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Issue No. 262, March 5, 2018

SAFER SCHOOLS: 'CONVERSATION STARTS AT HOME' *RE-1J to Host Community Meeting Tonight*

By Caitlin Switzer

MONTROSE-In recent weeks, schools in Montrose have been targeted by threats of violence on a regular basis, through traditional contacts and via social media. A growing number of local students have been arrested and charged with threatening violence in some way—and according to a police report, one of those students was just 11 years old.

RE-1J officials are holding a community meeting Monday night to gain input and find solutions to the problem. According to a news release, "school board, district administration and local law enforcement will be in attendance for this event. The district highly encourages our parents and the community to be involved with this important topic. The event will be at the Lloyd McMillan Gym on Monday, March 5th at 7 pm."



A statewide resource, the Colorado School Safety Resource Center offers threat assessment training for Colorado school districts. Pictured above, a training event in Delta. Courtesy photo.

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OLATHE'S HAVEN HOUSE GIVES A STRONG HAND UP *House is full, with single moms, families, those needing help*



Haven House Director Rose Verheul chats in the facility's dining room. (Photo by Michael Lawton).

By Carole Ann McKelvey
Mirror Feature Writer

OLATHE – Haven House Transitional Living Center is literally bursting at the seams. And that's a very good thing. Another busy winter has found the local faith-based charity going into its seventh year with 82 under the roof just off River Road in Olathe. That includes many single moms, some single dads, a few families and others needing a hand up toward a "normal" life in the Valley. Director Rose Verheul and a small cadre of workers keep the programs, education, guidance and meals coming. The board of directors had the vision those seven years ago to undergo this "ministry" and do the Lord's work locally. Leading the pack were Larry Frederickson and his wife, Lillian. The current Haven House board of directors includes Larry Fredericksen, President; Amanda Malanchak, Treasurer; Lillian Fredericksen, Secretary; Carolyn Carter; and Joanne Fairchild.

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With Carole McKelvey!*

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on Classical Music!*

*Michele Gad
F.A.M.E.!*

ANSWERING THE CALL: MPD SERGEANT LARRY WITTE

By Gail Marvel

MONTROSE-On July 25, 2009, Sgt. Larry Witte was one of three Montrose Police Department (MPD) officers shot while responding to a call. Witte and fellow officer Rodney Ragsdale were wounded; Sgt. David Kinterknecht was killed in the line of duty. The suspect took his own life.

Witte was shot in both legs with two blasts of double-aught buckshot. The tendons in his right knee required nine months of rehab to fully recover, "We are fortunate to have great doctors at Montrose Memorial Hospital." Officer Ragsdale took a medical retirement.

As a child Witte, the son of a career Air Force officer, was attracted to both the military and law enforcement. He received a track and field scholarship to Western State College (now Western State University) where he earned a bachelor's degree in Sociology with an emphasis on Criminal Justice. "I graduated on a Saturday and began the Police Academy on Monday. It was business as usual with homework and studying. The physical side wasn't hard because I was in good shape from track and cross country." In the summer of 2017 Witte completed a Master's in Criminal Justice and Law Enforcement Administration.

Now in his 11th year with MPD, Witte is assigned to patrol and while he still handles calls, he supervises the 12-hour shift. Typically, there is only one sergeant on a shift at a time; however, sometimes there may be some crossover. "I check the preliminary information and make sure it's

right and that there is probable cause for the arrest, then I pass it on to the Detective Sergeant. Sergeants have more office work, but it depends on our call volume. I've got administrative duties that make me stay in the office a little more."

When asked about the most stressful part of his job Witte said, "Handling critical incidents, like a man with a gun. We get a lot of training for a crisis like that and it makes us cautious. I'm levelheaded and detailed. I remain calm and operate well in a stressful environment."

Witte has earned two MPD lifesaving awards. One situation was unique in that he was on duty patrol when a female tried to burn down her house. Witte said, "She used flammable liquids to start the fire in the living room. Her elderly mom was confined to a wheelchair and trapped in the back bedroom. I took her into custody and got the mom out. The mother had no injuries and made a full recovery, but the suspect was burned and passed away about 24-hours later." In another incident Witte and a fellow officer each received an award for their search and rescue of a suicidal man. "It was cold weather, and we found him overdosed and unconscious in

Sergeant Larry Witte



HIRED 08-20-2007

MPD Courtesy photo.

Cerise Park. We carried him out safely."

For Witte the least enjoyable part of law enforcement is shift work, "Shift work sometimes gets tiring when you have a wife and kids. When you have a family, they have to get used to shift work as well." Outside of law enforcement Witte is an avid hunter and fisherman, "I love the outdoors — spring, summer and fall we'll be in the outdoors."

Considering the most enjoyable aspects of his job Witte said, "My co-workers, serving the community and engaging with citizens from all walks of life. I was so well taken care of [after being shot] by the community, the city and other officers. I'm thankful to work for MPD."

"Montrose is such a good community, I knew I'd be here the rest of my life."



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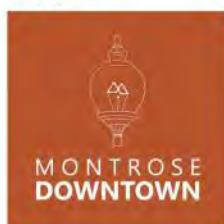
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'THE SHERIFF'S OFFICE WORKS FOR ALL 43,000 RESIDENTS OF MONTROSE COUNTY'

By Caitlin Switzer

MONTROSE—No matter who is elected our next sheriff, serving all of the citizens of Montrose County will remain top priority at the Montrose County Sheriff's Office (MCSO), said Montrose County Undersheriff Adam Murdie, one of three candidates who hope to fill the job left empty by the resignation of Sheriff Rick Dunlap. (The other candidates are Montrose Police Dept. Commander Gene Lillard and MCSO Deputy Sgt. Justin Westbrook).

Also prioritized will be the merging of the redundant dispatch centers—the Montrose Regional Dispatch Center and the City of Montrose's newly-created WestCo Dispatch Center, Murdie said.

"I have said it time and again; we never should have added the second dispatch center. It costs twice as much as it should, and the service is worse," Murdie said. "It was not a good deal for the community at all."

The MCSO is already in discussions with

the City to bring the two dispatch centers together in one form or another, he said, with the goal of "making something happen by early 2019."

The importance of a highly functional and efficient dispatch service is not lost on Murdie, who worked in search & rescue, wildland firefighting, and airport hazmat before becoming a reserve deputy in Gunnison County, where he grew up. "From there, it was an easy transition to law enforcement."

Murdie graduated from the police academy in 1996, and then moved to Montrose in 1997—early enough to remember the former county jail. "It was rather claustrophobic." The difference between a municipal police department and a Colorado County Sheriff's Office may not be visible to most citizens, but it's important, Murdie said. And though the MCSO's use of social media and daily "blotter" as outreach tools are widely followed, "We could probably do a better job of publiciz-



Montrose County Undersheriff Adam Murdie. Courtesy photo.

ing what we do," Murdie noted, "just keeping the community informed."

"I have been involved with administration and as boots on the ground," he said. "A sheriff's office must follow regulatory requirements laid out by the state of Colorado."

"In Montrose, the Police Department reports to the City Manager, directly," he said. "But the sheriff's office works for all 43,000 of the residents of Montrose County."

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OPINION/EDITORIAL: LETTERS

WE MUST TAKE LOCAL ACTION AND SOLVE WHAT IS A LOCAL PROBLEM: SAFER SCHOOLS

Editor:

Tonight, March 5th, we are invited to join our 'city fathers' to discuss school security. Might I suggest we begin somewhere other than arming teachers or putting more police in the halls.

The federal government will do nothing effective. Two weeks from now they will have another issue. Politicians are largely interested in headlines and re-election. The 'war on drugs' is 53 years young and we have the opioid epidemic. Fifty years ago the immigration issue hit the fan when Governor Reagan closed the California border. It is still unsolved. These are two examples of the feds not fixing problems. Our concern is with our leaders in Montrose who can be encouraged to do something positive before our kids become victims.

Neither the feds or the state will solve the mental health problem. The courts effectively closed all the mental hospitals. We will have the mentally dangerous walking among us forever.

Instead we must take local action and solve what is a local problem. These schools house our children! We want our

children safe everywhere but especially in school where we expect them to be in a safe, comfortable learning environment. Basically arming school staff or putting another cop in the halls is a band-aid on a severed artery. It is putting the children as bait in the conflict. It is letting the fox into the henhouse. When I was a kid I shot rats at night in the henhouse. If I accidentally shot a hen, I ditched her; no one was the wiser. The hens were the bait so I could shoot the rats. Why would we willingly make our kids into the bait? Where do we get another kid? How do we reclaim the sanity of the staff member that accidentally kills one of them?

It is wrongheaded to setup the schoolhouse as the scene for a gunfight.

For sixty-five years I have fired pistols. I am a very good shot. I know what it takes to stay proficient. Many police officers are not proficient. Generally the military is not. I was. It took a lot of work, a lot of lunch hours at the range and a lot of personally purchased ammunition. But I got good. Lots of serious practice, lots of shooting on the range, a desire to learn and a pile of ammunition and instruc-

tion. My wife and daughters are all naturally good shots but I have no idea how good they would be if they were being shot at. The threat of a bullet heading your way can change a lot of practiced behavior.

The school, the playground, the classroom should not be the first line of defense! We want all the kids to end the day unscathed!

Closed campuses with high fences, metal detectors, security cameras, random searches plus internal security are the only means by which we can become relatively sure of the safety of schools.

Our court house knows that limiting access yields safety. How about the airports? And look at the new police headquarters in Grand Junction---no low level windows.

So why don't we do what we know is the only way to make sure? Does it cost too much? Maybe fences would not be pretty? Well how pretty is a child in a casket? How expensive is one dead son or daughter?

We must get real! Can we? Will we?
Bill Bennett, Montrose



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REGIONAL NEWS BRIEFS

RE-1J TO HOLD COMMUNITY MEETING TONIGHT @ MCMILLAN GYM TO TALK ABOUT SCHOOL SAFETY

Special to the Mirror

MONTROSE – The Montrose County RE-1J School Board and administration will hold a community meeting tonight to discuss school safety. The district is looking for solutions from the community to address this concern. The school board, district administration, and local law enforcement will be in attendance for this event. The district highly encourages our parents and the community to be involved with this important topic. The event will be at the Lloyd McMillan Gym on Monday, March 5th at 7 pm. Please contact Superintendent Stephen Schiell for additional information at 970.249.7726..



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SAFER SCHOOLS: 'CONVERSATION STARTS AT HOME' From pg 1

The recent suggestion by a citizen that local schools have a dedicated police officer in each building "would be fantastic," RE-1J Superintendent Stephen Schiell said. "But the community would have to pony up."

All solutions to school violence cost money, he noted. "Whatever we do will cost lots of money," he said, "And not one thing can stop someone that really wants to cause harm; we can just make it more difficult for them."

He compared school safety to that of airports. "Before 911, I could walk into any airport, walk my family to the gate, watch them get on a plane, and watch the plane pull out," he said. "Now...you have to get there two and half hours ahead of time and go through security."

"Are we really ready to do all of that with our schools?" he asked. "Install metal detectors, so that kids who have an 8 a.m. class have to be there by 7:15? Because that's what it's going to take."

