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THE MONTROSE MIRROR

LOCAL NEWS, FREE TO YOU...WEEKLY ON MONDAYS!

Issue No. 264, March 19,

CDOT RECOVERING FROM RECENT RANSOMWARE ATTACKS: HOW SAFE ARE YOUR FILES?

By Caitlin Switzer

MONTROSE-If your computer files were suddenly encrypted, and you received a communication that you could only access essential information by paying a hefty ransom in bitcoin, what would you do?

Computer users across Colorado are asking themselves this question in the wake of two devastating ransomware attacks that have paralyzed portions of the Colorado Department of Transportation (CDOT) in recent weeks.

"We had the initial attack on Feb. 21," said Brandi Simmons, public information officer for the Governor's Office of Information Technology (OIT). "As soon as we noticed it, we proactively took the CDOT network down to keep it from spreading...we thought we had it contained."

Still, "we saw another attack March 1," Simmons said. "This was a new type, a new signature that attacked us on that day too."



[Continued pg 6](#)

THE STRAIGHT FACE OF LEGAL WEED IN DELTA: STOOKSBERRY OUTSPOKEN ABOUT PUTTING MARIJUANA TO A VOTE

By Caitlin Switzer

DELTA-You might not call him "hip." At age 36, family man Jay Stooksberry still has no tattoos. He does not use marijuana in any form; in fact, he passed a drug screen last week as part of a job application process.

So how has this straight-laced graduate of Denver's Regis University—Stooksberry holds both bachelor's and master's degrees from that respected institution—become the "face" of legalized marijuana sales in Delta County?

As a candidate for the at-large seat on Delta's City Council, Stooksberry has been outspoken about putting the issue of marijuana sales before the voters.

"This is something that should be taken to the voters," Stooksberry said. "We really don't know



Straight-laced Jay Stooksberry is an unlikely advocate for legalizing marijuana in Delta County. Courtesy photo.

[Continued pg 15](#)

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*Art Goodtimes'
Up Bear Creek!*

*Carole McKelvey
Visits Dreamcatcher Therapy!*

*Fitness Pro
Gia Porter!*

ANSWERING THE CALL: MPD SRO DENNIS BEERY

By Gail Marvel

MONTROSE-Montrose Police Department (MPD) School Resource Officer Dennis Beery is in his eighth-year as a resource officer; however, he has a long career in law enforcement — three-years Army Military Police, 20-years Jefferson County Sheriff's Department, and a total of 15-years with MPD.

Beery was first attracted to law enforcement when he was in high school, "I met a deputy from the sheriff's office and then joined the police youth division. We worked weekends a couple of times a month and did things like traffic control."

At the time Beery moved to Montrose he had a young, school-aged son, "I didn't want him to go to school on the Front Range and was I looking for a better school environment. It was the best move I ever made. I love it here."

From August to May Beery's work hours are similar to that of students, 7:30 a.m. – 4 p.m. "I work mostly with secondary schools at Vista, Columbine, and Centennial, but I'm also on-call as needed for Northside and Cottonwood Elementary." Along with his on-site school presence, Beery does guest speaking, teaches classes when requested by teachers, and attends sporting events at the request of the school district.

In June and July Beery goes to regular patrol, "I have no complaints about my job, but probably the least enjoyable part is going back to shift work (12-hour days) in the summer. I work mainly in the parks and traffic. All the PD staff is great to work with."

Beery does not feel a lot of stress associated with his position as a school resource officer. However, he has been a detective and a Scout Sniper on a SWAT team and was involved with the April 20, 1999 Columbine High School shooting. "I always worry about that and hope to prevent that from hap-

pening here. Sitting through the autopsies of children is still with me. Kids are our most precious resource and we need to protect them as best we can."

The most enjoyable aspect of Beery's job is working with kids. "They are great. It's the best job I've had in my 38 years in law enforcement. When you interact with students they feel more comfortable with you and are willing to talk to you when something is going on. I walk down the hall and we give high-fives and knuckles. Even with teachers I give them a high-five...I think we are all kids at heart. The school staff is great."

Beery considers himself to be open and outgoing, "I don't pre-judge. We deal with some of the same people over and over, but I treat each incident as a new. I don't

deal with the past, we just move on and work with the current situation. I treat kids and adults the same." He paused and said, "Well, maybe sometimes I have to raise my voice with an adult."

When asked if he'd ever saved a person's life Beery said, "I've tried CPR, but it has never been successful. Most of the time it has been too late. I'd like to think that I save lives all the time. When I write a ticket to someone for speeding through a school zone I may not save a life, but maybe I prevented an accident."

As for off-duty activities and interests Beery said, "I love the outdoors. I like to travel, hunt, fish and hike."

Beery would like citizens and students to know, "We're here to help. Everyone at MPD is really there help and serve."

School Resource Officer Dennis Beery



HIRED 10-14-2002

Montrose School Resource Officer Dennis Beery. Courtesy photo.



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A FRESH POINT OF VIEW: FROM THE HALLWAYS OF MHS



**Jack Switzer, 14,
MHS freshman.**

Call it a recurring nightmare: I open the cafeteria doors, and walk into Montrose high school. The lights are out, and dust cakes

the tables. It's been like this for days; I jump into action, dashing to my first class, but nobody's there other than the teacher. I sit in my desk, the only one that hasn't been empty for days. I've gotten to know my teachers fairly well over these last few weeks, since I'm the only one who shows up.

The very moment the bell rings, I always have to book it to second hour, which is across the building. This time however, I didn't make it. They outsmarted me. I was running, concrete smacking beneath my feet, and I try to enter the doors into the new wing. They were locked. I hear the clink of handcuffs behind me, and get

forced into the principal's office, hands steering my shoulders door through door. I try to get away, but they hold me down, and force me into a grey chair, the kind that if you sit in for too long, your butt goes numb. As if this situation didn't suck enough.

The principal sits there, in the dark. His aura itself makes me shake. His hand pounds the expulsion letter onto the desk and I feel the room quake. Adults outside the door hear, and laugh. A cold dark laughter, repeating in my head over and over, as I'm taken away to Juvie. The last student at MHS, now in prison or on the streets, just like the rest.

What I just described is a future where there are no kids left at MHS. Some made jokes that were taken out of context, some were just friends with those guys who made bad jokes. Some kids left for other reasons, or just no reason in particular.

Something like this has been happening too much lately. kids getting arrested for

poorly made jokes that probably held zero threat to the school, kids dropping out and disappearing because of relentless bullying.

I fully agree that safety at school is essential. However they are willing to let random strangers come into the building and not even consider stopping them.

Nothing bad has happened yet, since they're mostly parents coming to pick up their kid, or students coming back late from lunch. But how will we feel when some guy with a handgun just strolls on in and doesn't get stopped before he attacks someone?

Something needs to be done about access, and when I say that, I don't mean start arresting random adults—not even those who make tasteless jokes.

I mean don't let people just walk in to our school willy-nilly.

Ask them why they're here and the name of their student/ the class they are substituting for, etc. We are your kids; it's the least you can do.

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CDOT RECOVERING FROM RECENT RANSOMWARE ATTACKS

From pg 1

No personal information was compromised, and no additional state agencies were infected, Simmons said.

"The event has been very impactful to CDOT administrative operations, but OIT is doing everything possible to bring CDOT systems back online as safely and quickly as possible," she said. "We are encouraged that progress has been made in getting much of CDOT's network up, internet is now turned on, and some business-critical applications are available. Printers and copiers continue to be brought back online.

"This incident did not impact CDOT traffic operations, highway cameras, variable message boards, and the like, and employees are getting paid on time."

Simmons said that OIT has taken precautions to prevent further infection and has implemented those precautions across all

state agencies. An active investigation continues.

"Right now, we are in the recovery phase," Simmons said. "We have been confident enough to bring some of our systems back online; it has been a pretty massive effort."

Here in Montrose, Doug Seacat and Joel Bell of Deeply Digital are experienced in helping clients who have suffered Ransomware attacks. They say that the methods used by the criminals are constantly evolving, and it is increasingly easy to be victimized. "It changes every month; most of the time, it turns out to be a social engineering situation," Seacat said. "People may send invoices that look like a pdf, but that really are some kind of script with an executable file.

"If you receive an email with a link, claiming to be from your bank, don't click!

Go to the bank in person," he said.

"And if you receive an invoice that you were not expecting by email, 'The best thing to do is pick up the phone and call that person.'"

Bell said that backup technology has been forced to evolve to keep pace with cyber attacks. "With ransomware, all of your pictures, all of your files...if they are not backed up, you can lose everything."

It is important to keep your version of Windows up to date, to maintain strong anti-virus protection, and to keep backup files in a location away from your computer. "Or they will be encrypted too."

For those who do fall victim to such an attack, paying the ransom can be expensive. Still, "When you pay you always get your data back," Bell said. "We have bargained with the bad guys; they make sure you get your data back if you do pay."



