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# KEEPING FAITH FRESH: MUMC PASTOR LISA PETTY



Rev. Lisa Petty flashes her phone with its Wonder Woman pop phone grip. She's pretty much all that. (Photo by Michael Lawton).

By Carole Ann McKelvey Mirror Feature Writer

MONTROSE-- The first things you notice are her firm handshake and welcoming smile. Then, don't miss the purple hair, "for Lent." There are also the tattoos, "I have a lot of them." Rev. Lisa A. Petty is what the United Methodist Church calls an "itinerate minister."

When beloved pastor Rev. Steven Reinhard left the church last June, "Pastor Lisa" got the call and headed from her church in Rifle over to Montrose. During her first service on July 9, 2017 she says she warned her congregation she was a "different kind of minister and it might take some time to learn to love (her). But then again, some of you are different and it might take me time to love you."

Love is what she preaches, and it did not take too much time for this "different" minister to earn the love of her congregation. Her goals in the ministry are few, but they are mighty:

· "Build Christ's Church in the

Continued pg 21

## **TEXAS-BASED BUSINESS OWNER FLAUNTS CITY, COUNTY REGULATIONS** IRA GOLDFARB FACES CITY EFFLUENT HEARING. COUNTY CEASE & DESIST ORDER

### By Gail Marvel

Editor Caitlin Switzer contributed to this report OLATHE-A Texas-based business owner continues to draw attention here in Montrose County; Ira Goldfarb, owner of Prairie Dog Treats and Star Chicken, faces both a March 15 hearing on effluent dumping within City limits, and a Cease and Desist order for the dumping of chicken parts in Montrose County. BACKGROUND: On Saturday, Feb. 17<sup>th</sup>, Olathe resident Bill Maness noticed some truck activity on a 10acre parcel of land that his brother had listed for sale. Olathe resident Bill Maness, above, says that Star "My brother lives in Colorado Springs and I was looking out for the property. I wanted to know what was going on." In the 1950's Maness' dad purchased the



Chicken continues to dump chicken parts on a nearby parcel of land owned by Ira Goldfarb. Photo by Gail Marvel.

Orchard Home Subdivision in Olathe, and some of the 10-acre parcels are still family-owned. Located on 61.50 Road, between Gunnison Road and Falcon Road, the property is about a quarter mile from the Bill Maness home. "At first I thought the red

Continued pg 5

n this	<u>Gail Marvel's</u>	Art Good times'	Rob Brethouwer on	Carole McKelvey's	A Fresh Point of
	Answering the Call series!	<u>Up Bear Creek!</u>	<u>classical music!</u>	<u>Rocy Mt. Cravings!</u>	<u>View from MHS!</u>

# ANSWERING THE CALL: MCSO DEPUTY MATT BRESHEARS



MCSO Deputy Matt Breshears. Courtesy photo. open. If I see a garage door open at 2

### By Gail Marvel

MONTROSE-Montrose County Sheriff Deputy Matt Breshears, who moved to Montrose in 1989 when he was four years old, is a 2003 homeschool graduate. When asked what attracted him to a career in law enforcement Breshears said, "My family was on the opposite side of the law. I wanted a different life and I wanted to give my own kids a different life. My past helps me connect with people in ways that most officers haven't experienced."

Breshears served in the Colorado Army National Guard (COARNG) for six years

and attended the Police Academy at the Delta-Montrose Technical College. "To be honest, I enjoyed the Police Academy...well, maybe not the running in the cold. I learned to speak to people and interact with them in a different fashion." Breshears has worked for the Montrose County Sheriff's Office (MCSO) for six years. As a patrol deputy the 12-hour shifts keep him driving county roads looking for things that are out of the ordinary, "Car doors or garage doors standing

a.m., I'll knock on your door. Oh yeah, and there's a lot of paperwork." Breshears describes himself as calm, positive and a good listener, "Talking to people and listening goes a long way. I try to be respectful to everybody. I'm here to serve, not harass or bother people. When I have contact with another person it's always a bad day. No one calls us when they are having a good day."

Breshears doesn't find law enforcement stressful, "But what I dislike most is seeing kids struggle during the holidays, or kids living a lifestyle that I saw as a kid. With my childhood I saw a lot of negative

things, so for me it's a personal thing. My life experience helps me have empathy and sympathy for others."

Serving and giving back to the community are important to Breshears and for the last two years he has volunteered and served meals at the community Thanksgiving Day dinner.

He also participates in the Adopt-a-Family Program (Christmas presents and food) and Watchdogs for Dads, an Oak Grove Elementary School program that promotes fathers being more involved in the lives of their kids.

Breshears has used CPR a few times, "But I don't know the outcome. I don't know if lives were saved."

During one call a woman's husband passed away, "She has no family locally, so I still stop in and check on her once in a while. We have a connection and she appreciates my stopping by."

In the area of activities and interests Breshears likes spending time with his family, "We like anything outdoors - hiking, fishing, camping."

The deputy's two daughters are proud of their dad, "They gave me a sign for my wall that says, 'Not all Superheroes wear capes!'"





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*Niko's Tavern* Free Jell-O Shots *Horsefly* \$3 pints and \$5 corn beef and cabbage 1-4pm

> *Two Rascals Sam's Tavern Happy Hour all day*



# A FRESH POINT OF VIEW: FROM THE HALLWAYS OF MHS

## By Jack Switzer

## MHS Freshman

MONTROSE-Imagine this. Students on a high school campus get attacked by a peer and everyone goes into a panic. Parents start to freak out, all asking the same question, "What if this happens to my kid at school!?" Everybody else starts taking to social media talking about why gun control is a good thing, and why gun control is a bad thing. Facebook pages make memes and jokes about how guns are gonna fly out on their own and attack people. Name calling starts, and something that was supposed to bring us together, pulls us apart as a nation.

From there things get worse, more shooting threats are made and cops are having to watch schools more carefully. That once safe educational environment becomes a fear-filled place that students often skip just so they don't have to be afraid of getting killed.

That situation, has become a reality. Recently one of the Montrose middle schools was threatened and more people started freaking out.

I'm sure these awful threats of an attack on a school have become common, every day occurrences in the U.S. Which is a huge problem and needs to somehow be stifled. Especially if what's supposed to bring us together, takes us apart at a time where we need to be together to stand against this threat that's growing bigger.

If i can't go five minutes without seeing a news story on Facebook about how a school was threatened by a student, or how a message was found in a bathroom saying there's going to be an attack. Or even just a meme joking about how dumb the shooter is. Have you taken a second to

think about how making fun of the kid who did it, was the reason he did it? Not everybody who launches an attack is men-



Jack Switzer, 14, MHS freshman.

tally ill. (In fact, most mentally ill people are non-violent.) Most of the time the attacker is someone who has been attacked themselves to the point where they want to get back at the people who have wronged them.

We cannot be divided in this situation. That will be our downfall, we need to band together and attack the problem, not each other.

If we don't, everything is going to get so much worse.



## TEXAS-BASED BUSINESS OWNER FLAUNTS CITY, COUNTY REGULATIONS From pg 1



Unbeknownst to neighbors, a 10-acre parcel of property in Olathe becomes an exposed dump for chicken parts. At right, Star Chicken's new sign. Photos courtesy of Bill Maness.

color was landscaping material that was being piled up." What Maness discovered instead was a pile of chicken parts — feet, heads, feathers, innards and blood, which was partially covered with sawdust. Maness estimates the pile to be 20-feet long, four-feet deep and 10-feet wide.

Maness witnessed two loads of chicken parts dumped on Saturday and two more on Sunday, the 18<sup>th</sup>. A truck driver for United Companies, Maness said, "It looked like a 16-foot dump trailer that probably holds five-yards."

On Feb. 18 Maness confronted the driver of the truck and told him he was trespassing and driving across private property to get to the dump site. The driver left, but simply went to a neighboring property and again trespassed. After talking with family members and neighbors, Maness learned that no one had given permission for the truck to drive on their property, nor were they aware of the dump site.

On Sunday Maness called the Montrose County Sheriff's Office (MCSO), who has since been to the site twice. On Tuesday Maness will meet with Health and Human Services and Colorado Parks and Wildlife (CPW). "They are not burying the parts. I don't even know if it's legal for them to bury there because it's next to a draw." Aside from the stench that is already developing, Maness is concerned about scavengers — coyotes, racoons, insects, rats. "It's a health issue."

After visiting with his brother Maness learned that the property, which sold a few days earlier, was purchased by Ira Goldfarb (owner of Montrose companies Prairie Dog Treats and Star Chicken) for \$65,000. The property was sold through Carson Realty, who was unaware of the intended use. Maness said, "In fairness to Bobbi [Carson], the buyer told her they were going to use the property for composting."

### **COUNTY MOVES TO ENFORCE CODE:** In response to Maness' complaint, Montrose County Planning & Development has moved to enforce code.

Maness told *Mirror* Reporter Gail Marvel that another dump was observed Friday, Feb. 23.

Still, Montrose County has now requested that Star Chicken Company of Montrose cease the dumping of chicken parts on the privately-owned land in Olathe. "I had a discussion with the manager of the (Star Chicken) facility," Montrose County Planning & Development Director Steve White



said. "And I explained that this is a violation of code.

"They have the right to apply for a special use permit," White said, "but for now, the County has requested that they cease and desist."

CITY TO HOLD HEARING ON STAR CHICK-EN EFFLUENT DUMPING MARCH 15: On

Feb. 8, 2018, the *Montrose Daily Press* published a legal notice concerning the ongoing effluent issues arising from Texas resident Ira Goldfarb's Star Chicken plant, located at 1850 Launa Drive in Montrose. The company received notice in December that it was found to have significant storm drain violations including fecal coliform.

A public hearing will be held at the Montrose Wastewater Treatment Plant (3315 North Townsend Avenue) at 10 a.m. on March 15 to finalize the City's new, revised discharge authorization order regarding Star Chicken.

The draft discharge authorization order outlines proposed guidelines for wastewater effluent discharge limitations and monitoring. Comments or questions must be received from the public by March 12; send them to Michael Norris, Wastewater Treatment Plant, Post Office Box 790, Montrose CO 81402.

## **\*\*A HUGE ECONOMIC DRIVER FOR THE WEST END'** BOCC APPROVES IMPROVEMENTS TO HOPKINS FIELD, THANKS STAFF FOR SAVING 55



Nucla's Hopkins Field. Courtesy photo.

### By Caitlin Switzer

MONTROSE-County staffers were honored for excellence on the job and praised for saving money through competitive bid processes at the regular meeting of the BOCC on Feb. 21.

Though turnout was strong, no citizens stepped forward to speak during the time for public comment.

Following unanimous approval of the <u>Con</u>sent Agenda, the first item to be considered was Item D-2 under General Business (General Business Item D-1 was not quite ready for presentation).

Item D-2 involved the Chairman's signature on a <u>memorandum of understanding</u> (MOU) between the Montrose County Fair board and the Colorado State University (CSU) extension regarding the participation of 4H club members in the Montrose County Fair, and was unanimously approved.

Also approved unanimously was the award of a <u>bid and contract in the amount</u> of \$45,500 to Pro Electrical Contractors, Inc. of Cedaredge to install light poles and fixtures in the parking areas at the Montrose County Fairgrounds.

Fairgrounds Director Emily Sanchez noted that six bids had been received, ranging from 45K to 124K. "The low bid was right on track, all their references passed, they seemed to be the good choice, and that's who we're recommending."

"Thank you Emily for getting that all put together for us," BOCC Chair Keith Caddy said.

"Thank you for saving us so much money," Commissioner Glen Davis said.

County Engineer Keith Laube presented General Business Item D-4, <u>consideration</u> <u>and possible</u> award of the <u>2018 Hot Mix</u> <u>Asphalt Material</u> contract to low-bidder Elam Construction of Grand Junction in the total amount of \$840,000, as reviewed by Counsel. The agenda notes that the bid amount is less than the 2018 budgeted expense of \$900,000.

The roughly 12,000 tons of asphalt will be used to pave roughly seven miles of county roads, Laube said.

The contract was approved unanimously. Also unanimously approved was General Business Item No. D-5, the award for <u>pur-</u> <u>chase of six Tandem Axle Trucks</u> from Transwest Truck of Grand Junction, the lowest of three bidders at \$649,800. Again, "This is less than what we budgeted for," Laube said. "We budgeted \$711 thousand."

"Since 1883 this county's been operating, and they establish needs based on history," Commissioner Davis said. "And our bids are structured to acquire the equipment that is needed for Road and Bridge to fulfill their mission...and it's based on specifications that history has taught them that they need. I am glad to see that it came in less, and I'm tickled to death that it got awarded."

Laube presented General Business Item No. D-6, consideration and possible award of the <u>2018 Asphalt Overlay Project con-</u> <u>tract</u> to United Companies of Grand Junction. United Companies submitted the lowest responsible bid in the total amount of \$1,328,497. The agenda notes, "This bid amount is less than the 2018 budgeted expense of \$1,465,000."

Roughly six miles of county roads will be paved, including a portion of one which has been annexed into the city. The cost for paving that section will be reimbursed by that municipality, Laube said.

As he moved to approve the contract, Davis at one point interjected, "They keep saving money." And as Commissioner Roger Rash moved to second the motion, "Mr. Chairman... what needs to be pointed out is it is saving money, and that's part of the competition, the competitive market that has been created. It saves the county a lot of money and it will save the state money as well when they go after their asphalt contract. We are very fortunate that we have some competition going on out there."

The 2018 Asphalt Overlay Project contract award was unanimously approved. BOCC Chair Caddy noted that paving has increased by three miles this year, almost 33 percent, in 2018 over 2017. "I am glad to see that we are getting a

little bit ahead of the curve that we were working on," he said. "Thank you so much, and tell your guys I really appreciate the hard work that they do."

Montrose County Clerk & Recorder Tressa Guynes then presented Item D-1 under General Business, BOCC recognition of excellent performance provided by the Clerk & Recorder's Office of Vital Statistics as evidenced by receiving the State of Colorado Department of Public Health & Environment (CDPHE) 2017 Five-Star Performance Award from the State Registrar and Director of the State Office of Vital Statistics. This Award is for perfect performance of 100 percent compliance in the State audits involving extraordinary accomplishments, professionalism, accuracy and attention to detail in all areas of the audit.

Guynes noted that this marks the fifth year in a row that the Clerk & Recorder's Office's "elite perfection club," has earned the prestigious recognition, and introduced her team: Pearl Lynch, Supervisor; Dharma Conant, Crystall Hudnall; Ariel Jones and Carol Mastrangelo. They carried the five years of trophies with them.

"This team represents our County," Guynes said, to applause, as she gave gift cards to each. "Which I think is really big we should be really proud of our team." Commissioners took time for a photo with staff before the team hurried back to the Clerk & Recorder's office of Vital

# *"A HUGE ECONOMIC DRIVER FOR THE WEST END" From previous pg*

Statistics.