"We can make our schools safer—but are we ready for a closed campus?"

"Ever since Columbine, we have done things to improve school safety," Schiell said. "But we are kidding ourselves if we think we are invincible. On Monday night we are going to be talking about safety, and the person who wants to do something is watching us—and has been watching us for years."

In an effort to learn more about best practices for school safety, the *Mirror* also spoke with Chris Harms, director of the Colorado School Safety Resource Center (CSSRC), a statewide resource that offers no-cost threat assessment and suicide prevention trainings for Colorado's schools. Created by the legislature in 2008, the [Colorado School Safety Resource Center's](#) mission is to

"collaboratively assist local schools and communities to create safe and positive school environments for Colorado students in all pre-k and higher education schools." CSSRC's three-pronged approach to accomplishing this focuses on safe and secure learning environments, positive school climates, and early intervention services for youth in Colorado.

What is happening in Montrose is happening across the nation, Harms said—and the real solution lies not in the nation's classrooms or school boardrooms, but in the home.

"We think school safety should be a conversation that starts at home," Harms said. "First of all, parents need to talk to their students; because school shootings aren't things anyone can joke about. After all, none of us can say the word 'gun' in an airport—it's the same thing."

CSSRC works mainly with rural school districts, Harms said. Because while the larger districts have more resources, the state's small, rural districts need help to conduct threat assessments and suicide prevention trainings. According to the Colorado Department of Education web site, 148 of Colorado's 178 school districts are classified as rural, though comprising just 15.3 percent of the state's student population.

"We have done almost 80 threat assessments in the last few years," Harms said. "Some of those resulted in the student who was at risk getting the help they needed."

Though CSSRC has worked with the Delta Schools, Montrose has not taken advantage of the organization's threat assessment or suicide prevention trainings.

"We have not done trainings specifically through them, but we have done [NIMS \(National Incident Management System\)](#)

[training](#)," Schiell said. "We are also looking at an option that we might do in addition, [ALICE training](#). I personally have been through ALICE training." ALICE is an acronym that stands for Alert Lockdown Inform Counter Evacuate; the organization provides active shooter response training for K12 schools and other organizations.

Schiell dismissed the notion that clearer communications from the school district could help calm the current situation involving the seemingly endless series of threats of school violence, which have left many parents and students fearful and confused. RE-1J no longer employs a communications staffer as it has in the past but assigns news briefs to administrative staff as needed.

"We know that when we are doing things quickly there are going to be mistakes," he told the *Mirror*. "I bet we could go through your newspaper and find mistakes."

"(To fill the communications position) I would have to cut a teacher," Schiell said. "I will take a teacher any day."

And despite the increase in school violence, school remains the safest place for a student to be every day, Chris Harms of CSSRC said.

"Most schools in Colorado are doing a really good job with school safety. Hopefully, every student has a connection to at least one responsible adult, and our schools offer information about Safe2Tell."

Harms also stressed the importance of maintaining confidentiality when dealing with threats of school violence. "It is absolutely important; these are juveniles."

The CSSRC web site also offers information concerning threat assessment, and what questions to ask. Those interested in learning more can visit [the web site](#).

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FOUR NEW STAFFERS JOIN CITY; MONTROSE TO FUND CMU SCHOLARSHIPS



Items that City Council will consider March 5 include a loan agreement and fundraising campaign to buy the large, bronze Vic Payne sculptures loaned to Montrose by Ridgway resident Bill Widger.

Mirror staff report

MONTROSE-WORK SESSION: Four new staffers will be introduced at the [City of Montrose Work session of March 5](#): joining the City are Utilities Worker Andrew Huntley; Streets Worker Donald Castle; Public Works Customer Service Representative Margo Poynter; Animal Shelter Technician Lori Young; and Communications Assistant William Woody.

Discussion items include a Montrose Mu-

nicipal Court update, a Montrose Success Fund Scholarship Program, the Triesch Addition Annexation, and the City's annual water meter purchase.

Council will also consider a loan agreement and fundraising campaign to buy the large, bronze Vic Payne sculptures loaned to Montrose by Ridgway resident Bill Widger.

Included in the [Work Session packet](#) are reports from the Region 10 League for Economic Assistance & Planning and the Montrose Regional Airport Advisory Board.

Upcoming topics of City Council discussion include an update on the Rotary Amphitheater at Cerise Park and a Hwy 550 Safety update on March 19. On March 20, Council will evaluate the performance of the City Manager and City Attorney, and will consider a resolution setting a hearing date for the Triesch Addition Annexation.

A historic preservation ordinance will be considered April 16. On April 17, newly-elected City Councilors will be sworn in and a new Mayor and Mayor Pro-Tem will be selected.

COUNCIL MEETING: At [the regular City Council meeting](#) of March 6, Council will move the date of the April Council meeting from April 3 to April 2.

Council will consider a new tavern liquor license for Horsefly Brewing Company (19 South Junction Ave.), as well as the authorization of \$2,288,901.67 in expenditures to construct the South Hillcrest Extension and Sanitary Sewer Project.

This includes the award of a construction contract to Williams Construction in the amount of \$2,196,311.67 and the award of a survey and design support contract to DOWL in the amount of \$92,590.

Council will consider awarding a design contract to RJH Consultants in the amount of \$270,181.82 for the permitting and civil design of the Cerro Reservoir Outlet Works Replacement Project.

Finally, Council will consider renewal of a Lease Agreement between the City of Montrose and Jon Jessor for use of City-owned property on Banner Road near Olathe.

Following staff reports, Council will adjourn.



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OLATHE'S HAVEN HOUSE GIVES A STRONG HAND UP From pg 1



Entering this driveway Haven House residents have a new chance at life. (Photo by Michael Lawton).

Haven House was formed in August 2010. It had been a dream of several board members to develop a transitional/transformational living program for homeless people in the Tri-County area of Montrose, Ouray and Delta; that dream has become a reality.

A grant helped raise the money, and more came along, plus generous help from local businesses and the community. Regular volunteering at Sharing Ministries helps with food, and there are days spent helping Habitat for Humanity, plus a calendar full of fund-raisers.

Oh, and there is Elvis the, er, therapy cat. These days the fat and happy yellow-striped cat is recovering from being on the losing end of a run-in with an area skunk and resultant surgery. It seems he's out for revenge as he indignantly nurses a shaved front right leg. Thus, the handwritten note on the front door – "Open door slowly, don't let cat outside!!"

Verheul says Elvis (the name comes from him sitting outside doors and singing – yowling – to get inside to love residents) likes being the house cat but is itching to get outside again. The cat arrived as a kitten needing some rescuing himself a few years ago after being beaten up by feral cats in the fields; he was all too happy to become the recipient of food and affection in the House. He gives of his love freely to all who would pet him. But pay-

ing lost-skunk-battle vet bills is not something built into the House budget, so inside he must stay.

Family gets a helping hand

Without the help she and her family have received, says a grateful Becky; she, her husband, Jerry, baby Mackenzie and her 13-year-old daughter, Ashley, might still be living in a motel and working odd jobs to try to pay bills. Now, her husband is dreaming of opening a BBQ catering business, and perhaps restaurant, after many hours perfecting his techniques at Haven House fund-raising events and occasionally feeding residents of the House. Jerry works with two smokers behind the House. Becky is the stay-at-home mom to 14-month-old Mackenzie, born during their stay, and Ashley.

"I can't tell you what a God-send this has been," she says, as we chat in the large dining room. "I honestly don't know how we would have made it without the help." The family moved to Montrose to be near her husband's mother, who is in a nursing home. Jerry had lost a contract job in Oklahoma City and they were down on their luck.

"They had to hock just about everything," Verheul says. Then they asked a friend if they knew of anyplace where they could get help getting back on their feet and found Rose and Haven House.

First came an interview, then a Treat-

ment Plan they could work, and they moved in. Now, Becky says, they have been living in the House for almost two years, Jerry has a job, keeps perfecting his BBQ and they've been saving money. Having stepped through the door in Sept. 1, 2016, they plan to complete their program and graduate on Sept. 1, 2018.

Most residents at Haven House pay minimal rent, which increases after a certain time; that additional rent money goes into a fund saved for them until they are ready to successfully leave. So, the family will have a little nest egg when they're ready to leave. During those two years they have learned budgeting and are learning to be financially stable and other skills to help them become successful. Jerry now has purchased the business name, Still Smoking BBQ, LLP, designed business cards, and is building a website. They see a bright future for their family.

Single mom fights for her child

For single mom Chelsea the path has been a bit different, but she's also optimistic about her chances. Like some other moms at the House, she found her way here this last December through a referral from a drug treatment program. Verheul says many parents at Haven House are fighting to get back their children.

"I was living in a house in Montrose with some other people and it just wasn't

Continued next pg

OLATHE'S HAVEN HOUSE GIVES A STRONG HAND UP From previous pg

healthy for me or my son, Avean," she acknowledges. "I would get so far and get pulled down." It became so bad she couldn't fight her own way out of her addiction to methamphetamines. Now, she has managed to become clean through the treatment program and Haven House.

In desperation she says she "gave my baby son to a friend I thought could give him a better life. For a while we did okay with the informal arrangement," she says, but then things changed. Chelsea signed over custody to her only child. (A baby girl, Athena, had died from a congenital heart condition before she left the hospital.) "Now I'm fighting to get permanent custody of Avean restored to me, as I know I can do it and be a good mom to him. He's now three. His name honors his sister -- he's my 'blue-eyed monster,'" she says with a mother's affection, a shake in her voice.

With the help of Haven House, Chelsea has had the benefit of parental education, family parenting visits and supervision. She's also learned job skills. "My office sits right across from her room where she had co-parenting visits with Avean," Verheul says. "I'd keep my door and hers open, so they'd have time to play and interact in peace. She is doing well with him and the close bond is very clear."

Director Verheul will testify in court on the nature of that bond between mother and son next month in hopes that Chelsea will be able to regain and keep custody of her child.

While living at Haven House she has had clean UA testing for drug use, has been working a part-time job and is following her program "to the letter," Verheul says proudly.

Children who find themselves living with their parents at Haven House, and there are currently 27 in residence, have their educational needs met in local Montrose District Schools, plus a weekly "Whiz Kids" tutoring session as their parents work with a teacher volunteer. In addition, some of the kids, including Becky's 13-year-old, have the benefit of learning to play the House piano -- "with two successful recit-

als under her belt," Verheul says.

It isn't just the adults in the House who thrive, but the kids as well. The younger ones will soon benefit from a planned "Early Childhood Education Program" that will help their parents learn how to increase the bonds and successfully help their babies to grow up to be successful people.

Individual Treatment Plans help each resident at Haven House learn what they need to go out into the world and be successful.

Or not.

Some of the residents just aren't ready to become successful when they are first referred to the small Olathe facility, but they can reapply and return several times before the staff makes the recommendation they can no longer return and finds another to fill the space.

"Most," Rose Verheul

says, "Find they can make it the first time around and we've had many 'graduation parties.'" This evening, Feb. 27, another graduation party was planned.

