the building days as part of their broader sponsorship of the triplex project on 333 Park Avenue South, Montrose, in addition to a donation of \$15,000 for construction costs.

"Concern for community is a founding principle for all cooperative businesses. That's why our employees and board members are always focused on improving the lives of members. It's also why over the past year, we've renewed our efforts to find meaningful ways to live out this principle. By partnering with Habitat for Build Days, we're able to serve the community in a different way – DMEA is so much more than poles and wires," said Becky Mashburn, DMEA Marketing Supervisor.

Ridgway's historic build

The build in Ridgway is historic; HFHSJ recently closed on a lot in Ridgway's River Park subdivision to serve as the first build outside of Montrose County. In 2015 Habitat expanded their service area to include Ouray and San Miguel counties. Beth Kelly, a spokesperson for HFHSJ, said "the

local Habitat affiliate raises all their funding locally and it's an ongoing effort.

"This is the first time HFHSJ has undertaken multi-family housing projects, but it is a well-established model used by other Habitat for Humanity affiliates," she said. "It's a combination of individual donors, fund-raising, the ReStore and ROOMS by Habitat, corporate sponsorships, in-kind donations and hundreds of volunteer hours. We estimate that the Montrose triplex will cost about \$500k and the one in Ridgway \$550k. "We serve Montrose, Ouray and San Miguel counties and we are currently planning and building new construction on homes in both Montrose and Ridgway, which will bring our total new home construction to 59 homes since 1991," Kelly said. Other sponsors of this triplex housing project in addition to DMEA—who also have committed cash towards construction costs—include Academy Mortgage; Corks Fine Wines and Spirits; Motley Architecture Design; Dynamic Integration; D&S Underground; City of Montrose; Montrose Women's Club; and Mesa Engineering and Surveying. Kelly said Habitat is always looking for land to buy, to build affordable homes. "Last year we had the opportunity to buy a parcel that was zoned for three residential units. With property values increasing as they are, it made sense to follow in the steps of some of our Habitat peers and try a multi-family housing model."

Home ownership is goal

Through the Home Ownership program, Habitat sells homes to qualified families at a 0-3% interest rate, a \$500 down payment, and a set monthly mortgage payment that does not exceed 30 percent of gross monthly income. From the time a family applies to when they can move into their home, the process takes anywhere from nine months to one year for new construction.

Revitalizing Neighborhoods in Ridgway

Habitat has also launched a new housing drive by recently partnering with the Town of Ridgway to create a revolving loan fund for homeowners inside town limits. To learn more, call 970-252-9303.

COLORADO NEWS BRIEFS

KEEP NATURAL GAS METERS FREE FROM SNOW AND ICE

Special to the Mirror

COLORADO-The Colorado Public Utilities Commission (PUC), a division of the Department of Regulatory Agencies, is encouraging natural gas customers, especially those in mountain communities with heavy snowfalls, to keep their gas meters clear of snow and ice to prevent accidents.

"The accumulation of snow and ice on natural gas meters is a safety hazard," said Joe Molloy, chief of the PUC's Gas Pipeline Safety Unit. "Snow can block the vents on

meters causing a potentially explosive build-up of natural gas that can leak back into the building."

Damage to natural gas facilities may also result from the impact of snow or ice falling from roofs, ice forming in or on regulators preventing their proper operation, or shoveling snow from roofs to protect dwellings from abnormal snow accumulations.

The problem of melting snow and ice falling on exposed meters will continue

through the spring as daytime temperatures rise and then fall below freezing overnight.

Customers who notice ice on their meters or are concerned that meter vents may be blocked should contact their local gas utility.

Customers should leave their residences immediately if they detect a gas or propane odor and report the odor to their local gas utility, propane operator or designated emergency response officials.

COLORADO DIVISION OF INSURANCE RELEASES 2016 HEALTH INSURANCE COST REPORT

Special to the Mirror

COLORADO-The Colorado Division of Insurance (DOI), part of the Department of Regulatory Agencies (DORA), has released its 2016 Health Insurance Cost Report.

The report analyzes the availability of health insurance, premiums, the factors that drive premiums and the trends impacting the marketplace - for both the individual and group markets. It also reports on the financial status of health insurance carriers.

"With health insurance so important to the lives of Coloradans, noting the trends and patterns is a valuable practice. And because much of this report has year-over-year data, it allows for comparisons over time," said Interim Colorado Insurance

Commissioner Michael Conway.

Highlights from the 2016 report included:

- While there are 425 health insurers in Colorado, many of which provide insurance other than major medical insurance (such as dental or vision), the top 10 largest insurers accounted for 81% of the health market.

- A little over half of all Coloradans had employer-based health insurance, which is close to the national figure.

- Average monthly premiums per person across individual, small group (for small employers with 2 - 100 employees) and large group health plans (for employers with 100+ employees) ranged from \$317 to \$423.

- Approximately 86 percent of premiums collected for health insurance in Colorado went directly to the cost of providing healthcare services, exceeding the 80 percent minimum requirement under the ACA for individual and small group plans, and the 85 percent requirement for large group plans.

In Colorado, 45 percent of private-sector employers offered health insurance, and of that number, 48 percent self-insured their plans.

The report can be found on the DOI's page for "Insurance Brochures, Fact Sheets and Reports" - click on "Health Insurance Reports" under "Reports by DOI," and on the next page, click "Health Insurance Cost Reports."



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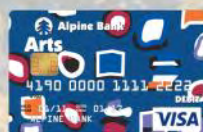
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AED'S ENABLE EVERYDAY HEROES *From pg 1*

Though AED's are not required by law, the devices are now located throughout Montrose, including City and County buildings, the Rec

Center, Russell Stover Candy Factory, grocery stores, big box retailers, some churches, and schools. Area ski resorts and many private businesses also keep AED's on hand.

And while AED's, like fire extinguishers, do not need to be registered and can be purchased by anyone, "We are working on a mapping program for specific AED locations," Rowan said, "it is still in the early stages."

First responders and medical professionals do not use AED's, because they possess actual Cardiac Monitors, he noted. However, in places where large groups of people regularly gather, AED's are increasingly common.

"I think AED's are going to become more prominent in facilities nationwide," Rowan said. "Facilities are recognizing that they want to have one for their employees and customers. The Rec Center has one, for example."

In Telluride [an AED map](#) already exists because years ago that community did a "full access campaign," Rowan said. "And in many communities, there is an app," to locate AED's, he said.

"I look at them like fire extinguishers," Rowan said. "It makes sense to have them. And employees and staff at facilities that have AED's usually know where they are and are trained in their use."

Montrose Community Recreation Center



The AED at the Montrose Pavilion.



Crossroads Victory Pastor Chris Peterson poses with one of the church's two AED's.

Aquatic Leader Melissa Lords said that an AED is stationed where people can see it at the CRC, and clearly marked. The facility also offers regular First Aid courses, and opportunities to become familiar with the life-saving devices.

"We have had two heart attacks here," Lords said, "And our people were trained and used the AED. They are a great resource to have, definitely—you don't have to be intimidated. And they will even count CPR beats for you."

Lords advised that those who are concerned about being able to locate an AED when needed should be proactive. "Be aware of your environment, or ask someone who works there, so you know where they are in an emergency."

MFPD Fire Protection Specialist Mark Bray said that early use of CPR and an AED if available are key to surviving an incident of cardiac arrest or heart attack. And today's AED's require no training whatsoever. "They are super easy and designed for the average layperson to use."

MORE INFORMATION: In 2016, Montrose EMS calls accounted for 74.7 percent of total incidents responded to by Montrose Fire Protection District. The majority of calls for Emergency Medical Services (EMS), as reported in the [MFPD's 2016](#)



Stoney Field of the Montrose County Fairgrounds staff poses with the AED (and fire extinguisher) at Friendship Hall.

[annual report](#), are for "emergency medical incident."

For bystanders who find themselves in a position to help during a heart attack or cardiac arrest, the latest technique of ["Hands Only" CPR](#) can make the difference between a life saved and a life lost, according to the American Heart Association (AHA).

The AHA web site notes, "Most people who experience cardiac arrest at home, work or in a public location die because they don't receive immediate CPR from someone on the scene."

The campaign, Two Steps to Save a Life, encourages bystanders to call 911 and then begin hands only CPR, with simple instructions: "If you see a teen or adult suddenly collapse, call 911 and push hard and fast in the center of the chest to the beat of any tune that is 100 to 120 beats per minute."

Immediate CPR can double or even triple a person's chance of survival."

Once CPR is established, find and use an AED if possible.



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REGIONAL NEWS BRIEFS

CITY STAFFERS HONORED

Special to the Mirror

MONTROSE—Each year city management and staff recognize fellow employees who have made outstanding contributions in their respective roles at the City of Montrose. The following individuals were recently recognized for their service in 2017. Deputy City Clerk Carolyn Bellavance was honored as the city's 2017 Employee of the Year. Carolyn provides invaluable support to the city manager, city clerk, and city staff. Most notable in 2017 was her work on the steering committee for the Rural Philanthropy Days event and her involvement on the board of directors for the Public Art Experience (PAX) and Museum of the Mountain West.

"She is the ultimate 'go-to' person at the city and the glue that holds many things together," said City Manager Bill Bell.

Human Resources Director Terri Wilcox received the 2017 Manager's Excellence in Service Award in recognition of her tireless efforts to recruit and care for the city's workforce and her unwavering approach to performance management and employee development.

"Terri's professionalism is something to be admired and her outstanding work ethic has allowed the entire organization to stay on mission throughout some challenging times," Bell said. "The City of Montrose could not function without the constant support of Terri and her HR team."

The Facilities Department team of Mark Armstrong, Brayden Reeder, and Rex Burr received the 2017 Team Excellence Award. The honor, new to the city's awards program this year, recognizes excellent initiative, efficient operations, and a commitment to successful project completion.