REGIONAL NEWS BRIEFS

MONTROSE COUNTY JAIL INMATE IDENTIFIED

Special to the Mirror

MONTROSE—In the early morning hours of March 16, an inmate was found unresponsive in his cell at the Montrose County Jail. Multiple attempts at resuscitation by Montrose County Jail deputies, Montrose Fire Protection District EMS Personnel, and the Emergency Room staff at Montrose Memorial Hospital were all unsuccessful. An autopsy was performed at

the order of the Montrose County Coroner. The decedent is Clinton Mitchell, a 53-year-old male of Montrose, Colo. The cause of Mitchell's death is asphyxiation due to compression of the neck secondary to hanging, and the official manner of death is suicide. The continued investigation is being handled by the Montrose County Coroner's Office of Medical Investigations and the Seventh Judicial District's

Critical Incident Team. Mr. Mitchell was booked into the Montrose County Jail on January 18th on a charge of CRS 18-8-615 (Retaliation against a judge as an act of harassment). The Seventh Judicial District's Critical Incident Team and the Montrose County Coroner's Office of Medical Investigation is currently investigating. No additional information is available at this time.



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CITY COUNCIL TO HEAR HWY 550 SAFETY PRESENTATION

Mirror staff report

MONTROSE-A Highway 550 safety update is on the agenda for the next [City Council work session on Monday, March 19](#), and Council will consider the purchase of a rotor gear box for the Wastewater Treatment Plant. Annexation of the 36-acre 1890 Homestead Addition will also be discussed. Included in [the Work Session packet is](#) the January report from the Montrose Downtown Development Authority (DDA).

Upcoming items for City Council include a historic preservation ordinance on April 16; swearing in of new Council members and selection of a new mayor and mayor pro tem will be April 17; a first quarter police department report will be heard April 30. On May 15, Council will hear a first quarter budget review, and an update on the Rotary Amphitheater in Cerise Park will take place at a time and date as yet to be determined.

At the [regular City Council meeting of March 20](#), Council will hear a report from the Montrose Youth Council. Council will consider approving Ordinance 2444 on first reading, amending the zon-

ing district designation within the Montrose Urban Renewal Authority from R-3, Medium Density District; R-4, High Density District; R-6, Medium Density District/Manufactured Housing District; MHR, Manufactured Housing-Residential District; B-2, Highway Commercial District; B-3, General Commercial District; B-4, Neighborhood Shopping District; and I-2, General Industrial District to I-1, Light Industrial District and P, Public District.

Council will consider the annual purchase



A Hwy 550 safety presentation is on the agenda for the Montrose City Council work Session today. Mirror staff photo.

of water meters for the meter replacement program from National Meter and Automation, with the cost not to exceed \$155,500 for the 2018 budget year.

Following staff reports, Council will adjourn.

REGION 10, CENTER FOR MENTAL HEALTH TO SWAP FACILITIES



By Gail Marvel

MONTROSE-The Center for Mental Health (CMH) will establish a Crisis Stabilization Unit for people in crisis — psychological, mental health and substance abuse—at 300 N. Cascade (left). On March 13, CMH closed on 145 South Cascade, a property located just south of the Montrose Visitor's Center. "We're flipping that building and swapping space with Region 10," Shelly Spaulding, CMH Chief Executive Officer, said. Around the first of July, during phase-two, Region 10 League for Economic Assistance & Planning will vacate 300 North Cascade and move to the South Cascade location (right). CMH will then establish the new Crisis Stabilization Unit at the old Region 10 facility.

REGIONAL NEWS BRIEFS

NUCLEAR CARE PARTNERS HOSTS URANIUM MINER BREAKFAST

Special to the Mirror

DELTA-Many former uranium miners who worked before 1971 may qualify for the Energy Employee Occupational Illness Program Act. (EEOICPA) benefits including a monetary award and no-cost health care as a result of the toxic or radioactive exposure they endured.

Former miners can learn more about these benefits, whether they are eligible, and spend time getting to know other former miners by attending the upcoming breakfast event hosted by Nuclear Care Partners.

The breakfast is free to former miners. It will be held on March 22 starting at 9 a.m.

This event will be take place at Starvin Arvin's located at 204 Ute Street in Delta, CO. Former miners can RSVP to the event by calling [970-399-8068](tel:970-399-8068).

"Former uranium miners sacrificed their health to deter -- and if necessary, fight -- a nuclear war," said John Kelley, Community Outreach Manager at Nuclear Care Partners.

"They deserve our help in return. That's why we're having this event; to let them know we're here for them and to answer their questions."

Since 1945, more than 600,000 men and women have served in more than 360 nuclear weapons facilities throughout the United States.

Collectively, they built more than 70,000 nuclear weapons for the country's nuclear defense. Many of these workers paid a high price for their service - developing debilitating, and sometimes fatal, illnesses due to radiation and toxic chemical exposure.

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COMMUNITY NEWS BRIEFS

ALPINE BANK ENCOURAGES COMMUNITY SUPPORT THROUGH VOLUNTEERING

Special to the Mirror

COLORADO-To celebrate National Volunteer Week, April 15-21, Alpine Bank is encouraging all of its employees to volunteer in the 28 Colorado communities the bank serves. To spur support for community organizations, Alpine Bank is offering a chance for Colorado nonprofits to win \$4,500. "At Alpine Bank, giving back to our community is paramount, and it takes many forms," said Alpine Bank Chief Administration Officer, Tom Kenning. "When we volunteer and encourage others to volunteer, together we are building stronger communities."

Alpine Bank pays staff to volunteer during National Volunteer Week and throughout the year. In 2017, bank

employees volunteered more than 14,000 hours to help address diverse community needs. To focus attention on the importance of giving back, this year Alpine Bank is encouraging all staff to volunteer at least one hour during National Volunteer Week. Alpine Bank is also giving a chance to Colorado nonprofits to win \$4,500 through a #TrailblazeChange Facebook Challenge. Anyone can nominate a nonprofit organization to be eligible to win. Volunteers are encouraged to share the names of their favorite nonprofits and why they like to volunteer. Go to Alpine Bank's Facebook page for details and to enter. The \$4,500 funding amount was inspired by Alpine Bank's 45th anniversary this year. Last



year alone, the bank donated more than \$3.7 million to community nonprofits in Colorado.

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COMMUNITY NEWS BRIEFS

YOUNG HUNTERS NEEDED FOR NORTH FORK TURKEY-HUNTING EVENT

Special to the Mirror

HOTCHKISS-Colorado Parks and Wildlife is looking for young hunters from western Colorado's North Fork area to participate in a special spring turkey-hunting event, April 13-15. Youngsters from Cedaredge, Hotchkiss, Crawford and Paonia are encouraged to apply.

CPW has teamed up with local landowners to have access to prime turkey hunting areas on private property in the North Fork area. The number of hunting slots is limited, so youngsters should apply soon. To participate, prospective hunters must submit a one-page essay that describes why wildlife is important to them. Applicants can describe experiences with wildlife, wildlife they've seen, hunting knowledge, how wildlife is a part of their lives, why they want to learn more about wildlife etc. Participants will be chosen based on their essays and hunting experience.

The hunters selected must have earned their hunter safety cards.

The event will start with a turkey hunting seminar. On the afternoon of April

13, CPW wildlife officers will explain turkey biology, rules and regulations, equipment needed, how to call turkeys, how to find turkeys in the wild, and more. Participants will also have time to shoot at a shotgun range. Participants will then be guided to hunting areas during the next two days.

Participants should have cold-weather gear, camouflage outerwear if possible, sturdy boots, a backpack and water bottle. Shotguns and ammunition will be provided to those who need them. Hunters selected must be able to walk two miles while carrying gear and be comfortable in cold weather.



Colorado Parks & Wildlife Courtesy photo.

Those who wish to apply should send a letter with their name, date of birth, address, phone number, e-mail and the wildlife essay to: Stuart Sinclair, P.O. Box 987, Hotchkiss, CO 81419. The deadline to apply is April 6. Those selected will be notified by April 8.

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REGIONAL NEWS BRIEFS

SPRING ROAD CLOSURES CONTINUE ON GUNNISON RANGER DISTRICT

Special to the Mirror

REGIONAL-The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests' Gunnison Ranger District is continuing to close spring closure gates which are intended to protect road beds from resource damage and to reduce the need for additional maintenance. This is earlier than typical years for most of the Forest Service roads due to spring like and dry conditions being experienced in the Gunnison Valley.

When trails are muddy or soft, please STAY OFF. Anytime visible ruts are being formed resource damage is most likely occurring. Ruts create channels where water flows, causing fine sediments to wash off of the road and into aquatic habitat. Rutted out roads significantly increase maintenance costs. Roads closed for mud season restrictions are not open to the public for motorized travel until road conditions are dry.

As a reminder, the Gunnison Ranger District also has the following annual wildlife closures for big game and Gunnison sage-grouse protection:

Almont Triangle (closed to all public uses December 1 – May 15)

Flat Top Mountain (closed to motorized travel December 1 – June 15)

Steers Gulch/Antelope (closed to motorized travel January 1 – June 30).