To help pay for the cost of keeping Haven House thriving, the facility has regular annual fund-raisers -- such as a Golf Tournament, a Biker Poker Club, and a huge summer Garage Sale (with donated items and other items stored in Haven Houses' storage facility). Residents have 'first dibs' on furniture and other items when they graduate and move on to their own places," Verheul says.

The apartments at Haven House are not palatial, but they are quite adequate and cozy, with access to a community dining hall and kitchen, meeting rooms, that piano, grounds to have a picnic or take a stroller walk to watch wildlife.



14-month-old Mackenzie has never known another home but Haven House. (Photo by Michael Lawton)

To arrive at Haven House, one drives into the Town of Olathe, goes past the Olathe Junior/Senior High School heading north, turn down 1st Street and then make a right onto River Road. Soon it turns into a County-plowed dirt road. Then you watch on the right for a large yellow silo, right after that you'll see the sign for Haven House Transitional Living Center.

For some who turn there, they've found a home and welcome unlike any they've ever had, only to leave when they've successfully completed their program and fly on to their own nest or return home to family.

Haven House is located at 4806 North River Road, Olathe, CO., 81425; reach them by phone at (970) 323-5280, the answering service is (970) 252-6415 or info@havenhousehomeless.org

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FLIGHTS PROJECTED TO GROW BY 11 PERCENT

Special to the Mirror

TELLURIDE-Summer air service for the Montrose/Telluride region continues to grow as Colorado Flights Alliance (CFA) has increased flights into Montrose (MTJ) and Telluride (TEX) regional airports for the coming season. Access to Western Colorado from around the country improves with added and extended service, larger aircrafts and more available seats than in years past.

United Airlines will increase service from Chicago (ORD) with daily flights from early June into the month of October, flights that previously had been daily only in July and August. United will also be flying larger planes daily from Houston (IAH) to MTJ through the summer, along with the continued multiple flights daily from Denver (DEN).

United partner Great Lakes Airlines will continue to serve the Telluride (TEX) airport from DEN with 10 flights per week, as well as adding a route between Phoenix (PHX) & TEX twice-per-week on Mondays and Thursdays - a great opportunity for Phoenixians to escape the heat.

American Airlines will increase service with larger planes coming in daily from Dallas (DFW) and flying twice a day on Saturdays in core summer. The service from DFW continues to operate daily year-round. American also continues its daily service from Phoenix (PHX) and weekly from ORD into MTJ through Sept. 4.

Overall, summer air service is projected to grow 11 percent in 2018, with a 37 percent increase over the last two years and 54 percent over the last three. United's IAH flight will increase by 52 percent with the larger aircraft, and the ORD flight by 158% with the extension of service. American's larger planes and two Saturday flights increase the service from DFW this summer by 36 percent. For detailed schedule information, please see the attached route map, visit www.coloradoflights.org, or go to www.united.com, www.aa.com, and www.flygreatlakes.com.

For area resort and reservations information, please visit www.visittelluride.com, www.visitmontrose.com, www.tellurideskiort.com, and www.ouraycolorado.com.





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REGIONAL NEWS BRIEFS

CORONER RULES STEPHEN FELIX DEATH A HOMICIDE

Special to the Mirror

OLATHE—On Friday, Feb. 10, 2018, a 52-year-old male from Olathe named Stephen Felix was brought to Montrose Memorial Hospital by the Olathe Ambulance in an unconscious state. Radiologic examination revealed traumatic injuries and an

acute subarachnoid hemorrhage over his brain. He was transferred by St. Mary's Care Flight to St. Mary's Hospital where he eventually died despite intensive care.

An autopsy was performed for the Montrose County Coroner's Office of Medical Investigation confirming his inju-

ries and the hemorrhage. The cause of death was the acute subarachnoid hemorrhage; manner of death has been ruled and certified as a homicide by the Coroner. This case is being further investigated by Olathe Police Department and the Colorado Bureau of Investigation.

THE PLUTE ELK IS MOVING BACK TO TONY'S CONOCO

Special to the Mirror

CRESTED BUTTE—The Crested Butte/ Mt. Crested Butte Chamber of Commerce and Crested Butte Mountain Heritage Museum are excited to announce that the former World Record Plute Elk will be returning from the Visitor Center at the 4-Way Stop to its previous home in Tony's Conoco, now the Museum, this coming off-season. The Plute Elk was shot in 1899 by John Plute in the Dark Canyon of Anthracite Creek and certified as the world record

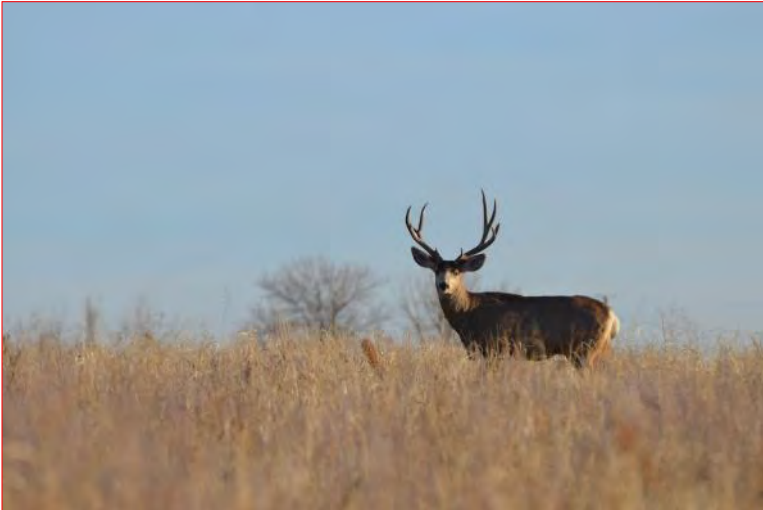
bull elk in 1961. When Matt Miles purchased the Plute Elk from Ed Rozman in 2016, he expressed interest in keeping the Elk in Crested Butte. Discussions ensued about the best location for this historic treasure of the Gunnison Valley. Moving the Plute Elk back to Tony's received 100 percent support from the boards of both the Chamber and the Museum. The mission of the Museum is to "preserve and share the uniquely diverse cultural history of the Gunnison Valley," and the Museum

looks forward to caring for and sharing the history of the Plute Elk with locals and visitors.

This move will open up the Crested Butte Visitor Center space for a new display mount or two. If you are interested in lending your mount to the CB Visitor Center, please contact Ashley UpChurch (director@cbchamber.com). The Chamber and Museum are grateful to Matt Miles for choosing to keep the Plute Elk on public display in Crested Butte.

COLORADO NEWS BRIEFS

COLORADO PARKS AND WILDLIFE OPENS APPLICATIONS FOR 2018 BIG GAME LICENSES



Courtesy photo CPW.

Special to the Mirror

COLORADO-Applications are now open for limited 2018 big game, sheep and mountain goat hunting licenses. Colorado Parks and Wildlife (CPW) encourages all hunters to prepare and apply early for this year's license draw. 2018 will be the first big game draw process conducted in the new CPW integrated purchasing system, which means there are some significant changes for sportsmen and women this year.

One major change is that paper applications are no longer accepted; all applications must be done online or over the phone. Additionally, payment in full is no longer required at the time of application in 2018. Hunters will be responsible only for their application fees and a \$10 habitat stamp when applying. The cost of any licenses will not be charged until a hunter is selected in the draw.

Finally, updates to our purchasing system

no longer require unique emails for every account, allowing families to use the same email address for all purchases. This also means email is no longer a unique identifier for logging into the system; prepare to have your CID number, driver's license number or

other information handy for logging in.

"We advise all sportsmen and women to spend some time reviewing their accounts in the new system, verifying their personal information and preference points, and getting to know the system before applying for a license this year," said Cory Chick, CPW's license administration manager. "We realize change can be a little tricky, and we don't want our customers caught by surprise by the system or any of our licensing requirements at the last minute."

The deadline to apply for limited licenses is April 3.

CPW suggests applicants follow these key steps before applying in order to solve for common account issues.

-All customers will need their CID (Customer Identification number), driver's license or other unique identifier to look up or create their CPW account and con-

firm all stored personal information. This includes not only verifying the correct address, email and phone number on file, but also checking preference points to ensure those have carried over correctly.

-Be ready to confirm your driver's license information. If your license was issued or renewed within the past six months, you will need to confirm your residency with proper documentation at any CPW office. If preferred, you may also email accepted documentation to our hunt planners; call (303) 297-1192 for more details.

-Don't wait to verify your information until the last minute. Applications for the draw opened on March 1 and will close on April 3. Logging into the system and applying early will ensure access and confirm your information well ahead of the closing date next month.

The 2018 Colorado Big Game brochure is available online, and at most CPW offices and purchasing agents. The brochure contains regulations for deer, elk, pronghorn, moose and bear. The 2018 Colorado Sheep and Goat brochure details regulations for Rocky Mountain bighorn sheep, desert bighorn sheep and mountain goat. An approved hunter education card or certificate is required before applying for or purchasing any of these Colorado hunting licenses.

Please see the Big Game hunting page for additional resources and details on applying for the draw. Colorado Parks and Wildlife hunt planners are also available to answer questions and help you plan. Hunt planners are available Monday - Friday from 8 a.m. - 5 p.m. by calling 303-291-7526



OPINION/EDITORIAL: LETTERS

TO UPHOLD AND DEFEND....

Editor:

It was a nice sunny morning, four years ago last month, when Montrose Police Chief Tom Chinn showed up at the Board of County Commissioner's Meeting and informed Montrose County Sheriff, Rich Dunlap, that if any of the County Commissioners or myself attempted to speak at the Montrose Memorial Hospital Board of Trustees Meeting that afternoon, we would be arrested.

Low and behold, I arrived at the Board of Trustees Meeting and three, uniformed, armed, Montrose Police Officers were present and waiting their instructions from Board President Don Vacca, a former police officer. I thought to myself, "I must be a real scary guy!"

To put this into proper perspective: 1) the Montrose Memorial Hospital Board of Trustees, including myself, are appointed by the Montrose Board of County Com-

missioners, 2) the meeting in question was an open meeting, in a public building, of a governmental body.

So, you might be asking yourself; "Why would I show up knowing I might be arrested?" The answer is quite simple, I was already working with the U.S. Department of Justice and the Office of the Inspector General, Health and Human Services, on violations of my Civil Rights by the Board of Trustees and a fraudulent memo put out by Montrose Memorial Hospital Board of Directors purporting to justify the demand for my Social Security Number, arresting me would have been icing on the cake!

I haven't heard anything in a while on the status of the investigations; those pesky Russians have been consuming much of the Department of Justice's resources. What I am curious about is when the three Montrose Police Offices are

questioned by the Department of Justice; Who told them to arrest myself and the Board of County Commissioners and which Constitution did they swear to uphold and defend in their Oath of Office?

From a different perspective, I happened to be at a Board of County Commissioners Meeting in which one of the Commissioners was upset with what a person was saying and demanded Sheriff Rick Dunlap remove the individual immediately from the meeting. Sheriff Dunlap stood up and stated; "I will not!", and he did not.

I have the distinct pleasure of sharing the same origin of my first Oath of Office with Sheriff Rick Dunlap, the United States Military. No place in either of our Discharge Papers, (DD Form 214), was either of us ever relieved of that original Oath. I, for one, will miss Sheriff Rick Dunlap and the integrity he instilled in his deputies.