The facilities group cares for a broad scope of facility services ranging from routine maintenance to major upgrades and repairs. With their extensive industry knowledge, strong work ethic, positive attitudes and willingness to take on any challenge, the Facilities Department has truly transformed the way the city operates. Their multiple skills have allowed the city to do much in-house work with quick response times, efficient cost oversight and high quality standards.

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CITY PREVIEW: FOURTH QUARTER MPD REPORT SHOWS ONGOING RISE IN ROBBERIES, JUVENILE FELONIES



Mirror staff photo of City Hall.

Mirror Staff Report

MONTROSE-Items up for discussion at the Montrose City Council [Work Session of Feb. 5](#) include an update on the Rotary Amphitheater project at Cerise Park; a contract recommendation for the Connect Initiative Recreation Trail Design; a recommendation on a 2018 “Keep Montrose Moving” contract for street maintenance; a Resolution on the Victims of Crime Act

(VOCA); a community development block grant application for the Maslow Academy; a commercial lease agreement with Straw Hat Farms; the City’s 2018 special event program; and an initiative for attainable housing. Future City discussion items include a Fourth Quarter Budget Review; RE-1J School District Land Swap project; and Hillcrest Extension contract award on Feb. 20. On March 6 Council will consider

a new Tavern Liquor License Application for the Horsefly Brewing Company; and on April 16 Council will consider a Historic Preservation Ordinance. Included in the [work session packet](#) are a Project 7 Report and Fourth Quarter Police Department Report. Among other statistics noted in the police report, December 2017 showed an increase over the previous year in robberies (up by 167 percent); assaults (up by 33 percent); commercial burglaries (100 percent increase); and juvenile felony arrests (up by 213 percent over December of 2016). At the regular [City Council meeting of Feb. 6](#), Council will consider Ordinance 2443 concerning the METSA service charge; a final plat for the San Sophia West Subdivision Filing; and an Intergovernmental Agreement (IGA) between the City and Montrose Recreation District for shared services.

Following staff reports, council will adjourn.

REGIONAL NEWS BRIEFS

2018 COUNTY SHERIFFS OF COLORADO SCHOLARSHIP PROGRAM

Special to the Mirror

MONTROSE-The Montrose County Sheriff’s Office is proud to announce that Montrose County students are eligible to apply for the County Sheriffs of Colorado’s (CSOC) \$500 scholarship. CSOC, the State Sheriff’s Association, established the scholarship program in 1978. Since then, this effort has continued as a meaningful expression of the sheriffs’ confidence in and respect for education and training. CSOC considers this an investment in the future and believes that their membership helps to provide deserving students with an opportunity to make a positive contri-

bution to society.

Scholarships will be awarded in approximately 30 Colorado counties this year. Applications will be reviewed by a local citizens’ committee appointed by Sheriff Rick Dunlap and Undersheriff Adam Murdie. A selection will be made on the basis of criteria established by CSOC. This criterion includes leadership, merit, character, involvement and career purpose.

“This is a great program and we are pleased to be able to offer this scholarship to Montrose County students,” said Undersheriff Adam Murdie.

Applications are available online at www.csoc.org. Any legal permanent resident of Montrose County enrolled in, or applying to, a vocational training program or institution of higher learning in the State of Colorado as a full- or part-time student is eligible to apply. There are no restrictions as to the course of study or training which may be pursued, and no restrictions are placed upon applications by reason of race, creed, age, sex or national origin.

For more information, contact Montrose High School, the Montrose County Sheriff’s Office or County Sheriffs of Colorado.

REGIONAL NEWS BRIEFS

HOW LOCALS AND AN AED SAVED A MAN'S LIFE

Telluride Regional Medical Center

TELLURIDE-Last week a group of locals saved someone's life.

Himay Palmer and Melanie Kent witnessed the man's collapse on Colorado Ave., and were the first to run to his aid. Valerie Sloan arrived moments later, and having recently taken a CPR course, quickly recognized his situation warranted an AED (automated external defibrillator) and ran to the nearest AED station. Palmer dialed 911 and Kent initiated CPR.

Meanwhile, Dr. Bill Hall, an emergency

doctor from the Telluride Regional Medical Center Emergency Department, and Jill Masters, an experienced paramedic, randomly happened upon the scene.

"A frantic crowd was gathering around a man on the ground, we rushed over," said Dr. Hall. The event was the third time Dr. Hall found himself performing CPR as a citizen. "It can be difficult to tell if someone's breathing," said Dr. Hall.

"Especially in winter when people are wearing extra clothing. When in doubt, always err on the side of starting CPR."

The man -- a medical doctor from Massachusetts on holiday with his wife, an ICU nurse -- was shocked three times with the AED by Masters while Dr. Hall, Kent, Sloan and others rotated CPR compressions. The fourth shock was delivered by Paramedic Heidi Attenberger when EMS arrived to the scene. It was then that the patient regained a pulse. The man went on to receive care at the Telluride Regional Medical Center before being flown to St. Mary's in Grand Junction, where Dr. Hall has since visited with him.



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NEARLY 16 YEARS OF WALKING THE CROSS: MIKE KEENAN



On any given Monday, Wednesday or Friday local resident Mike Keenan can be seen walking his eight by four-foot wooden cross through the Montrose community. Photo by Gail Marvel.

By Gail Marvel

MONTROSE-Mike Keenan is a man on a mission and the highways and byways of Montrose, Colorado are his mission field. A former Marine, Keenan lived in Wisconsin before moving to Montrose in 1996.

Although he became a Christian years ago he drifted away from the Lord, "For five or six years I fell into drugs, alcohol... all that kind of stuff. My sister told me I

should come to Colorado, so I packed a duffel bag and left my apartment owing the landlord money."

When Keenan arrived in Montrose he turned his life around 180 degrees, "I started reading my *Bible* and attending Shining Light Ministries. They held worship service in the old council chambers. I went to work at Habitat [T-Shirt factory] and paid back the money I owed my landlord."



The tread worn soles of Mike Keenan's shoes give testimony to the miles he and the cross have traveled. Photo by Gail Marvel.

In 2001 Keenan worked for a local lumber yard and one day while sitting on a picnic bench during a break he heard the audible voice of Jesus, "He said, "Mike, would you walk the cross?" He didn't tell me to walk the cross, he asked me to. It melted my heart and I couldn't say no." Keenan took the request literally rather than figuratively, "In May it will be 16 years that I've been walking."

On Keenan's first trek a friend dropped him off at Colona and he walked back to Montrose dragging the 65-pound cross made of rough cut 2 X 4's. "By the time I got to Montrose the end was ground off to a point. That's when someone suggested I put wheels on it." Eventually the first cross broke in half, "But I have two others.

Continued next pg

NEARLY 16 YEARS OF WALKING THE CROSS: MIKE KEENAN

From previous pg

One is made of 2 X 4's and the other is made of weathered pole fencing."

In one eight-month period Keenan walked 1,000 miles, "Right now I'm walking Monday, Wednesday and Friday. I don't walk on Sunday, except for Easter Sunday." Keenan alternates between three different routes, one of which takes him from the Downtown City Market to Walmart and back again (4.6 miles).

As Keenan walks the cross around the community he has been ridiculed — cussed out, flipped off (hand gestures)—and has endured profanity. "One man rolled down his car window and shouted, "Get a job!" When people cuss me out I get to pray for them. I used to be real timid, but now I don't care what people think, I just care what God thinks."

Being retired is a relative term for Keenan, "I'm 60 years-old...no one hires someone that age. Now I work for God. He's a lot better boss...He never yells at me!"

For Keenan the best part of his job is

when little children wave and smile, "Some people give me a thumbs-up and some give me money, but I don't walk for money." On one occasion Keenan stopped to rest when a man approached, "I said, "How can I help you, sir?" and he said, "How can I help you?"

The stranger gave Keenan a check for \$1,000 and said, "You do the walking, I'll do the talking." In the memo line of the check the stranger wrote, "It's all for Jesus."

Keenan felt unsure about cashing the check; however, a local pastor told him to take the money because it was a blessing, just as walking the cross was blessing others. Keenan said, "I *get* to walk the cross, I don't *have* to walk the cross."

One day the wheels fell off the cross and the Montrose Fire Department just happened to be driving by and came to the rescue. Keenan said, "This big red fire truck appeared out of nowhere. He [the fireman] said, "Let me fix it for you." We

loaded it on the truck and went back to the fire station and they put the wheels back on."

While working as a highway flagger on Red Mountain Keenan had traffic stopped, "A big burley biker got off his bike and came toward me and said, "You're the guy who walks the cross aren't you?" Mike laughed and said, "People in town recognize me because of the cross, but I didn't think anyone would recognize me on Red Mountain [with a stop sign]."

As he walks Keenan often prays and sometimes listens to KTLF (Keeping The Lord First) 89.9 on the radio. Safety conscious, he wears a reflective vest, "So people can see me. I always walk in the bike lanes and toward traffic."

Reminiscent of the movie Forrest Gump, there is no doubt that a time will come when Keenan stops walking. However, that time is not yet here, "I'm going to keep walking until the Lord tells me to stop."




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INSIDE OUTREACH:

THE 'PERSONAL' BRAND: A MULLET IN THE DIGITAL AGE?

By Caitlin Switzer

MONTROSE-We are entering the golden age of public relations, with new tools and strategies that can boost your business without a massive cash outlay. But if you are considering hiring a PR consultant, give some thought to the concept of the personal brand.

The personal brand is different than the traditional business brand; the old school brand was something apart from the person who created it. Allow me to illustrate: years ago, my first husband and I had the chance to take over a landscape business in Denver. The business came with a name, a client list, an ad in the phone-book, and a brand that was well established. Five years later, after pouring our own energy into the brand, we sold the company and moved on. The brand now belonged to somebody else.