Road/Gate status will be posted at <https://www.fs.usda.gov/detail/gmug/alerts-notice/cid=stelprdb5421602>. For questions, please contact the Gunnison Ranger District at 970-641-0471.

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


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THE STRAIGHT FACE OF LEGAL WEED IN DELTA From pg 1

what the people want.”

And while, “I definitely have these moments where I see my hair turning more gray,” Jay said he has no regrets.

“What sort of message do I want my child to have?” he asked. “Should he be civically involved? Should he stand up for what he believes is right, and not back down in the face of opposition?”

“I want to be the right kind of role model for my kid.”

Ninety-nine percent of those he has spoken on the campaign trail with have been civil and polite, whether they agree or disagree with his political stance, Stooksberry said. “A very vocal minority has

pushed back.”

Stooksberry’s opponent for the at-large seat, Kevin Carlson, has expressed opposition to recreational marijuana sales.

Though no questions concerning marijuana retail sales are presently on the municipal ballot, Delta voters will be asked to decide whether future marijuana sales or grow operations should be taxed (with a two-percent sales tax on retail dispensaries and a five-percent excise tax on cultivation or manufacturing operations). Delta Mayor Pro Tem Ron Austin was quoted by the *Delta County Independent* (March 14) at a recent candidate forum; “This was done as a way to get ahead of the game in

the event that a marijuana petition was signed and approved and came to the voters.”

“Delta has spent time discussing zoning and local regulations,” Jay Stooksberry said, “That’s the right mindset in terms of being prepared and being open to the conversation.”

However the voters decide in the April municipal election, Stooksberry has achieved his original goal of sparking the conversation about marijuana sales in Delta.

“I am in favor of retail marijuana,” he said. “But really, it is something that voters should decide.”



Some things never go out of style.
#montrosemirror

SAFETY IS THE FOCUS AT RE-1J SCHOOL BOARD MEETING

By Dianna Beshoar
School board reporter

MONTROSE-Montrose County School District RE-1J Board President Tom West led deliberations during the School Board meeting Tuesday, March 12 held at the District Boardroom. With all Board members present the meeting's focus was clear: School safety. At 7:07 p.m., community input began. Five community members addressed the board with their concerns for students' safety. Many solutions were suggested: Allow parent volunteers to monitor behavior and school doors; closed campuses; training in CPR; build organizational communication between schools; allow additional School Resource Officers (SROs); and work with the local community group, Keep Montrose Safe.

One speaker said he fears "one day they (his children) will not come home to me." Other comments included, "We need our thin blue line now more than ever," and "There's been four threats here in as many weeks."

As reported last week in the *Montrose Mirror*, three City of Montrose police officers and two officers from the Montrose County Sheriff's Office will train in ALICE (Alert, Lockdown, Inform, Counter, Evacuate). RE-1J Superintendent Stephen Schiell said he has received training in ALICE. According to Schiell, "There's no given, one-pill remedy. You can put them (remedies) all in place, but you can still have a (disaster)." Schiell indicated he didn't want to enter a paradigm of remaining behind locked doors in our community.

"We will succumb to crazy if we can't go into public places," said Schiell.

The Keep Montrose Safe group plans to organize an accountability committee as suggested by a speaker during public input at the March 5th Community Safety Meeting.

Schiell presented slides detailing each school's current safety measures. The slide deck may be viewed on the Districts' website, mcsd.org.

Safety measures are being taken, including: Designating a place for local armed officers to be on campus, requiring visitors

to wear visitor badges, and encouraging student communication with school staff and administration. Schiell said the students are reporting rumors. "We have to care about each other. They're (the students) are talking," said Schiell. "And right now, they're talking to us."

School entrances are of concern. At Centennial Middle School, the north and south buildings pose a huge safety issue Schiell said. At Montrose High School (MHS), "We actually have parents coordinating with their children to let them in back doors." Additionally, the multiple modules at the Early Childhood Center present safety concerns.

Schiell said he wants closed campuses and metal detectors. He added that's "one man's opinion." He said that District staff was surveyed last week; the 452 responses were nearly evenly split over the question of allowing concealed carry among staff. To the question if they would be willing to be a concealed weapon carrier: about 36 percent agreed, and 64 percent disagreed.

Schiell researched some of the costs of adding security to the District. An additional \$1,500 insurance cost would be incurred for each approved person carrying a weapon. The District now has three SROs: Two funded by the City of Montrose and the other by the county. There is \$650,000 remaining from a rural grant fund that Schiell said could be allocated toward safety measures.

Earlier during the RE-1J Board meeting, the Student Spotlight segment highlighted the accomplishments of MHS Teacher Emarae Garcia and students in her biology class. Mock crime scenes are constructed in her classroom and student investigators gather and analyze data according to Garcia.



Alison Nadel announces Altrusa's March Apple Award Recipients. Photo by Dianna Beshoar.

Several of Garcia's students presented to the nearly 60 attendees. The high schoolers explained their science board depicting how glucose enters a body's diseased cells in Type 1 and Type 2 diabetes. The students also created a pamphlet, detailing ways to prevent Type 2 diabetes. Another of Garcia's students used a computer and handheld device to demonstrate heart rate and heart blood flow while the high schooler jogged in place.

Garcia, a BioMed teacher, said she uses online curriculum to engage her 110 students in the scientific approach covering topics such as diabetes, cardiology, anatomy and physiology. Guest speakers including four (peace) officers and a deputy coroner have provided additional insight to her class, Garcia said.

Garcia's "hope is they (students) start as a freshman and walk out their senior year with an internship."

The Town of Olathe dedicated \$50,000 from a grant from the Colorado Health Foundation toward playground improvements at the Olathe Elementary School, said Instructional Services Administration Assistant Deann Balash.

A uniformed Future Farmers of America (FFA) member and student personally invited school board members to join the awards banquet celebrating 90 years of

Continued next pg

SAFETY IS THE FOCUS AT RE-1J SCHOOL BOARD MEETING

From previous pg

FFA in Olathe. The banquet begins 6 p.m. Friday, March 30 at Olathe Middle School. Altrusa International Member Alison Nadel presented Apple Awards to Kari Keller who teaches at Olathe High School, noting her ability to take the reins of new classes mid-year; Kari Hancock who teaches and coaches at Olathe High School, noting her ability to provide great leadership opportunities to the students; and Josiah St. Peter, the band director at MHS, noting his leadership abilities.

Oak Grove Elementary School staff recognition awards went to Level 3 Special Education Teacher Lee Woods and Health Technician Janelle Wallace, presented by Principal Dana Burwell.

After Dr. Steven McEwin, director of the technology department, presented an instructional technology award to MHS Teacher Kevin McDougall, one of McDougall's students presented his work. The high schooler shared his knowledge regarding the news literacy project check-ology® Virtual Classroom, an online tool to

help students navigate the media landscape and separate fact from fiction.

Montrose School Board's Director of Finance Adam Rogers gave the enrollment report. Within the school district there are 6,159 students, down 31 students from February according to Rogers. Rogers said that is down ½ of one percent in a month. Enrollment lost 400 students year-to-date, yet Rogers said "We're doing better than last year." According to data, 188 secondary school students exited school. Fifty-two students transferred to a public school within the district and 21 transferred to home-based education. MHS had the largest number of students exiting at 95. Data results provide 212 elementary school students exited the school district. 56 transferred to a public school within the district and 21 transferred to home-based education. Johnson Elementary School had the largest number of students exiting at 61.

Early Childhood Center (ECC) Director Penny Harris shared the ECC winter Teach-

ing Strategies (TS) GOLD® checkpoints progress charts for the ECC's three and four-year-olds.

"Our students have really grown," said Harris. "I'm really excited about these scores."

The Board of Directors updated policies such as Tobacco-Free Schools and Staff Conduct and Responsibilities. RE-1J Director Sarah Fishing encouraged other Board members to read the policy updates "very carefully." Some of the policies can be "confusing for parents," said Fishing. "Read them from a parent's perspective."

Schiell said "We can adjust, clarify, but we don't want to change the (policy) meaning."

Director of Human Services Kathy McKie provided the personnel report to the Board. "This is the time of year . . . transition," said McKie.

The meeting adjourned at 8:16 p.m. The next school board meeting is scheduled at 6:30 p.m. on Tuesday, April 10.



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OPINION/EDITORIAL: LETTERS

MONTROSE PASTORS, PLEASE PROMOTE HEALING RATHER THAN CONTEMPT FOR MENTALLY ILL

"When did we see You sick or in prison and visit You?" 40 And the King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers of Mine, you did for Me.' 41 Then He will say to those on His right, 'Depart from Me, you who are cursed, into the eternal fire prepared for the devil and his angels.'"

Editor: I challenge all Montrose Churches to practice what they Preach, the "sick" include those with Mental Health Issues, It is the church's responsibility to help Heal those with issues, not persecute them, shame them, or show them Contempt, not to create MORE people with Mental Health Issues, The bible spells out how we are supposed to treat people, with Respect, not condemnation, With Connection, not persecution, "Love Thy Neighbor" does not include the words 'Except those that are Mental', 'Love thy neighbor' is ALL INCLUSIVE, not exclusive to only those that show the same contempt as you do, that hate on the same things you do.