Montrose Regional Airport Manager Lloyd Arnold presented General Business Item D-7, <u>consideration and possible au-</u> <u>thorization for the Chairman's signature</u> <u>on the Airport Layout Plan (ALP) and Ex-</u> <u>hibit A for Hopkins Field</u> in Nucla.

"We spent about two years of public process going through this," Arnold said, and recommended approval.

"I think this is outstanding," Commissioner Roger Rash said. "We'll get this construction project kicked off here in a couple months, and we'll start expanding that airport over there."

The airport will be closed during the fivemonth, 150-day construction cycle, Arnold said, adding, "Things are going well."

Rash continued. "This is good news; this is huge economic driver for the West End," he said. "I have talked to multiple people over there and they are just ecstatic that this thing is going to get done and we are going to increase the capabilities of that runway so we can put aircraft in there in a safer manner and what a huge boon to the West End!

"Thank you Lloyd for working on that,

and your staff," Rash said. "You guys have done an outstanding job not only on this master plan but on the main airport master plan as well. I appreciate your hard work."

Commissioners adopted Resolution 17-2018, dedication of a road right-of-way plat for a portion of Chipeta Road by the Willis Family; and adopted Resolution 18-2018, a "Base Products Gravel Pit Special Use Permit (SU-17-0040) proposal to allow the creation of a gravel pit – an expansion of the existing gravel pit directly north."

The existing gravel pit is owned by applicant Doug Flowers.

County Planning & Development Director Steve White presented background information and discussed the numerous conditions added to the Special Use Permit (SUP). "We did have some concern from neighbors...gravel is where it is...this isn't the expansion of truck traffic or activity, just an expansion of the resource."

The County Planning Commission recommended approval, White said.

Speaking during the public hearing was Ben Langenfeld, representing pit owner Doug Flowers.

"I am just up here to answer any questions commissioners have on the particulars of this operation."

In other business, the BOCC approved a boundary line adjustment for the <u>Carol</u> <u>Ray Minor Subdivision</u> (MI-17-0049) proposal to divide a 28-acre lot and a 1.6-acre lot into three lots; a <u>Sunrise Minor Subdivision (MI-17-0056) proposal</u> to divide 24 acres into two lots; and a <u>real estate</u> <u>listing contract</u> with Realtor Sean Cleary (low bidder) to sell 19.3 acres at 6700 and M16 roads.

Finally, the BOCC convened as the Montrose County local liquor licensing authority to hold a public hearing on a lodging and entertainment liquor license for the Montrose County Events Center, which is on land that is not deed-restricted for alcohol use.

Montrose County Clerk & Recorder Tressa Guynes read <u>the findings report</u> <u>into the record</u>, and presented information on the application. The retail liquor license was unanimously approved. With no further business, the meeting was adjourned.



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## **REGIONAL NEWS BRIEFS**

## FIVE YEARS OF TOP PERFORMANCE BY VITAL STATISTICS TEAM

### Special to the Mirror

MONTROSE-The Montrose County Clerk and Recorder's Vital Statistics Team is once again the proud recipient of the Colorado Department of Public Health and Environment's (CDPHE) annual Five Star Award. This marks the fifth year in a row the Montrose County team claims that title--an honor only shared with one other county.

Led by supervisor Pearl Lynch, this team has once again scored perfect on seven different evaluating categories: application audits, policy receipts and annual renewals (100 percent receipts and items completed by deadline), surveys (100 percent meeting survey deadlines), responsiveness (zero reports in billing, registration and quality assurance), timeliness (100 percent timeliness on registrations from the local office to the state office), completeness (zero items returned for additional information), and up-to-date staff training from COTrain.

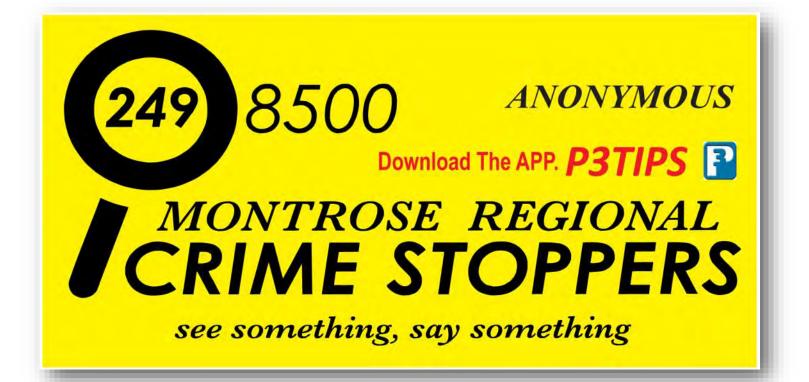
"I would like to thank Ms. Lynch and her team for the outstanding work," said Guynes. "Receiving this honor for the fifth year in a row is a remarkable feat and I am proud of the team's hard work to make it



L to R: Commissioner Roger Rash, Ariel Jones, Commissioner Keith Caddy, Crystal Hudnall, Clerk and Recorder Tressa Guynes, Pearl Lynch, Dharma Conant, Carol Mastrangelo, and Commissioner Glen Davis). Courtesy photo.

happen." In addition to Lynch, the vitalhard on achievingstatistics team includes Ariel Jones, Crystalsixth year. The CHudnall, Dharma Conant, and Carolplayed in the RecMastrangelo. The team is already workingSouth 1st Street.

hard on achieving this distinction for a sixth year. The CDPHE award will be displayed in the Recording Office at 320 South 1st Street.



# **REGIONAL NEWS BRIEFS**

## **APPLICATIONS NOW AVAILABLE FOR \$50,000 COMMUNITY BLOCK GRANT**

#### Special to the Mirror

REGIONAL-Tri-State Generation and Transmission Association, Inc. and the Montrose Economic Development Corporation (MEDC) announce the creation of a \$50,000 block grant designed to improve the financial stability of local businesses, expand entrepreneurial opportunities and increase economic vitality in the West End of Montrose County.

The grant is funded by Tri-State and will be administered by MEDC. The deadline to apply for funding is May 30, 2018.

"We have been working with community leaders to find ways to support the West End in light of the upcoming closure of Tri-State's New Horizon Mine and Nucla Station by the end of 2022," explained Sarah

Carlisle, external affairs representative for Tri-State. "MEDC has over 60 years' experience promoting economic development in the area and is a natural fit to administer this grant. This block grant will help lay the foundation for ongoing economic development in the West End." Sandy Head, Executive Director for MEDC, noted "the West End of Montrose County is an important part of our economy. MEDC has supported their efforts to increase economic stability over the years. We are pleased to be able to assist Tri-State with their goal of helping create new economic development opportunities by administering this grant."

Organizations and businesses may apply for funding in the following focus areas:

Healthcare funding School support Entrepreneurial development Community enhancement projects For more information about the block grant criteria and to access to the grant application, please visit www.montroseedc.org, or contact Sandy Head at sandyH@MontroseEDC.org, (970) 249-9438. Tri-State Generation and Transmission Association is the wholesale power supplier, operating on a not-for-profit basis, to 43 electric cooperatives and public power districts that serve more than one

million consumers throughout nearly 200,000 square-miles of Colorado, Nebraska, New Mexico and Wyoming. For more information, visit <u>www.tristate.coop</u>.

## **AUTHOR DONNA BRYSON TO VISIT WARRIOR RESOURCE CENTER MARCH 3**

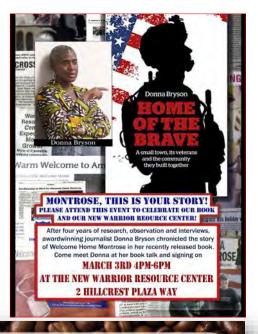
#### Special to the Mirror

MONTROSE-Six years ago, a grassroots initiative called Welcome Home Montrose embarked on a mission to unite the Montrose community to assist the transition of veterans into successful lives as citizens. This initiative caught the attention of Donna Bryson, a prizewinning journalist now living in the Denver area. In doing her research for this article, Donna felt there was enough information and interest to write a book. She wrote a lengthy article for *Stars and Stripes*, a military publication distributed worldwide, which was published in 2012. She went on to spend four more years in interviews and history books learning about Montrose, its citizens and its veterans.

Now, her book "Home of the Brave" is available on Amazon and at bookstores around the world, documenting the joys and difficulties Montrose experienced as Welcome Home Montrose grew to become Welcome Home Alliance for Veterans, expanding its scope throughout the Western Slope.

Donna will be in Montrose speaking about Home of the Brave and signing books on March 3<sup>rd</sup> from 4-6 pm at the new Warrior Resource Center located at 2 Hillcrest Plaza Way on Main Street in Montrose across from Gold's Gym. The public is invited to meet Donna and to get a "before" tour of the new Warrior Resource Center. For more information, please call 970-765-2210.

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# **OPINION/EDITORIAL: LETTERS**

# ONE MCSO CANDIDATE IS VIOLATING THE HATCH ACT

### Editor:

I kept hearing rumblings of a Hatch Act Violation involving the Montrose County Sheriff's Office race. I had no idea what the Hatch Act was all about, so I did a little research. The Hatch Act can be found at: https://osc.gov/pages/hatchactaffectsme.aspx

In doing additional research, article appeared in the Canon City Daily Record on January 17, 2018, **"Fremont County Sheriff's Office undersheriff removes himself from sheriff race"** (http://

www.canoncitydailyrecord.com/ ci\_31600692/fremont-county-sheriffsoffice-undersheriff-removes-himself-from) What happened, in this case, a candidate for Sheriff appeared in a campaign advertisement while wearing his uniform. The article states: "As part of the law, according to the state of Colorado's human resources department, local employees are not allowed to "engage in political activity while wearing an official uniform," among other rules intended to prevent officials from campaigning on the job." According to "The Hatch Act: The Political Process and You"

By Larry H. James, General Counsel National Fraternal Order of Police (<u>https://</u> fop.net/CmsDocument/Doc/hatchact.pdf)

"The relevant analysis concerning the employee's contact with federal funds is whether the employee "as a normal and foreseeable incident to her principal job or position... performs duties in connection with an activity financed in whole or in part by federal loans or grants..." Special Counsel v. Williams56 M.S.P.R. 277 (1993). Whether the employee's salary is paid by federal funds is not a relevant consideration.

"Activities that have been held to be "in connection with an activity financed in whole or in part by federal loans or grants" have included approving the use of federal funding, supervising employees whose salaries are paid by federal funding, purchasing items with money obtained from federal funds, supervising the use of federal funds, overall responsibility for the operations of departments funded at least in part by federal funds, reviewing and analyzing policies and procedures to determine compliance with applicable federal law, reviewing federal grant applications, preparing annual reports regarding federal funding, and preparing press releases and answering questions regarding federal funding."

It also states:

"It is impermissible to:

-Allow one's name or likeness to be used in campaign literature in the police officer's

professional capacity;

-Host a fundraiser for a political candidate and recruit attendees using the officer's official title (however, a spouse who is not covered under this Act may host such a fundraiser and the officer may attend, but may not personally solicit contributions to the fundraiser);

-Allow the officer's name to appear on an invitation to a fundraiser as a sponsor of the fundraiser or as a point of contact for the fundraiser;

-Engage in campaigning during working hours;

-Use any official authority for influence for political purposes, including using the officer's official title or authority to coerce individuals to participate in political activity;

-Run for any elected partisan office; \* -Solicit, accept, or receive uncompensated individual volunteer services from a subordinate for any political purpose."

"\*On December 19, 2012, Congress passed the Hatch Act Modernization Act of 2012 (the Act). The Act became effective on January 27, 2013. Now, only state, D.C., or local government employees whose salaries are paid for entirely by federal funds are prohibited from running for partisan office.

All other state, D.C., and local employees, even if they are otherwise covered by Hatch Act restrictions are free under the Hatch Act to run for partisan office." https://osc.gov/pages/hatchact-

## affectsme.aspx

I concluded my research by looking at the Social Media and web pages and only one candidate appears in uniform, Gene Lillard.

Richard Harding, Montrose



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

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# REGIONAL NEWS BRIEFS

## MONTROSE COUNTY ROADS ARE NOW OPEN TO RECREATIONAL OHV USE

Special to the Mirror

MONTROSE- The Montrose Board of County Commissioners formally adopted Ordinance 2018-01 allowing the operation of off-highway vehicles (OHV) on all country roads located in the unincorporated areas of Montrose County. The ordinance officially takes effect February 23rd following two readings at a publicly noticed board meeting, approval by the board, and published in the local paper of record.

"This ordinance will be beneficial to Montrose County residents," said Commissioner Keith Caddy. "It serves to enhance ease of OHV traffic recreating on the Rimrocker Trail and the county's vast public lands and trails."

The ordinance repealed previous ordinances (2015-01, 2015-03, 2016-01, 2016-02, and 2016-03) regarding OHV usage. Specifications such as a valid motor vehicle operator's license, muffler, braking system, speed limits, insurance, and more are defined in the ordinance. For more information or to view the ordinance, please visit https://www.montrosecounty.net/ DocumentCenter/View/11325.

# CENTENNIAL MIDDLE SCHOOL THREATENED

## Special to the Mirror

MONTROSE-Montrose County School District RE-1J reported last week that a student made a verbal threat of an act of violence towards Centennial Middle School.

Montrose Police Department investigated; the student is not in school. The situation has been resolved as of this time.

Centennial along with the Montrose County School District takes your students' safety seriously.





With so many options and all the technical jargon out there, how do you really know what internet speed you need? Things to consider when choosing your speed:

- How many people/devices are connected at once?
- Do you want to stream any HD content?
- Does anyone game online?
- Do you upload large files or work from home?

Activity	10 Mbps ⊠ f 12	100 Mbps	1 Gig (1,000 Mbps)
1-2 devices connected to the internet for surfing, emailing, streaming	~	v	v
Cloud-based file sharing		V	~
Crystal-clear video call		V	~
Online gaming		V	V
Stream 4K HD content		V	~
Stream 5 HD videos at once			V
Download a 4-minute song	3 seconds	0.3 seconds	0.03 seconds
Download a 2-hour HD movie	60 minutes	4.5 minutes 25 seco	

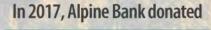
## What can your connection do for you?

Elevate Fiber is here to deliver much more than a "good experience" on every device that needs to be connected to the internet, wired or via WiFi. Not only is Elevate delivering truly high-speed internet options, we are building the most reliable, future-proof network with fiber. You may have asked yourself why do I need more speed? If you are a basic email user, you may not think you need more speed, but wouldn't you like to have the reliability of fiber and be able to upload or download photos from email without waiting?

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# \$1,140,350.00

to local nonprofit groups and projects through funds generated from our Loyalty Debit Card program.



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Alpine Bank

FDIC f O D y in

# simpson gallery

Simpson Gallery Studio and Frame Shop has closed our Main Street Gallery in Montrose but is still framing for you, our loyal customers as we have for over 30 years.