A personal brand...well, it's personal. In the old days, we called it a "reputation." Does your PR person or spokesperson have a famous "brand" of their own? Think twice about this hire-and here's why: a practitioner who is focused on his or her OWN brand will be less than effective

at promoting YOURS.

Let's use an example from another industry; whether you are a man or a woman, chances are you have been to a salon or barber shop to have your hair cut. Given two professionals with similar skills, you have a choice. Do you patronize the shop whose owner seats you, and then begins to gaze lovingly in the mirror at her own reflection, while carrying on about her own life, her divorce, her many boy-friends, her children, and her next vacation? Or do you patronize the shop whose owner looks at you, recommends a cut that will flatter your face and features, and carries on an intelligent conversation with you rather than engage in a one-sided barrage to a captive audience?

A professional whose ego makes you feel invisible has no value when it comes to serving you.

When you purchase a service, you are the focus.

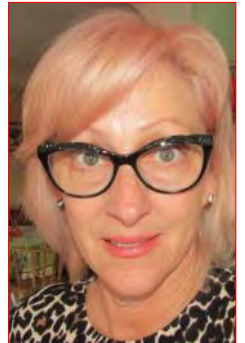
A PR or marketing pro who is high profile and focused on a personal brand may eclipse YOUR business, or worse, reflect negatively on it. Choose a quiet firm that spends time strategizing and creating tools

that reflect your services or product.

Similarly, an organizational executive who has been with the company or non-profit for so long that nobody can remember another person in the job, and who has become so well known that the person overshadows the product, can also pose a PR challenge.

Nobody should be indispensable. The person should never be more famous than the organization. Change is good! Experience is wonderful, but this is the age of the disrupter. And a new person at the top brings new skills, new ideas, new connections, and fresh energy.

Finally, realize that sometimes, an over-developed "loud" personal brand can be like a mullet haircut in the modern age—an outdated personal choice that makes you look like a relic, and doesn't serve you or your clients well.



Caitlin Switzer.
Mirror file photo.

MONTROSE ROTARY AND PNG TRIBAL FOUNDATION TEAM UP, DELIVER MEDICAL CONTAINER TO HOSPITAL IN PAPUA NEW GUINEA



Special to Rt & Sol

MONTROSE-Modilon Hospital in the town of Madang on the north coast of Papua New Guinea is one of only a handful of regional hospitals in the country and serves a population of more than 500,000 people. Last year the hospital was forced to scale back operations due to cuts to the country's national budget and supplies have become dangerously low. Pathology and Radiology services had to be limited and the operating theater could only be

used for emergency patients.

Last week a forty foot medical container with more than \$400,000 in medical supplies was delivered to Modilon Hospital in a joint effort between Montrose Based PNG Tribal Foundation and Montrose Rotary Club who were also joined by Telluride Rotary Club, and Carbondale Rotary Club as well as Rotary International. The local Madang Rotary Club handled logistics on the ground in PNG.

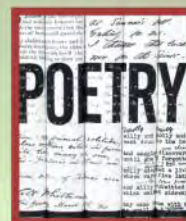
The extensive list of donated medical supplies was based on a prior assessment that was conducted by the Tribal Foundation's Medical Directors Drs. Mark Hauswald and Nancy Kerr who also happen to be members of the Telluride Rotary Club and was sourced from Denver based Project C.U.R.E, a long time partner of the Tribal Foundation.

Present at the handover ceremony were staff and administration of the Modilon Hospital as well as representatives from Madang Rotary Club and Tribals Director of Operations, Miss Ruth Kissam. Dr. Vincent Atua, acting CEO of Modilon Hospital, thanked the various Rotary clubs and Rotary International along with the Tribal Foundation for the much needed supplies. He said, "This assistance is very timely especially in the harsh economic climate the country is in." GT Bustin, President of the PNG Tribal Foundation said we would like to thank the Montrose Rotary Club along with the others who made this life saving donation possible. We would especially like to thank Montrose Rotarian, Amy McBride who put this initiative together before heading off to serve in Botswana with the Peace Corps."

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

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

Welcome February! Groundhog Day and Super Bowl Sunday have come and gone but Valentine's Day is still on the horizon, so let's feel the love and explore what those feelings are all about. I have never much cared for the terms "falling in love" or "head over heels in love," but

those phrases have merit once you understand more about the physiology of love. For me, both bring to mind Alice in Wonderland falling down the rabbit hole... out of control... but oh so exciting... sometimes quite magical... a word scientists probably have banned from their vocabulary.

Scientists still have not totally figured out love and quite possibly never will, but research has revealed that love triggers chemical reactions in the brain that make us feel a variety of emotions and physical symptoms ranging from increased heart-beat to "butterflies" in our stomach.

According to neuroscientists, the first stage of [romantic love releases the same neurotransmitters that your brain would release during the high](#) from a drug. You start to crave time with that person the same way the body craves any other addiction. Dopamine, which is associated with feelings of euphoria, surges when we are around the object of our affection (or even if we think about that person). This makes us desperate to get more and more of that high. Meanwhile, serotonin levels in the brain drop dramatically. Since serotonin usually regulates our mood, we start feeling these positive emotions towards

the other person even more strongly. This causes the "crazy love" that we can feel for this individual who is now the object of our affection. In fact, after six months of this "madly in love" stage of dating, our serotonin levels actually hit the [same level as someone with OCD](#). We are literally compulsively obsessed with the person we love. That's why it can hurt so much to end a relationship at this stage, despite the short duration. Our bodies go through a type of "withdrawal" from that individual.

When you are falling in love head over heels, the chemical reactions in our head are not the only physiological symptoms of love. Physical attraction to somebody in the early stages of love actually creates a full-body stress response. That may sound odd, since love and stress don't seem to be related, but the symptoms are the same. Think back to the last time you felt nervous about something. Did you have sweaty palms or butterflies in your stomach? Was your heart racing or did you feel more on edge than usual? Hmmmm... notice any similarities? Even though the emotions may be different, the physical reaction is the same. That's because the physiologies of love and [stress](#) are similar. (I have the overpowering urge to start making snide remarks but since this isn't the start of a comedy routine and I do not wish to sound cynical I will exercise great restraint!) Both love and stress cause you to release adrenaline and cortisol in anticipation. Our body reacts to love in the same way it might when experiencing the adrenaline-pumping moments leading up to a rollercoaster drop. Maybe that's where "falling in love" originated.

After a while, we stop feeling butterflies in our stomachs every time we think of our lover, and those obsessive thoughts begin to mellow out. Love feels different.

That's because the neurotransmitters released and hormone responses in reaction to our partners change over time. Dopamine levels begin to drop and the anticipation of seeing the other person stops initiating a hormonal stress response.

So what keeps us in love? That's [where the hormone oxytocin comes into play](#). Oxytocin is released by both men and women during physical contact and sex, especially during orgasm. This hormone deepens and strengthens the feelings of attachment to our partner. The more we release oxytocin, the more attached we feel.

The endorphin system takes over, and we develop feelings of tranquility, stability, contentment and safety within our relationships. These feelings can be maintained, keeping a couple together for many years, or they can erode over time.

The spark, or fire, doesn't necessarily go out. Couples who say they are still madly in love with one another have increased dopamine activity just like those still in the early stages of a relationship. The difference is that the body processes it differently. Love may not have the crazy, obsessed feeling anymore, but it still can bring increased happiness and a "high" from time spent together.

When you really think about how the psychology and physiology of love change over time to make relationships possible, it's fascinating! Our brains are so complex that we are unaware of the majority of what they do for us. That is part of my fascination with learning about the brain and working with individuals who have cognitive challenges.

Please feel free to contact me at MichelGad.fame@aol.com or 970-948-5708 if you have questions, comments or suggestions for future articles.

Happy Valentine's Day!

The Mirror: many views, one newspaper.



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AMELIA'S HACIENDA RESTAURANT IN LOWER DOWNTOWN DISAPPOINTS

I have to say I went here twice just to make sure. Amelia's has an extensive menu and all of it sounds great, but . . . Margaritas really are great, and the bar offers some other authentic Mexican concoctions. That part was good the other evening when my friend and I went back, just to be sure of our impression. If you're in the mood for some drinks, and perhaps some appetizers, then this is your place. Their chips are crispy and warm, and the salsa is tasty and not too hot. I must say last Friday night it was packed, so likely some good things happen here. But we tried the night's special, mole enchiladas – three enchiladas stuffed with onions and cheese covered with a very dark mole sauce (red sauce with chocolate, very traditional). Now, I thought when we were seated near the wall between the dining room and the kitchen I smelt a burning smell. Well, it showed up on my plate! This mole sauce was unlike any I've had before, it was cooked too long and had a slight burnt taste. Not good. I've had this dish before in Mexico where it was delicious, not tonight. Should have sent it back but decided not to. It didn't sit well.

The three enchiladas arrived on a warm plate with a small scoop of Mexican rice, none of the expected refried beans to accompany the dish. Several pieces of lettuce with dollop of sour cream rounded out the dish. Now, it was priced very well, \$9.95.

Michael who usually will eat anything did not like this dish at all. We even packed

up one of the enchiladas as take home, after I'd ordered a side order of beans to round out the meal and I doubt either of us will eat it.

It appeared to us that the restaurant must have had another server who didn't show up as service at best was slow and not particularly attentive, especially for a busy Friday night.

Ummm --- who trains these waiters in that blank "can't see you now" stare? The waiter we had was muy perfecto with that.

The other time we tried Amelia's we stuck to the printed menu and the experience was okay, not great, just okay. If this place was the only Mexican restaurant in Montrose, we might go back. But, I have to say it, there are better choices in town and quite a few of them.