God does not say only minister to the ones you like, he does not say to create echo chambers of contempt, he commands us to Love one another, to reach out to those who struggle and show them hope and Love. In this Respect I would LOVE to see Montrose Churches be more expert in Mental Health issues and actually be the healing force behind Mental Health Issues, Just as Jesus Preached, Become more educated in Mental Health solutions, not become the cause of Mental Health Issues by showing them Contempt. There is an opportunity for Pastors to learn how to minister to those undergoing a Mental Health Crisis, and to do the Job that Jesus commanded them to do, to Heal those who struggle with issues, These days with as many school shooters and teen suicides, it is irresponsible for pastors to just marginalize the problems, and accuse them of being 'Evil' as an excuse to not help. they ain't doing their Job, if they think it is their commission to determine 'Who' the least of us are, then they ain't listening to God...

I would LOVE to see more Pastors take the CMH Mental Health First aid Classes, to learn how to handle people undergoing a Mental Health Crisis, It would go a LONG way to fixing the problems with America, to actually CARE about others, not just their Friends or their Club...To actually Step up and promote Healing and connection, instead of promoting Contempt and persecution.
Timothy Storrs, Montrose



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OPINION/EDITORIAL: LETTERS

TIME FOR CHANGE ON THE MONTROSE CITY COUNCIL: VOTE FOR STOCKTON AND QUINTIN; VOTE FOR THE CITIZENS

Dear Montrose Citizens:

You will soon receive your mail-in ballots for the election of three Council members...I am suggesting that you vote for the new folks on the ballot....Dave Bowman, unfortunately, is a shoo-in because he's unopposed. The new folks are Mr. David Stockton and Jeremiah Quintin, who will bring a new perspective to City Council! Ms. Bynum and Mr. Glaspell have floated around town for some time and are favored by Bill Bell in whose pockets they both reside. An on-going criticism of the current Council is that listening to citizens is not their long suit, but cutting citizens off seems to be! It's time for new character and ideas on City Council! Make certain to vote and return your ballot!

Sincerely,

Marge Morgenstern, Montrose

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NEIGHBORS ORGANIZE TO OPPOSE CHICKEN PART DUMP



Recent photos show dogs and birds at the site of the chicken part dump in Olathe. Courtesy photos Bill Maness.

By Gail Marvel

OLATHE- In the last four weeks Olathe resident Bill Maness and his neighbors have become organized activists. Along with contacting various agencies (Montrose County, Health and Human Services, Colorado Parks and Wildlife, the Colorado State Water Board, Uncompahgre Valley Water Users, etc.), they have immersed themselves in research and scientific studies concerning disposal of chicken parts.

The effort began on Saturday, Feb. 17th, when Maness noticed a dump beginning to take shape on a 10-acre parcel of land in his neighborhood. Located on 61.50 Road, between Gunnison Road and Falcon Road, the property is about a quarter mile from the Maness home. "At first I thought

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

The property, which was purchased only a few days before the dumping began, was sold to Ira Goldfarb, owner of the Star Chicken and Prairie Dog Treats companies in Montrose. According to Maness, Goldfarb told the realtor that the property would be used for composting.

Maness said, "I'm learning about stuff I never thought I needed to know about. Did you know there's something called Pidgeon Flu that can infect animals?"

Recently Star Chicken employees covered

the pile of chicken parts with additional sawdust. Maness said, "That won't stop the stench, the flies or animals from coming around. It's attracting lots of crows and we've even seen a Bald Eagle and a Golden Eagle over there."

On Friday, March 16, Star Chicken employees used equipment to turn the chicken parts. Maness said, "I don't know what they're doing, maybe trying to dry it out." Star Chicken applied to the Montrose County for a Special Use Permit and a hearing is scheduled for April.

However, when Montrose County Commissioner Keith Caddy visited the site he told Maness, "This isn't going to fly." Maness' said that it is his understanding that the site will be cleaned up by Monday evening, March 19.

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FOLLOWING PUBLIC HEARING, WASTEWATER DISCHARGE PERMIT FINALIZED FOR STAR CHICKEN CO



Representatives of Star Chicken Co met with City Wastewater Treatment staff on March 15 to finalize the company's wastewater discharge permit. At right is company manager Ty Coram.



From left, Wastewater Treatment Plant Manager Allen Coriell, and staffers Mike Norris and Michael Martinez discuss the finalized discharge permit with company officials at a public hearing at the Wastewater Treatment Plant.

By Caitlin Switzer

MONTROSE—Following a brief public hearing, a wastewater discharge permit for Star Chicken Co LLC of Montrose was finalized on March 15.

The hearing was led by Mike Norris of the City of Montrose Wastewater Treatment Plant. "We are here to update the Star Chicken Wastewater discharge permit," Norris said. "They have gone through the process, with EPA (Environmental Protection Agency) participation to make sure they did it correctly.

"This is nothing out of the ordinary," Norris said. "We protect the treatment process, which ultimately is a way to protect the river."

Upon opening the hearing, Norris noted that the prior 30-day comment and question period was part of the process for finalizing the company's permit.

"The City issues permits to regulate what goes down the sewer into the process," he said, "There have been no questions or comments from the public, or requests to view the permit."

Also, "This is not about storm water," Norris said. "This is not a special permit.

This is a standard permit that would be issued to any business with the potential to influence the treatment process."

Star Chicken's original permit had been put in place prior to the start of operations, he noted. "No one at that point knew what the waste strength would be...the standards were set extremely high," he said. "Residential wastewater would not have met them. They sent us a sample...it failed...we had to issue a violations notice.

Standards have since been adjusted, he noted.

Samples will be collected quarterly from now on, Mike Martinez of the Wastewater Treatment Plant said.

"Ultimately our goal is to protect the water that goes into the river," Wastewater Treatment Plant Manager Allen Coriell said. "That is why we protect certain industries."

A company official who declined to give his name noted that the most recent samples are "within the numbers we are looking to attain."

Members of the public in attendance at the hearing were limited to one family

who lives adjacent to the Star Chicken "composting" site in Olathe, which was not relevant to the wastewater discharge permit. Company officials made themselves available to the family for questions following the hearing.

According to the final Star Chicken Wastewater Discharge Order, which began on March 16, 2018 and which expires on March 16, 2020, the company is located at 1850 Launa Drive in Montrose. "Star Chicken is a company specializing in the processing of chickens used in the production of animal consumed products."

The company uses on average 98,500 gallons of water per month and is considered a Significant Industrial User.

"Approximately 2,900 birds (domesticated chickens) are processed per day at this facility," the Discharge Order's Statement of Basis notes. "...all of the blood is drained into a large trough, which at the end of the day is emptied into a dump trailer and hauled off...most waste is composed locally or sent to the landfill."

The facility operates five days per week, eight hours per day, and employs 25 during any given shift.

MRCOG UPDATE: GRAND OPENING FOR EVENT CENTER IS APRIL 27; OUTDOOR SWIMMING POOL OPENS MEMORIAL DAY



Montrose Regional Council of Governments (MRCOG) attendees tour the new Montrose County Event Center. As you enter the arena area concession stands for events will be located under the bleachers. Photo by Gail Marvel.

By Gail Marvel

MONTROSE-Twelve entities were represented at the quarterly meeting of the Montrose Regional Council of Governments (MRCOG), held on March 12 at the Montrose County Fairgrounds' Friendship Hall.

Roundtable discussion:

Montrose County Commissioner Keith Caddy gave an update on the event center, "We will be pretty well done by the first of April." The grand opening is scheduled for April 27, followed by a Monster Truck event on April 28. Show times are 2:30 And 7 p.m. and tickets are on sale at \$25 for adults and \$10 for children. A Mexican rodeo and the 2018 Montrose High School graduation are also scheduled. Bids are being accepted for a removable floor and the commercial kitchen. **Montrose County Manager Ken Norris** said, "The Road and Bridge [facility] is about 90 percent complete. The diesel fuel problems [clean-up] put us a couple months behind. Things are going very well and it will take a couple more months to complete. The State gave us a letter that all the property is clean."

Norris said, "Bill Bell (Montrose City Man-

ager) and I are meeting every month taking department heads with us in joint employee training and sharing instructors. The bottom line is we are saving citizens' money when we can work together."

Montrose County Government Affairs Director Jon Waschbush reported on the Shavano Gateway Recreation center and the missing link on the Rimrocker Trail. This was a huge undertaking with a number of entities involved. Waschbush rattled off acronyms of organizations that have helped with grants, permitting and getting approval. "We have their blessing. I think there may have been a Priest and a Rabbi out there as well and we got their blessing too."

If the county is successful in completing the missing link the trail will be OHV (Off Highway Vehicles) legal from Shavano to Moab, Utah. "This will be another new one for the State coming out of Montrose."