Richard Harding, Olathe

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BOCC TURNS DOWN \$25K OUT-OF-CYCLE FUNDING REQUEST FROM WHAFV: 'WE HAVE TO BE FAIR'

New Facility needed for additional space, room to store \$100K worth of donated items, Kline pleads



The Warrior Resource Center has moved from its longtime location at 11 S. Park, above, to a building at 2 Hillcrest Plaza Way.

By Caitlin Switzer

MONTROSE-The Montrose Board of County Commissioners (BOCC) turned down a request by a local non-profit for \$25K in out-of-cycle grant funding at the work session of Feb. 27.

Presenter Melanie Kline founded the Welcome Home Alliance for Veterans (WHAFV) in 2011, resigned from the organization in 2016, and then dismissed the new board of directors and took charge once more on Sept. 15, 2017. Kline told the BOCC last week that the out-of-cycle funding would be used to strengthen the non-profit's finances and guarantee approval of a [USDA \(United States Department of Agriculture\)](#) loan for its new facility.

"My organization, Welcome Home Montrose, as you know is trying to purchase a building at 2 Hillcrest Plaza Way," Kline said. "We trying to fund it with a USDA loan; that particular loan is called the community facilities loan and it is a wonderful opportunity for us."

The "very strong" application has taken about five months, she said. The USDA loan representative has challenged WHAFV to raise \$100K from the community to strengthen its financial picture and guarantee approval of the loan.

"It's a quick challenge, I have six weeks to do it, but it's really, really important for my organization that this happens, for a lot of reasons," Kline said. "...this isn't an extravagance, this is a necessity."

Rent for WHAFV's former location at 11 South Park cost \$2,500 per month, she said, noting that the space was only 4,000 square feet, and lacked adequate parking

and storage. The organization's budget is around \$170K per year. The new space has 7,100 sf and has a longtime renter that will stay, making it more affordable.

"We really need that; we won't need to be paying storage units we are paying now." WHAFV currently stores around \$100K worth of donated assets, Kline said.

"Unfortunately, there's a whole narrative about the restructuring of Welcome Home Montrose," she continued.

"Our fund balance was low last year... that's why he's challenged me for this money...they are hoping to see sustainability through cash donations from the community."

WHAFV has raised \$25K in the past ten days, Kline noted. "We are working our way toward \$50K. I am really asking for help from the County...to help us solidify this USDA loan. We really need it to happen to strengthen the application and sustain our organization. I have stepped back into a leadership position along with Doug Kiesewetter...the earlier board was dismissed."

The funds raised will be held in reserve, she said. "I am just here to plead for that... if you need me to, I will tell you again about how important veterans are to our community."

BOCC Chair Keith Caddy said that the county has a yearly Fall grant cycle. "We're behind that cycle right now; so to come up with an extra \$25,000 we haven't budgeted for, it would be a problem for us.

"Where would we go to get this money?"

"We set the standard this year when we went through the funding for non-profits... we all agreed as a board that was one-time funding and everybody comes back again and proposes new funding at a set time," Commissioner Roger Rash said.

"We've turned away other people already; we have to be fair...I think we need to stick to the rules we have established as a board." Kline thanked the County for the \$5K given to WHAFV during the 2017 Fall grant cycle, but persisted. "Let me tell you what will happen to Welcome Home Montrose if I don't get this loan." The or-

ganization would be greatly downsized, and would move into smaller office space, she said. "We won't be able to store or distribute anything for anyone...the veterans' coffee and social activities... I am really sorry to say, I don't know what will happen.

"I hear what you're saying about policy, and I understand how important policy is, but I think maybe we are maybe a unique case for what we bring to the community," Kline said.

"I need \$100K by April 1."

Commissioner Davis suggested a radio campaign, like the Successful Operation Sweet Tooth. "You've got to get it in front of the people and keep it going."

Kline persisted, to no avail; "We have already moved into the building; we are not in a position to pay \$3,500 a month."

Former WHAFV board member Terri Leben, a director on the WHAFV board dismissed by Kline and Kiesewetter, disputes Kline's assertion that the WHAFV financial troubles were caused by the board that served after Kline resigned and before she stepped back into a leadership role;

"Actually, in 2017, as of the end of August, their revenue was \$116,000," Leben said.

"In 2016, for the whole year, their revenue was \$99,000. Board of director contributions were up in 2017, as well as the 'Got Your Six' campaign donations, which went from \$9,000 in 2016 to \$15,000 in 2017." Leben said that the experience of serving on the WHAFV board taught her the importance of asking serious questions, no matter how appealing a non-profit organization's mission may be on the surface. "I was so passionate I jumped into the (WHAFV) organization," Leben said. "Now, I have come up with a list of questions to ask before I donate my money or my time." Terri Leben's "tough questions" are listed below:

- Ask about the financials;
- Know what staff are being paid;
- Do programs have measurable outcomes and proven success rates?
- Who are the board members, and are they listed on the organization's web site;
- Who runs the organization;
- Are board members donating their own money?

REGIONAL NEWS BRIEFS

MONTROSE COUNTY EVENT CENTER NAMING RIGHTS RELEASED AS ITB

Special to the Mirror

MONTROSE-Montrose County Fairgrounds and Event Center is proud to release an Invitation to Bid (ITB) for a unique opportunity, the Naming Rights of the Event Center. The facility, which is scheduled to open in late April, is 93,000 square feet and boasts multiple meeting facilities, 1,750 fixed seats and a total occupant load of 6,000 people.

"The county is seeking an innovative partner that wants the opportunity to enhance their corporate identity through association with this brand new facility," said Fairgrounds & Event Center Director Emily Sanchez. "At this time, we have a variety of public and private events already booked for 2018, and are looking

forward to exciting opportunities in the years to come." Another great way to partner with the Event Center in its inaugural year of business is through the sponsorship program. The program offers opportunities starting at \$1,000, which features a permanent logo display in the lobby for the life of the facility.

The Montrose County Event Center is in a prime location that offers easy access from both Highways 550 and 50. The proximity to historic downtown Montrose allows event coordinators and attendees the chance to enjoy many of the available amenities. Upcoming events at the Event Center include: the Grand Opening Celebration on April 27th, Montrose High School Graduation on May 20th, Colorado

Reined Cowhorse show July 6th – 8th, Mountain States Ranch Rodeo September 7th and 8th, and the National Cattleman's Beef Association Stockmanship and Stewardship September 21st and 22nd.

Interested parties are encouraged to tour the facility prior to bidding on naming rights. Appointments for tours may be scheduled through Emily Sanchez at [970-964-2180](tel:970-964-2180) or Stoney Field at [970-252-4358](tel:970-252-4358). All ITB proposals are due Monday, April 2nd at 2 pm. For more information and to review and download the ITB please visit www.montrosecounty.net/bids. For other available sponsorship opportunities contact Stoney Field, Event Coordinator, at sfield@montrosecounty.net.




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McClanahan @
970-765-2280**

REGIONAL NEWS BRIEFS

WILLIAMS JOINS ALPINE BANK MONTROSE

Special to the Mirror

MONTROSE-Alpine Bank has hired Ranae Williams as mortgage loan originator serving the Montrose community.

Born and raised in Montrose, Williams brings 11 years of banking experience to the bank, including stints as a teller supervisor, personal banker and branch manager.

"We are excited to add a lifelong local to our Montrose team. Her knowledge of the community and area will be a great resource for Alpine Bank and our customers." Tyler Dahl, President Alpine Bank.

Williams has a passion for fishing and hiking, which she enjoys doing with her husband when they are not busy with their small farm north of Montrose.

To contact her regarding Alpine Bank's many mortgage options, call 970-369-5032 or email: RanaeWilliams@alpinebank.com, NMLS# 873844.

WESTERN COLORADO HEARING & BALANCE WELCOMES EXPERIENCED HEARING AID SPECIALIST



Special to the Mirror

GRAND JUNCTION -Western Colorado Hearing and Balance is welcoming Brian Bennett, BC-HIS to their team of exceptional hearing specialists. Bennett is the only Board Certified Hearing Instrument Specialist

Brian Bennett, BC-HIS.
Courtesy photo.

serving patients in Montrose, Gunnison, Ouray, and San Miguel counties. Bennett grew up in the Denver area, but his advanced studies and career path took him to Arizona. He's happy to be back in

the Rocky Mountain state helping people to hear better.

"It's wonderful to be back in Colorado doing what I love. My greatest satisfaction lies in seeing relationships restored when we are able to reconnect communication through hearing. I have the honor of witnessing restored hearing everyday and with it comes a rebirth of quality of life. It's the best job in the world," says Bennett.

Bennett received his Bachelor of Arts degree at Colorado Christian University. He went into hearing sciences and the rigorous credentialing for board certification after seeing a family member's life transformed through effective hearing rehabilitation. "Patients often tell me that they waited far too long and can't imagine life now without good hearing," adds Ben-

nett.

"The passion that Brian Bennett brings to our team is contagious. He truly loves what he does and has the ability to infuse humor and personal connection with every patient he sees. Patients need to be prepared for fun when they book an appointment with him," says Dr. Jennifer Bebee, owner of Western Colorado Hearing and Balance.

When Bennett is not caring for patients, you will likely find him discovering new trails in the great outdoors or moving around the ballroom learning new dance moves.

For more information about the services Western Colorado Hearing and Balance offers, please visit www.wchearingclinic.com or call (970) 549-4660.



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LEARN TO PAINT WATERCOLORS FROM PHOTOGRAPHS WITH MIKE SIMPSON ON MARCH 6 & 8 IN MONTROSE



Weehawken is excited to offer a two-day class, "Painting Watercolors from Photographs," taught by Mike Simpson at the Montrose Field House. Image courtesy of Mike Simpson Art.

Special to Art & Sol

MONTROSE-Weehawken is excited to offer a two-day class, "Painting Watercolors from Photographs," taught by Mike Simpson. Simpson is a Signature Member of the Plein Air Artists of Colorado and the Western Colorado Watercolor Society; he is a member of the New Mexico Plein Air Artists, the Laguna Plain Air Painters Association, The Oil Painters of America and the National Watercolor Society. "Learn how to properly interpret photographs in an artistic manner using the beautiful watercolor medium," invites acclaimed artist Mike Simpson, "Learn how to properly paint great looking watercolors from photographs."

Join Weehawken March 6 & 8 from 9 am to 3 pm at Montrose Field House (25 Colorado Ave). Tuition is \$180 per student. There is a six-student minimum pre-enrolled to make the class "go," so pre-registration is highly encouraged (and needed). For more information, visit Weehawken Creative Arts at www.weehawkenarts.org or visit facebook at facebook.com/weehawkenarts - or call them at [970.318.0150](tel:970.318.0150).



You are Invited!

Montrose Economic Development Corporation Celebrating 61 Years!

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



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Good to know:

BUILD HEALTH & WELLNESS: GROW WEALTHY!



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

March has arrived and with it, winter! But we all know how quickly we go from winter snowstorms to spring windstorms. Also blowing in on March 12th – 18th is Brain Awareness Week. Every week is Brain Awareness Week for me and hopefully for not only my FAME

clients, but also all of you. March is National Nutrition Month too. It's fairly easy for me to connect those two since my FAME program is a holistic approach to brain health which includes discussing nutrition.