That evening we had one of my faves, Chile Relleno and an enchilada – they were fine, although I have to say the relleno was extra spicy, the seeds were left in the chile – not something I'm familiar with. The sauce was a tasty red and the shredded meat enchilada did not disappoint. There are a few small Combination dishes available for reasonable prices, from \$10.95 to \$13.95. These dishes are all served with refried beans and Spanish rice. You can substitute Chimayo corn for .75 cents.

Appetizers run from Nacho Supreme (crisp tortilla chips blanketed with cheese, refried beans, pico de gallo, jalapenos and a choice of chicken, chile verde pork, shredded or ground beef) from \$9.95 to

what sounds like a meal to me, Street Tacos (four for \$10.95 or 8 for \$14.95) which includes a choice of carnitas, charbroiled chicken breast or flank steak tacos on a mini corn tortilla with fresh cilantro and chopped onion, all garnished with a slice of lime and pico de gallo.

Burrito offerings run from De Chorizo con Huevos (three eggs scrambled with chorizo sausage, topped with beans and rice and rolled in a flour tortilla, with salsa of your choice) for \$8.95 to De Carne Asada (sautéed carne asada seasoned with pico de gallo and garlic in a flour tortilla filled with Spanish rice and refried beans – all this smothered with salsa verde and melted cheese and guacamole and pico de gallo on top) for \$12.95.

There are also soup and salad offerings from \$6 to \$10.95. House favorites, or Platios Favoritas de la Casa from \$8.95 for Huevos Rancheros to \$20.95 for Rib Eye a la Mexicano. A smattering of enchilada offerings (\$11.95-12.95) and seafood (market price or from \$15.95 for a shrimp and spinach enchilada to \$17.95 for a burrito with shrimp and scallops – make it crispy by adding \$2) round out the menu. Oh, they also have Fajitas offerings from \$13.95 to \$17.95. Of course, dessert is available from \$4.95 to \$8.50. Amelia's is in lower downtown Montrose, just off Main Street and Grand Avenue, at 44 S. Grand Ave. Call 970-249-1881.



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NOTES FOR THE JOURNEY...

4-BALLED SNOWPERSON REVEALS MUSIC BASICS

Our four-balled snowperson demands our attention once again as the siblings who make up the snowperson are not done with their maneuvering. In case you have forgotten their names are 1st, 3rd, 5th, and 7th. The one named 1st making up the bottom foundation and the 7th proudly perched on top. The major position of the siblings became one of dominance when the 7th decided he was going to lower himself a half step just because he was able to do so. At this point sibling rivalry has reared its ugly head and the others now want to move around just a little bit. The 3rd is the youngest of the four and he has always been referred to as minor instead of junior. His time has come and he shows the others that he can be a person of change. Like the 7th, he now lowers himself a half step and now the snowperson with four balls can be called a group, minor in its new structure. A reminder, the 1st has no ability to move up or down and remains the only stable and sane sibling in the group.

The 3rd and the 7th have shown off just a bit too much and the sibling named 5th wants in on the action and is quite tired of being annoyed. The 5th also possesses the ability to move down a half step and joins the others in making this move. As an ob-

server of family dynamics, we know we started with the siblings stacked in their major position of C-E-G-B. Next a move was made and they were then C-E-G-B flat. The shuffling continued when the youngest, the 3rd made a move to join the others and we were then looking at C-E flat-G-B flat.

The 5th now gets involved and makes the move down a half step. Before you know what has happened we are looking at C-E flat-G flat-B flat. Just as we were getting used to the new structure the 7th, sitting there on top of the world, has a surprise for the others. He has been keeping a secret and that is the ability to move not one but two half steps at any given time. The siblings make this move without telling the others and things have arrived at the final position and as far as they can go. We are now looking at C-E flat-G flat-B double flat. Yes, the 7th has gone from B-natural to B-double flat. The only sibling able to make two moves down a half step. From the beginning to where we are now the names of the sibling four balled snowman has gone from Major, Dominant, minor, half diminished, and with the addition of the double flat, diminished. These are referred to as diminished 7th chords because the siblings have made themselves smaller

with each move which means the distance between the 1st and 7th has gotten closer and not further away. The structure, now much smaller than where it started, has diminished with the movement of the 3rd, 5th, and 7th, siblings.

In our discussion, we have been dealing with the I chord (root) in C major. This scale and chord have been used because for the beginner it is the easiest to deal with and the easiest to visualize. Once the rules outlined here have been mastered, the 7th chords of any major scale can easily be outlined. The key signature (number of flats or sharps) may change and get more complicated, but how the notes within the 7th chord move never changes.

This same set of rules can be applied to any chord within the major scale. To build on this skill set it is advisable to play around with the major chords first, those being the I, IV, and V chords and then move to the minor chords while still using the same rules. As has been discussed in prior articles, all chords can be inverted (C-E-G-B, E-G-B-C, G-B-C-E, and B-C-E-G) but the same rules apply. Seventh chords and inversions is a topic for a later time.

It is best to become comfortable with the basics presented in the last two articles before moving on with inversions.



Introducing Independent Living at The Homestead at Montrose

If you are over 55 and independent but would like to live in a community offering socialization and peace of mind, schedule a tour of our private one and two bedroom apartments. We're conveniently located across from the Montrose Pavilion Senior Center.

Rent includes:

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- Socialization and invitation to all activities

Pricing starts at \$1210 per month, new residents only.

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COMMUNITY NEWS BRIEFS

DUST OFF YOUR DANCING SHOES AND GET READY TO SALSA!



Special to Art & Sol

RIDGWAY-Sherbino Theater invites you to "Dust off your dancing shoes and get ready to salsa!" with Alberto Mejia at their monthly Latin Fever Salsa Nights, beginning on Feb. 6.

Alberto says, "Start off your night with a basic step salsa dance lesson so you are ready to move into the night and dance to the Latin rhythm!"

Doors will open at 6 pm, followed by a basic salsa lesson and then dancing begins at 7, with Alberto Mejia singing to the latin music! Entry is \$8 at the door, and cash bar will be available. Food pricing will be around \$5 for kids and \$11 for adults. For more information, go to sherbino.org or call [970-318-0150](tel:970-318-0150).

At left, Alberto Mejia. Courtesy photo.

**WAKE
UP...**

and smell the ~~coffee~~ NEWS!

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Up Bear Creek by Art Goodtimes

TRI-STATE'S COAL BET BACKFIRES

ENERGY ... Great story in Allen Best's recent *Mountain Town News* about Tri-State, our regional energy generation and transmission cooperative's failed plan for coal in Kansas ... I'd think about subscribing to Best's excellent scan of the Rocky Mountains' Ski Belt at *mountain-townnews.net* ... The piece details how fears of building a soon-to-be-stranded asset in a fast-changing energy market have put the apparent kibosh on Tri-State's \$3.9 billion dollar Holcomb coal-fired power plant project, at least for the immediate future. Approved last year, Tri-State has responded in state filing documents that they are unlikely to meet a regulatory benchmark air quality permit deadline coming up. According to Best, it appears that the cooperative has some \$93 million into the project so far, not counting land and water costs. And if plans for the Holcomb plant are abandoned, that would translate into a hefty loss to be absorbed proportionally by Tri-State's member distribution coops ... I remember a decade or so ago when Republican commissioners in this state backed a bill in the state legislature to take away local control – one of the tenets of our state commissioner association's policies – in order to put power-line infrastructure siting into the hands of a three-person Governor-appointed board ... But this time no amount of subsidy manipulation of the market or stripping local communities of local control can upend the clear move towards renewables in the energy sector. Too bad Tri-State didn't listen to some of its progressive members about the future Amory Lovins predicted 40 years ago, instead of relying on the tweeted promises and comfortable nostrums of inherited business-as-usual wisdom.

NEELI CHERKOVSKI ... The mythic and the momentary play hopscotch walking the hipster San Francisco streets with this North Beach legend in his latest book, *Elegy for My Beat Generation* (Lithic Press, Fruita, 2018). Ghosts intrude. Ginsberg. Corso. Di Prima. Jack "Budada" Mueller.



A Coal fired power plant. Courtesy photo.

Neeli's spent his life as part of the Bohemian lit crowd that congregated around City Lights bookstore and the Savoy Tivoli bar throughout the Seventies and Eighties ... His knowledge of poetry is comprehensive. He is a rabbi of the lyric. You hear hints and whispers of many older bards lurking in the wings of his spotlights. And he honors their spirits ... Cherkovski wrote the definitive biographies of Lawrence Ferlinghetti and Charles Bukowski, and is working as co-editor on the legendary Bob Kaufman's Collected Poems. He's edited West Coast anthologies and been widely published personally, with over a dozen poetry titles to his name ... Neeli's given his heart as well his deep well of wit to this vision: "my love is for lyric didactic luminosity / splashed onto Dharma dreams / released on this rambléd terrain" ... He understands the power and glory of the natural world – "four deer fording the river / liquid religion" – and yet luxuriates in the urban labyrinth of the City – "last night I saw San Francisco from the ferry boat to Sausalito / 1970s downtown towers and 30s Coit Tower Telegraph Hill" ... As he ends his book, he writes "the elegy will show you ... there is a 'yes' and a 'no,' you'll find / damnation or redemption, it depends / on state of mind, many acacia trees / in the park, green benches await / unbridled freedom provides a song" ... Or, as Jack would have noted in brilliant chorus, "All power to the paradox" ... Recommended.



NEW YEAR'S DAY ... Walking in the aftermath of winter's cheap thrill, this not-so-deep season, a Wrights Mesa night sky's socked in with at least a drizzle of snow. Sunset's luminous gray gives way to distant star furnaces & the revolving moon's numinous gauze ... Blazoned with electricity's stationary blue, Norwood's light-pole constellations parade like coal-carved tombs along a promenade into a cemetery of sad new years ... McRedeye sez, It's not like nature's out there somewhere. More like we're all in here together, buckeroos ... And then, wipe out! Along comes a slo-mo black hole tsunami – death's dark matter, inexplicably but surely sucking us into the vacuum ... It's easy to lose track of where we are.