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970-249-1098 Call today for your appointment

# **REGIONAL NEWS BRIEFS**

## **PUBLIC LANDS PARTNERSHIP TO HOST GENERAL MEMBERSHIP MEETING**

## Special to the Mirror

will host a Quarterly General Membership Meeting on Thursday, March 8<sup>th</sup>, 2 p.m. at the Montrose County Fairgrounds, Pioneer Room. San Miguel County Commissioner Joan May will give a presentation on the Forest Service's current Planning Rule. Commissioner May will outline what is new and different about the current rule. with time for discussion among the membership. Commissioner May was appointed, and subsequently reappointed twice by the Secretary of Agriculture to serve on the National Advisory Committee for Implementation of the National Forest System Land Management Planning Rule, from June 2012 until February 2018. She was named by the chief of the USFS to serve as co-chair to the committee in 2017.

PLP has been promoting healthy landscapes for healthy communities since

## 1993.

MONTROSE-Public Lands Partnership (PLP)The organization's mission/purpose is towill host a Quarterly General Membershipinfluence the management of public landsMeeting on Thursday, March 8<sup>th</sup>, 2 p.m. atthrough collaborative processes that ben-the Montrose County Fairgrounds, Pioneerefit the local economies

and environments of west central Colorado.

The Public Lands Partnership (PLP) is the catalyst for promoting public education and awareness of economic and environmental issues related to public lands. The PLP provides local public forums for airing different sides of natural resource issues.

As one of the longest operating natural resource collaboratives in Colorado, the Public Lands Partnership (PLP) is an informal organization of citizens, businesses, local governments, and land management agencies. This diverse group strives to encourage civic discussion and action on local natural resource issues that affect the health of our Public Lands, the sustainability of our economies, and our sense of

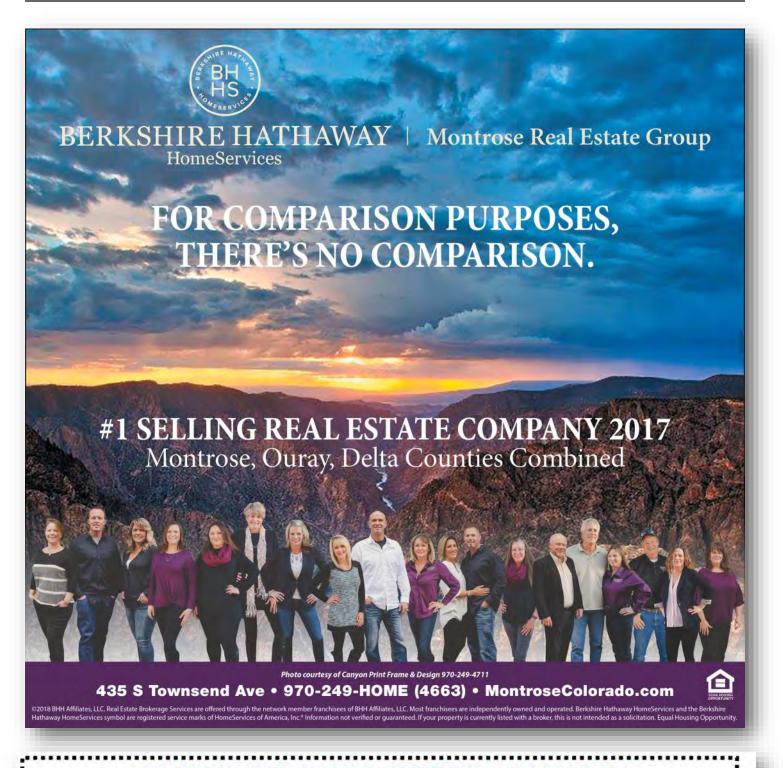
place. Over the years PLP has carefully identified public land projects that would benefit from collaborative efforts that enhance and help maintain diverse, healthy communities.

PLP has grown into a Non-profit Corporation representing seven counties in western Colorado.

PLP recently helped to facilitate the Spruce Beetle Epidemic Aspen Decline Management Response (SBEADMR) Adaptive Management Group (AMG).

The SBEADMR AMG evolved from a recommendation of the original SBEADMR working group to establish a more formally structured citizen-based collaborative group to assist GMUG National Forest with implementation of SBEADMR projects. In April 2017, the PLP convened the organizational meeting of the AMG.

For additional information please go to <u>www.publiclandspartnership.org</u>. or call Chris Miller 970-640-7076.



## **ADMINISTRATIVE ASSISTANT SOUGHT IN DELTA**

Wilbur-Ellis in Delta is looking for an Administrative Assistant who is also comfortable working as needed in the warehouse. Keen eye for details necessary. Must be proficient with computers/order entry & have ability to lift bags/boxes up to 80 lbs. Excellent interpersonal/ customer service skills required. Collaborative team environment, good company, pay, & benefits. Apply online at <u>www.wilburellis.com</u>.

# CITY, CMU DISCUSS NEED FOR GROWTH AT MONTROSE CAMPUS, CONTRACT AWARD FOR HILLCREST DRIVE EXTENSION PROJECT



The city council work session agenda for Feb. 20<sup>th</sup> attracted a larger than normal number of participants and interested citizens. Photo by Gail Marvel.

## By Gail Marvel

Schedule change:

Because of President's Day, the Feb. 19<sup>th</sup> city council work session was moved to 3 p.m. Tuesday, Feb. 20, 2018. The regular city council meeting followed at 6 p.m. **Discussion Items:** 

Formal decisions are not made during work sessions.

Montrose County School District Land Swap Proposal – City Manager Bill Bell and RE-1J Superintendent Stephen Schiell.

Once the new Columbine School is completed there will be a large open space bordered by South 12<sup>th</sup> Street and Mesa Avenue which will need to be maintained. The school district proposes making improvements to the property (landscaping, sidewalk and sprinkler system) and then giving the property to the city. The city is expected to contribute \$34,000 toward the project and City Manager Bill Bell said those funds could come from street improvement money. It is unclear if the street improvement money Bell referenced is part of the \$3 M street maintenance program, "Keep Montrose Moving," which was recently approved for 2018. Currently the city has a backlog of deferred street maintenance projects totaling over \$40 M.

Also included in the land swap the city will agree to maintain and do snow removal on the new road that comes in from Mesa Avenue.

## Colorado Mesa University (CMU) Scholar-

ship Program – CMU President Tim Foster. The city council has an interest in growing the Montrose CMU campus and has approved \$100,000 in scholarships. Discussion included qualifiers on the scholarship funds, i.e. for students attending the Montrose campus, only for MHS graduates, for Montrose County graduates, for home schoolers of Montrose County, etc.

CMU Trustee David Reed (local Montrose attorney) opened the discussion by noting that Montrose High School graduates lag behind the state and the nation with students attaining higher education. Reed said, "The study shows that only 47.1 percent of graduating Montrose high school students were going for higher education. We don't think this is an acceptable percentage." Reed suggested that scholarship funds should not be restricted, but should be used for students who want to go to the Grand Junction Campus and for noncity residents.

The city council and CMU goals are different. Mayor Judy Ann Files said, "We need to grow the Montrose Campus, we need

to grow the numbers." The CMU goal is to raise the percentage of Montrose County students getting higher education regardless of whether they attend the Montrose campus or the main campus in Grand Junction.

CMU has a career counselor assigned to Montrose High School. Councilwoman Barbara Bynum asked Jeff (no last name given) to come back to council with recommendations, "What do you think the city should do with \$100,000 in scholarships? How would you make the money work for us?"

**Combined DOLA Grant Application** – Montrose Recreation District Executive Director Ken Sherbenou.

After giving a review of city parks, their history and the maintenance needed, Sherbenou suggested the rec district and the city again partner in going after Department of Local Affairs (DOLA) grants. Grant funds would be used to enhance the entrance to parks, widen roads, remove old tennis courts (Holly Park) and add additional parking spaces. The application for the Holly Park & Riverbottom Road Project would be a joint design project for 2018. **Hillcrest Extension Contract Award** – City Engineer Scott Murphy.

This project has three elements: The Hillcrest Drive extension, sidewalks and a new sewer line, which is needed to take the pressure off the current line and allow for future development.

Bids for this project were opened two hours prior to the work session and ranged from \$2.2 M to \$2.9 M. Low bidder was Williams Construction at \$2,196,000.

City Manager Bill Bell said, "We could earmark the funds saved on the project (\$400,000) to go towards the Woodgate extension. The earmark would show good faith to residents." Councilman Roy Anderson said, "I want to keep Woodgate on the top end of that list because we had a lot of community discussion about it."

Cerro Reservoir Outlet Rehab Design Contract - City Engineer Scott Murphy.

The city-owned Cerro Reservoir, which provides emergency water storage for the

# **CITY, CMU DISCUSS NEED FOR GROWTH AT MONTROSE CAMPUS** From previous pg

Project 7 Water Authority and recreational trout fishing opportunities, was originally built in the1920's and was rehabbed in the 1950's. Murphy said, "In October we sent divers down 15 feet and it was very cold. The outlet is at the end of its service and warrants full replacement." Murphy described the replacement as specialty and high-risk work. Council is asked to consider the award of a design contract to RJH Consultants in the amount of \$270,181.82 for permitting and civil design. Construction, which could take place in 2019, is estimated at \$2-3 M.

### Banner Road Property Lease Renewal – Director of Innovation and Citizen Engagement Virgil Turner.

The Banner Road Property, located in Olathe, was once used for city sewer sludge. However, the property is no longer needed for that purpose and while it is listed for sale, it is also leased. Turner said, "The city doesn't make a lot of money on the lease, but he is getting the land shaped up. He spent a lot of money on the property last year and is doing us a good service." General City Council Discussion:

# The regularly scheduled April 3<sup>rd</sup> city council meeting falls on Election Day. It was requested that council move their meeting to April 2<sup>nd</sup>, which would mean the work session would take place at 11 a.m. followed by the council meeting at 6 p.m. **Staff Comments:** No comments.

# **REGIONAL NEWS BRIEFS**

# CDOT TO CARRY NOLAN OLSON'S REMAINS HOME TO PAGOSA SPRINGS ON FRIDAY, MARCH 2

### Special to the Mirror

COLORADO— The Colorado Department of Transportation (CDOT) announces that the remains of fallen employee **Nolan Olson** will be brought home to Pagosa Springs on Friday, March 2. Mr. Olson lost his life on February 11, after suffering critical injuries from a passing vehicle, which struck him on February 2 while he was filling pot holes on the highway in Pagosa Springs.

Members of the CDOT executive management team and key regional staff will carry Mr. Olson's ashes from Denver to Pagosa Springs, via US Highway (US) 285, through the San Luis Valley.

"We are very honored that the family is allowing us the privilege of carrying Nolan home to his final resting place," said Mike McVaugh, CODT Region 5 Transportation Director. It is expected that fellow CDOT employees will pay their respects as the transport vehicle makes its way south across the state. Maintenance patrols will line their vehicles and equipment at various locations and observation points along the route as an opportunity to bid farewell to their fallen co-worker.

A key stopping point along the route will be in Poncha Springs at the Lincoln Area Maintenance Office. The stop will allow Region 5's south-central employees the chance to honor their fallen CDOT brother.

Once Mr. Olson's remains arrive in South Fork, a formal procession will take place for the final 42 miles of the journey, over US 160 Wolf Creek Pass. The American flag will be displayed at the summit of Wolf Creek as the procession drives over the pass. Mr. Olson's step-daughter, Archuleta County Undersheriff Tonya Hamilton, along with other family members will await the motorcade on the west side of the pass near Treasure Falls and will then lead the final leg of the procession into Nolan's hometown of Pagosa Springs. "My family and I have been dumbstruck at the amount of people that want to be involved in bringing Nolan home and honoring him in this way. It's truly been astonishing," said Hamilton. "We haven't been able to find the words to express our gratitude to everyone. I'm humbled by the outpouring of concern and love."

Following immediately behind the sheriff's vehicle will be snowplow #4746, the vehicle which was driven by Nolan while serving the public for 14 years on the Pagosa Springs Patrol 7. Accompanying the memorial motorcade will be local southwest and south-central Colorado CDOT Region 5 employees, driving their trucks and equipment. Local emergency response personnel with the police, sheriff, fire and state patrol are also expected to join in the procession. Community members may pay their respects as the memorial procession makes its way through Mr. Olson's hometown of Pagosa Springs.

Mr. Olson's remains will lay at rest throughout the night on the grounds of Maintenance Patrol 7, until transported to the memorial service the following day. Mr. Olson's family has arranged a "celebration of life" to take place on Saturday, 11:00 a.m. at the Ross Aragon Community Center of Pagosa Springs.

The expected departure time from Denver will be in the early morning of Friday, March 2. CDOT informs the public that brief traffic delays may occur at highway intersections along the statewide procession route. (*see attached map*) The journey will take approximately six hours. CDOT urges the public to use caution when the memorial motorcade passes, especially if members of the public wish to pay their respects outside of their vehicles or places of business.

# **REGIONAL NEWS BRIEFS**

## SUPPORTING MONTROSE REGIONAL CRIME STOPPERS INC



#### Special to the Mirror

MONTROSE-Alpine Bank is proud to support the Montrose Regional Crime Stoppers by providing a \$3,000.00 donation to Montrose Regional Crime Stoppers Inc. Alpine Bank has supported the Crime Stoppers program since its inception to make the community safer and more secure for its people and their property. "Alpine Bank is grateful for the good work that Crime Stoppers provides, and the difference it makes in our community." says Tyler Dahl, President of Alpine Bank Montrose.



# ESTABLISHING HEALTHIER FORESTS, ONE SEED AT A TIME

### Special to the Mirror

MONTROSE-The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests will be planting nearly 125,000 Engelmann spruce seedlings this spring in an effort to restore areas deeply affected by the Spruce Beetle Epidemic. Engelmann spruce seedlings will be planted on Slumgullion Pass along Highway 149 near Lake City, the Cochetopa Creek watershed, and the Grand Mesa. The GMUG recently received a \$45,510 grant from the National Forest Foundation (NFF) to help cover the costs of the seedlings for the Slumgullion Pass portion of this project. This funding will allow the GMUG to plant around 59,300 Engelmann Spruce seedlings along the Pass.

The GMUG received this grant as part of the NFF's national wide movement to plant 50 million trees to restore forested habitats around the United States over the next five years. In 2017, the GMUG planted 152,000 seedlings, and improved timber stands along populated areas such as highways, trails, and ATV routes. The Spruce Beetle Epidemic has been an issue for forests around the United States over the last few years.

The epidemic is caused by beetles that are naturally found in forests around the United States. Typically these beetles only infest downed trees but in recent years the beetle population has grown so large that they are now infesting live stands of trees, causing extensive tree mortality.