This year's theme for National Nutrition Month is "Go Further with Food." The goals of this year's theme are threefold and focus on helping people create an eating pattern and physical activity plan that focuses on...

- Consuming fewer calories
- Getting daily exercise
- Making informed food choices

Let's take a look at food choices. In December we covered the negative impacts of sugar consumption and wayyyyy back in January of 2017 we learned about various "brain food" so now is the perfect time to continue the discussion about nutrition and explore the ingredients of informed food choices. The following information is based on recommendations from Food and Health Communications in conjunction with the USDA. Of course, there are many diets, theories and studies available

besides the following so I'm not suggesting that if you're Vegan you need to add dairy to your diet or if you follow a Paleo diet you start eating white toast for breakfast and sandwiches for lunch. Having said that, let's start by getting acquainted with the five food groups; vegetables, fruit, grains, protein and dairy.

Meet the Vegetable Group - Recommendation: Fill half your plate (plate diameter should be no more than 8-10 inches) with a variety of fruits and vegetables; dark green, red and orange, peas and beans, starches and other. Eat something from the five veggie groups every day. A diet rich in vegetables helps reduce your risk of heart disease, stroke, diabetes and certain cancers.

Meet the Fruit Group – Recommendation: Eat whole fruit more often than you drink 100 percent fruit juice. Fruits are an excellent source of fiber, water, vitamins and phytochemicals (biologically active compounds found in plants – for more information on phytochemicals visit <http://lpi.oregonstate.edu/mic/dietary-factors/phytochemicals>). Most fruits are low in sodium, fat, and calories and have zero cholesterol. Try a variety of different fruits every day that include stone fruits, berries, fleshy fruits, pome fruits (members of the plant family Rosaceae, sub-family pomoideae that have a "core" of several small seeds, surrounded by a tough membrane. The membrane is encased in an edible layer of flesh) and melons.

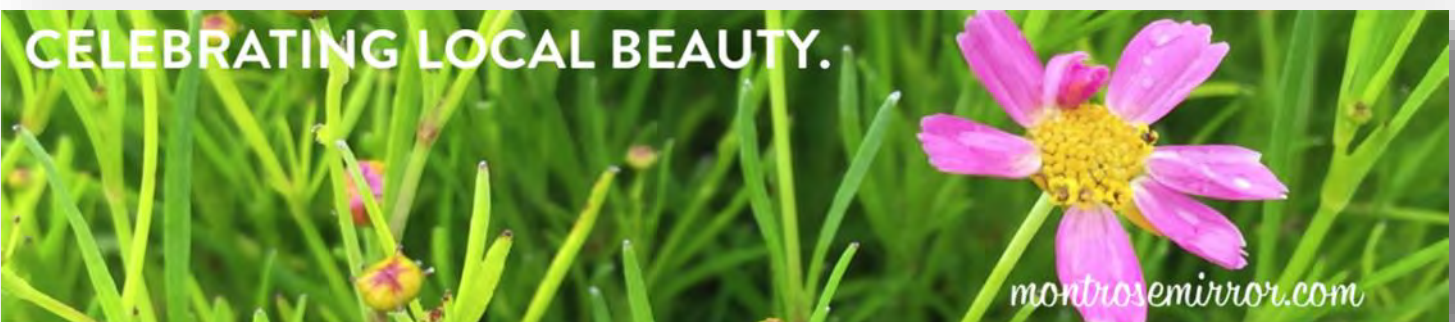
Meet the Protein Group – Recommendation: Keep your portions lean and on just a quarter of your plate. The protein group includes meat, poultry, seafood, beans and peas, processed soy, eggs, nuts and seeds. Protein is a macronutrient that

your body needs in order to function. Your body uses it to build and repair tissue. You need it to make enzymes, hormones, and other body chemicals. It is an important building block of bones, muscles, cartilage, skin, and blood. Did you know that hair and nails are mostly made of protein?

Meet the Grain Group – Recommendation: At least half the grains you eat should be whole grains. Processed grains aren't nearly as good for you. Whole grains include oats (beware of processed/instant oatmeal with large amounts of added sugars), barley, whole-grain couscous, brown rice, quinoa, millet, and sprouted whole-grain bread; starchy vegetables like potatoes, corn and yams; and legumes like black beans, peas and pinto beans. (We will be looking at good carbs versus bad carbs in the near future.)

Meet the Dairy Group – Recommendation: Keep your portions small and low in fat. There really can be too much of a good thing, especially with the dairy group which consists of milk, yogurt, milk-based desserts, natural cheeses and American cheese (which thankfully, I have not seen or eaten in more than 50 years!). All foods in the dairy group are a good source of calcium, which helps build and maintain bone health. As always, you should consult with your healthcare provider(s) about your specific needs but at least when you do have that discussion you will have some food for thought from this article. As Julia Child would say, "Bon appetit!" Please feel free to contact me at MicheleGad.FAME@aol.com or 970-948-5708 to learn more about my FAME (Focus, Attention, Memory Exercises) program or if you have questions, comments or suggestions regarding my monthly column.

CELEBRATING LOCAL BEAUTY.



COMMUNITY NEWS BRIEFS

GRAND VALLEY RANGE MANAGEMENT STAFF RETIRES

Special to Art & Sol

GRAND JUNCTION-Mike Surber, Range Management Specialist, for the Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests' Grand Valley Ranger District has announced his retirement after nearly four decades of service. Surber began his career in 1977 as seasonal Fire Guard on the Humboldt National Forest in Eastern Nevada. Since then, Mike as enjoyed notable assignments on White

River, Rio Grande, Pike-San Isabel, and Black Hills National Forests working in Fire, Wildlife, and Range Management programs including a stint as the Project Coordinator for the ski area expansion of the Monarch Ski Area near Salida. Mike plans on staying in the area as his wife Carrie is a current Forest Service employee, and his two daughters attend the University of Wyoming. "Mike's retirement closes out a distinguished career dedicated to sustain-

able natural resource management and service to the American public. His professionalism, integrity, and expertise in the art and science of rangeland management continues the 113 year legacy of the US Forest Service, and epitomizes the highest standards for which the agency is known. We thank Mike for his service, and wish him well with many years of happy fishing to come," said Bill Edwards, District Ranger for the Grand Valley Ranger

ALPINE BANK AWARDED GLOBALLY RECOGNIZED ENVIRONMENTAL CERTIFICATION

Special to Art & Sol

GLENWOOD SPRINGS-Alpine Bank has been recertified to the ISO 14001 Environmental Management System standard of excellence. After its rigorous audit, KPMG Performance Registrar, Inc. (internationally accredited ISO auditor) presented Alpine Bank with a Certificate of Registration for an additional 3-year term. The bank remains the only US-based financial institution that has earned this distinction.

Alpine Bank was first registered to the ISO 14001 standard on June 23, 2006 when it successfully launched its Environmental Management System (EMS). Since then, the bank has continued to manage and advance its EMS, thus obtaining recertification at each renewal date in 2009, 2012, 2015 and now 2018 under even more stringent ISO guidelines.

Senior Vice President and Green Team Chairman of Alpine Bank David Miller said, "The ISO 14001 environment management standard challenges us to 'make our

best better' internally and in partnership with our communities. Accordingly, Alpine Bank has reduced its total annual bank-wide electricity usage by 7.2% (351,000 kWh) and natural gas usage by 2.5% (3,508 therms) since 2012, and has invested extensively in community solar gardens developed by the Clean Energy Collective.

The recent KPMG audit cited Alpine Bank employees "continuing high degree of employee engagement in the bank's environmental programs" among its key findings. Employee-owned Alpine Bank's Green Team includes every bank employee. Beyond Green Team initiatives to conserve energy and pursue environmental best practices at the bank, employees are also active in Colorado communities, hosting shred days, e-waste disposal events and river cleanups throughout the year, according to Miller.

International Standards Organization (ISO) is the world's largest standards developing organization and has published more than 19,000 International Standards

since its inception in 1947. The ISO 14001 standard specifically relates to environmental activities and stipulates requirements for an effective EMS. To meet requirements, businesses must minimize harmful effects on the environment caused by their activities and must achieve continuous improvement of environmental performance.

During Alpine Bank's recent recertification (required every three years with periodic assessments annually), ISO auditor KPMG reviewed Alpine Bank's EMS plan and visited ten Alpine Bank locations to ensure system practices were being implemented. Employees were also questioned during the audit to assess their understanding of the bank's EMS.

Alpine Bank asks communities and local business partners to join in their efforts and do their best to improve the quality of our environment. To learn more about Alpine Bank's environmental efforts and accomplishments as well as energy saving tips, please visit alpinebank.com.



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At Mi Mexico Mexican Restaurant

Come enjoy a delicious meal and we'll donate 20% *
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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
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TRI-COUNTY HEALTH NETWORK





JIMMER'S SERVES UP MIGHTY FINE BBQ



Now, this place is good. My friend Mike and I tried out Jimmer's Back Country BBQ with a full house Thursday night and certainly were not disappointed. Jimmer's smokes all its meat in house and makes most of the sides and desserts also. You may be familiar with the big pig sign on Townsend, but I'm told by summertime the smokehouse is moving to the Red Barn space on Main Street in Montrose. I wouldn't wait; this is real BBQ. I think the best in town.

Mike decided he would go with the BBQ plate (includes sliced bread, choice of meats and 2 sides). His 1 meat combo -- pulled pork arrived piled high with a baked potato, stuffed to the gills, and fried okra with a ranch dip. He was happy. (1, 2, or 3 meat combos available for \$7.99, \$11.99 or \$15.99)

I decided it was a night for ribs and ordered a ½ rack of ribs (\$12.99) served with 2 sides -- being originally from the South, I of course chose fried okra with ranch dip and green beans. Ribs were fall-off-the-

bone delicious, okra was crispy and tasty.

There are plenty of choices here: BBQ sandwiches run from \$6.99-7.99; BBQ sandwich meals with a choice of 1 side go for \$8-9.79; the rib platters go up to \$21.99 for a full rack; then come the Family Feasts -- two people can get ½ rack of ribs, ¼ pound brisket, turkey and pulled pork, 3 sides and 2 corn muffins for \$27.99; a full feast serves four for \$55.99 and ups servings to a full rack, ½ pound brisket, turkey, pulled pork and 3 large sides plus 4 muffins. Now that would be a mouthful!

And that's only one side of the menu.

Appetizers -- BBQ nachos -- go for \$7.99, burgers from \$3.99-\$5.49 or burger meals; you can also order meat by the ¼ pound (\$3.99), ½ pound (\$7.99) or full pound (\$15.99). Ribs? By the bone for \$1.99- full rack \$19.99. Pig Out Jimmer's Favorites include a fat boy taco (\$5.49); wrap

(\$5.99), loaded baked potato (\$5.99).

Don't worry if you bring along big or little kiddos (from ages 1-101) \$4.99 (sandwich with ¼ pound of meat, 1 side and dessert) or Jimmer's burger with 1 side \$9.49.