WEEKLY QUOTA ... "At the heart of sciences is an essential balance between two seemingly contradictory attitudes -- an openness to new ideas, no matter how bizarre or counterintuitive they may be, and the most ruthless skeptical scrutiny of all ideas, old and new. This is how deep truths are winnowed from deep nonsense." -Carl Sagan

Up Bear Creek by Art Goodtimes

THE TALKING GOURD

Poetry – why bother?

Black marks on a white screen, ink on parchment,
It's all the same, signs equal sound equals sense,
Or sometimes nonsense, but worth it anyway. . .
Our poems, our attempts to say something

So directly that it can't, won't, be misunderstood.
What does it take? To reach someone? To get through?
I think it takes a lot of luck, having good readers
Makes us into good writers—this time around. . . .

But there won't be any other time, will there?
That's it, time's short, and each poem a short cut,
Some get there faster than a long argument,

Some never quite get there, it doesn't really matter,
Always an adventure, trying to compress life
Into a few lines, what could be harder, or better?

-Lito Tejada-Flores
Chile





**LEAGUE OF WOMEN VOTERS OF MONTROSE
AND DELTA COUNTIES PRESENTS**

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What are PAC's, Super PAC's, 527's, 501(c) 4's?



**Thursday, February 8 at Noon
Montrose Library Community Room**

THE PUBLIC IS INVITED. DISCUSSION TO FOLLOW.

The League of Women Voters, a nonpartisan political organization, encourages informed and active participation in government, works to increase understanding of major public policy issues and influences public policy through education and advocacy. For more information, go to www.montrose.co.lwvnet.org and click on *Calendar of Events*.

COMMUNITY NEWS BRIEFS

SHERBINO BOARD GAME CAFÉ NIGHTS START FEB. 10

Special to Art & Sol

RIDGWAY-Sherbino Theater is excited to debut "Sherbino Board Game Cafe Nights" beginning Feb. 10. "Game Night No Longer Means Staying In," says Executive Director Ashley King.

The board game renaissance has continued to defy the digital age, with sales of hobby games in the United States and Canada growing a reported 21 percent in 2016, with more than \$1.4 billion in sales. More than 208,000 people attended Gen-Con, a tabletop-game convention, in 2017. Now, board game cafes are pop-

ping up all over – from Texas to India to Ridgway – offering patrons food and drink, as well as access to libraries of games. A full list of games include: Monopoly, Checkers, Ticket to Ride, Settlers of Catan, Risk, Clue (Dr. Who), Stretego, Othello, Candyland, Cards, Battleship and Twister, as well as puzzles that can be completed in under three hours. There will also be coaches on site to help teach GO, as well as the offer of other online-based games like Power Grid, Pandemic, Carcassone, Twilight Struggle, and Cosmic Encounter. There will be soli-

tary games from Think Fun games as well. Of course, BYOG (bring your own games) is encouraged. Sherbino Game Cafe Nights will run once a month, beginning Feb. 10. Doors will open at 5:30 pm, Games will run 6-9 pm. Entry is by Donation. Cash Bar and Light Concessions Available, plus THE LUNCH BOX will have a menu available at the Sherbino for people to enjoy (for purchase) at the first three game nights. Food pricing will be around \$5 for kids and \$11 for adults. For more information, go to sherbino.org or call 970-318-0150.

IT'S NOT TOO LATE TO GIVE THE GIFT OF SONG!

Special to Art & Sol

GRAND JUNCTION-Are you looking for a great way to impress your sweetheart, teacher, mother, boss or true love on Valentine's Day? Are you spending a lot of time shopping for a memorable and special last minute gift for Valentine's Day for someone you love?

Why not hire a barbershop quartet from the Bookcliff Barbershop Harmony Chorus to serenade your loved ones on Valentine's Day?

Quartets will be delivering a cappella Singing Valentines from Palisade to Mack from 8 AM to 8PM on Tuesday Feb. 13 and Wednesday Feb. 14.

The non-profit Bookcliff Barbershop Harmony Chorus has acted as 'Cupid' near Valentine's Day and have offered this fundraising service to those in love in the Grand Valley annually for over 20 years.

The quartets will go anywhere in the area dressed in tuxedos to impress and will serenade any woman or man or several

people with two sweet love songs.

Often it happens at schools, in the workplace or at a restaurant and is a complete surprise for the recipient, making it an unforgettable emotional event!

In addition to four-part a cappella harmony singing, the quartets present a red rose, a small box of Enstrom's candy, and a card with a personalized message and will of course be willing to pose with the recipient for a keepsake photo.

Call 970-257-SONG [7664] to order yours.



MONTROSE MIRROR

Real news. No trolls.

COMMUNITY NEWS BRIEFS

DEVELOP MORE INTERESTING OIL PAINTINGS WITH MIKE SIMPSON

Special to Art & Sol

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

"Learn the importance of, and how to utilize the five elements of a good oil painting, drawing, composition, values, color and edges" invites acclaimed artist Mike Simpson.

Join Weehawken Feb. 7 from 9 am to 3 pm at Montrose Field House (25 Colorado Ave). Tuition is \$95 per student. There is a 6 student minimum pre-enrolled to make the class "go", so pre-registration is highly encouraged (and needed).

For more information, visit Weehawken Creative Arts at www.weehawkenarts.org or visit facebook at facebook.com/weehawkenarts - or call them at [970.318.0150](tel:970.318.0150).



Bridge Lights by Mike Simpson. Courtesy image.

WEEHAWKEN OFFERS "LEARNING FROM THE MASTERS" YOUTH ART SERIES WITH ALLISON WOFFORD FOR AGES 6-11 IN MONTROSE

Special to Art & Sol

MONTROSE-Starting on Feb. 14, Weehawken Creative Arts will begin a new after school art series with teaching artist Allison Wofford at the Field House in Montrose. The class is called "Learning From The Masters" and runs Feb. 14-28 from 4-5 pm at Weehawken's new location, Montrose Field House.

Students will learn about surrealism, cubism, and impressionism as they explore a variety of art materials and create their own unique works of art. Each project will be based on a different art style, leaving the students with a wonderful beginning portfolio of work.

This class is a continuation of youth after school classes being offered in their new space, as part of a partnership with the Montrose Recreation District.

Registration for the class is \$30 and includes all materials. The class must reach a minimum of five students registered in advance in order to "go." Interested students can find more information at Weehawken's website: www.weehawkenarts.org and can register online at weehawkenarts.org or by calling [970.318.0150](tel:970.318.0150).

CELEBRATING LOCAL BEAUTY.



COMMUNITY NEWS BRIEFS

NATURITA CREEK DUO SHOWCASED AT TALKING GOURDS



Daiva Chesonis and Craig Childs. Courtesy photo.

Special to Art & Sol

TELLURIDE-Newly ensconced in a hillside retreat in Naturita Canyon near Norwood, poet/bookseller Daiva Chesonis and author/explorer Craig Childs will headline at the Tuesday Feb. 20th as part of the Telluride Institute's Talking Gourds Poetry Club series.

"Daiva did a fabulous job as community bard with a dynamite poem at the Valley Floor show last spring," explained Poetry Club co-director Art Goodtimes. "And Craig has impressed locals not just with his award-winning writing, but with performances at the Livery in Norwood and for the Literary Burlesque show at the annual Telluride LitFest. I think they are teaming up for a Telluride dazzler."

Chesonis is from Baltimore, transplanted to Colorado half her life ago to build Telluride's gondola transportation system. Although birthing chairlifts was not part of her initial goal after a Cold War-era B.A. in Russian Studies, she quickly decided to bed down in the box canyon to see what unfolded. A quarter century later, she is the co-owner of Between the Covers Bookstore with stints in between as snowboard instructor, owner/operator of Vision Design,

Art Director at *Telluride Magazine*, and a traveling minstrel for Mountainfilm on Tour.

In 2005, she earned an M.A. in Diplomacy and International Conflict Resolution, mostly for fun. In her spare time, this fiercely proud Lithuanian and "mother of Olivija" can be found writing poems (and that darn book on walls), putting on the Literary Arts Festival, playing tennis, and hunting mushrooms. She's also a pro at finding herself *lost* in neighboring deserts.

Childs lives in Norwood and has been writing like a madman. He has published more than a dozen critically acclaimed books, including *House of Rain: Tracking a Vanished Civilization Across the American Southwest* and *The Secret Knowledge of*

Water: Discovering the Essence of the American Desert. *Apocalyptic Planet*, won the Orion Book Award and he has twice won the Sigurd F. Olson Nature Writing Award. His most recent book, *Flying Home: The Colorado Plateau from Above and Below*, is an essayed homage to the place that lives deep in his heart.

His work has appeared in the *New York Times*, *Los Angeles Times*, *Adventure Journal*, and *Outside*. The *New York Times* says "Childs's feats of asceticism are nothing if not awe inspiring: he's a modern-day desert father."

He has been called a born storyteller by the *New York Sun*, and the *Los Angeles Times* says his writing is like pure oxygen, and "stings like a slap in the face." An occasional commentator for NPR's Morning Edition, he is an adjunct professor of writing at both University of Alaska in Anchorage and Southern New Hampshire University. A forthcoming book -- *Atlas of a Lost World: Travels in Ice Age America* -- hits shelves nationwide on May Day this year.

Craig and the book will be featured at the 2018 Telluride Literary Arts Festival, specifically on Sunday, May 20, at the library. Do note ... there will be mammoths!

The reading begins at 6 p.m. on Tuesday Feb. 20 at the Telluride Arts Gallery Office, 135 West Pacific, across the street from the Wilkinson Library entrance.