Montrose County Coroner Dr. Thomas Canfield said, "Olathe is the homicide capital of Montrose County; we have two going on there right now. Meth is a poor man's cocaine. We continue to do our jobs."



Community leaders tour the new Montrose County Event Center during the MRCOG meeting March 12. Photo by Gail Marvel.

Montrose City Councilman David Romero reported on the sewer work being done at Mayfly and the City loan of more than \$5M for street maintenance. "We are looking forward to the Connect Trail from the rec center to Mayfly. We are trying to acquire more property so that it goes off without a hitch."

Montrose Assistant City Manager/ Director of Office of Business and Tourism (OBT) Rob Joseph reported on attending the Outdoor Retailer show in Denver and the opportunity to work with Emily (Fairgrounds and Event Center Director Emily Sanchez) to market the Event Center. The Wayfinding signs are almost ready to go into the ground. There is a lot happening in the city now. Morale is high, energy is high. All indicators say we should have a robust season." The youth council produced a video on the proper way to drive in a roundabout and they are open to suggestions for other projects.

All Points Transit (APT) Executive Director Sarah Curtis reported the APT had more than 85,000 trips in 2017. "There is a 20 percent increase in senior ridership and we're trying to get youth ridership up, particularly in the summer." APT was awarded \$20,000 from the Rocky Mountain Health Foundation. In preparing budgets for 2019 and 2020, Curtis said, "We will see the minimum wage hit us hard." The slated increase in the minimum wage is projected to cost \$100,000 in 2019 and \$200,000 in 2020. "It's a lot for a non-profit to absorb."

Hilltop Family Resources Center, Josie

GRAND OPENING FOR EVENT CENTER IS APRIL 27

From previous pg

Anders-Mize (sitting in for Regional Director Kay Hotsenpiller). Anders-Mize reported on adult daycare for seniors who are having memory loss and the activities taking place in the West End of Montrose County, "We have a dedicated staff presently in the West End. When people are in need we try to meet their needs." A program to help mothers stop smoking offers the incentives of diapers and gift cards.

Montrose Recreation District (MRD) Executive Director Ken Sherbenou reported on the Connect Trail Design Project that will take place through October, with construction beginning in 2019. Sherbenou is now working on a grant to combine two projects, the 2018 Riverbottom Drive and the Renovation of Holly Park. "We would like to go for a DOLA [Department of Local Affairs] grant." The outdoor swimming pool will be open Memorial Day. Sherbenou is concerned that residents on Marine Road are cut off from trails and the park system and that a pedestrian bridge might be the answer. Those in the group encouraged Sherbenou to look into adopting a bridge that is no longer in use, but which could be repurposed for a pedestrian bridge.

Colorado Mesa University (CMU) Campus

Director Gary Ratcliff said, "The campus is growing. There are new academic programs, career and technical. Programs in nursing and machining [welding]. The old Community Options building [3,000 sq. feet] is being remodeled.

Montrose is below the state and national average for students going on to higher education and the city and county are working together on a joint venture with scholarships. CMU hired a college and career counselor, Jeff Turner, who is the son of city Director of Innovation and Citizen Engagement Virgil Turner. Ratcliff said, "Jeff will work with kids who have the grades to go to college, but they haven't thought about college, or they can't afford college. The city and the county are coming up with a significant amount of funds for scholarships."

Center for Mental Health (CMH) Chief Executive Officer Shelly Spaulding reported that the CMH will purchase a building at 145 South Cascade and then flip that property by trading it to Region 10 League for Economic Assistance & Planning. Region 10, now located at 300 North Cascade will move to 145 South Cascade by the first of July. While CMH will remain at their Miami Road location, they will open

a new Crisis Stabilization Unit at 300 North Cascade for people in crisis — psychological, mental health and substance abuse.

River Valley Family Health Center CEO Jeremy Carroll reported that 60 percent of their patients come from Montrose and the health center has already outgrown the space leased from Dr. Krebs in November. "We're working on a second site that will triple the space in Montrose. A substance abuse therapist will be added to the Olathe site. We see a lot of meth and it is a program we will have to build for River Valley Health." The organization is looking for a grant to add dental services to Olathe. A Request for Proposal (RFP) will go out in eight to 10 weeks for a new facility at 1010 Rio Grande. "It will be 8,000-12,000 sq. feet and have 16 to 20 exam rooms." Carroll reported a 23-24 percent spike in meth use last year. Heroin has dropped a little." Dr. Canfield added, "Two years ago we had four heroin deaths, last year one heroin death."

Following the roundtable discussion, the attendees took a tour of the new County Events Center.

The next date, time or place for the quarterly meeting of MRECOG was not announced.



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CANDIDATES PRESENT @ MONTROSE REPUBLICAN ASSEMBLY



Colorado Senator Don Coram and Montrose County Treasurer Rosemary Murphy. Photo by Richard Harding.



The Montrose Republican Assembly. Photo by Richard Harding.

By Richard Harding

MONTROSE-Spencer Hammer, Chairman, Montrose County Republican Central Committee, kicked off the Assembly with an invocation and pledge of allegiance and got right into a full day of business. Rosemary Murphy reported the Credentials Committee certified 186 Delegates and elevated Alternates were present to conduct the business of the Party.

Brad Hughes, Assessor; Tressa Guynes, Clerk and Recorder; Dr. Thomas Canfield, Coroner; and Rosemary Murphy, Treasurer, were all nominated and seconded. Without any opposing candidates, they were all declared the Republican Assembly Candidates by acclamation.

Rob Smith was first to accept the nomi-

nation for District 2 County Commissioner, followed by Sue Hansen. After tabulation of the ballots, Sue Hansen received 119 votes and will appear first on the Primary Ballot followed by Rob Smith who received 65 votes. State Representative Marc Catlin entertained the crowd with highlights of the House Legislative Session in Denver while the votes were counted.

Justin Westbrook led off the Sheriff's candidates with his acceptance speech followed by Adam Murdie and Gene Lillard.

After tabulation of the ballots, Gene Lillard will appear first on the Primary Ballot with 97 votes followed by Adam Murdie with 68 votes. Justin Westbrook with 21 votes can petition into the Primary and

has until Tuesday to submit his petitions. State Senator Don Coram entertained the crowd while the votes were tabulated with highlights of the Senate Legislative Session.

After a lunch break, delegates and alternates gathered into their respective Districts to elect delegates and alternates to the House District 58, Senate District 6, Congressional District 3 and State Assembly.

The House District 58 and Senate District 6 Assembly will take place in Dolores on March 31, while the Congressional District 3 will take place on April 13 and the State Assembly on April 14 in Denver.

With the successful conclusion of business, the Assembly was adjourned!

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TOP 10 WORKOUT TIME WASTERS AND GENERAL TIPS FOR MAXIMIZING YOUR TIME AT THE GYM



By Gia Porter

You went to the gym, you actually went inside, so that counts, right? Not necessarily. Just showing up doesn't guarantee a good workout. If your goal is glorious muscles and a stoked metabolism then get organized, get a plan and avoid these common blunders.

High reps with low weight. We've all heard the old adage: high reps and low weight equals sculpted and finely-toned muscles. (ahem) Yes, well. This is assuming you have muscles to begin with and are at ideal body composition. If you are looking to build strength, decrease body fat and increase muscle mass this is a huge time waster. Not only does it take a long time to do 50 to 100 reps, but it's just boring and ineffectual. If you can easily execute 15 or 20 reps per set then it's time to up the weight. Sure, you will likely increase muscle endurance with 50 reps of 10-pound bicep curls but is that really your goal? Maybe if you're a cocktail waitress and you haul a tray for hours at a time that could be helpful. To build real strength, the goal is to attack as many

muscles fibers as possible by increasing the workload on the muscle. In this case it is preferable to do fewer reps with maximum effort than to yawn your way through light weight ad nauseum for an hour while you browse your Facebook feed. Higher intensity for shorter periods is a better use of your time and a better tool for achieving fitness goals. Period. You're stronger than you think. Challenge yourself every day. Up the weight and try five sets of five to failure.

Bad Form. This is not only ineffective it's dangerous. Poor form leads to injury, which translates into your goals and overall physical condition going off a cliff. Interestingly it can also work something other than what you intend. For example, on a bench press, depending on the position of your upper body in relation to the bar and the width of your grip you are working either chest (as intended) or lats, shoulders and triceps. If you are new to working out please double and triple check your form. If you are unsure ask a trainer, if you are shy then download an app. Protecting your joints and back is of paramount importance when lifting anything heavy. If you notice your form starting to falter then drop your weight a little and try again. If you have to throw your shoulder into a bicep curl, it's probably too heavy. If you have to use your back to lift up on a squat, you'll regret that later. If you are running on the treadmill with a huge stride, stiff shoulders and a loose core, you will most definitely get shin splints, a sore back and probably a tight psoas (which will likely pull your kneecap out of alignment over time. Fun stuff.) These are the things that can lead to exercise aversion. Someone who hates exercise probably isn't doing it properly. Once you get the hang of it and feel confident in what you're doing, you will build strength and incorporate more movement into your life. Exercise is no longer a burden or a dreaded task but an anticipated part of your day. Always practice good form and mindfulness when engaging in any form of

exercise.