Sides include baked beans, green beans, mac n cheese, cheesy potatoes, potato salad, coleslaw, side salad, fries, onion rings or fried okra.

Salads run from \$4.99-6.99. Dessert to-night was homemade bread pudding (we didn't indulge, too full); and you can also get "moose poo" (Oreo truffle for \$1.79).

For now, Jimmer's BBQ is located at 1140 N. Townsend Ave. Call them at 970-252-1227.

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NOTES FOR THE JOURNEY...

Exploring Classical Music With Rob Brethouwer

FINDING UNITY, FOR THE DURATION OF A SONG... HOW MUSIC ELEVATES EVEN OLYMPIAN EXPLOITS

Above all else, music has the power to bring people together. This, combined with the Winter Olympics, is a great example of how people can find common ground while watching something that is likely rarely viewed except during the Winter Games every four years. As the skaters take the ice, it is almost a given that some classical favorites will make themselves known. Anything from the opera *Carmen* by Georges Bizet to the ballet *Swan Lake* by Piotr Ilych Tchaikovsky. Figure skating and ice dancing are at the core of the Winter Olympics and there is so much of it broadcast that that even those who are not fan of these sports find themselves watching hour after hour while waiting for downhill skiing to be televised. Many single and pair competitors are moving away from the traditional classical pieces to which their routines are set. Even a major classical music fan can see that this change will definitely bring in more viewers and expand the interests of these two sports.

Selections from Broadway musicals are also forever favorites in skating. Songs from Broadway are perfectly suited and

bring drama, excitement, and fun to the skating routines. One example from the recently ended games was selections from *Man of La Mancha*. This music brought the entire performance together and was popular with the viewing audience. Classical music and show tunes were overshadowed this year by offerings from the genre of classic rock, blues, and alternative rock. Beyoncé, Coldplay, and Elvis Presley were just a few making an appearance. This evolving repertoire for the performers grabs people and brings them into the competition even if it is just for the music and not for the triple axle-triple toe loop. Without music, all that would be heard during skating competitions would be the scrape of the blade against the ice and the flow of expletives from the skaters as they falter and fall on their ass. Music makes it all pretty and glamorous and hides the stuff you may not want to hear.

Figure skating and ice dancing are not the only sports where music selected by the competitors is prominent. Half-pipe snowboarding is another event where music makes an appearance, even if for only the brief amount of time it takes to complete a run. The music is often fast paced and

energetic and according to the NBC Commentators, reflects the individual personalities of the athletes.

Although only snippets of this music are heard, it is still a way to not only motivate the competitors but also to bring the viewing audience together. With snowboarding it seems that this cohesive togetherness would be more apparent if you were slope side and not just viewing on television.

This is just but one example of how music, music of any genre, has the power to stop bickering and tension if only for a few minutes.

People may disagree vehemently on most topics but when a song comes on that they both love, they find unity for the duration of a song.



Courtesy photo Wikimedia Commons.



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.

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TRI-COUNTY HEALTH NETWORK



Up Bear Creek by Art Goodtimes

Western Slope Poetry Fest Success



Coming into Crestone with the Sangre de Cristo Mountains behind (courtesy photo).

CRESTONE ... The spiritual/cultural center of the San Luis Valley, Crestone hosted its first Poetry Festival Feb. 23-25th, with a roster of regional stars and a laid-back atmosphere of community-building. Performances.

Fun workshops ... Kudos to long-time Crestone writer-poet-teacher Peter Anderson, former editor of *Pilgrimage* and the *Mountain Gazette* and now, festival organizer. He and his crews did wonders to turn Saguache County's sleepy valley town into a statewide hub of lyric frenzy ... There was Eutimia Montoya Cruz, a rapper healer from the Metro Front Range. Knocked my socks off. Sang, danced, acted her words as large as the hall – her sass powerful, edgy. She and her partner were both kind, humble souls ... There was Esther Belin from Durango. An award-winning Diné poet who explores the mysteries of mindfulness -- connecting heart to head, making shards whole. A strong native voice ... And then there was the wildly, irreverently & wonderfully funny standup Chicana poet & wise woman Juliana Aragón Fatula from Cañon City. She had us all cheering, and crying ... Also presenting were several dollops of the usual Mountain- and Western Slopers – Aaron Abeyta of Antonito, Rachel Kellum of Crestone, Rosemerry Wahtola Trommer of Placer-

ville, David Rothman of Crested Butte, Laurie James of Salida, Jose Alcantara of Carbondale, Barbara Ford of Salida, Danny Rosen of Lithic Press, the much-loved cowboy poet Peggy Godfrey of Moffat, the celebrated Wendy Videlock of Palisade, and lots more friends and attendees ... Plus, a strong cohort of old and new Front Range poets – Juan Morales, Uche Ogbuchi, Jackie St. Joan, Kit Hedman, Jimi Bernath, Karen Douglass ... And legendary Taos poet Anne McNaughton. I think the high point of the weekend may have been Anderson's rendition of something like "Bad Dog Blues" backed up by the Crestone Brewpub's house band, *Luna Verde*. He set coyotes ahowl on Crestone's bustling main street. It was a great party ... Stay tuned -- next February.

JOHN HAUSDOERFFER ... Author, fellow at the Center for Humans and Nature, and Dean of the School of Environment & Sustainability at Western State Colorado University in Gunnison will give a free lecture on the "Future of Wildness" at the Wilkinson Public Library in Telluride at 6 p.m. on Tuesday evening, March 6th. As he wrote in the collection of essays he edited in *Wildness: Relations of People and Place*, "Where 'Wilderness' has become a divisive term in the environmental community, 'Wildness' has great potential to connect disparate branches of environmentalism."

JUNKYARD GOSSIP ... Got to drive my son to & from the GJT airport to visit his sister and niece in San Francisco ... Took the Gateway route out. Still waiting for that one rock spire near the Mesa/Montrose county line to snap completely off from the cliff walls and come crashing onto Colorado Highway 141. Each time I head that way, it's inched – almost imperceptively -- a little further out ... Got a chance to leave a poem for my friend Commissioner Rose Pugliese in the Mesa County Courthouse – a good respite, I'm hoping, from the endless memos our elected officials have to

read ... When I'm in Junction, I get Roasted. S. Fifth St. & Colorado Ave. And Café Sol is my new fav breakfast & lunch hot spot ... Old Downtown's Art on the Corner program only seems to get better with age ... And Lawrence Spencer's new murals on the walkway wall of Old Friends Trading Co. are a great addition. The visible breaths of the Pueblo dancers still haunt me ... Quincy Bar & Grill has a shiny new media black eye, after an alleged #MeToo harassment complaint and subsequent demo ... As a former newspaper editor, I'm usually opposed to printing anonymous letters. But the *Daily Sentinel* takes it over the top and hosts a "You Said It" section where anonymous letters get edited, shortened and published – separate from the letters section. I have to say, I kind of like it.

BUMPER CROP ... SUCK ON IT, SNOWFLAKE ... STEP ASIDE GIRLS, THE ALPHA MALES ARE BACK ... NRA TO BLAME

GREENS ORGANIZING ... Cliff Willmeng of Lafayette -- a registered nurse, union vice-president of UFCW Local 7 and an oil&gas activist -- has announced his intention to run for Boulder County Commissioner on the Green ticket. "We have an opportunity to build the alternative, break free of party politics, and pioneer what real community involvement can mean," explains Willmeng ... Visit his website <willmengforgrassrootspower.com> and check out his Facebook page.

WHAT'S THE MATTER? ... Turns out that the universe is composed of both energy and matter, said *Science News* last month: "In total, the universe is roughly 70 percent dark energy, 25 percent dark matter and 5 percent matter, according to combined data from the Planck satellite, the Dark Energy Survey and other observations" ... Seems that what we see is only a small fraction of what exists. Which leaves a lot of room for mystery fudge ("I'll take all flavors!")

Continued next pg

Up Bear Creek by Art Goodtimes

THE TALKING GOURD

On the Return

My son delayed in a cascade
of chaos that is air travel America

Designated driver, I write poetry
in the shade of an outdoor café

Waiting but not wanting

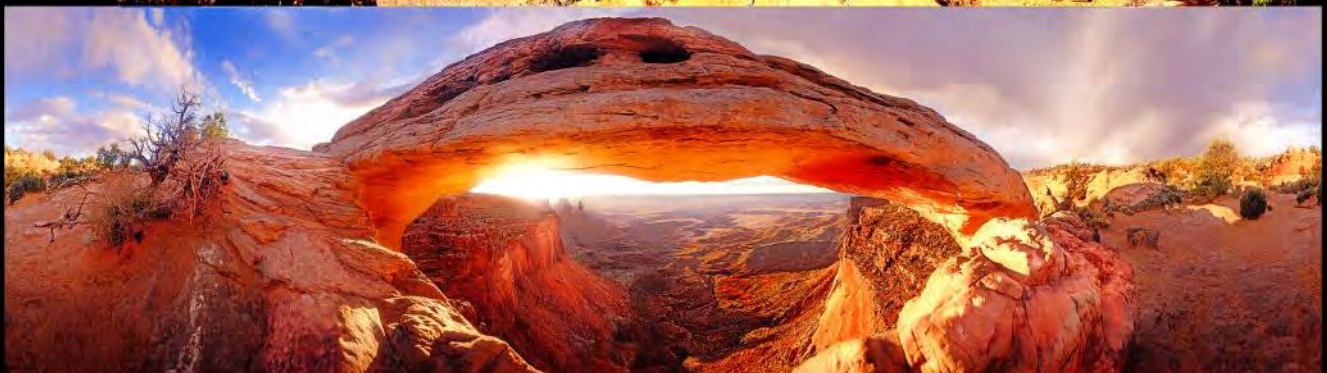
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COMMUNITY NEWS BRIEFS: ARTS & CULTURE

OCPAG PRESENTS CASHORE MARIONETTES AT WRIGHT OPERA HOUSE



The Ouray County Performing Arts Guild (OCPAG) proudly presents an encore of the Cashore Marionettes at the Wright Opera House. Courtesy photo.

Special to Art & Sol

OURAY-The Ouray County Performing Arts Guild (OCPAG) proudly presents an encore of the Cashore Marionettes at the Wright Opera House on Friday, March 16, in a captivating theatrical experience that will touch your heart.

Master puppeteer Joseph Cashore has traveled the world for more than 20 years performing with his soulfully handcrafted string puppets, enchanting audiences of all ages with an art form that goes back to ancient times. He works wonders with only the slightest pluck and pull on strings that bind him to more than a dozen characters, brought to life in the mesmerizing

puppet show, "Life in Motion".

Through a combination of virtuoso manipulation, beautiful music, theatrical illusion and artistic insight, the program's original vignettes provide an entertaining and sensitive vision of what it is to be human. The Cashore Marionettes are so well conceived and projected, the movement so convincing, the illusion so powerful, that the result is a compelling and unforgettable theatrical experience for adults and children alike.

"We're thrilled to welcome an artist of this caliber back to Ouray," said OCPAG president Sue Hillhouse. "It was so well received when they were first here and

we are delighted the Cashore Marionettes would return. Prepare to be captivated!"