WEEHAWKEN CREATIVE ARTS PRESENTS "INTRODUCTION TO NARRATIVE PROSE" WITH TESSA CHEEK ON FEB. 26 IN RIDGWAY

Special to Art & Sol

RIDGWAY-"Whether you've got a short story cooking or are looking to gather an important lived experience into a personal essay, honing your prose style is the first step in sharing your voice with readers. In this class we'll discuss the power of story and then turn our hands to its creation in a series of focused exercises. Participants

will have the opportunity to share from their works-in-progress at the end of class," says Tessa Cheek.

Tessa Cheek is a writer, reporter and candlestick maker living in Ridgway, Colorado. "Introduction to Narrative Prose" will be offered Feb. 26 from 7-9 pm at 610 Clinton St.

Tuition for the class is \$30 per stu-

dent. There is a student minimum pre-enrolled to make the class "go", so pre-registration is highly encouraged (and needed).

For more information, visit Weehawken Creative Arts at www.weehawkenarts.org or visit facebook at facebook.com/weehawkenarts - or call them at [970.318.0150](tel:970.318.0150).

COMMUNITY NEWS BRIEFS

GIVING BACK THROUGH THE MONTROSE COMMUNITY FOUNDATION *Grant Funding Supports all Areas of Programming*

Special to Art & Sol

MONTROSE-Giving back to the community continues to be the guiding mission of the Montrose Community Foundation (MCF). Through a granting program that has spanned more than two decades, the Foundation has returned more than a million dollars to the support organizations serving our local community. On Tuesday, January 30th, the Foundation distributed \$53,400 to 23 local organizations who are executing important and innovative projects in and around Montrose.

Funding for these grants comes from a few sources. Through the Community Fund, the Foundation's granting endowment fund, the interest and dividends are returned to the community during this annual competitive cycle. For the fifth year, the Foundation has forged a philanthropic partnership with the City of Montrose to distribute Community Enhancement dollars.

This year, Community Enhancement dollars made up \$25,000 of the total grant awards. Lastly, dollars were also granted from the Russell Cook Education Fund and through an unsolicited grant from the Temple Hoyne Buell Foundation in Denver.

Grants were given to the following organizations for projects in the area of Basic Needs: Uncompahgre Valley Legal Aid (UVLA) to provide legal assistance and education to seniors and low income residents who are 125%-200% below the federal poverty guideline; Christ's Kitchen to provide a free, hot meal four times a week and delivered meals to home-bound seniors; Haven House to provide transitional living services for homeless families and provide programs that move these families and individuals towards self-sufficiency; CASA for the 1st Place on 2nd Street Affordable Housing project for at-risk, former foster care youth; All Points Transit for operational support to continue to provide the current level of rides in

Montrose County; Kid's Aid to help provide backpacks filled with non-perishable food for local students who don't have food to eat on the weekends; Dream Catcher Therapy Center for support for an empathy and resilience therapy program that matches kids who have been bullied or have engaged in bullying behavior with therapists and rescued horses; and the Center for Mental Health to support their soon-to-open crisis center that will provide care to individuals in the six-county area that are experiencing a mental health crisis, as well as those who are being released from an in-patient hospital and need a more intensive level of support prior to returning to their home.

In the Education category, the following organizations received grants: Region 10 for their Caregiver Summit that brings together more than 150 caregivers in April for training and education on available resources; Bright Futures to help implement the early childhood learning Pyramid Model into Montrose County School schools; Community Options to help support their technology initiative for their adult, Day Program attendees who have an official diagnosis of being intellectually and developmentally disabled; San Juan L.E.A.D.S. to provide equipment for their credit bearing, competency based educational lessons on-site and in the outdoors for VISTA Charter School students; Hilltop Community Resources to support the Parents As Teachers program for early childhood development for nearly 70 at-risk families; and Black Canyon Boys & Girls Club to provide transportation and/or support for off-campus field trips for kids. The following organizations received grants for programs and services that addresses Recreation and Health/Wellness: Girls on the Run to fund an engaging and well-rounded running and mentorship program for young girls; Montrose Mountain Bike Team to help purchase rehabilitated mountain bikes and equipment for the team; and Montrose County School

District Adaptive Sports Program to purchase equipment for students who require adaptive assistance to enjoy recreational activities.

In the areas of Arts and Literature, the following two organizations received grants: Weehawken Creative Arts to support their renovation of classrooms in the Montrose Recreation Field House and KVNF Community Radio to help build their Studio M- an on-air studio that will be opening at the Proximity Space in Montrose in the Spring.

Lastly in the area of Community Development, the following organizations received grants: Montrose Recreation Foundation to support the City of Montrose-led and Montrose Recreation District project "Connecting People to Their Parks & Recreation" to plan and build 2.25 miles of trails and infrastructure between North and South Montrose; the Gunnison Gorge Anglers to help fund a plan for handicapped river accessibility and gear for anglers as part of the same Trails & Recreation project; and Partners of Delta, Montrose and Ouray to expand their mentor program that matches adult mentors to at-risk youth.

The Russell Cook Memorial Fund grant is given annually to outreaches that encourage students to stay engaged in education through innovative teaching curriculums, mentoring programs, or other programs that facilitate healthy growth of local youth.

This year, the Russell Cook Memorial Fund Grant was awarded to Valley Food Partnership for their *Healthy Eating and Active Living Challenge* which helps 2nd and 6th students and their families understand the importance of a healthy, balanced diet and an active lifestyle. Funds will help support materials for the program and incentives for the participating teachers.

For more information about Montrose Community Foundation please visit MontroseCF.com.

COMMUNITY NEWS BRIEFS

WINE ENTHUSIAST NAMES THE GRAND VALLEY ONE OF THE TOP 10 WINE DESTINATIONS

Special to Art & Sol

GRAND VALLEY-We are happy to inform you that the Grand Valley has been named one of the Top 10 wine destinations in the world (yes, the world) by Wine Enthusiast magazine. [You can see the story on the Grand Valley, here.](#) The other locations identified by Wine Enthusiast include: Melbourne, Australia; Styria, Austria; San Luis Obispo, California; Hong Kong, China; Corsica, France; Cape Town, South Africa; Sherry Triangle, Spain; Val d'Orcia, Spain; and the Southern Coast of Uruguay.

This recognition is a tremendous honor and the entire state should be extremely proud. Please help us get the word out and spread the message in your tasting room, on your website and via your social platforms!

Worth exploring for its beauty and bounty, this high-altitude wine region is on the rise. Colorado isn't just paradise for outdoor adventurers—it has plenty to offer any wine lover as well. At over 4,000 feet in elevation, Grand Junction and Colorado's Grand Valley AVA should also be high on your must-visit list. Rocky plateaus offer a beautiful backdrop for wine tasting, hiking, mountain biking and white-water rafting, while abundant fruit markets show off local peaches and other delicious produce to snack on in between. Add in excellent accommodations and dining, and you'll never want to come back down to lower ground. —*Fiona Adams*

Where To Dine

Start your day with a delicious sit-down breakfast at [The Egg & I](#), where you can "wake up to wonderful" with the Hiker's

Benedict. If you'd rather get a rolling start, snag some coffee and a house-made pastry from Mihaela's Bakery for breakfast on the run. Enjoy a delicious lunch served at one of Grand Junction's killer breweries, such as any of [Kannah Creek Brewing Company's](#) three locations or locally loved [Rockslide Restaurant & Brewery](#). When it's time for dinner, wind down with a glass of wine at downtown Grand Junction favorites [626 on Rood](#) or [Bin 707 Foodbar](#).

Where to Stay

Take in all that Grand Valley has to offer by staying at picturesque [Palisade River Ranch](#), located right on the Colorado River in the heart of wine country. Or, to really to make the most of your stay among the vines, choose the [Two Rivers Winery and Chateau](#). For cozier lodgings close to downtown Grand Junction, [Castle Creek B&B](#) is the place to be. Owners LeeAnn and Ron will make you feel right at home.

Other Activities

Grand Valley has plenty to offer thrill seekers. The Lunch Loops Trail System is the place to go for serious biking, or hit the trails on foot and take in the breathtaking views at [Colorado National Monument](#). For a more relaxed experience, check out a golf course, like [Redlands Mesa](#) or [Tiara Rado](#), which is also a member of the Audubon Cooperative Sanctuary Program for Golf.

Budget Tip

Enjoy a horse-drawn wagon tour of [Clark Family Orchards](#), free on Saturdays, or explore the expansive orchards on foot. There are plenty of samples to be enjoyed at the fruit stand, including fresh, juicy peaches.

Where to Taste

The Grand Valley AVA is the oldest and largest American Viticultural Area in Colorado. Two Rivers Winery and Chateau isn't just a great place stay—you won't want to miss their wines either. Several wineries are located in nearby Palisade, including [Colorado Cellars](#), the oldest and largest winery in the state. Enjoy a stroll through the rose garden with a glass in hand at [Varaison Vineyards](#) or check out the laid-back vibe at [Red Fox Cellars](#). While in Palisade, take a break from wine and sample the ciders at [Talbot's Cider Co](#). Be sure to try the IPC Hopped Hard Cider and the Grow a Pear Perry, made with a splash of Riesling.

When to Go

The best time to visit is during peach season, July through September, when you can also spot lush grape-laden vines throughout the vineyards.

Prominent Wines

The lush Grand Valley's high altitude and dry, sunny days are prime for grape growing. Though the area is still emerging in terms of winemaking, many producers have found success in growing classic vinifera varieties like [Cabernet Franc](#), Cabernet Sauvignon, Malbec, Merlot, Riesling and Syrah. Additionally, both Bordeaux- and Rhône-style red blends have proven to yield high-quality bottlings from the region, expressive in robust New World-style fruit though with good, balancing acidity thanks to the appellation's high elevation.