Stagnant Routine. If you are doing the exact same routine you've been doing for the last three years, or even three months, it's time to switch it up. "Muscle confusion" is an important concept in training. "Muscle memory" is great for developing specific hand eye coordination skills but not so great for building and developing muscle tissue. Your body is so amazing and efficient it can adapt to just about anything. Look at the Eskimos or those who labor in the salt mines of the Himalayas. Their DNA is actually different than ours. It has adapted over time to accommodate the conditions they surround themselves with. You do this too, just on a smaller scale. Your body will, as it becomes aerobically efficient, burn fewer calories doing the exact same thing over and over. You become accustomed to it. The more you lift light weight, you just sort of wear yourself out. Your muscles have adapted to that weight and are expecting it so they fire exactly the same and build a tolerance or "memory" of that action. Try something different. Don't get complacent and don't let your body anticipate each movement for you. This is how you plateau and become acutely frustrated. If you use machines, switch to free weights. If you do a consistent low heart rate cardio activity, try intervals. If you love the treadmill, try a spin class. Switch it up every couple months just to stay ahead of yourself.

Socializing. If you're chatting away with your friend while you're working out then you're heart rate isn't high enough and you are not working hard enough. Remember, less time, higher intensity. During warm up and cool down it's fine but try to set boundaries with workout partners to avoid hurt feelings or wasted time. Headphones and earbuds are the international symbol for Do Not Disturb. This is a great tool. When it's time to get busy then use that as a signal to let others know you aren't available. This way you aren't being rude and you will be able to tune people

Continued next pg

TOP 10 WORKOUT TIME WASTERS AND GENERAL TIPS

From previous pg

out and focus on what you're there to do. **No Plan.** Showing up at the gym in and of itself doesn't actually burn calories or build muscle. You need a plan and you need to execute that plan in accordance with the time you've allotted. Try working multiple muscle groups as opposed to spot training. Compound movements like squats, lunges, push-ups, plank, and some functional training exercises are great ways to maximize time and overall muscle engagement. Spot training individual muscle groups is great for body builders and performance driven athletes but for the average person time is of the essence and economy of movement is a great habit to establish. If you are unsure of what you plan to do at the gym when you arrive it is 100 percent guaranteed you won't have a very effective workout. Try putting together a plan for yourself. Again, maybe download an app if you need help. Develop a few different circuits you can do so you can alternate each time you go.

Watching TV. This is a great way to tune out completely. Hooray! You can just check out mentally and keep pedaling or walking your way to fitness. You'll be lean and mean in no time, right? (No. The answer here is no.) You need to be present and mindful in what you're doing. Granted, if you're a Cheeto guzzling couch potato and you're turning over a new leaf, then sure. Start here. But if you're looking to lose weight, achieve a goal or just improve your health maybe paying attention to what you're doing, and watching your heart rate, speed and intensity is a better way to get there. If you need distraction try music. I like fast-paced songs for running and angsty bass driven alternative for weights. It's all personal preference. What motivates you, pushes you and keeps you moving? Staring at the tv probably isn't it.

Too Many Breaks. If you're taking long set breaks (more than 20 or 30 seconds)

you're resting too long. You'll achieve recovery heart rate and basically have to start over to build your intensity. You're also wasting time, literally. Try doing what's called "super sets" where you work opposing muscle groups without rest between the two exercises. For example. Hammer curls will work triceps and bicep curls work the biceps. Try five or 10 reps of one exercise, then immediately jump into five or 10 of the other and then take your set break. Doubling up can reduce time and increase muscle confusion and fatigue. If you do only a few super sets then you can work the same muscle group in both exercises but if you plan to attack your whole workout this way then maybe try alternating muscle groups so you have the endurance to finish strong.

Failure to Fuel Properly. Fasting cardio is a great way to burn fat but is something that should only be done by those with stable blood sugar, no chronic medical issues, and an established fitness base. Also, it is something that should not be undertaken for more than about 45 minutes. You will find yourself burning through stored glycogen and becoming light headed and weak (and then craving sugar the rest of the day.) This can lead to burnout and failure or significantly reduced intensity just to "get through it." Try to have something sensible and relatively low calorie with a carbohydrate. Oatmeal is great. Don't have a giant breakfast and don't power down a bunch of protein before a workout. Protein is meant for after the workout to repair damaged muscle fibers, restore glycogen to the liver and skeletal muscles and synthesize ATP. It takes a long time to digest. This is why you typically don't consume it beforehand. It pulls the blood from your muscles and into your gut. Have a light breakfast before and a good protein, either shake or whole-food sourced, within

an hour after your workout for optimum results.

Extended Low Intensity Cardio. Walking on the treadmill or slowly pedaling for a solid hour is not only boring it's super inefficient. Instead try intervals. Get your intensity up to a somewhat uncomfortable level. Shoot for 85 percent max HR. If you're not a gear dork like me then a good gauge in terms of perceived exertion is can you sing Happy Birthday? If the answer is yes, then you're still at about 70 percent. Try adding incline to the treadmill or added resistance on the bike. Maintain a good speed with that added work load for 30-90 seconds, depending on fitness level. Then dial it back and recover for 30-60 seconds. Do this for 20 to 40 minutes and it will burn far more than you would at steady state low intensity.

Abdominal Crunches. Six-pack abs are made in the kitchen not at the gym. Your diet is what gives you a lean belly. Stick to lean proteins and a LOT of greens. Not even 1000 crunches as day can outperform a bad diet. Crunches are ok in moderation, but they can contribute to low back pain in many individuals, if the back is arched, and it can create neck strain if you are yanking on your head. In general, a plank is far more beneficial and will engage deep core as well as rectus abdominus and a whole host of stabilizer muscles. This leads to overall increased strength and balance. A strong core and good balance are the foundation of everything

Your body and your time are your two most precious commodities.

Make your time count and make your body strong.

Make a plan, change it up, pay attention, eat clean and in small amounts, go for high intensity and challenge yourself every single day and you will be your best self.

ISSUE 141 March 19, 2018

ART & SOL

DREAM CATCHER THERAPY CENTER: RESCUED HORSES TURN AROUND AND RESCUE RIGHT BACK!

By Carole Ann McKelvey
Mirror Feature Writer

OLATHE – Kathy Hamm had a vision 19 years ago. Her dream was to somehow help her child and others like her who are born with disabilities. But Hamm could not find a program dedicated to help children born with or who had acquired mental health issues or disabilities.

So, she built one.

Dream Catcher Therapy Center, Inc. (DCTC) just outside of Olathe was built by this mother to help her child. It blossomed from there. “My daughter was born in 1996 with Down Syndrome and there was nothing in the community for people with disabilities.” Hamm started with a speech therapist, Beth. “The therapist’s husband was the President of Rotary at that time and found an article in Rotary International magazine and they suggested I write a grant to start a hippotherapy program.” So, Hamm went to Denver to research this kind of program and from that Dream Catcher Therapy was born.

She wrote her first grant proposal by filling out a form in the Rotary magazine. She was awarded a \$17,500 grant, which got her started. The name “Dream Catcher” therapy came from her husband,

who is Native American.

With the grant money she was able to start her equine therapy enterprise by getting horses, helmets, feed and tack. DCTC is located on the Hamm’s 36-acre farm at 5814 Hwy 348, Olathe.

She said the community in Olathe was very supportive of her efforts in the beginning, with 4-H coming out to support her and volunteers offering to work. Alpine Bank, The Toyota Foundation and Hellman Motors in Delta have also been huge supporters of the program.

Dream Catchers Therapy Center started in 1999 with a hippotherapy program and a 501C3 non-profit corporation. A bit later came the other part of her program, End of the Trail Horse Rescue/Sanctuary, which rescues horses who have been starved, abused or unwanted and then rehabilitates them. The horses are given a second chance and, if able, participate in



Dream Catcher Therapy Center, Inc. (DCTC) just outside of Olathe offers a variety of therapy options. Photo by Carole McKelvey.

the therapy programs. “Horses are incredibly intuitive,” Hamm said. “Especially the rescued horses, they know what pain and suffering is.”

Today Hamm is executive director of DCTC, which offers a variety of programs including:

Continued next pg

DREAM CATCHER THERAPY CENTER From previous pg

-Hippotherapy – A program for kids and adults, which is a physical, occupational or speech and language therapy treatment strategy, that uses equine movement. Hippotherapy literally means "treatment with the help of the horse" from the Greek word, "hippos" meaning horse. Hippotherapy is the first program that Kathy and Bill Hamm began with in 1999.

-Equine Assisted Psychotherapy (EAP) is a professional field in which horses are used as a tool for emotional growth and learning. EAP gives people the ability to have therapy outside the walls of the therapist's office. Clients are more apt to talk about problems to an animal while they are performing an activity. The EAP program has two therapists, the newest one is Dr. Eric Marsh, PsyD, and Mary Gndt, who came out of retirement and sent herself to training, as she loved the freedom of EAP and the joy of how her clients react to the horses.