There will also be a workshop provided to local area school children on March 16 at 1 p.m.. This event will feature the "Simple Gifts" abbreviated program. Then, Cashore will demonstrate to the students how he created and operates the marionettes. He will also entertain a question and answer session.

Showtime for the public performance is at 7 p.m. Tickets cost \$20 for adults and \$5 for students under the age of 18, and are available online at www.ocpag.org and at the door if they don't sell out in advance. The Wright Opera House is located at 472 Main Street in Ouray.

OCPAG brings the Cashore Marionettes to Ouray with generous support from the National Endowment for the Arts, Western States Arts Federation, Mt. Sneffels Education Foundation, Ouray County Community Fund and Box Canyon Lodge and Hot Springs. Contact Hillhouse at 970/626-2970 or ocpaginfo@gmail.com for more information about this exciting event. To learn more about the Cashore Marionettes, visit cashorem Marionettes.com.

The Ouray County Performing Arts Guild is a not-for-profit organization bringing quality events in music, dance, theater and other genres to Ouray and Ridgway. Its purpose is to sponsor presentations and performers of the highest caliber in the performing arts for the enjoyment of Ouray County's residents and visitors.



Just in thyme for spring ...

The Mirror

Homegrown content with flavor.

COMMUNITY NEWS BRIEFS: ARTS EDUCATION

WEEHAWKEN TO OFFER 'ABOUT FACE' - A PORTRAIT DRAWING CLASS WITH MEREDITH NEMIROV ON MARCH 13 & 15 IN RIDGWAY



Courtesy image Meredith Nemirov.

Special to Art & Sol

RIDGWAY-Beginning March 13, students of all levels are invited to explore the art of portrait drawing with Meredith Nemirov in Ridgway in "About Face".

The human face has always fascinated

artists." In the first part of this two-part drawing class we will learn how to make portrait drawings using the artistic element of line. In the second class we will cover the more traditional method using proportion and value shading to make a charcoal portrait," Meredith says, "Sign up for one or both classes. No drawing experience is necessary."

The instructor, Meredith Nemirov, was born and raised in New York City and received a BFA from Parsons School of Design. She was a figurative painter and worked as a freelance illustrator. After Lawrence Alloway made a studio visit to jury her work into the inaugural show at The Queens Museum, she devoted herself to painting full time. Her work has been exhibited in one-person and group shows at museums around the country. In 1988, Meredith moved to Ridgway. This change in environment brought a change of theme as she faced the mountains instead of the rush of humanity on the streets. She started painting the landscape and also focused on the aspen tree that she considers the figure in the landscape. She

has taught classes based on this body of work for The Smithsonian Institute through The Pinhead Institute, Weehawken Creative Arts in Ridgway, CO, the AhHaa School for the Arts in Telluride, CO, and through an NEA grant in Montrose, CO. Meredith was an Artist in Residence at Anderson Ranch Arts Center in Snowmass, CO in 2008, and received a grant from the Vermont Studio Center for a residency in April 2010.

No experience is necessary to take this class. Tuition is \$49 per session or sign up for both for \$89. Session 1 is offered on March 13, Session 2 on March 15, both sessions run 10:00 am-1:00 pm at Weehawken Ridgway (1075 Sherman Street, Ste 201 - the "Old Schoolhouse Building"). Students should save their spot with Weehawken Creative Arts at www.weehawkenarts.org or by calling 970.318.0150. A minimum number of students must be met in advance in order to make the class a "go", so interested students should sign up at least a few days prior to the class. More information can be found at www.weehawkenarts.org.

LATIN FEVER SALSA NIGHT @ SHERBINO THEATER MARCH 6

Special to Art & Sol

RIDGWAY-The Sherbino Theater invites you to "Dust off your dancing shoes and get ready to salsa!" with Alberto Mejia at their monthly Latin Fever Salsa Night on March 6. Latin Fever Salsa Nights take place on the first Tuesday of every month (except April during Sherbino Theater's renovations). Sherbino Theater invites you to "come down, grab a drink and hop on the conga line for this fun evening!"

Alberto says, "Start off your night with a basic step salsa dance lesson so you are ready to move into the night and dance to the Latin rhythm!" Open to couples, singles and groups of friends, the Latin inspired beats and dance steps are fun for all levels, and with all dance parties, the more the merrier.

Doors will open at 6:30 pm, offering a basic modern salsa/cumbia lesson and then dancing begins at 7, with Alberto Mejia singing to the latin music! Entry is \$8 at the door, and cash bar will be available. For more information, go to sherbino.org or call [970-318-0150](tel:970-318-0150).

Alberto Mejia, right. Courtesy photo.



COLORADO NEWS BRIEFS

DOWNTOWN COLORADO, INC. (DCI) AND UNIVERSITY OF COLORADO DENVER SCHOOL OF PUBLIC AFFAIRS PARTNER TO FIND SOLUTIONS IN 2018 COLORADO CHALLENGE STUDIO COMMUNITIES

Special to Art & Sol

COLORADO-Downtown Colorado, Inc. (DCI) is announcing nine Colorado communities awarded the 2018 Challenge Studio Awards. Winning communities will be the topic of an intensive strategy workshop and complimentary consulting services.

The winning communities were selected for this special honor based on their regional issues, potential for other communities to learn from the challenge, and strong local support.

Each community's challenge will be the topic of a Challenge Studio workshop at [DCI IN THE GAME](#), Vibrant Downtown Event, April 10-13 in Boulder.

The workshops are designed to transform difficult problems into promising opportunities in Colorado's rural communities. In the workshops, a broad spectrum of talent, including experts in economic development, historic preservation, planning, design, finance and more will work with community leaders.

The IN THE GAME event is structured to identify actionable strategies, and follow-up services are provided to put those strategies into action. Consultants will outline the resources, liabilities, and stakeholders who can affect their challenge when they present their findings and action steps following the IN THE GAME event.

"The 2018 Challenge Studio Communities represent a diverse mix of Colorado cities

and towns who are working to overcome challenges around housing, small business support, tourism development, local engagement, historic preservation, brown-field clean up, financing, and more," said Katherine Correll, DCI executive director. "While each community is unique, each challenge is applicable and meaningful to communities in different regions and economic segments. We are excited to see the creative problem-solving power of Colorado's network dedicated to helping these communities this spring."

The nine communities and their challenges:

Idaho Springs: Brownfields and Financing Redevelopment- Timeline and Strategy for Tax Increment Finance;

La Junta: Historic Preservation - Accessing Upper Floors for Housing;

Lamar: Branding and Social Media – Citizen Engagement in a Digital Environment;

Leadville: Financing Downtown Improvements – Leveraging History for Housing;

Longmont: Design – Transforming Public Plazas;

Lyons: Housing and Mobility – Sustainable Living and Tourism in a Flood Prone Corridor;

Monument: Civic Pride – Supporting Small Business in a Historic Downtown on I-25;

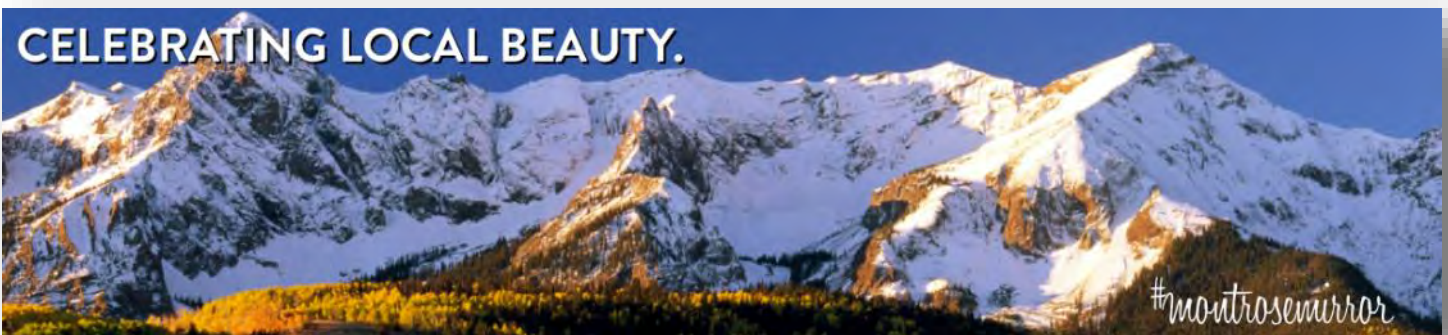
Parachute: Incentives – Revitalizing a Divided Downtown;

Red Cliff: Design – Leveraging Improvements for Upgrades to Street Design

The Challenge Studio program is a partnership between DCI and the CU Denver School of Public Affairs. The partnership is an opportunity to find new problem-solving approaches to community challenges and to hone the skills of public affairs emerging professionals. CU Denver School of Public Affairs graduate students have the opportunity to apply a multidisciplinary approach to economic and community development, working side by side with community leader and leading industry experts

"We are proud to partner with this program to give our students a dynamic, hands-on economic development experience that also helps Colorado local governments find solutions," said [Randy Harrison](#), CU Denver Director of the Certified Public Manager Program. "These Student Project Coordinators are thrilled to use the skills they are learning to work with community leaders and stakeholders."

The intensive two month program will culminate in the Challenge Studio Workshop April 10-13 at the [DCI IN THE GAME](#) Conference. Following the conference, communities will receive a written report with action steps for overcoming their challenge and accessing resources. CU Denver School of Public Affairs graduate students will then hold education events in the communities to showcase the process for problem-solving and implementing the action plan.



COMMUNITY NEWS BRIEFS

INTRO TO SILVERSMITHING WITH TRACEY BELT OFFERED MARCH 10 & 11

Special to Art & Sol

MONTROSE-Weehawken Creative Arts is pleased to offer "Introduction to Silversmithing," a weekend workshop taught by Tracey Belt, where students will learn

the basic techniques of silversmithing by creating several pieces of jewelry, including a ring and a pendant. You will learn how to handle a torch, the uses of different kinds of flux and solders, and how to

bezel set stones, all in a relaxed and safe environment.

Students are invited to bring extra jewelry tools, like pliers, hammers, and files and such, if they have them. The instructor will provide materials like silver and enamels.

Tracey Belt first encountered jewelry making in an elective metalsmithing course while studying at the University of New Mexico. She says she was drawn immediately and completely to the craft that would become her career and passion. Initially intrigued by different metals and patinas, she then went on to pursue her curiosity for color by studying the process of lampworking. This is how she learned to make her glass beads which are now the signature of her glass and metal designs. While still in college Tracey began selling her work and her path as a professional artist had begun. She graduated in 1997 with a degree in Psychology and a minor in Fine Art. Tracey has also attended Haystack Mountain School of Crafts to study with renowned enamelist Harlan Butt where she gained in-depth information of the innovations of the ancient craft of enameling. Twenty years of experience are now evident in the imaginative pieces of Tracey Belt Designs. A master of color and composition, Tracey says her strongest influence is the natural world, and her creations are not a reflection of, but a tribute to all things living. She shares her passion and the stories of these materials and processes by teaching metalsmithing, enameling, and glass bead making.

Join us March 10 & 11 at MRD Field House (25 Colorado Ave) in Montrose from 10am to 4 pm. Tuition is \$90 per student, plus a \$75. There is a 5 student minimum pre-enrolled to make the class "go".