This tree mortality has been modifying stand structures on the GMUG by reducing the average tree diameter, height, and stand density. This high rate of tree mortality creates issues for our forests such as increasing fire risks, altering forest watersheds, and decreasing wildlife habitat. The 2018 seedlings projects in areas like Slumgullion Pass in addition to the recovery efforts from 2017 will enhance our public lands to create a more resilient landscapes for the public to enjoy.





BERKSHIRE HATHAWAY HomeServices

Montrose Real Estate Group

Good to know:

Montrose Real Estate Group recently joined Berkshire Hathaway HomeServices. This exciting change allows us to provide an even higher level of service and expertise to everyone interested in buying, selling or investing in real estate in Montrose and the surrounding communities.

Locally owned. Internationally known.

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# KEEPING FAITH FRESH: MUMC PASTOR LISA PETTY From pg 1





Montrose United Methodist Church rectory. (Photo by Michael

The pastor brings a wealth of experience to her new church, having first started in ministry at St. Andrew's By-the-Sea, UMC in San Clemente, CA. in June 1998, as Director of Youth and Young Adult Ministries. She graduated with a BA in communications from California State University, Fullerton, in 2006; and a Master of Divinity from the Iliff School of Theology in Denver in 2009. She has served a number of congrega-

One of the gorgeous stained glass windows at the Methodist Church. (Photo by Michael Lawton).

### world;

Raise up strong leadership (paid and volunteer) to build 'Beloved Community';
Empower the church to minister effectively in the community in which it sits."

A fourth-generation minister in the Methodist church, Pastor Lisa is enthralled with the beauty of the church in which she has found herself. And she's found the town of Montrose to be very welcoming. The tradition of Petty family ministers started with her great-grandmother who was ordained, perhaps before it was common for women to become pastors in the United Methodist Church. Petty thinks her grandmother likely was one of the first women ordained in the church, perhaps around the time the Evangelical United Brethren Church and Methodist Episcopal Church united to become the United Methodist Church, though she isn't sure. Lisa's father is also a Methodist minister, her grandfather on her mother's side is also a preacher; now Pastor Lisa and her younger brother carry on the tradition. She says it's good she grew up in the church "because I know the good and the bad parts of being a minister."

During her ministry, she has traveled world-wide, primarily to Central America, to help build schools, churches, etc., as missionary service. She's been to Belize, Guatemala, Nicaragua, Costa Rica and Haiti. She said it's been about five years since she went on one of those journeys. The history of the magnificent church she's found herself serving isn't lost on the pastor.

## 100 years of church history

Lawton).

The sprawling stone church at the corner of Park and 1st Street in Montrose is about to celebrate 100 years in existence. A celebration of the 100-year anniversary of the church's cornerstone has already taken place. The task of researching the church's 100-year history was given to Barbara Kastellic, a member of the Board of Trustees of Montrose United Methodist Church and the Montrose County Historical Society. It took a lot of digging to uncover that history, researching yellowed pages of early Montrose newspapers, The Enterprise and The Montrose Press (now the Montrose Daily Press). Kastellic tied her research to events happening in the world at the time the church finally rose from a basement congregation ("They met in the basement, as the church had not yet been built," says Petty) to finally residing in the magnificent church standing todav.

There is a cornerstone at the "new" church erected in 1917. It states the church was organized in 1883 and the Montrose United Methodist Church was built in 1917.

New pastor brings wealth of experience

tions, in youth ministries and other capacities, both in California and Colorado.

Lisa's first stint as a Methodist pastor was in 2012, at Rifle United Methodist Presbyterian in Rifle. It was in Rifle that she met her husband, "J.C." Croy ("Isn't it funny a pastor is married to J.C.", she smiles) and gained three stepchildren, a girl who is away at college and two boys who now travel between Montrose and Rifle spending time with their father and Pastor Lisa and their mother in Rifle. Wesley is a freshman at Montrose High School, while Kalib is a 6th grader at Rifle Middle School.

So, how did J.C. meet Lisa? "I was sitting on a bar stool at an amazing restaurant, the Miner's Claim, in Silt. He said, 'Is this seat taken,' and that was it," she says. Her husband had an HVAC business in Rifle which he turned over to his brother when they were called to move. Now he is employed at Cooling's in Montrose.

### Bringing the love to disenfranchised

This interview took place just days after the shootings at Marjory Stoneman Douglas High School in Parkland, Fla., where 17 souls were lost. Pastor Lisa says she maps out her sermons, using scripture as a basis, months in advance but often fits in happenings in the world, as she did on Sunday, Feb. 18. "It's amazing how the events of the day fit with the chosen scripture for the Sunday," she says. "Scripture is always relevant with whatever happens in the world." Her intended sermon for Sunday, Feb. 18, was entitled

# KEEPING FAITH FRESH: MUMC PASTOR LISA PETTY From pg 1

"Unbelievable: The faith we pretend isn't ours," about how the faithful often find themselves asking for help with the unfaithful side of them. She spoke about the shooting and how those feelings of grief and sorrow can help people send more love, "that is always what people need, more love." She has a strong belief that the disenfranchised "need to be loved, whole, and belong" and that is the lesson given to her congregation, her "people," about bringing more love to those who don't have much of it.

As it so happens, the sermon set for Sunday, Feb. 25 was about "Forgiveness: Not Just a Spectator Sport." Petty said the events of the last few weeks will come up again as she speaks about how to forgive. For the past two years, before Pastor Lisa took on the position as pastor at United Methodist Church in Montrose, the congregation has been reaching out with love, she said. The church has a regular free Sunday Night Supper for anyone needing a place to feel safe and loved.

"Usually we have between 50-60 people, mostly people who need some sort of connection," she said. "Some are homeless, or those who are coach-surfing, trying to find their way, or just those wanting to sit down and eat with others. Most have need."

The dinners began with groups inside the church who wanted to help the communi-

ty, and church people now make the dinners at least once a month. "But outside groups are now stepping up to sponsor the dinners and most of the time we have outside groups coming in to provide the food and cooking, cleaning up," Petty said. The United Methodist Church in Montrose, with Pastor Lisa meets on Sunday for: 08:15am for a Blended Worship Service 09:45am with a Contemporary Worship Service

And at 11:15 am for a Traditional Worship Service

The church is located at 19 S. Park Ave., Montrose CO 81401. For more information call the church at 970-249-3716.

# CITIZEN CALLS FOR POLICE OFFICER IN EACH SCHOOL Councilman Bowman Promotes Bands, BBQ & Brews



All official Montrose City Council meetings begin with the Pledge of Allegiance. Photo by Gail Marvel.

### By Gail Marvel

MONTROSE-Among those in the audience for the Feb. 20<sup>th</sup> regular city council meeting were city council candidates Doug Glaspell (Dist. I), Jeremiah Quintin (Dist. I) and Dave Stockton (At-Large). Councilwoman Barbara Bynum, who currently

serves on city council, is running to retain the At-Large seat.

The April 3<sup>rd</sup> election is a mail-in ballot and citizens who have resided in the city limits for a minimum of 22 days before Election Day are eligible to vote. Citizens can register to vote up to and including Election Day.

### **Call For Public Comment:**

Resident Andrew Beard spoke to council about safety in our schools, "I'm a vet, an EMT and an emergency room nurse, but I'm here to speak to you as a father. The Montrose Police Department (MPD) is grossly understaffed. On [tonight's] agenda you have \$4.2 M for various projects. We do have the resources for the safety of children. Please provide a law enforcement officer for each school." Council does not respond to call for public comment.

**Ordinance 2443 (second reading)** – Assistant City Attorney Andrew Boyko.

The city council delegates authority to the Board of the Montrose Emergency Telephone Service Authority (METSA) to set a surcharge at no less that the maximum \$0.70 on telephone service users. Boyko said, "This is the third time this has come before council." Approved Unanimously.

### Waterfall Canyon Subdivision Filing N. 2 Final Plat – Planner I Ty Johnson.

This is a request to final plat one lot and an outlot. The property, owned by Matt

# CITIZEN CALLS FOR POLICE OFFICER IN EACH SCHOOL From previous pg

Miles, is zoned R-3 and located northeast of Gold Creek Dr. and Alta Lakes Ave. Staff recommends conditional approval. Approved Unanimously.

### **Connect Initiative Recreation Trail Design**

Contract – City Engineer Scott Murphy. Council is to consider award of a design contract to Del-Mont Consultants in the amount of \$292,040 for the permitting and civil design of the Connect Initiative Recreation Trail Project. Murphy said, "This [project] is the \$2 M grant that will add 2.25 miles to our trail system. North to south we will have full connectivity with the trail system."

Resident Dave Stockton asked about any incentives that might have been included in the contract for work that is completed ahead of time. Murphy said, "There are no incentives to come under contract. The incentive is that they get more work [possible city contracts]." Approved Unanimously.

2018 Streets Maintenance Contract - City Engineer Scott Murphy.

Council considered the award of a construction contract to Mountain Valley Contracting in the amount of \$3,893,102.92 for completion of the Keep Montrose Moving - 2018 Streets Maintenance Project.

The council packets included the following background information: "Approximately \$1.1M of the contract amount can be attributed to replacement of aging waterlines and are eligible for payment out of the Water Distribution Capital Improvement Fund; however, the City's 2018 budget only included \$250,000 for these replacements. This discrepancy is due to the fact that the extent of waterline replacements was not known at the time of budgeting and became larger in scope than what was anticipated. It is our understanding that enough reserve fund balance is available within the water fund to supplement this budget and allow for the waterline replacements to take place. The remaining \$2.8M of the contract amount (street improvements) will be funded through the Street Maintenance Improvements Capital Fund established specifically for this project. The City's budget included \$3M for this project in

imately \$200,000 under budget."

Speaking to the contract with Mountain Valley Contracting, Murphy said, "This is what I call a street maintenance blitz. There will be overlay projects and chip and seal happening in all quadrants of the city. There will be periodic closures all over town. Expect detours throughout town, but we'll minimize those. This is the first phase of spending \$5 M over the next two years.

"Construction will start within a week, beginning with the South Hillcrest and Niagara waterline."

Councilman David Romero asked Murphy to explain why South Park got preference over North Park for maintenance. Murphy said, "South Park is a mill-overlay. North Park is a \$1.7 M project whether we do it now or leave it for five years. We'll postpone for now. We'll manage assets to get the best bang for our buck."

Mayor Judy Ann Files asked why staff didn't recommend doing \$10 M the first year. Murphy said, "We are putting a pretty good strain on our [local] contractors. To do this all at once it would be a big impact on motorists." Approved Unanimously.

Commercial Lease Agreement – Director of Innovation and Citizen Engagement Virgil Turner.

Turner explained why a lease agreement goes before city council, "A lease is a property right. If we dissolve or alter that right it comes before council for your approval." The previous lease with Straw Hat Farms, LLC was a complex arrangement which involved the city, the Downtown Development Authority (DDA) and Straw Hat Farms. Turner said, "This simplifies the lease and simplifies the city administration of the lease. It's a good lease and there is no reason they won't be successful." The five-year lease ends on Feb. 28, 2023. Base Rent: \$1040.00/month from March 1, 2018 to Feb. 29, 2020; and \$1180.00/ month from March 1, 2020 to Feb. 28, 2023. Approved Unanimously. Staff Reports:

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

The total Sales and Use Tax collected for

2018, placing the contract amount approx- 2017 was \$16,669,145; an increase of 5.8 percent over 2016. The total collected for the Montrose Recreation District (0.3 percent) in 2017 was \$1,666,842; an increase of 5.8 percent over 2016. The total collected for the Retail Enhancement Program in 2017 was \$326,179; an increase of \$14.3 percent over 2016.

### **Quarterly Budget Report ending Decem**ber 31, 2017.

This report is provided to give City Council an overall feel for how the city's funds are performing. Wittenberg said, "The fourth quarter report is very good. There is 99.2 percent collected and 99.2 percent expended. All capital projects are almost completed."

Public Information Report – City Manager Bill Bell.

Bell referenced recent published data on the state, "Colorado is the seventh fastest growing part of the country, but Montrose is not growing that fast. Montrose is unique." Bell discussed collaboration on the State legislative level, as well as on a regional level, "We are not fighting with neighboring communities. We are looking at what businesses would be best in which community. We care about our communities and put our residents first. Especially as it gets more and more divisive on the national level."

Montrose City Clerk Lisa DelPiccolo told council that ballots would be mailed out in three weeks. "The League of Women Voters will hold a candidate forum on March 1<sup>st</sup> [in council chambers] and candidates are invited to the Heidi's forum on March 7<sup>th</sup>."

### **City Council Comments:**

Councilman Dave Bowman promoted an organizational meeting for his concert event, "Bands, BBQ and Brews." The event will be added to Bowman's Summer Music Concert series and is scheduled for June 9<sup>th</sup>.

Councilman Roy Anderson thanked Mr. Beard for speaking to the council about school safety (see Call for Public Comment). Mayor Files spoke about the recent Colorado Municipal League (CML) policy committee meeting. Colorado has 272 municipalities and 270 of those municipalities are members of CML.

# **REGIONAL NEWS BRIEFS**

## **MONTROSE REAL ESTATE GROUP JOINS BERKSHIRE HATHAWAY HOMESERVICES**

### Special to the Mirror

MONTROSE-Berkshire Hathaway Home-Services, part of the HSF Affiliates LLC family of real estate brokerage franchise networks, has announced independent brokerage Montrose Real Estate Group has joined the network operating as Berkshire Hathaway HomeServices Montrose Real Estate Group.

The full-service brokerage operates from its Montrose headquarters and remains independently owned and operated. It is the market leader for sales volume in the tri-county region of Delta, Montrose and Ouray with extensive experience in residential, commercial, farm and ranch, investment and foreclosure property. Berkshire Hathaway HomeServices continues as one of America's fastest-growing real estate brokerage networks with nearly 44,000 agents and 1,350 offices named to the brand since its September 2013 launch.

"We are proud to represent Berkshire Hathaway HomeServices in Montrose and along the Western Slope," said Broker/ Owner Jeff Keehfuss. "When I first heard of the brand in 2013, my first thought was 'I hope Berkshire Hathaway HomeServices doesn't come to Montrose because I'd have to compete against it.' Now we're a part of this premium brand and we're ready to grow."

Keehfuss said he plans to open new offices in key Western Slope markets such as Durango, Telluride and others. "My goal is to operate at least eight offices in the region over the next two to three years," he said. "Of course, we're looking for many more top agents to help us achieve these goals."