The state has yet to find its signature grape, making for an ideal opportunity to explore this region on the rise.



BODY TYPES AND A WHOLE STRING OF F WORDS



Fitness pro Gia Porter.
Courtesy photo.

by Gia Porter

Fitness. Fatness. Forty.. Fifty... Failure and Frustration. For real.

Did you know that one big reason we tend to gain weight with age is largely due to muscle loss? I mean, sure, the donuts and wine didn't help, but in reality we gain about 10 pounds per decade after 40 because as hormones decline so does muscle mass. If you gain 10 pounds after 40 you can generally assume the net gain is actually from adding 15 pounds of fat and losing five pounds of muscle. Yes, you read that right. So what do we do? We diet. Grab a book we haven't tried yet off Amazon and start cutting calories based on some weird fad like blood type, food color, plate size or maybe even our favorite Care Bear. Which leads to further muscle

loss. Each pound of muscle loss diminishes the body's metabolism by approximately 40 calories per day. Five net pounds of muscle lost is 200 calories of energy you are no longer burning. Enter failure and frustration. More F words. So what do we do to fix it?

Everything in this universe is about balance. You are no exception. A polarized diet with low calories and only cardio-based exercise will make most people weak, flabby and exhausted. Or, "skinny fat." The goal needs to be on an exercise regimen of light cardio with resistance training and stretching along with a simple, sensible diet. This will get your metabolism back on track and help you lose fat permanently if you are relatively consistent. Metabolic function is directly affected by glandular response to both food and exercise. Stick to single ingredient foods during weight loss efforts: lean meats, greens and a starch. Note barbeque chicken pizza with spinach is not acceptable. Although people may think, "Hey, it's all on one plate! It's carbs, fats, lean meat and greens!" While that is true, look at what goes into the carbs: a mixed bag of unpronounceable ingredients, largely processed, stripped of nutritional content and then smothered in

cheese (which is not a "protein" it's a saturated fat couched in dairy goodness.) The spinach is minimal, maybe six small leaves, chicken is minimal, maybe two ounces max, and so you end up with saturated fats, salt and processed carbohydrates. One great big insulin bomb. You might as well just sit on that pizza because that's right where it's going anyway. Examine your choices closely. You can have the pizza just not if you're trying to lose weight. Your regular diet must be comprised of good choices, allowing occasional indulgences like pizza and beer during maintenance phases or one cheat meal per week during weight loss efforts. It goes without saying that to eat pizza, or the like, every day will lead to unpleasant

outcomes beyond basic vanity.

Another variable that enters the equation is *body type*. Jim Carrey, for example, could never look like Arnold Schwarzenegger. Because of differences in basic body type. Jim Carrey has long lean muscles, often described as "slow twitch" with a small chest and long, narrow frame. That body type is great at endurance sports like long distance running. Arnold has dense, "fast twitch" muscle on a considerably larger frame. He is more suited to explosive activity like shot-put or throwing Volkswagens. If they both did the exact same exercise routine and ate the exact same diet they would still look completely different. Jim can only get so big while Arnold can build mass all day long. This is because they have different physiology and cell structure. There are three basic body types:

Ectomorph, people who tend to be slender with narrow frames, long/thin limbs, small muscles, low body fat, small shoulders and fast metabolism. These people are hard gainers (ex: Bruce Lee, Jim Carrey, Cameron Diaz, Kenyan distance runners.) Ectos are thyroid-dominant, carb-tolerant and have an active sympathetic nervous system which results in a higher metabolic rate. They gotta chuck some big logs on that fire to gain any sort of mass, be it fat or muscle. Plus those long limbs physically translate into less leverage when lifting heavy weight as compared to someone with shorter limbs. Think about it. Remember 9th grade geometry and the dreaded Pythagorean Theorem? (Surprise! Turns out that junk is useful now and again.) Ectomorphs can build mass but they need a very strategic high calorie, carb-rich diet with considerable protein consumption combined with heavy resistance training and very minimal cardio. In a practical sense they need to focus on compound movements and multiple joint engagements. Bench press, pull ups, cable curls, squats and dead lifts. Avoid spot training and isolated movement. Focus on power and short duration. Anything beyond 45 minutes will only increase that metabolic rate and burn

Continued next pg

BODY TYPES AND A WHOLE STRING OF F WORDS

From previous pg

more calories. Get in, get it done and get out. They have to work twice as hard and eat twice as much to make progress. The caveat is the more muscle they build the more they need to eat in order to maintain it.

Nutrition:

- Shoot for six small meals per day with each macro: 50% carb, 30% protein, 20% fats
- Make sure your daily protein intake is 1.5g of protein per pound of body weight
- Drink a whey protein shake after your workout and Casein protein shake before bed (casein is a slow digesting protein)
- Increase slow-burn carbs such as pressure-cooked beans, or sweet potatoes, oatmeal, pasta while cutting simple sugars
- Drink one gallon of water per day (not including coffee and tea)
- Limit alcohol intake

Cardio:

- no more than three times per week
- no more than 20 minutes per session

Weight Training:

- Always split-train your muscles, ideally targeting opposing muscle groups.
 - Train each body part twice a week if possible
 - Do two to three sets of each exercise with eight to twelve repetitions per set
 - Change it up every two weeks for muscle confusion
 - If muscle gain feels stagnant, add weight until you hit failure at eight reps
- Work your abs three times per week, three sets of 25 of two different exercises Russian twists and jack knives or plank and decline sit ups, for example.
- Mesomorph**, typically larger than the ectomorph, these people are symmetrically proportioned all over with broad shoulders, muscular frame and narrow hips.

They tend to build muscle easily (ex: Arnold, Mark Wahlberg, Halle Berry, Anna Kournikova, Tim Tebow, actually every NFL quarterback.) Basically, it's the most ideal body type. Mesos build muscle as easily as the endo and lose fat as easily as the ecto. Pretty much these people just need to show up. They have a lot more latitude, but this body type responds well to explosive movement like Crossfit, HIIT and Tabata training as well as TRX and free weights. Mesos can drop fat and catabolize muscle with excessive cardio, so Zone training is a must and should be balanced against desired goals and body mass. In general a 60/40 strength to cardio balance is a good ratio, in my opinion. To gain mass on an existing muscular foundation, Creatine is a great supplement option as it contemporaneously aids with recovery and allows a heavier sustained workload. Even just sneaking in three more reps before failure can translate into big gains for muscle growth. For more information on supplementing with Creatine, check bodybuilding.com for some great articles on the subject. **Be sure to dose according to existing body weight and gradually ramp up. Don't just dump a whole scoop in your water bottle and pray to Dwayne Johnson.*

Nutrition:

- Eat five or six small meals per day with total daily macro intake at 30% protein, 50% carbs and 20% fat
- Protein target intake is 1.5g of protein per pound of body weight
- Drink a whey protein shake mid-morning and after your workout
- Use low-fat (2% milk) or water for your protein shakes
- Increase complex carbs, cut simple sugars
- Drink a gallon of water per day
- Limit alcohol consumption

Cardio:

- Three times per week, 30 mins Zone 2 for 6 weeks to build base
 - Three times per week divided between Zone 2 and HIIT once base is established and depending on goals
- If you're at or near goal BMI then focus on resistance training with minimal cardio

Weight Training:

- Always split-train your muscles, ideally targeting opposing muscle groups.
 - Train each body part twice a week if possible
 - Do two to three sets of each exercise with eight to twelve repetitions per set
 - Change it up every two months for muscle confusion
 - If muscle gain feels stagnant, add weight until you hit failure at eight reps
- Work your abs three times per week, three sets of 25 of two different exercises Reverse Crunches and Incline Sit Ups or Plank Jacks and Bicycle Crunches, for example.

Endomorph, this body type is larger and thicker, particularly through the hips and thighs. They are often pear shaped and have a natural tendency toward being overweight. (ex: Jennifer Lopez, Beyonce and every last Kardashians OR John Goodman and Roseanne Barr.) These people are often referred to as "big boned" and have to be vigilant about their diet since overeating quickly results in noticeable fat accumulation. In a practical sense weight training is an absolute imperative. Contrary to what most people think, spending endless hours on a treadmill or elliptical machine might work but it would take years. The more efficient and economic approach is muscle confusion, heavy lifting and High Intensity Interval Training. There is a metric called EPOC, or post-exercise oxygen consumption. It's somewhat controversial in the athletic community but basically it is the body's continual burn of energy long after an activity has ceased. Recent and countless studies have

BODY TYPES AND A WHOLE STRING OF F WORDS *Continued*

shown that interval training is the greatest conductor of EPOC. So, stick with me here, by increasing lean body mass (building muscle through lifting weights) Endos can achieve double the burn. (Re read that first paragraph about how many calories are burned by five lbs of muscle.) Now factor in the additional lean muscle plus EPOC for maximum fat burn and rapid redistribution of body mass. Get off the hamster wheel and grab some iron. You can start with five lbs if you must but plan to add weight as you gain strength and confidence.

Nutrition:

- Diet is absolutely crucial
- Aim for five or six *small* meals per day Daily protein intake is 1.5g of protein per pound of body weight
- Daily macros should be 30% protein; 50% complex/low glycemic carbs; 20% fats
- Drink a whey protein shake after your workout and casein protein shake at bedtime (if you're still hungry)
- Use non-fat milk or water for your protein shakes/ DO NOT use juice or flavor additives
- Utterly cut out simple sugars especially if eating this often or you will constantly secrete insulin and promote fat storage
- Drink a gallon of water per day, excluding coffee and tea Limit alcohol intake

Cardio:

- Three to five times per week for at least 30 minutes, depending on current fitness level
- If you are new to exercise and overweight, start out at 20 minutes in Zone 2 (70% max HR)
- After sufficient base building (6 weeks) begin to incorporate HIIT training either through a coach, group program or using a guided video. HIIT is about speed and or heavy workloads so form is critical. Don't just throw yourself around for 30 seconds and "wing it" or you'll likely get injured
- Always warm up and cool down for five minutes
- Please remember your heart is literally a muscle, just like any other muscle it can be strained and bruised

- Ease into any new exercise regimen to avoid injury or harm

Good cardio options for endos include the elliptical machine, stationary bike, treadmill, running, outdoor biking, jogging, hiking, or even just walking

Weight Training:

- Always split-train your muscles, ideally targeting opposing muscle groups.
- Train each body part twice a week if possible
- Do two to three sets of each exercise with eight to twelve repetitions per set
- Change it up every two weeks for muscle confusion
- If muscle gain feels stagnant, add weight until you hit failure at 8 reps Work your abs three times per week, three sets of 25 of two different exercises Side Bends and Hip Raises or Side Crunch and V Crunch, for example.