-Veterans Programs. Kathy Hamm is an Army spouse. So, she knows – first hand – the challenges that can come with being a military family. It is one of the reasons she says DCTC is passionate about supporting military service members, veterans, and their families. No matter which branch of service the individual served in, DCTC offers therapeutic programs that can help with Post Traumatic Stress Disorder (PTSD) and other difficulties veterans face.

- "War horses for War Heroes" is a new veterans' program that will pair wild mustangs with veterans, starting later this summer the program will start with DCTC mustangs and move into BLM holding-facility mustangs.

- "Silver Linings" is also a recent offering, designed to assist seniors and families coping with Dementia and the early stages of Alzheimer's disease, as well as seniors living with physical impairments. Hamm said, "Couples can participate together or as individuals in a unique program that harnesses the healing power of older horses that will start when it warms up this summer."

Another new program is "First Steps" which helps owners of untrained horses.

"This will be a new program we are starting at our facility, hopefully launching by this Spring," Hamm said. "Our trainers Johnny Leverett and Jessie French are offering training customized to each individual horse's needs at a very affordable cost." Ms. Hamm states that they are hiring new trainers willing to work under Mr. Leverett and learn a much better way to work with horses.

Programs still growing

Also planned is "New Beginnings," a program Hamm said will offer inmates from the nearby Delta Prison new job skills and a new life while working and training with horses. "While there may be some people who believe that inmates cannot or should not be rehabilitated, returning them back to civilian life in a productive manner is worth the effort," she said.

A Connection with Horses

Hamm grew up in Winter Park, riding and showing paint horses and says horses were healing to her even then and she knew she would grow up riding and helping horses. "There was nothing better than riding out in the mountains among the aspens and spruce and feeling at peace with my surroundings and my horse," she said.

Now she works full-time as director of the DCTC programs and End of the Trail Rescue, supervising the paid staff members and volunteer workers the program still relies on for additional help.

There is a herd of 52 rescue horses, which are key to the programs. When the therapy program started Hamm was getting donated horses. The then Colorado State Veterinarian approached her, stating there was such a need for a rescue facility here. "He told me these horses have no place to go. They understand pain and suffering, having endured that themselves," she said.

Now the rescued horses live out their days with love and caring in the End of the Trail Horse Rescue, rehabbed and used in the programs or sold to approved homes. "Many of our horses go to Silverthorne in the summer and are used at a kid's camp, where they understand that a rescued horse is an asset, and many will be adopt-

ed there," she said.

One of the horses she has rescued is Bess who pulled a horse-drawn carriage in Denver's Larimer Square for years. Bess still has the marks from the harness etched into her face and had several other old injuries when she arrived at the facility. "A wonderful man named Norm saved her at an auction in Denver and eventually donated her to Dream Catcher, as he knew I was looking for a horse that could drive," Hamm said.

DCTC Barn Manager Jessie French said it makes the horses happy to work in the program. "I love doing this work, I take care of them and they give back way more than I ever could," she said. French is responsible for taking care of the animals and making sure the horse barn is clean and safe for the horses and clients. She rides, trains, gives riding lessons, and basic care of the horses is taught for those who are new to them. French said volunteers are greatly appreciated and working with them is fun.

Riding horses aren't the only animals rescued at this place: there are mini-horses, dogs (including three-legged Sage) and many barn cats. Hamm said cats are vital when you have a barn, but one special cat hangs out with her and sits with her while she does her daily work in the office, named PJ, aka

"Paperweight." During this writer's visit it was clear why the name, paperweight, as PJ sat and stood on Hamm's paperwork.

To keep rescuing horses and providing the services at DCTC, Hamm said, "More community support sure would be helpful."

One way of helping the horses is by sponsoring, to help take care of their needs. To sponsor a horse Hamm is asking \$62.50 a month, \$750 a year. She said this amount "By no means will support a horse, but sure would help. Other ways are volunteering to come brush, clean pens, and take a horse for a walk.

"People are calling me weekly and, in some cases daily, asking me to take their horses," she said.

"The cost of hay is going through the roof; a kid goes off to school and parents

DREAM CATCHER THERAPY CENTER From previous pg

no long want to care for the horse. Families love their horses, but they move and think this will be a good place for their horse. We simply do what we can to help them out, but cannot help everyone," she said.

Vital to the program are dedicated volunteers who come out and help by grooming the horses, riding them and doing whatever else needs to be done.

Among her rescued horses are some

mustangs rounded up from the wild, horses who been adopted and then given up, and some who've worked all their lives and then outlived their usefulness as workers. They end up at the End of the Trail Program to be rehabilitated and loved for the rest of their lives. But keeping the horses sheltered and fed and providing for quality veterinarian care is costly, Hamm said. Every year DCTC holds an annual fund-raiser, Denim and Dia-

monds. This year the Ghost River Band will be playing, and Rib City Grill will be providing food. Denim and Diamonds will be held at the Montrose Pavilion Sept. 8; an entry fee of \$40 is charged. DCTC is looking for table sponsors at \$250 each, as well as auction items for a live and silent auction. All proceeds will go to supporting DCTC and End of the Trail Rescue. For more information or donating you may call 970-323-5400.

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Good to know:

SAVANNAH SIPPING SOCIETY SPARKLES @ MAGIC CIRCLE THEATRE

By Caitlin Switzer

MONTROSE—Once more, the 58th Season of the Magic Circle Theatre proves to be a standout. The Savannah Sipping Society, directed by Merrilee Farmer Robertson and assistant director Misty Walker, is a fast-paced, lighthearted romp that never slows down. The Savannah Sipping Society is the story of four new friends who help make life better for each other. Though the main characters are female, this is a play that appeals to both sexes with a universal message of fun and friendship.

The play was written by Jessie Jones, Nicholas Hope, and Jamie Wooten. The action takes place in Savannah, Georgia, where four women meet by chance and become friends. The ladies laugh, sip cocktails, plan outings and new experiences, and even find and compare dates on Valentine's Day. And through it all, they help one another adjust to life's many transitions, disappointments and moments of heartbreak.

Florida transplant Pam Carlson shines in her first Magic Circle performance, as Jinx Jenkins, a character whose selflessness and supportive nature helps propel her quietly to center stage. Pat Meyers is relentlessly hilarious as widow Dot Haigler, and Becky Pendergrass kept the audience rooting for feisty divorcee and businesswoman Marlafaye Mosely and her seemingly bottomless handbag. Karen Rosga plays architect Randa Covington, whose home becomes the gathering for the



The Savannah Sipping Society, now in performance at the Magic Circle Theatre, tells the story of four friends. Left to right are Becky Pendergrass as Marlafaye Mosely, Pat Meyers as Dot Haigler, Karen Rosga as Randa Covington, and Pam Carlson as Jinx Jenkins. Photo courtesy Magic Circle Theater.

group of friends, who first meet while escaping from a hot yoga class.

Misty Walker plays a brief but memorable walk-on role as Randa's grandmother, in a scene pivotal to the plot.

The sets and costuming help to build the atmosphere, and there many reminders that we are spending the evening down

South, in gracious but flamboyant company. So if you have not been yet, there's time to get your tickets for next week's showings. Escape the cold-weather blahs with a visit to Savannah Sipping Society, continuing next weekend, March 23-24. Tickets are available online at www.magiccircleplayers.com.



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

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COMMUNITY NEWS BRIEFS

JENNIFER RANE HANCOCK TO READ IN TELLURIDE

Special to Art & Sol

TELLURIDE-The Telluride Institute's Talking Gourds Poetry Club is proud to host Jennifer Rane Hancock, a regional poet who teaches creative writing at Colorado Mesa University in Grand Junction, on Tuesday night, March 27, starting at 6 p.m. at the Telluride Arts offices.

Hancock facilitates the Poetry Night gathering at Mesa County Public Library on the second Wednesday of each month. Her poems have recently appeared in *Fruita Pulp* and *Crab Orchard Review*. This fall semester, her Craft of Poetry Class will be working with students from the design and printmaking classes to produce poetry broadsides. Jennifer Rane Hancock received her MFA from Sarah Lawrence College, and her Ph.D. from Oklahoma State University. She is currently Assistant Professor of English at Colorado Mesa University, and her first collection, *Between Hurricanes*, was recently published by Lithic Press. Mark Cox, a poet who teaches in the Department of Creative Writing at University of North Carolina, Wilmington, and Vermont College, had this to say about Hancock's book: "I loved this book. When I finished it, I felt awakened and as if I had travelled great distances ... because of the distances these poems cover within themselves, their rich

relationships between concept and corresponding detail. Top it all off with a keen ear for subtle music and a big heart -- you get memorable, mature work by an extraordinary poet."

Her work has also appeared in *Eco-tone*, *Crab Orchard Poetry Review*, and *Puerto del Sol*, among other journals. She occasionally forays on the Grand Mesa, where sadly someone else has found her chanterelle field.