Montrose Real Estate Group is a progressive, agent-centric brokerage focused on helping sales professionals grow their businesses and better service clients. Brokerage Owner Lark Keehfuss said Berkshire Hathaway HomeServices provides her company with a whole new level of national and international marketing sup-

port plus tools and resources to help her agents cover more ground with even greater efficiency. "We have everything we need to take the next big step for our brokerage, agents and clients," she said. "Our entire team is excited." With their franchise relationship, Montrose Real **Estate Group** agents gain access to the net-



Montrose Real Estate Group has joined Berkshire Hathaway Home Services. Pictured is the Montrose Chamber ribbon cutting ceremony Feb. 21.

work's Global Network Platform, a powerful real estate tool suite that supercharges lead generation, marketing support, social media, video production/distribution and more. The brand also provides international listing syndication, professional education and the exclusive Luxury Collection marketing program for high-end listings.

"I believe our franchise relationship with Berkshire Hathaway HomeServices is the last piece of the puzzle to building a regional powerhouse brokerage," said Jeff Keehfuss. "The future looks bright for Montrose Real Estate Group." Gino Blefari, president and CEO of Berkshire Hathaway HomeServices, welcomed the brokerage. "Montrose Real Estate Group is a terrific company that thrives in a culture of professionalism and unyielding client care. Jeff, Lark and the team will be strong ambassadors of our brand." The brokerage will make its first public appearance as a Berkshire Hathaway HomeServices franchisee Feb. 23-24 as an exhibitor at the Montrose Home, Garden & Business Expo, Friendship Hall, Montrose County Fairgrounds. It will raffle a playhouse house during the event. In addition, the brokerage will hold an open

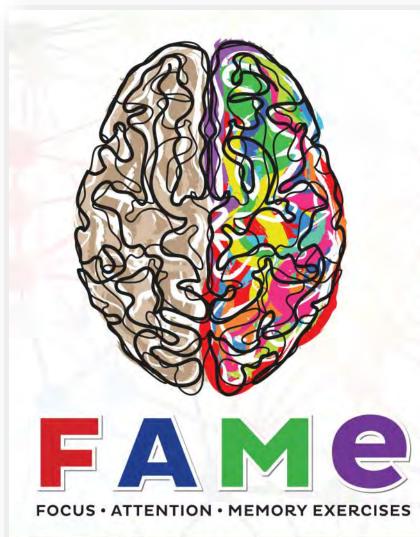
house event for the general public later this spring at its Montrose headquarters. Montrose Real Estate Group's new Cabernet and White yard signs will begin appearing in the marketplace today. **About Berkshire Hathaway HomeServices Montrose Real Estate Group** Montrose Real Estate Group is a fullservice real estate brokerage known for innovative leadership and skilled, experienced real estate professionals. Visit

About Berkshire Hathaway HomeServices Berkshire Hathaway HomeServices, based in Irvine, CA, is a real estate brokerage network built for a new era in residential real estate.

www.montrosecolorado.com.

The network, among the few organizations entrusted to use the worldrenowned Berkshire Hathaway name, brings to the real estate market a definitive mark of trust, integrity, stability and longevity. The brand was just recognized for "Highest Overall Satisfaction for Repeat Home Sellers Among National Full Service Real Estate Firms" in J.D. Power's 2017 Home Buyer/Seller Satisfaction Study. Visit

www.berkshirehathawayhs.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.

# Did you know?

- Normal memory loss can begin as early as age 20, but is generally noticeable around age 45.
- Decreases in focus, attention and memory can result in loss of independence and major life changes at any age.

# Benefits healthy aging adults and may effectively treat:

- Stroke Survivors
- Youth & Adult ADD/ADHD
- Alzheimers & Dementia

## Michele Gad is a Certified DelGiacco Neuro Art

**Therapist**, who passionately and compassionately assists individuals with cognitive or mental health challenges to live life as fully and independently as possible. With an eclectic background in business, art, yoga, meditation and education, she developed **FAMe** in 2010 to better assist her clients. Each session is specifically designed to meet client's individual needs, goals, abilities and level of commitment...and have fun! Therapeutic drawing exercises using line, design and color can help form new connections that can improve focus, attention and memory. This is the foundation of **FAMe**.

Depression & Anxiety
Traumatic Brain Injuries
PTSD

Contact Me for a Free Consultation!

# **Michele Gad** 970-948-5708

MicheleGad.fame@aol.com



# WANT TO HELP BEAT THE STRESS OF FIGHTING CANCER? TAKE THE GLOVES OFF...AND PUT YOUR BOOTS ON!

### By Caitlin Switzer

MONTROSE-Want to help beat cancer? Take the gloves off...and put your boots on! Step out at the Boot Stomp and Barn Dance on June 2 at Antler Ridge (72015 Kinikin Road).

Sponsorships are now available for one of this summer's biggest parties, and it's all for a good cause--the San Juan Healthcare Foundation (SJHCF).

And though this Boot Stomp will be the first to benefit San Juan Healthcare Foundation, Organizer Terri Leben has held similar events for other local non-profits, with great success. In fact, over the course of 15 years, Leben estimates that she has raised at least \$1 million for various charities and non-profit organizations. "I like giving back to people," she said.

Terri's trek into the business world began as a senior in high school, when she took a job with a local bank in her Wisconsin home town. She constantly sought ways to improve business processes, keeping her eye on efficiencies and the bottom line. Eventually, she was named Vice President of the largest bank in Wisconsin.

Terri later pursued her other passion, serving as Executive Director of a nonprofit pregnancy center. She and her staff helped women who were faced with unplanned pregnancies become prepared parents or find a loving family to adopt their baby.

Since relocating to Montrose with her family, Terri Leben has helped countless local causes.

Today, she is raising money to help the families of cancer victims with nonmedical but related expenses is important to both Terri and her husband Bruce, a cancer survivor.

"Cancer doesn't care that you yet have household expenses or that you don't have the money to drive or fly to Denver for special care," she said. "It is hard enough to deal with the anxiety that a cancer diagnosis brings let alone the financial burden."

"While we can't stomp out cancer, we



Help stomp out the stress that accompanies Cancer. Courtesy photo.

ISOT 188 Rob. 26, 2012

can stomp out the anxiety that comes with it," Leben said.

Proceeds from the Boot Stomp & Barn Dance will benefit SJHCF's Caring Friends Fund, which helps locals facing cancer with non-medical needs.

There is a definite need for the help; the American Cancer Society notes that not only does cancer take an enormous toll on the health of patients and survivors—it also has a tremendous financial impact. And many non-medical expenses are generated along with direct health care costs.





Phone: \_\_\_\_\_

E-mail:

**Sponsorship checks to be mailed to:** San Juan Healthcare Foundation, 800 S. 3 rd Street, Montrose CO 81401

Proceeds to benefit the Caring Friends Fund | Helping Local Montrose Folks facing cancer with Non-Medical needs.

Antler Ridge | 72015 Kinikin, Montrose CO 81401

Our big announcement? Say hello to Berkshire Hathaway Montrose Real Estate



Montrose Real Estate Group is pleased to announce we are now Berkshire Hathaway HomeServices Montrose Real Estate Group.

In a world full of ordinary, our real estate team dares to be different. Aligning our locally owned company with the most admired name in business is just the beginning.

THAWA

Montrose Real Estate Group

Learn more about us at MontroseColorado.com.

C2018 BHH Affiliates, LLC Real Estate Brokenage Services are offered through the network member fanchises of BHH Affiltes, LLC Most fanchises are independently owned and operated. Berkshire Hathaway HomeServices and the Berk shire Hathaway MoneServices synthesis are estated are vice annics of HomeServices of America, Inc.<sup>2</sup> Information not wrifted or gueranteed. If your property is currently listed with a broken, this is not intered as a solicitation. Equal Housang Opportunity.







Good to know:

weehawken creative **ARTS** 



# in Montrose



2HABLAS ESPANOL? AT













LEARNING FROM THE MASTERS YOUTH ART SERIES WITH ALLISON WOFFORD

Starts February 14

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# **COMMUNITY NEWS BRIEFS**

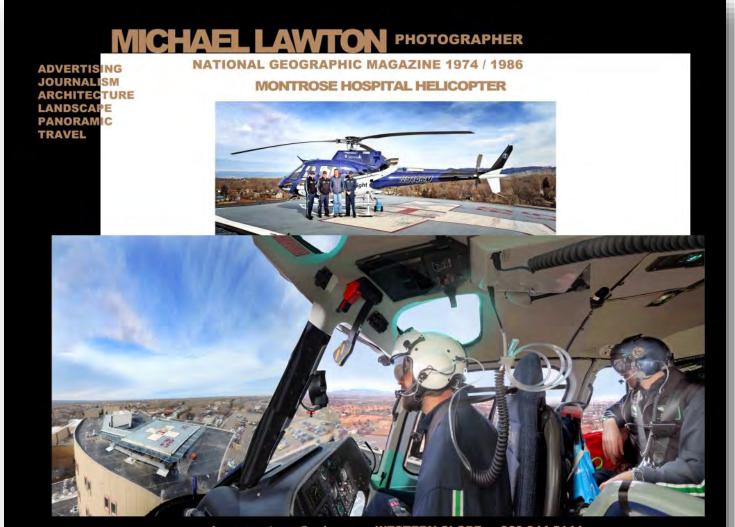
## **EMPLOYEE RECEIVES PRESTIGIOUS KARSTAEDT AWARD**



Corey Wong accepts the Randall Karstaedt Lands Achievement award. Courtesy photo. DELTA-Corey Wong, Public Service Staff Officer, for the Grand Mesa, Uncompahgre and Gunnison National Forests (GMUG) recently received the Rocky Mountain Region Randall Karstaedt Lands Achievement Award. The award recognizes individuals who have demonstrated outstanding contributions to the National Forest lands program through leadership, efficiency, representation of the Forest Service in their community, productivity, interaction with co-workers, dedication, mentoring, and innovative problemsolving. Over the past 15 years Corey has played an integral part in developing and maintaining a high-performing lands program for the GMUG National Forests with achievements in boundary and title management, land adjustment, and special use permitting.

His achievements include the addition of thousands of acres of lands into the National Forest System, and building valuable relationships with local, regional and national partners.

"We are very proud to see Corey recognized for his hard work and dedication to the Forest Service and its mission", said Scott Armentrout, Forest Supervisor for the GMUG.



ciramaventures@aol.com WESTERN SLOPE 860.944.5144 637 S Second Street, Montrose, Colorado 81401

Special to Art & Sol

# **Give Back Days**

At Mi Mexico Mexican Restaurant Come enjoy a delicious meal and we'll donate 20% \* of your total check to a local non-profit.

Every Wednesday...Every Month...All Day (11 am - 10 pm) Over 200 entrees to choose from! 1st Wednesday: The Homestead at Montrose 2nd Wednesday: All Points Transit 3rd Wednesday: Black Canyon Boys & Girls Club 4th Wednesday: Valley Manor Care Center 5th Wednesday: Community Options Inc. (Note: 5th Wed dates are: Mar. 29, May 31, Aug. 30, Nov 29th, 2017)

> After dining, attach the coupon to the bill and deposit it in the box labeled "Give Back Days." 20% of your total bill will be donated to the designated charity.

SUPPORTING IS NOW DELICIOUSLY REWARDING.



Mi Mexico Restaurant 1706 E Main St (Hwy 50) Montrose, CO 81401 (970) 252-1000 (970) 252-1111 Fax

Page 31

\*Coupon must be present

## **COMMUNITY NEWS BRIEFS**

## **ANTLER COLLECTION PROHIBITED ON PUBLIC LANDS WEST OF I-25 MARCH 2-APRIL 30**

### Special to Art & Sol

REGIONAL-Antler collectors and all people recreating in Colorado are reminded that shed antler and horn collecting is prohibited on all public lands west of I-25 from March 2 through April 30. Additionally, in order to maintain protection for the Gunnison sage-grouse, the new regulations include a closure to collection of shed antlers on public lands May 1 to May 15 from sunset to 10 a.m. in the Gunnison basin (Game Management Units 54, 55, 66, 67, 551).

The new regulation was approved by the Colorado Parks and Wildlife Commission in January. Starting next year and in all subsequent years, the seasonal collection prohibition starts on Jan. 1 and continues through April 30.

The purpose of this regulation is to reduce stress on wintering big game animals during the time of year when deer, elk, pronghorn and moose are most vulnerable. Stress can result in decreased body condition, increased mortality and decreased survival of deer fawns and elk calves. These regulations protect the health of Colorado's big game herds and other wintering wildlife.

CPW will be working with recreation organizations, land-use management agencies, visitors' bureaus and local communities to get the word out about these new restrictions. Protecting our wintering wildlife is something we have to do together.

"As more people enjoy each season that Colorado has to offer, and new forms of recreation continue to emerge, it is increasingly important that everyone involved in outdoor recreation help to educate others about conservation of our public lands," said CPW Director Bob Broscheid.

Anyone violating the closure or in possession of antlers or horns during the closure period will be fined at least \$68. Even if you are not intentionally looking for antlers you are prohibited from picking up antlers.

Because wildlife officers patrol vast areas, CPW is asking for help from the public to enforce the new regulations. If you see activity that appears to be in violation of the closure regulation, please call the nearest CPW office or local law enforcement as soon as possible. Do not, however, confront or approach anyone you suspect is behaving illegally.

Below are some of the frequently asked questions CPW staff has received about the new regulations. Please help us ensure the public is well informed about these new changes. Shed antler and horn collection in Colorado Information and Frequently Asked Questions Why were these dates chosen?

In most parts of western Colorado, winter conditions affecting big game typically last into late April or early May, and big game are still losing weight and body condition. The April 30 date is intended to help minimize additional stress during this critical time frame.

In addition, these dates closely align with restrictions in neighboring states. For instance, Wyoming prohibits the collection of shed antlers and horns from January 1 through April 30 on public lands west of the Continental Divide.

### Why are other kinds of recreation and hunting still allowed in areas where shed collection is restricted?

While it is true that these restrictions may overlap with some hunting seasons, the amount of pressure put on the animals will be limited by the number of hunting license holders. Some shed collectors use OHVs and snowmobiles in their search. Loud, fast-moving OHVs and snowmobiles are major sources of wildlife stress. Also, the CPW Commission does not regulate other forms of recreation such as hikers and bikers on other land-use agency properties such as the Bureau of Land Management lands or National Forest land.

What are the penalties for violations? Our initial goal is to educate the public about the negative impacts to wildlife caused by irresponsible shed collecting and recreational activity, and why the new regulation is needed; however, based on officer discretion, violators will likely face a \$50 fine and \$18 surcharge. There will be five license suspension points applied to the violator's privilege to apply for, purchase, or exercise the benefits conferred by any licenses issued by CPW. If a person accumulates 20 or more points within a five-year period, that person could be suspended from hunting and fishing for up to five years.

Additionally, possession of antlers during the closure on public lands west of I-25 can also be counted as a separate (\$68) violation with each individual antler being considered a possible violation offense. In addition, apart from the new shed collection rules, harassing wildlife remains illegal and CPW officers will cite any individual violating this existing regulation. Harassing wildlife is a \$137 violation that also



Collecting shed antlers can be a crime. Courtesy photo.

includes 10 license suspension points. A \$2.50 DNA surcharge will also apply to each citation that an officer issues to a violator.