People are often dominant in one type but have secondary characteristics. Arnold would be Meso with some endo tendencies. Sylvester Stallone is Meso/Ecto. Don't get too wrapped around the axle trying to figure out your body type, just know the general margins you fit within. Understanding and accepting your body type will allow you to set reasonable and achievable goals that free you from the shallow constraints of media-induced pathology.

As a side note, currently there are a few ridiculous fads out there that kids are associating with fitness and struggling to achieve through unhealthy and dangerous means. One is "cracked abs" which is just what it sounds like. A man with very low body fat, we're talking like six percent, with sufficiently dense muscle tissue, like Hugh Jackman, has visible separation of both lateral and medial muscle fibers throughout the abdominal complex. Commonly described as "washboard abs" only perhaps more exaggerated. This is the result of body type, diet, testosterone and high levels of HGH. I had a client tell me her 10-year-old son was berating himself for being "fat" because he didn't have cracked abs. That is just heart breaking. Another ridiculous and unhealthy fad is the "thigh gap" in women. How far apart your thighs sit is determined by your skeletal

structure, specifically pelvic girdle. In some women (or men) to achieve a thigh gap would mean reducing both body weight and body fat to dangerous levels in order to expose more of that skeletal structure. In young, developing girls this is beyond dangerous not to mention damaging to them emotionally, hormonally and physically. Now most of us don't strive for such things but it's good to be aware of in case your kids or grand kids do. If you notice changes in eating habits or strange behaviors in relation to their appearance please talk to them and get them some professional help. This really can't be overstated.

If you put in the time and effort, make a commitment to yourself and stay consistent you can absolutely achieve any level of fitness at any age. For some that means just being able to climb a flight of stairs without losing their breath. For others it means competing in the Warrior Classic Body Building Competition or toeing the line at Ironman Kona. Every goal matters. There's no such thing as small success. It's just success. If you want it, then go out and get it.

In every single sample plan, always warm up the muscles for a good five minutes before you begin and try to stretch at the end. Get plenty of rest and drink lots of water, before during and after your workouts. Don't work sore muscles. Flush them out with light cardio like cycling or walking. You won't lose fitness by taking a recovery day or two. Always increase intensity slowly to avoid injury. Start out low to be sure you can handle it and gradually increase. If you are sore for more than three days, odds are you are lifting too heavy. Scale it back and slowly add weight as tolerated. If you are unsure about any equipment always ask for help. There is always someone available in any reputable gym to help you avoid injury or show you how something works. If not, then there are several great free apps for weight lifting to help you with selection and form. And as always if you are new to exercise or recovering from injury please consult your doc before beginning any new exercise regimens. Better safe than sorry.

<http://ectomorphworkout.org/ectomorph-bodybuilding/body-types/>
<http://www.directlyfitness.com/store/3-body-types-explained-ectomorph-mesomorph->

**Always digging for
spot on news.**



The Mirror

now weekly

Making sure readers don't bury their heads in the sand.

COMMUNITY NEWS BRIEFS

COLORADO ARCHAEOLOGICAL SOCIETY CHIPETA CHAPTER TO HOST 2ND ANNUAL MEMBERS POTPOURRI

Special to Art & Sol

MONTROSE-On Wednesday, February 21, the Colorado Archaeological Society Chipeta Chapter will have its second annual Members' Potpourri meeting where chapter members will present three short illustrated talks about their own adventures. Come and experience a tour of Southern France's cave paintings by Annette Butts; Aboriginal Quinkan cave paintings of Queensland Australia with Dr. Carol Patterson; and Bill Harris brings us highlights of Uncompahgre Plateau chapter field trips to locate several enigmatic architectural "hogan" sites that were excavated 75 years ago by Harold and Betty Huscher, Colorado archaeologists, and then "lost" to science. Refreshments will be served; public is invited. Free. First Methodist Church in 19 S. Park Street, Montrose, 7 pm.

PRICE REDUCED FOR GMUG PERSONAL FUELWOOD PERMITS

Special to the Mirror

DELTA-The Grand Mesa, Uncompahgre, and Gunnison (GMUG) National Forests have decreased the price of personal fuelwood permits from \$10 to \$5 per cord. Permits will still require a minimum \$20 (four cords) purchase, and are subject to 20 cord yearly maximum (\$100) per household. The GMUG has also added two new Fuelwood Permit vendors in the North Fork Valley: Paonia Flower Shop - Monday-Friday 9AM-5PM; Saturday 9AM-1PM; Paonia, (970) 527-4664; Accepts

only cash and checks. Desperado General Store - Monday-Friday 7AM-7PM; Saturday 7AM-6PM; Crawford, (970) 921-5655. Prior to removing fuelwood from National Forest System lands, visitors are required to purchase a personal fuelwood permit from your local ranger district or authorized vendors. Permits must be purchased in-person by the individual who will be cutting the fuelwood. With these permits, permittees are allowed to cut and remove standing dead and downed trees on the National Forests for personal usage as

fuelwood. The cutting of live trees for fuelwood is prohibited.

All forest service travel restrictions apply. Ranger Districts can provide you with a Motor Vehicle Use Map (MVUM) with information on designated routes open for motorized vehicles. If a district has areas closed for timber sales, additional maps will be provided.

For more information regarding fuelwood permits, please see: <https://www.fs.usda.gov/detail/gmug/passess-permits/forestproducts/>.

ALEXANDRA LAKIN OF MONTROSE NAMED TO UA DEAN'S LIST

Special to Art & Sol

TUSCALOOSA, AL-Alexandra M Lakin of Montrose, CO (81401), was named to The University of Alabama's Dean's List for fall 2017.

A total of 12,594 students enrolled during the 2017 fall semester at UA were named to the Dean's List with an academic record of 3.5 or above or the President's List with an academic record of 4.0 (all

A's). The UA Dean's and President's lists recognize full-time undergraduate students.

The lists do not apply to graduate students or undergraduate students who take less than a full course load.

The University of Alabama, the state's oldest and largest public institution of higher education, is a student-centered research university that draws the best

and brightest to an academic community committed to providing a premier undergraduate and graduate education.

UA is dedicated to achieving excellence in scholarship, collaboration and intellectual engagement; providing public outreach and service to the state of Alabama and the nation; and nurturing a campus environment that fosters collegiality, respect and inclusivity.

The Mirror:
Coverage with vision for the future.



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-

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. 6-MMH Diabetes Support Group. Diabetic Medication 101, Montrose Memorial Hospital. Call with questions, 970.240.7280.

Feb. 7- Crafternoon at the Library, a craft club for adults & teens. Knit & crochet projects for charity! 2:30 - 4:30, library meeting room. For more info contact Tania at 964-2546.

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 uwpccommunications@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](http://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. 14-Crafternoon at the Library, a craft club for adults & teens. Knit & crochet projects for charity! 2:30 - 4:30, library meeting room. For more info contact Tania at 964-2546.

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.

Feb. 18 – 3 p.m. — Folk Music of Galicia, Spain with iconic vocalist Uxia Senlle, one of the most respected and influential musicians from Galicia, Spain and regarded as the "Grande Dame" of Galician folk music. She will appear with Brazilian multi-instrumentalist Sergio Tannus. Wright Opera House in Ouray — presented by Ouray County Performing Arts Guild. Tickets \$20 for Adults, \$5 for Students. Info and tickets at ocpag.org.

Feb. 21-Crafternoon at the Library, a craft club for adults & teens. Knit & crochet projects for charity! 2:30 - 4:30, library meeting room. For more info contact Tania at 964-2546.

Feb. 21-Colorado Archaeological Society Chipeta Chapter will have its second annual Members' Potpourri meeting where chapter members will present three short illustrated talks about their own adventures. Refreshments will be served; public is invited. Free. First Methodist Church in 19 S. Park Street, Montrose, 7 pm.

Feb. 21-The Western Colorado Latino Chamber of Commerce (WCLCC) will celebrate its five-year anniversary. Members and non-members are invited to celebrate with the WCLCC from 5 p.m. to 7:30 p.m. Event will be held at the Western Colorado Community College's student run Chez Lena Restaurant, 2508 Blichman Avenue, in Grand Junction. The event will feature food, drinks, live music and VIP Speaker. Tickets are \$25 for members and non-members. RSVP by February 19 -tickets available on EVENTBRITE. For more information: wclatinochamber.org or in-fo@wclatinochamber.org or by phone 970.712.8663.

Contact the Montrose Mirror:
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Below, warm weather continues to bring fishermen and other recreation seekers out to the Uncompahgre River in February. Mirror staff photo.

At right, a Montrose Webelo shows off Pinewood Derby cars at the meeting on Saturday. Courtesy photo by Wayne Quade.



FAME

FOCUS • ATTENTION • MEMORY EXERCISES

Contact Me for a Free Consultation!
Michele Gad • 970-948-5708
MicheleGad.fame@aol.com

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

Benefits healthy aging adults and may effectively treat:

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

Michele Gad is a **Certified 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!