This workshop is open to ages Teen through Adult! For more information, visit Weehawken Creative Arts at www.weehawkenarts.org or visit facebook at facebook.com/weehawkenarts - or call them at 970.318.0150.

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Register @ www.astronglovingfamily.com



Family Essentials
Counseling & Education



To Register or For More Information
970-261-3773 www.astronglovingfamily.com



MHS STEM Open House

March 8th MHS Library 2:00 - 8:00

2:00 Geophysical Radon Findings and Physics Canine Spinal Injuries PBLs

2:30 Catering Program

3:00 NJROTC Drones and Sea Perch

3:30 Makers Mart Kit Demos and Geek Squad Repair Business

4:00 SPED/AG Greenhouse PBL

4:30 PLTW Computer Science

5:00 CCCS PBL and Marketing PBL

5:30 PLTW Engineering

6:00 Multimedia Productions Podcasting and Streaming

6:30 PLTW Biomedical

7:00 Arts and Humanities Popup Publication PBL

7:30 Math Little Bits and PBLs

2:00-8:00 Visit all of the above program booths



Check out what Students have been up to!
During Parent Teacher Conferences!
Everyone is welcome!

COMMUNITY NEWS BRIEFS

NATIONALLY RECOGNIZED FIDDLER AND HER BEAU TO PERFORM AT HEALTHY RHYTHM

Special to Art & Sol

MONTROSE- [Healthy Rhythm Music](#) Presents "**Jenny Hill & Sam Pankratz :: Live In Concert**" an Evening of Original Americana, Bluegrass and Old Time Music • Live, Saturday evening, March 10th, in the intimate Listening Room at [Healthy Rhythm Community Art Gallery](#) in historic Sampler Square (68 S Grand Ave), located in downtown Montrose, Colorado!

"Healthy Rhythm Music is very excited to have the musical talent of Jenny Hill and Sam Pankratz perform in the gallery's intimate Listening Room on March 10th", stated Healthy Rhythm owner Ken Vail. Vail said, "For both Jenny and Sam playing music is not just something they do, it's an integral part of who they are and how they continue to share the heart of America's music with people of all ages. Be sure to bring the family and your dancing shoes!"

A portion of the proceeds from this concert will be donated to the family of five-year-old brain cancer survivor Emily Reiss to help with medical expenses.

JENNY HILL

Hailing from the Texas hill country, Jenny Hill grew up in the small town of Dripping Springs, Texas. Set right outside of Austin, the area provided for a childhood full of music and potluck parties. Texas swing, country, classic rock and roll, and bluegrass filled a room as friends picked up guitars, fiddles, mandolins, washboards, washtub basses and spoons. This sparked an interest in her at an early age, and she picked up the fiddle when she was six years old. Her dad, who also played, was her primary teacher, along with Ms. Mary Hattersley, a long time Austin resident. The fiddle, however, took the backseat to sports when she hit middle school, but reappeared in college after seeing Austin based band, The Belleville Outfit and traveling for a semester in Up with People.

Jenny now calls Gunnison, Colorado her



Jenny Hill and Sam Pankratz. Courtesy photo.

home after attending WSCU. Gunnison's tightly-knit community, beauty, multitude of outdoor activities and small town charm inspire her to write, mainly of the people she meets, the relationships she has formed and the friends and family she still holds close back in Texas.

Jenny plays a fiddle that has been part of her family for many years, and a Pearl mandolin, a model designed and hand-crafted by her father, Jerry Hill back in Dripping Springs, Texas.

SAM PANKRATZ

Sam Pankratz is a self-taught "woodshedder" from the northwoods of Wisconsin who draws inspiration from a hard day's work, a sense of place and his natural surroundings. He's been playing "flat-picked" style guitar for a little over a decade inspired by flatpicking greats like Doc Watson and Tony Rice to name a few... Sam has been a member of multiple bluegrass bands over the years and most actively plays with local band, Simpler Times, as well as the newly formed Jollification Project. Sam has written a variety of original instrumental and vocal songs

over the years, mostly inspired by hard-working America, his love of the outdoors, poverty and heartache; much like most bluegrass songs, minus murder and incarceration. His favorite musical moments are those created in improvisation, humor and passion. Sam has found new inspiration in his love for Jenny and their time spent homesteading, traveling, making music and exploring this big world.

Advance **Studio GA** and **Main Gallery** Reserved Seats are \$10 and \$15 at the Gallery. Online purchase is available at www.healthyrhythm.net. Space is limited to 50 concertgoers. Advance purchase is recommended. This is a ticketless show. Doors open at 7 p.m. Show starts at 7:30 p.m. Street and rear lot parking are available. Admission is \$2 more Day of Show.

Healthy Rhythm Music is a creative arm of Healthy Rhythm Consulting. The mission is to Identify, Manage, Enhance, and Promote Independent Artists and Bands who have a deep commitment to a career in music. The Gallery and Listening Room are located at 68 South Grand Avenue in Montrose, Colorado.

COMMUNITY NEWS BRIEFS

'BAG IT' DOCUMENTARY TO SCREEN MARCH 22 @ RIDGWAY'S SHERBINO

Special to Art & Sol

RIDGWAY-Carry On! Ridgway Reuses founders Indigo Krois and Maizy Gordon, 7th graders at Ridgway Secondary School, are hosting a screening of the award-winning environmental documentary *Bag It* at the Sherbino Theater on Thursday, March 22 at 6pm. Come be inspired, and be the first to see the new Carry On! reusable bag designed by the Carry On! Team in collaboration with Sprout Design Studio, Willow Krois and Anna Malin.

Bag It follows "everyman" Jeb Berrier as he tries to make sense of our dependence on plastic bags. Although his quest starts out small, Jeb soon learns that the problem extends past landfills to oceans, rivers and ultimately human health.

The average American uses about 500 plastic bags each year, for about twelve minutes each. This single-use mentality has led to the formation of a floating island of plastic debris in the Pacific Ocean more than twice the size of Texas.

The film explores these issues and identifies how our daily reliance on plastic threatens not only waterways and marine life, but human health, too. Two of the most common plastic additives are endocrine disruptors, which have been shown to link to cancer, diabetes, autism, attention deficit disorder, obesity and infertility.

The screening is part of *Carry On! Ridgway Reuses* campaign to educate our community about the harms of single use plastics. We hope to bring attention to this

environmental crisis and raise money and awareness for the safety of our community and environment.

Carry On! Ridgway Reuses is dedicated to raising awareness about the dangers of plastics and helping Ridgway become a single use plastic bag free town.

This event is supported in part by Alpine Bank and the Sherbino Theater and will feature a short presentation by the Carry On! Crew as well as an introduction by filmmaker Suzan Beraza. Q&A with Suzan & Carry On! Team will follow the screening. Reusable Bags will be for sale.

Thursday, March 22 @ Sherbino Theater, Ridgway @ 6pm. Admission/Suggested Donation: \$5. This event is open to the public.

GIVING GUYS TO HOLD FIRST QUARTERLY CLUB MEETING 4/10

Special to the Mirror

MONTROSE-Montrose has added a second group of collective philanthropists: The Giving Guys of Montrose will have their first quarterly club meeting at 5:30 pm Tuesday April 10th at the Cobble Creek Clubhouse.

Inspired by the popularity, success, and impact of the Women's Giving Club of Montrose, a group of local men has formed the male counterpart to further the spirit of generosity in the community.

Both clubs will meet 4 times a year, but will stagger the meetings so each club will operate independently. The format is simple; each member contributes \$100 for each quarterly meeting. At that meeting the club will randomly select 3 potential

beneficiaries from among the local non-profit organizations, listen to short presentations about each one, vote for their favorite, and present a check to that non-profit that night. The most recent Women's Giving Club of Montrose gathering generated a \$15,800 check to Region 10.

The clubs have minimal expenses, offer casual net-working opportunities amongst the members, meet only 4 times a year, and have the potential to make a huge impact on local charitable organizations. These organizations also gain from exposure to new potential supporters, donors, and Board members. Snacks and drinks are offered at the meetings, which last from about 5:15 – 7pm. The effort is being led by Carlton Mason, Bob Tesch, Dan

Mohr, Kay Heinschell, and Bob Springer. Mason and Tesch say they've received a lot of support and encouragement from the leadership of the women's organization.

"They wanted to keep their club just for women, and of course we can respect that, and learn from their success" said Tesch.

The different genders will probably each have a unique meeting style, but the basics will be consistent; meet, socialize, learn, vote, and give. The two clubs together could have an annual financial impact of well over \$100,000 on the local non-profit sector.

For more information email: guysgivingclubmontrose@gmail.com



Hold the Date! Upcoming Business & Cultural Events

ONGOING-

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

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

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

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

MONTROSE LIBRARY GARDEN SERIES-this free 8-session series meets Tuesday evenings from 6:30-8 p.m. March 13-May 1 at the Montrose Library Meeting Room. Topics will include: information sources, seeds, plants, trees, soils, water, and managing plant and animal life in your garden. Time will be available for questions and discussion. Sessions taught by Larry Wobeter, Dave Dearstyne and Reed Irwin. Call (970) 964-2547 with questions.

MONTHLY-

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 5 – The Montrose County RE-1J School Board and administration will hold a community meeting tonight to discuss school safety. The district is looking for solutions from the community to address this concern. The event will be at the Lloyd McMillan Gym on Monday, March 5th at 7 pm. Please contact Superintendent Stephen Schiell for additional information @ 970.249.7726.

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 registration 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 8th, 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 www.kafmradio.org. 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 16--7 p.m. - Cashore Marionettes - Wright Opera House, 472 Main Street, Ouray. Tickets \$20 adults, \$5 students (18 years and under) available online at www.ocpag.org or at the door.

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 www.montroseband.com or call 970-596-1188.

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, ever-husky 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 22--Carry On! Ridgway Reuses founders are hosting a screening of the award-winning environmental documentary *Bag It* at the Sherbino Theater on Thursday, March 22 at 6pm. Reusable Bags will be for sale. Thursday, March 22 @ the Sherbino Theater, Ridgway @ 6pm. Admission/ Suggested Donation: \$5. This event is open to the public.

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.

June 2- Montrose Boot-Stomp ~ An Old-Fashioned BBQ & Barn Dance: Entertainment by - Narrow Gauge ~ 6PM, Antler Ridge Weddings & Events, 72015 Kinikin Road, Montrose. Survivor & memorial sponsorships available. Please call Terri @ 970-901-6761 Proceeds ~ San Juan Healthcare Foundation ~ Caring Friends Fund.

Contact the Montrose Mirror:
970-275-0646

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Right, Sue Hansen announced her candidacy for the Montrose Board of County Commissioners Dist. 2 seat on Feb. 27.



Left, Construction on the new entrance to Friendship Hall began this week. Photo by Gail Marvel.



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Michele Gad is a **Certified DelGiacco Neuro Art Therapist**, who assists individuals with cognitive or mental health challenges to live life as fully and independently as possible. She developed **FAME** in 2010 to better assist her clients. Sessions are specifically designed to meet client's individual needs, goals, abilities, and level of commitment...and have fun!