#### What about private lands?

The CPW Commission chose not to include a private land requirement in its decision to enact a shed collection closure in Colorado. However, it is unlawful to collect sheds on private property unless a person has lawful access to that private property. Possession of antlers or horns on private property without lawful access is prohibited.

## Is shed and horn collection growing in popularity?

Although shed collection is not a new activity in Colorado, there is evidence that it is rapidly growing in popularity. At the CPW Commission's January meeting, both the commissioners and members of the public noted they had seen a big increase in shed collection around the state, likely due to the substantial profit collectors can make from the sale of shed horns and antlers.

Once considered a fun, recreational activity for families or the source of a unique medium for artisans, shed collection is now a major business. As a result, a growing number of people are participating. Unfortunately, too many shed collectors are focusing on financial gain rather than protecting wildlife, creating the need for new regulations.



Okay, now I can't decide which Mexican restaurant in town I like the best. Fiesta Guadalajara does not fail to please. Of course, we started out with house margaritas, no salt please. Mike had to have one when he tasted mine. There you go.

Menu is extensive, and everything looks delicious. Hungry tonight, so we went for an uh, #12 combination, (1 enchilada/ shredded beef, 1 taco, 1 relleno, 1 tostada, plus side of beans and rice), thinking we'd split it and take any leftovers home for tomorrow. Plate arrived overflowing, so our plan worked! Not sure we ended up with any leftover relleno because it was so good. Cheese-stuffed green pepper with crusty covering deep fried. Dish came with a nice red sauce, flavorful but not spicy and a little salad on top.

Of course, obligatory chips and salsa arrived first, and they are free, if you order a meal. Warm crispy chips and very fresh tasting salsa, again not too spicy. Boy, for a girl who arrived from New Mexico I'm really a wimp; name is McKelvey after all.

For our overflowing plate of yummy dishes, we paid \$11.95 plus \$2 for the beans and rice side. Pretty good prices all around: appetizers from \$3.95 for fried veggies to \$15.95 for Supreme Nachos de Asada (chips topped with beans, cheese, guacamole, onions, tomatoes, sour cream and Carne Asada). Favorites included La Fiesta Special (Carne Asada, 1 Chile relleno, 1 deep-fried chicken burrito served with rice, beans and sour cream, \$15.25) to a \$18.50 Fiesta Platter (Alex's choice of platters, Carne Asada, Pollo Asado and Camarones Especiales served with rice, beans and tortillas. Favorites also include a \$3.25 side order of taco with choice of skirt steak, tongue, pork, grilled chicken,

# FIESTA GUADALAJARA SERVES UP SOME DELICIOUS AMERICAN-MEX

shrimp or fish.

Carnes dishes run from \$13.25 for Chile Colorado (chunks of beef cooked in a Chile red sauce) to Steak Ranchero \$18.95 (16 oz T-bone seasoned and cooked over charcoal, served with guacamole). Pollo (chicken-based dishes) run from \$14.95 for Arroz con pollo, pollo asado, carnitas de pollo, pollo en

mole to Pollo a la cazuela. You can also get Pollo fundido or chicken chipotle for \$15.25.

Want seafood? They've got you covered in the Marisco's area, crab or shrimp enchilada, \$14.95 (2 corn tortillas rolled and filled with crab or shrimp, onions, tomatoes and spices topped with Monterey iack cheese, sauce of fresh tomatillo Mexican tomatoes and sour cream served with rice and beans); or go for a flavorful Mexican style shrimp scampi with mushrooms and garlic wine sauce, with rice and beans - Camarones al mojo de ajo for \$15.50. The combinations come in just about everything you could want, running from \$10.95 for three tacos to \$11.95 for the dish we had or three other combinations. Small combinations are served with rice and beans and go for \$10.25.

There are also tostadas from \$6.95 (bean) to \$9.95 for avocado tostada. Soups include de Marsico's with shrimp, clams, crab, fish, prawns, octopus, cauliflower, carrots and green beans for \$18.25 to an authentic chicken soup in its own broth with shredded chicken, rice, tomatoes, green onions and cilantro, served with tortillas for \$9.25. Or try shrimp cooked in its juices with a special slightly hot sauce with onions, tomatoes, avocado and cilantro, \$14.95 (Fiesta's version of



shrimp cocktail).

Huevos on your mind? They have three egg dishes served with rice, whole or fried beans and tortillas for \$9.50.

You can try a variety of burritos, from \$9.95 to \$15.50. Large enchiladas are served with rice, whole or fried bean and sour cream. Many choices from bean, \$9.25, to a large Fiesta enchilada carne asada for \$15.95.

Oh, also taco salads from a traditional \$9.50 to chicken, steak or shrimp fajita salad at \$14.50.

So, if someone in your party just doesn't like Mexican, they can get some regular American dishes served with fries. How boring! T-bone steak, \$18.95, burgers from \$7.55-7.75. Got a bambino? Grilled cheese is \$6.95 or order from the side orders if your kiddo will eat Mexican. They also feature Shirley Temple, Roy Rogers, milk and juices for the kids.

Desserts? Yep, we had flan, so good. These run from \$3.25-4.25 for deep fried ice cream. Must try that sometime. Like I said, margaritas are very good, also domestic and imported beers here.

Fiesta Guadalajara is located at 1571 Ogden Rd, Montrose, CO 81401 -- just across from Walmart and you can call them at 970-249-2460.



# NOTES FOR THE JOURNEY... Exploring Classical Music With Rob Brethouwer

## YOUR CLASSICAL MUSIC PLAY LIST ... A JOURNEY BEGINS

**B**efore discussing more difficult topics in music theory and more difficult and contemporary composers, it is time to take a step back and make a classical music playlist.

This list, encompassing opera, chamber music, and classical music, will be designed to introduce listeners to some of the catchier tunes in this genre as well as to provide possible additions to a workout playlist. All selections on the playlist will be up-tempo and will quite possibly result in humming or foot tapping. Why a playlist? Because music, above all else, should be enjoyable and part of our everyday lives. A playlist takes the mystery out of music that you might not be familiar with or that you see as reserved for only those who understand it or can afford to attend live performances. A playlist brings the music directly to the listener as well as offering some insight into what this officer finds to be exciting and motivational within this genre.

There is a vast amount of music out there

to explore, discover, and bring to your ears. It can be difficult to know where to start to find out what you may like, and more importantly, what you do not like. If there is any interest in learning more about these styles of music, having some direction can not only make things easier but can allow the explorer more time to focus their search in a certain direction. The point is to not become frustrated but to be motivated to listen to different things for different reasons. In several weeks, another playlist will be provided that will be focused on relaxation. mindfulness, or perhaps to listen to while you do yoga.

If you like what is offered, then listen to the entire symphony. If the opera aria is fun and exciting, then explore a bit more of the opera. Chamber music does not have to be dreary and boring. The #2 track on the playlist offers four seasons of chamber music madness that you will find you have heard before. Make the exploration fun and inspiring. If you take the chance I guarantee you will hear much more. Georges Bizet. "Overture to Car-

men" (opera) Antonio Vivaldi. Concerto No. 2 in G minor, Op. 8, RV 315, "L'estate" (Summer) 3. Presto (chamber music) Giuseppe Verdi. "Questa o Quella" from Rigoletto (opera) Ludwig van Beethoven. Symphony No. 5, movement IV. (classical) Wolfgang Amadeus Mozart. Symphony No. 25, movement I. (classical) Ludwig van Beethoven. Piano Trio in D major, Op. 70, No. 1, movement I. (chamber music) Gioachino Rossini. "La Danza" Neapolitan Tarantella (song/opera) Wolfgang Amadeus Mozart. "Non piu andrai" from The Marriage of Figaro (opera) Wolfgang Amadeus Mozart. "Die Holle Rache" from The Magic Flute Sergei Rachmaninoff. "Piano Concerto in c

minor) movement III (classical).



## 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:**

- · All utilities: cable television, Internet and phone
- · One nutritious meal per day
- · Laundry privileges
- · Socialization and invitation to all activities

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

Call or email Denise Swanson, Residence Director to schedule a tour. 970.252.9359 | dswanson@voa.org | 1819 Pavilion Drive, Montrose





MEDC 2018 Annual Luncheon March 9, 2018 (Friday) at the The Montrose Pavilion located at 1800 E. Pavilion Place, Montrose, CO 81401



## Keynote Speaker: Stephanie Copeland Executive Director ~ OEDIT

Stephanie Copeland is the Executive Director of the Colorado Office of Economic Development and International Trade (OEDIT). She joined OEDIT from the Zayo Group, where she served as a president of the communications infrastructure services firm. She was part of a leadership team taking the company public, managing full P&L and

operations responsibilities for Zayo's network services.

Previously, she served as Chief Operating Officer at Wildblue, where she was responsible for operations of the \$500 million rural broadband business.

Check-in begins at 11:30 a.m. Plated Lunch at 12:00 p.m. with Program to Follow (Catered by the Stone House)

\$30 for Investors & \$35 for Non-Investors RSVP by 3-1-18: patriciac@MontroseEDC.org or (970) 249-9438



# Up Bear Creek by Art Goodtimes

# FACING THE DOWNSIDE OF WHAT'S AFOOT



### Fly agarics in the forest (courtesy photo).

NEW NORMAL ... I know that Telluride MountainFilm has taken on that phrase as a trope about the changing world we live in. And they've focused on the environmental sustainability consciousness that will be required in the future – actually, that is needed right now. But isn't happening in the current political climate ... For me the New Normal has a much more sinister cast ... It's the time when we have to endure a moral disgrace as president, whom many Christians embrace as their champion. When we see Republicans preach fiscal responsibility, and then see them turn around, give big tax breaks to their rich friends and double the national debt. When we witness Democrats who champion women's rights, and yet keep secret about and even defend sexual predators in leadership. When we watch Catholics whose male hierarchy does the same kind of thing with rogue priests and whose pope talks healing and yet canonizes an infamous collaborator in our continent's Native American genocide, Junípero Serra y Ferrer ... It's disturbing how quickly an environment can shift. How one moment the slightest mischaracterization can sink a political career and the next moment lies and fake news are repeated as gospel, and believed by many. That seems to be our New Normal. And it's not pretty.

A painting by Lang Shining 郎世 寧 (1688-1766), Qing dynasty.

## LONG TIME HERE

... Was doing a little research in the newspapers from my first year with a job in Telluride. Not passing through. But actually living there ... I'd arrived in town that summer of 1980, working as a theater manager for the Telluride Film Festival. That fall I found a room in a Placerville home and work in construction as a laborer with George Greenbank, one of Telluride's more colorful characters ... I made a pre-wedding visit last year to Cortez to wish his daughter Eleanor well -- a young woman I'd watched grow up from a child

... Before I knew it that winter of '80, I was hired by the Telluride Council on the Arts & Humanities as their new executive director and by the first issue of the Telluride Times in 1981, I had my own column, "Pandora's Box" - a potpourri of announcements and art happenings in and around the region ... Thirty-seven years later and I'm still writing columns for papers in the region. Journalism the longest gig of any of my careers, including child development in San Francisco and politics in Telluride ... Odd thing is, back in 1959, I was part of a national longitudinal study called Project Talent. Researchers wanted to see if they could tell at the beginning of high school where your talents and interests might lead you in life. At the time I

was a first-year student in a Roman Catholic seminary and I was pretty clear the direction of my "vocation." But after three days and a battery of tests, the study predicted that I would become a journalist. And gol dern, gol dang, if that isn't exactly what I've gone and done.

**ODDITEMS** ... What insurance agent calls to tell you he's found you better car insurance that will save you a couple hundred dollars a year for increased coverage from a company that rates higher

on the NerdWallet "Best Insurance Company" scale than your current carrier? Well, that's what Nick Trehous of As-

penridge Insurance of Montrose did for me. Highly recommended ... Coming home late the other night, light snow but heavy winds, a car blinked his lights at me as I started up Norwood Hill. I always appreciate it when fellow drivers warn of something ahead. Gives me time to slow down and be prepared for the unexpected. And there it was on one of the last uphill switchback turns – a rock the size of a suitcase plopped squarely down in the middle of the blacktop. I wasn't in a hurry, and as a former commish who appreciates citizens taking responsibility for problems in the county, I pulled over, fished around for gloves (found one), grabbed a flashlight, and walked back down to the offending stone. It was pitch black. 10 p.m. No traffic. So I wrestled with the rock. After a dozen or so small twists and slides, accompanied by loud grunts, I had it off the pavement. Good enough to keep a sleepy driver from some rude awakening.

**FUNGAL FACTS** ... No faking. We're not talking politics. This is biology. The real thing ... Each time an issue of *Fungi* magazine arrives, I can't wait to thumb through and find something completely unexpected in its pages. Something I may have

# Up Bear Creek by Art Goodtimes

thought I knew about mycology, one of my loves, only to find out that new evidence has turned up a completely different conclusion ... Take the Winter 2018 issue (v. 10, #4), the Special Edition on Insect-Fungal Interactions. Not counting the lovely poetry jewels of Kyra Kopenstonsky of Fall Creek, Autumn Noelle Hall, Kathleen Cain and Susan Delaney Spear, I found some fact gems ... You've probably heard of pigs as being used to find truffles – because they love to dig them up, eat them and disperse the spores, right?

Well, yes, but pigs are not the primary<br/>dispersal agent for underground fungi –<br/>small, wide-ranging mammals are. In<br/>North America, that's *Glaucomys sabrinus*,<br/>the Northern Flying Squirrel. And in a<br/>great example of the interconnected eco-<br/>logical web of fungal/insect interactions, a<br/>study published in 2006 (Caldwell, et al)<br/>found that red spruce seedlings treated<br/>with feces from the squirrel were associat-spores themselves ...<br/>muscaria was long kn<br/>ric" because it was su<br/>fly-killer, it turns out to<br/>sus these days "is that<br/>great example of the interconnected eco-<br/>logical web of fungal/insect interactions, a<br/>study published in 2006 (Caldwell, et al)<br/>found that red spruce seedlings treatedmuscaria<br/>with feces from the squirrel were associat-

ed with improved truffle growth than seedlings inoculated directly from truffle spores themselves ... And while *Amanita muscaria* was long know as the "Fly Agaric" because it was supposedly used as a fly-killer, it turns out the science consensus these days "is that this mushroom is likely the most preferred host of mushroom-consuming flies in North American, and globally," according to Telluride Mushroom Festival director and *Fungi* editor, Britt Bunyard.

# THE TALKING GOURD

# Año del perro 4716

## Vigilante, el perro

fiel, pacientemente se sienta

atento y listo

a proteger y recibir a la puerta de mañana.

# Year of the Dog 4716

## Vigilant, the dog

loyally, patiently sits

mindful and ready

to protect and to welcome,

at the door of tomorrow.

© Rafael Jesús González 2018 Berkeley, California

# **COMMUNITY NEWS BRIEFS**

## HOTCHKISS ORGANIC ORCHARD TAPS C-PACE FOR RENEWABLE ENERGY SYSTEM

### Special to Art & Sol

HOTCHKISS-Colorado Commercial Property Assessed Clean Energy (C-PACE), which helps building owners and developers finance energy efficiency measures, has announced the state's first agricultural project funded through the program. Ela Family Farms, a Hotchkiss-based certified organic orchard, will use C-PACE financing to install a new solar photovoltaic (PV) system at its warehouse. Along with producing renewable energy, the installment is projected to save the fourth-generation orchard more than \$113,000 in energy costs over the system's lifetime.

Hotchkiss-based Empowered Energy Systems, LLC will install the 25kW solar PV system at Ela Family Farms' 7,391-squarefoot warehouse. "C-PACE financing is a game-changer for our rural county's agricultural producers and businesses," said Brad Burritt, a co-owner of Empowered Energy Systems. "Being able to offer longterm financing with no down payment makes solar more affordable, and it's a smart investment for rural businesses. We're proud to install the first C-PACE project on the Western Slope."

Colorado C-PACE is a public-private partnership designed to help commercial property owners and real estate developers finance energy efficiency projects with affordable, long-term financing. The program relies on private capital providers, and not taxpayer dollars, to fund projects. Region 9 Economic Development District of SW Colorado, a nonprofit that promotes and coordinates economic development efforts throughout southwest Colorado, funded the \$60,420 Ela Family Farms investment working through Colorado C-PACE.

"For four generations, the Ela family has tried to be innovative and farm in the most environmentally-friendly manner possible," said Steve Ela, the owner of Ela Family Farms. "While we were converting the farm to 100 percent certified organic production, we changed our watering system from wasteful furrow irrigation to sprinkler-and-drip irrigation. A solar PV system to power our fruit coolers with renewable energy seemed like the logical next step. The fact that it will lower our utility bills is an added bonus."

"C-PACE is available statewide to commercial property owners in counties that have joined the program—whether that's in downtown Denver or rural Dolores," said Paul Scharfenberger, chairman of the Colorado New Energy Improvement District, which oversees Colorado C-PACE, and chief operating officer of the Colorado Energy Office.

"The relatively small size of this project, and the fact that it was agricultural, didn't exclude it from obtaining funding. This is a testament to the program's value and the number of lenders who have signed up to participate—22 and counting—which is more than any other statewide C-PACE program."



## **COMMUNITY NEWS BRIEFS**

## UTE INDIAN MUSEUM TO OPEN NEW EXHIBIT ON TRIBAL LEADER

### Special to Art & Sol

MONTROSE-Ute Indian Museum will open a new exhibit, *Contributions of a Tribal Leader*, on Monday, March 5, 2018, in the Changing Gallery.

*Contributions of a Tribal Leader* will feature the bolo ties of former Ute Mountain Ute Chairman, Manuel Heart. Over his decades of service to the Ute people, community members and leaders presented Heart with bolo ties in recognition of his work and accomplishments. Nearly forty of Heart's hundreds of ties will be on exhibit from March through February 2019. Members of the community are

invited to an opening reception for Contributions of a Tribal Leader at 6 pm on Saturday, March 10. There will be free admission and light refreshments for the evening. Former Chairman Heart will present about his diverse and colorful journey over decades as a Ute Mountain Ute elected leader at 7 pm.

Manuel Heart is a longtime leader of the Ute Mountain Ute Tribe and former CEO of Weeminuche Construction Company. During his leadership, he served as a council member from 1995 to 2016 in various capacities such as Chairman, Vice-Chairman and Secretary Custodian, and serving on the Colorado Commission of Indian Affairs and National Congress of American Indians. In addition to his tribal roles Heart is a cattle rancher, husband to Marie Lansing Heart, and adoring father and grandfather.

Ute Indian Museum is located at 17253 Chipeta Road, Montrose, CO 81403. Admission is \$3.50 for children, \$6 for adults and \$5 for seniors. Kids 5 and under are free. *Contributions of a Tribal Leader* is included with admission. The museum is open daily, Monday - Saturday, 9 a.m. to 5 p.m. and Sunday, 11 a.m. to 4:30 p.m. For more information, contact 970-249-3098.

## LEARN TO HUNT BEARS AT WORKSHOP IN WESTERN COLORADO, MARCH 7

### Special to Art & Sol

DELTA-If you've ever wanted to hunt bears or if you want to improve your chances of harvesting one, plan to attend a workshop sponsored by Colorado Parks and Wildlife on March 7 in Delta. bear harvest takes place in September when the animals are foraging heavily acorns and berries in preparation for the winter hibernation. Areas throughout Montrose and Delta counties offer idea

Wildlife officers from Colorado Parks and Wildlife will lead the presentation on hunting black bears. They'll discuss bear biology, hunting tactics, field dressing, rules and regulations, and human-bear conflict issues.

Bear populations are healthy in western Colorado, providing hunters a unique

hunting opportunity. The majority of the bear harvest takes place in September when the animals are foraging heavily for acorns and berries in preparation for their winter hibernation. Areas throughout Montrose and Delta counties offer ideal habitat for bears; so hunters in this area have a good chance of harvesting – if they know where to look. The class will be held from 6-8:30 p.m., March 7 at the Technical College of the Rockies (formerly Delta Voc-Tech), 1765 U.S. Highway 50. The class is limited to 50 people and registration is required. To register, call the Mont-



Photo Courtesy CPW.

rose wildlife office at 970-252-6000.

# LEARN TO HUNT MULE DEER IN MONTROSE, MARCH 6



Special to Art & Sol

MONTROSE-If you're interested in learning how to hunt mule deer plan to attend an evening class 6-8:30 p.m., March 6 at the Colorado Parks and Wildlife office in Montrose. The class will be taught by biologists and wildlife officers from Colorado Parks and Wildlife.

The class is aimed at novice hunters – new hunters and those without a lot of experience. It will focus on deer biology, tracking and hunting tips and strategies for hunting based on habitat type and season. CPW officers will also explain the process for obtaining a mule deer hunting license. Starting this year all limited hunting licenses will be sold on-line through the CPW web site. Paper applications have been discontinued.

The deadline for applying for a limited hunting license this year is April 3.

Space is limited for the class. Those interested should contact the Montrose wildlife office at 970-252-6000. The class will be held at the Montrose wildlife office, 2300 S. Townsend Ave. (U.S. Highway 550).



February 28, 2018 6:00pm \$65 per person – does not include tax & gratuity

To Benefit Partners Providing appropriate adult role models to act as mentors for at-risk youth

## **Reception Wine**

Naonis Prosecco

## Tomato Tart

A savory tart shell filled with herbed feta cheese, topped with vine ripe tomatoes; baked & finished with balsamic reduction Hob Nob Pinot Noir - France

## **Bacon Spinach Salad**

Baby spinach, bacon, red onion, dried cherries, spiced pecans & cherry tomatoes drizzled with honey bacon vinaigrette Your Choice: Terra Andina Cabernet Sauvignon or Josh Cabernet Sauvignon

## Dry Aged Strip Loin & Grilled Shrimp

Dry aged rosemary roasted strip loin & 2 grilled shrimp finished with gorgonzola butter; served with sweet mashed potatoes & roasted asparagus Cline Cashmere Black Magic

## Espresso Cannoli

A canola shell filled with espresso cream, finished with chocolate sauce, Kahlua whipped cream & raspberries A wonderful mix of Grand Marnier, Kahlua & Irish Cream

Reservations Only - Call Jack @ 209-9100

Chef Kevin Gurney

# **MIRROR IMAGES...OUT AND ABOUT!**







Clockwise from top left; Kipori Woods at the Lark & Sparrow benefit for Amber on Feb. 24 (photo by Jen McClanahan); Kipori playing with his teeth; Jake Garduno and Mike open the show; the Lark & Sparrow; Kipori Woods, Lark & Sparrow Owner Yvonne Meek and Musician Jeff Fields at the benefit.





# HIIT TRAINING AND THE ECONOMICS OF EXERCISE



### Fitness pro Gia Porter.

### By Gia Porter

MONTROSE-HIIT training, or High Intensity Interval Training is all the rage these days, but why? What sets this apart from the Stairmaster craze in the 90s or the introduction of the elliptical? Is it really scientifically superior or is it just another shooting star in the expansive universe of fitness mania? As health declines and obesity rises, our culture is in physical crisis. Most people, assuming they even make time for exercise at all, throw it in at the end of their day with little thought or strategy. Going through the motions in a repetitive and uninvested way somehow lets us off the hook but it leaves most people disillusioned and frustrated seeking out quick fixes and diet fads. Instead of doing the same old thing and expecting new results, why not try a different approach? Something a little outside your comfort zone. HIIT is intense but it works. It's miserable, but so is an hour on the treadmill. Any successful fitness regimen is a balance of strength training and aerobic work. In many cases HIIT can combine both in a much more efficient and economic way. It is an elegant training tool for the recreational gym goer looking to lose a few pounds or the performancefocused athlete looking to gain power and speed. So let's talk about fundamentals and get down to the science of it. What is

program will consist of brief, max effort work periods punctuated by planned recoveries. This is what creates the interval. Work hard, recover fast. Repeat. The intervals can be anywhere 1 to 4 minutes in ratios of 1:1 or 1:2, depending on fitness level and what your goals are. The idea is to go at it as hard as you can, bring everything you've got. That's what makes it work. Initially you may work hard for 30 seconds and rest for 2 minutes. That's ok, just pay attention and make strides to reduce those resting ratios. Eventually you will be able to do up to an hour of timed intervals, like Crossfit. But initially just start with 7 to 10 minutes. You can focus on strength based movements, like squats with kettle bells, or medicine balls; explosive movements like jump squats or burpees; or cardio-based movements like jumping rope or even sprints on a treadmill. One popular approach is a "ladder" based effort, either increasing or decreasing in repetitions. For example a 10x squat/burpee ladder is working from either 10 down to 1 or 1 up to 10. Personally I start with the high number, it's less psychologically demoralizing. So 10 squats, 10 burpees, rest. 9 burpees, 9 squats, rest... and so on until you reach 1. It's all up to you. Variety is of course ideal but there is no set rule on that.

So now we know what it is, but how does it work? How is this better than a 2 hour walk? Well there's a little something called Excess Post Exercise Oxygen Consumption, or EPOC for short. This was briefly touched on in a previous article but let's look at it a little closer. The concept of caloric deficit is nothing new. In terms of dieting it would be eating less than you burn in a day. But that has proven disastrous in terms of muscle loss. We must fuel our bodies to perform. This much we know. So how do we create a deficit without sacrificing muscle or damaging metabolism? Aerobic deficit. When it comes to fat loss the source of the calories isn't necessarily as important as the quantity of calories burned. Basically instead of eating less, you create the deficit by burning more. Obviously as intensity varies so does the percentage of fat burned. The average interval workout consumes 12 to 22 calories per minute, while the average Zone 2 aerobic workout consumes any-

it and how does it work. Technically, a HIIT where from 4 to 15, based on the athlete's weight and intensity of movement. (The more you weigh, the greater the mass and effort required to move it therefore the more you burn.) Sustained efforts at a low/aerobic intensity of 70% max heart rate pull about 75% of the calories from adipose sources, and 1 gram of fat is burned per 9 calories. But the caloric burn is actually pretty low. You would have to do it for several hours to really make great progress. When exercising at High Intensity anaerobic threshold (upper end Zone 3, Zone 4 and Zone 5), you will burn on average about 2-3 times what you do in your comfortable Zone 2 aerobic workout. For example. I will burn about 281 calories in an hour of Zone 2 on the treadmill but I burn 650 in an hour of intervals. Your body will continue to pull energy from the aerobic pathways long after the activity has ceased, so add that to the immediate calorie burn for additional bonus. In fact you can continue to burn calories for up to 36 hours post-exercise. This is the EPOC effect. Basically your body is trying restore glycogen to the liver and skeletal muscles and rebuild muscle proteins damaged during intense workloads. When properly fueled with a whole sourced protein after your workout you will continue to synthesize ATP for muscle building and recovery. You get stronger, leaner and faster. All forms of exercise are beneficial. There is no perfect formula but adding variety to your routine will ensure that you have a better training effect and accelerate achievement of your goals. When beginning any High Intensity Interval Training program, it's always good to have a coach or some sort of supervision, at least initially. It is very easy to over do or sacrifice form for speed. Injury is the fastest way to derail your goals as you will lose progress quickly when you are forced to sit and rehab. Don't let enthusiasm outweigh your ability. Be smart, be strategic and always consider a good training supplement like a BCAA or Creatine during your workout for maximum performance and recovery.

^https://www.bodybuilding.com/content/ what-is-the-best-hiit-workout.html ^ ^https://www.acsm.org/docs/brochures/ high-intensity-interval-training.pdf ^http://dailyburn.com/life/fitness/highintensity-hiit-workout/

# **COMMUNITY NEWS BRIEFS**

## **MONTROSE COMMUNITY FOUNDATION HAS SCHOLARSHIP APPLICATIONS**

#### Special to Art & Sol

MONTROSE-The Montrose Community Foundation is happy to announce that applications are now available for MCF managed scholarships. Applications, specific criteria and more detailed information regarding all scholarships may be accessed on the MCF website: www.montrosecf.org/apply-for-a-

#### scholarship/

The due date for most of the scholarships is March 15, 2018.

NEW THIS YEAR! Karla J. Gilbert, Karl T. and Ruth C. Gilbert Family Scholarship, is a \$1,000 scholarship that is to be awarded to a Montrose County resident, with the plans to pursue a degree in a field related to education or natural resources. NEW THIS YEAR! Bank of Colorado Heartfelt Scholarship, is a \$1,000 merit scholarship for a graduating senior from Montrose or Olathe High School, who is planning on attending a four year university.

NEW THIS YEAR! Montrose County Merit Scholarships, this year two, \$3,000 scholarships will be available to the seniors of Montrose County High Schools (Montrose High School, Olathe High School, Nucla High School) who are in the top 5% of their graduating class.

ship, is a \$750 scholarship that is to be awarded to a high school, college or graduate students, residing in or from the Montrose, Delta, Gunnison, Mesa, San Miguel, and Ouray counties of Colorado, who will or are currently studying anthropology, archaeology or a closely related field.

The Ken and Marlene Townsend Scholarship, is a \$10,000 scholarship that is renewable for up to four years, this scholarship is to be awarded to a Montrose High School Senior.

Cobble Creek Men's Golf Association Scholarships, this year two, \$1000 scholarships will be available to seniors who live in Montrose County, and who have played on the Montrose High School Golf Team (boys or girls) for at least one year.

The Ken Gale Chamber of Commerce Scholarship, is a \$1350 scholarship for students who are graduating in the class of 2018 from a Montrose County RE-1J high school or previous graduates from a Montrose County RE1J high school.

The Montrose Rotary Club Scholarships, are available to 2018 graduating seniors who live in the Montrose and Olathe area. Scholarships range between \$1,000 and \$2,000 each. Preference will be given to students who are planning on attending Colorado Mesa University or another college, or university in the state of Colorado, but all applications will be considered.

Montrose Rotary Club Vocational Scholarship, scholarships will be given to students who live in Montrose or Olathe planning on enrolling in or are already enrolled in a vocational school or technical college.Scholarships range between \$1,000 and \$2,000 each.

Ada M. and Luther B. White Memorial Scholarship, is a \$2,000 scholarship for Montrose High School graduating seniors or grads within 2 years of high school graduation.

Tom Gilmore Memorial Law Enforcement Scholarship, is a \$5,000 scholarship that is to be awarded to a resident of Montrose County. Applicants must be enrolled in the upcoming semester of a Law Enforcement Academy.

Additionally, the Montrose Community Foundation is accepting applications for tuition assistance for students to attend Maslow Academy of Applied Learning for fall of 2018. Selected students will receive 25% or 50% of their tuition in scholarship funding, depending on income level and family size. The deadline to apply is March 2nd. The application and criteria can also be found on the MCF website www.montrosecf.org/apply-for-ascholarship/.

The Squint and Juanita Moore Scholar-

## **KAFM RADIO ROM WELCOMES MORS & MCCUMBER MARCH 21**

GRAND JUNCTION-Moors & McCumber will perform at the KAFM Radio Room on March 21. James Moors and Kort McCumber are an acoustic duo specializing in Americana, folk, melody, and stories for over a decade. These award-winning artists create that rare chemistry that happens when two gifted singer-songwriters and multi-instrumentalists perfectly complement each other's strengths.

Moors & McCumber have released a number of albums including *Live from Blue Rock, Pandemonium, Against the Grain,* 

and *Gravity*. James Moors is a recipient of the McKnight Foundation Emerging Arts Grant, and Kort McCumber received an award from the Flat Rock Festival Songwriting Completion.

Check out Moors & McCumber on their website <a href="http://">http://</a>

## www.moorsandmccumber.com/

Doors open at 7 p.m., show starts at 7:30 p.m. Tickets are \$18 in advance, \$20 at the door and may be purchased by calling (970) 241-8801, or online at www.kafmradio.org. The Radio Room is



Moors & McCumber. Courtesy photo.

located at 1310 Ute Avenue, Grand Junction, CO 81501.

## **COMMUNITY NEWS BRIEFS**

# FOXFEATHER RETURNS TO SHERBINO THEATER WITH THE BATTLEFIELD & HEARTSTRING HUNTERS MARCH 2

### Special to Art & Sol

RIDGWAY-L.A. based The Battlefield will start the night of music with songs that have been said to "mine the American songbook to craft deeply moving, elegantly executed portraits of our shared humanity – embracing the beauty but never shying away from the ugliness," followed by The Heartstring Hunters, an indie-folk band based in Boulder, and the night will finish with a full set performance by local favorite; Foxfeather.

Foxfeather is a sultry alt-americana band founded in Boulder in 2013. Beginning with a lyrical base, and bolstered by strong blues-rock instrumentals, Foxfeather's unique sound captivates their audience. The band consists of Carly Ricks Smith (lead vocals), Laura Paige Stratton (acoustic/electric guitars, keys, vocals), Patrick Coleman (upright/electric bass, violin), Ben Batchelor (drums and percussion), and Ian Hendrick (electric guitar). Foxfeather is a local staple on the Colorado Front Range, and also tours nationally. The band released their EP, Foul Moon, in 2014. In response to this release The Marquee stated that "the group is overflowing with talent" and "Carly Ricks Smith has a spectacular voice which lies somewhere

between the folky soprano of a young Joni Mitchell and the jazz-heavy range of Lake Street Dive's Rachel Price. It's powerful as well as delicate." Andy Eppler of The Prairie Scholars said "it's sexy. It's original. These women have crafted something very special and instantly likeable on this album." The BoulderBeat reviewed Patrick Coleman's presence on bass as "one of the biggest treats of their performance," with a "jazzy undertone that rightfully demanded its own attention." The band released their first full length, self-titled album in October of 2016, which *Rooster* magazine described as "time warping...it's an emotional ride into the forest of folk with lowhanging country branches slapping you in the face without apology... it's got a good thing going."

The Heartstring Hunters are an indie-folk band based in Boulder. Rich harmonies, youthful optimism and stories-from-theroad characterize a sound that invites you into a musical conversation between friends, an adventure that dances between the space of the open road and a midnight sky. A genuine collaboration between singer-songwriter Carolyn Hunter, producer/mulit-instrumentalist Daniel Hunter, bassist Alessandro Ceserani, drummer Alex Heaton, and vocalist Rachael Sheaffer, the Heartstring Hunters are currently touring throughout Colorado, sharing stages with artists such as Karla Bonoff, The Leftover Cuties and SHEL, though you're just as likely to find them spontaneously entertaining crowds at farmer's markets and street fairs all over the state. All east-coasters originally, it was the power of connection and a love for music that led them from the forests of Vermont, the rivers of Virginia, and the beaches of Florida all the way to the rockies.

The Battlefield, from Los Angeles, is described by many as the intersection of church and saloon. Since the release of their debut album Tipping Point, they have toured the country extensively with their rousing, harmony-infused live show playing bars, house concerts, music halls & festivals - 18 states & counting.

Spend an evening enjoying live music at Sherbino Theater (604 Clinton St.) in Ridgway. Doors open at 7:00pm and music begins around 7:30 pm. Advance tickets are available online at <u>sherbino.org</u> for \$12, or at the door for \$15. For more information, go to <u>sherbino.org</u> or call <u>970-318-0150</u>.

# BONFIRE CELEBRATION AT TOP OF THE PINES ON MARCH 3

### Special to Art & Sol

RIDGWAY – Top of the Pines, Inc. invites the community to attend a winter bonfire celebration on Saturday evening, March 3. The free, family-friendly event officially begins at about 5 p.m. – snow or shine – with a tour of recent renovations at TOP's rustic pavilion structure, where electric upgrades, insulation, drywall and floor capping are now complete. The bonfire will be lit at 5:30 p.m., but community members are encouraged to come up to the area earlier in the day to sled, cross country ski, snowshoe or hike (depending on snow conditions) before evening activi-

### ties get underway.

Complimentary refreshments and hot drinks will be available at the pavilion. Carpooling (4WD/AWD vehicles) is encouraged, with parking available at the pavilion. Be sure to bring warm clothes and headlamps or flashlights. The activity will conclude no later than 8 p.m. Top of the Pines is a 175-acre former Girl Scout camp located at 8,500 feet near Ridgway at the foot of the Sneffels range, in a spectacular setting surrounded by mountains, forests and meadows. The property is managed by Top of the Pines, Inc., a 501 (c)(3) non-profit organization under contract with Ouray County to maintain and improve the property. TOP's ultimate vision to create a usable, functional venue and education center with a wide variety of year-round outdoor recreational pursuits for the region's residents and visitors. Getting there: To get to Top of the Pines from Ridgway, take County Road 5 south (toward Elk Meadows subdivision) to Highland Drive, then turn right and follow the signs to the pavilion. More information, including guidelines for making donations, reserving campsites and scheduling private or educational events at TOP, can be found at <u>www.topofthepines.org</u>

# Hold the Date! Upcoming Business & Cultural Events

### ONGOING-

**FRIENDSHIP FORCE INTERNATIONAL**, non-profit organization, was founded and introduced to the world at a ceremony held at the White House on March 1, 1977. FFI provides opportunities to explore new cultures by bringing people together at the personal level. Friendship Force of western Colorado's regular monthly meetings are scheduled for the 3<sup>rd</sup> Thursday of the month. Meeting location - Red Cross Training Center, 5<sup>th</sup> and Gunnison in Grand Junction, 6:15 p.m

THE ALPINE PHOTOGRAPHY CLUB meets every second Tuesday at St. Mary Catholic Church in the St Paul Room, 1855 St Mary's

Drive, Montrose. The Public is welcome to attend. For more information, email <u>alpinephotoclub@aol.com</u>.

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

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

### MONTHLY-

**Feb. 27**-Citizens Climate Lobby is presenting the movie "Saving Snow," free in Montrose at Two Rascals Brewing Feb 27 at 7 p.m., and also at the Montrose library Monday March 5, 6:30 p.m.

**March 1**-The Open Bard Poetry Series will host its first scheduled Locals' Night and Potluck on Thursday night, March 1 at the Sherbino Theater in Ridgway. Bring your poetry-inspired dish to share at the Sherbino at 6 p.m. Students and teachers are always free, but no admission will be charged at this event.

March 1-Meet the Candidate: Adam Murdie for Montrose County Sheriff, <u>2 pm to 5 pm</u>, The Rimrock Hotel, 123 East Main St., Naturita. Refreshments Provided.

**March 2**-Foxfeather returns to the Sherbino Theater, joined by The Battlefield and The Heartstring Hunters on March 2. Spend an evening enjoying live music at Sherbino Theater (604 Clinton St.) in Ridgway. Doors open at 7pm and music begins around 7:30 pm. Advance tickets are available online at <u>sherbino.org</u> for \$12, or at the door for \$15. For more information, go to <u>sherbino.org</u> or call <u>970-318-0150</u>.

**March 3** – Top of the Pines, Inc. invites the community to attend a winter bonfire celebration on Saturday evening, March 3. The free, familyfriendly event officially begins at about 5 p.m. – snow or shine – with a tour of recent renovations at TOP's rustic pavilion structure. The bonfire will be lit at 5:30 p.m. Complimentary refreshments and hot drinks will be available at the pavilion. Carpooling (4WD/AWD vehicles) is encouraged, with parking available at the pavilion. Be sure to bring warm clothes and headlamps or flashlights. The activity will conclude no later than 8 p.m.

March 5-Citizens Climate Lobby is presenting the movie "Saving Snow," free in Montrose at the Montrose library Monday March 5, 6:30 p.m. March 6- The Democratic Caucus for the Montrose and Olathe precincts will be held at the Centennial Middle School Cafeteria. The Caucus for the precincts in the West End will be held at the Naturita Community Library. Each Caucus will begin at 7 p.m. Doors open at 5:30 for registra-

tion and check-in.

March 8--"Great Decisions" discussion series happening at the Montrose Library 6:30 - 8:30 pm, Montrose Library Meeting Room. Topic: "Turkey: A Partner in Crisis."

**March 8-**Public Lands Partnership General Membership Meeting is Thursday, March 8<sup>th</sup>, 2 pm. Montrose County Fairgrounds, Pioneer Room. **March 9**-Montrose Economic Development Corporation Annual Luncheon @ the Montrose Pavilion. Speaker will be OEDIT Executive Director Stephanie Copeland. Call 970.249.9438 for tickets or to RSVP.

March 11-The Radio Room proudly presents The Two Tracks, on Sunday March 11, beginning at 7:30 p.m.

Tickets are \$15 in advance and \$18 at the door and may be purchased by calling (970) 241-8801, or online at <u>www.kafmradio.org</u>. The Radio Room is located at 1310 Ute Avenue, Grand Junction, CO 81501. Doors open at 6:30p.m.

**March 14**-*Turkuaz with Con Brio* @ Club Red in Telluride. They've become one of Brooklyn's freshest exports - nine charismatic men and women brightly outfitted to have their colorful nature match their expressive voice. Turkuaz is a rock band at its core that blends soulful sounds with potent funk grooves. Since hitting the road in 2012, Turkuaz has released a handful of albums, canvassed the US more times over, and continue to gather devoted listeners along the way. Tickets start at \$25.

March 15--6:30 - 8:30 pm, --"Great Decisions" discussion series, Montrose Library Meeting Room. Topic: "US Global Engagement and the Military."

**March 18**-Westward Ho-A Musical American Journey from Kentucky to Colorado. Saddle on up and join the Montrose Community Band on Sunday, March 18th at 3 pm at the Montrose Pavilion for a free concert with a fun western theme. Dust off your boots and come ride off into the sunset with us. For more information visit <u>www.montroseband.com</u> or call <u>970-596-1188</u>.

**March 18**-Anderson East with J.S. Ondara @ Club Red in Telluride. Anderson East is the humble type -- the sort of man who chalks up his success to loads of good fortune. But the singer-songwriter has earned his accolades: one of music's most compelling young artists, East is an unflinching and inimitable talent. Best exemplified on his breakout 2015 debut album, Delilah, the Alabama-native wields an unwavering and potent, everhusky voice. And as seen on standout tracks including "Satisfy Me" and "Devil In Me," he's able to effortlessly spin tales of tumult and triumph in equal measure. That's, of course, to say nothing of the brute force with which the man performs — fiery and forceful, as much a wily preacher as a patient poet. East has become one of music's must-see live act. Tickets start at \$25.

March 18-- Sunday Serenades: Montrose Regional Library. Noon: Shelley Warren, Flute, Elise Helmke Anderson, Harp. FREE, refreshments served.

March 22--6:30 - 8:30 pm, "Great Decisions" discussion series, Montrose Library Meeting Room. Topic: "South Africa's Fragile Democracy." March 29--6:30 - 8:30 pm, "Great Decisions" discussion series, Montrose Library Meeting Room. Topic: "Global Health: Progress and Challenges." April 7- "The Bookcliff Chorus: Fifty Years Young" will take place at the Avalon Theater on Saturday, April 7, 2018 with performances at 2 and 7 PM. Tickets are \$18 for Adults and \$12 for Students, available at the Box Office. For details, call 970-257-SONG or check on Facebook--Bookcliff Barbershop Harmony Chorus or bookcliffchorus.wordpress.com/

April 29- Sunday Serenades: Montrose Regional Library. Noon: Debbie TenNapel, Violin, Martha Jacobs, Cello. FREE, refreshments served. May 7--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.

# MONTROSEM I R R O R

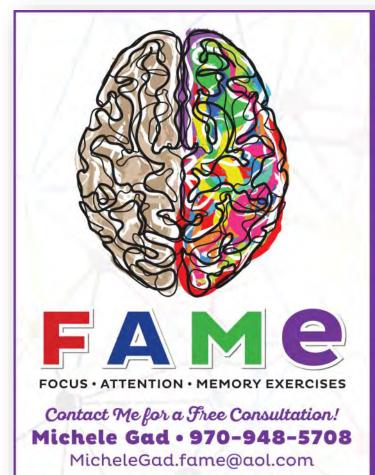
Contact the Montrose Mirror: 970-275-0646 Editor@montrosemirror.com www.montrosemirror.com

The Montrose Home & Garden Show welcomed crowds to Friendship Hall last week. Photos by Gail Marvel.









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!