The reading begins at 6 p.m. on Tuesday March 27th at the Telluride Arts Gallery Office, 135 West Pacific, across the street from the Wilkinson Library entrance.

Poetry Club announcements are followed by the featured performance.

Then, following a short break, the gourd is passed and everyone has a chance to read a poem or two (their own, or one from a favorite poet) that speaks to the theme for March -- "Play." After taking our usual summer break, we will continue our regular Poetry Club readings in Telluride starting in September, hopefully with Trish Hopkinson of Utah. Simultaneously, we will be exploring special guest readings throughout the year, with planning underway for a Western Slope visit from California's Claire Blotter April 23-24th for a performance and a workshop on performing. May 18-19 we will have an open mike Fri-



Poet Jennifer Rane Hancock.
Courtesy photo.

day night and host the winners of the Fischer Prize poetry competition at the Telluride Literary Arts Festival on Saturday, including a new \$500 Cantor Award for the best submission in the Fischer Prize by a Colorado Poet. Submissions for the 2018 Fischer Prize are now being accepted at talkinggourds.weebly.com/fischer-prize.html

CELEBRATING LOCAL BEAUTY.



COMMUNITY NEWS BRIEFS

TICKETS FOR WEEHAWKEN DANCE'S PETER PAN ON SALE MARCH 21

Special to Art & Sol

MONTROSE-You are invited to "Fly with Weehawken Dance through a starlit night and head straight into a magical adventure in Neverland with Weehawken Dance's spring dance production of Peter Pan." First the movie, then the musical and now the ballet, this full-length production will be filled with pixie dust and all your favorite characters, from Tinkerbell to the Lost Boys to Captain Hook and his swashbuckling pirates. Perfect for the entire family, J. M. Barrie's famous tale of the boy who wouldn't grow up is another

Montrose Pavilion Premiere for Weehawken Dance, with artistic direction by Miss Natasha Pyeatte and choreography by Weehawken Dance Teaching Artists and set to a diverse and lively score. With all of its energy, humor and poignant movement, Peter Pan will delight the child in us all! Weehawken Dance's original, full-length production of Peter Pan takes the stage at the Montrose Pavilion April 28 & 29 with performances on Saturday, April 28 at 1 pm and 6 pm and Sunday, April 29 at 1 pm. Audiences have the opportunity to see Artistic Director Natasha Pyeatte's

dazzling take on the classic story set to an adventuresome score selected by Weehawken Dance's teaching staff and Artistic Director. General Admission and Reserved Seating tickets will be available online at yapsody.com beginning March 21. General Admission tickets will be on sale in person at Tiffany Etc. in Montrose. Ticket sales will still be available over the phone or in person with Weehawken, but with a \$.50 per ticket convenience fee.

For more information, please visit www.weehawkenarts.org or call (970) 318-0150.

SHAUN PETER CASSIDY MEMORIAL SCHOLARSHIP APPLICATIONS DUE 4/11

Special to Art & Sol

MONTROSE-Applications for the Shaun Peter Cassidy Memorial local scholarship (\$1,000) are due April 11. To be eligible, students must be graduating seniors or former graduates of the RE-1J school district, must demonstrate financial need, must be entering an auto mechanic field of study, can also be used for any accredited vocational/technical program. Submit a completed common scholarship application, including transcript, resume, financial information, letters of recommendation, and essay. More Information is available in RE-1J secondary schools. Contact Countryman@montrose.net with questions.

FREE EASTER CELEBRATION AT CIRCLE 3 COWBOY FELLOWSHIP APRIL 1

Special to Art & Sol

MONTROSE-Free Easter Celebration at Circle 3 Cowboy Fellowship, 62885 LaSalle Rd. Montrose beginning at 10 am. until about 3 pm on April 1, 2018. Free Hot Dogs and Burgers, Easter egg hunt, stick horse races, face painting, games, horse drawn wagon rides and MUTTON BUSTING-- It's a western celebration of Jesus."

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

*After dining, attach the coupon to the bill
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COMMUNITY NEWS BRIEFS

GRAND JUNCTION/MONTROSE EXPRESS OFFICE EARNS TOP AWARDS AT ANNUAL INTERNATIONAL LEADERSHIP CONFERENCE

Special to Art & Sol

REGIONAL-Express Employment Professionals of Grand Junction/Montrose earned top honors at the staffing firm's 35th International Leadership Conference recently held in Orlando, according to Nina Anderson, Express Franchise Owner.

The Grand Junction / Montrose Express office received the Circle of Excellence for Excellence & Achievements which recognizes top performing offices in the Express system.

"It is truly an honor to be recognized for these achievements," said Anderson.

"We're so grateful for the support of our

community and the efforts of our staff that made this award possible."

More than 1,500 Express franchisees and their staff attended the company's annual International Leadership Conference, Feb. 22 through 24. The conference featured three days of workshops, networking and training on staffing and workplace issues such as leadership, recruiting, sales and team building.

The Express Employment Professionals franchise opened in 2007 in Grand Junction and expanded to Montrose in 2015. Express serves the Grand Junction, Delta, and Montrose areas with temporary help

and direct hire employees in a variety of fields, including administrative, professional, commercial, data processing, technical, sales and more.

Nina Anderson owns both franchise offices and is a 30+ year veteran in the field of human resources and staffing solutions management.

The Grand Junction office is located at 1119 North 1st Street, Unit J; and the Montrose office is located in the Proximity Space at 210 E. Main Street. Both offices are currently accepting applications.

For more information, visit www.expresspros.com/grandjunctionco.



MONTROSE MIRROR

Real news. No trolls.

MONTROSE MEMORIAL HOSPITAL



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Early detection is the key to beating breast cancer.

Montrose Memorial Hospital's 3D mammography provides a wider view, greater depth and enhanced clarity of breast tissue – so you can be sure. Call 970.252.2540 to make an appointment today! Evening appointments and same-day biopsies are available as schedule permits.





INDIAN, NEPALESE CUISINE GURU DOES IT DELICIOUSLY

Now it's hard to pick where to get Himalayan, Indian food. How on earth did two restaurants like this end up in Montrose, Colorado?

We stopped in at Guru's on Main Street Tuesday night and it was busier than ever. After our first bite of naan bread we knew why.

Michael and I decided to try a bottle of Lucky Buddha beer each, beautiful green bottles and tasty. A nice piece of naan bread to go with that please. (Naan arrived crispy on the outside and soft and tender inside; this is leavened, oven baked flatbread, served with a yogurt based dipping sauce.) You can get it plain, \$1.99, up to a special Keema naan stuffed with ground seasoned lamb or stuffed with lamb, chicken and onion, \$3.99.

Then we kept it kinda' light. Not so hungry, or famished, Guru's has your back. Michael ordered a hefty bowl of Shrimp Thupka/Sherpa soup (Himalayan soup with Tibetan style noodles, vegetable, herbs and spice); veggie version is \$10.99, chicken, \$12.99, lamb, \$13.99 and the shrimp, \$14.99. (Mike won't eat lamb, can't stand idea of little lamb being killed, Aww.) We shared the soup and there was plenty, in fact we brought some home. Chock full of lovely noodles, veggies, shrimp and very tasty broth with a little bit of a bite to it.

Me, I felt like just having dumplings to go with the soup so ordered MO:MO (Himalayan steamed dumplings originating from Tibet stuffed inside with vegetable and/or chicken), veggie dumplings were \$11.99 and there were quite a few, with a nice fresh tomato chutney sauce for dipping. Delish!

There are many choices here and all entrees come with steamed rice: Soup and salad, \$4.00-4.99; appetizers,

\$3.99-\$22.99 for a Katmandu sampler (a stable-based dish in Nepal) – um, next time let's try that.

Oh, and there will be a next time, I promise you.

Guru's thali, (samosa naan, saag paneer, daal soup, dessert chai and pickles served with rice) non-vegetarian (chicken or lamb) \$16.99 and vegetarian with eggplant or veggie korma, \$15.99; curries (a traditional dish from India cooked with exotic spices and a blend of onion, garlic, ginger and tomato having a medium thick sauce), chicken from \$12.99 with shrimp, fish or combination at \$15.99; Saag (boneless tender pieces of meat cooked with spinach and freshly ground garlic, ginger, onion and tomato, from \$12.99 - \$14.99; Masalas/Makhani (using tandoor cooking and similar to curries but with a thicker sauce), you can go up to \$15.99 here with a lobster makhana.

Then there is Jalfrazie (boneless meat pieces with onion, tomato, bell pepper and mixed vegetable) chicken runs \$12.99 up to \$14.99 for shrimp; Kormas (an Indian dish with meat, vegetables braised with water, stock, yogurt or cream), \$13.99-14.99. The list goes on . . . then you have Vindaloos (fiery hot dish with potato to serve as a fire extinguisher, a specialty of Goa, India); Kawab (boneless tender meat marinated with herbs and spices, cooked grilled in a tandoor oven) \$13.99-\$19.99 for a mixed grilled kawab; Biryani (aromatic basmati rice from India cooked with meat or vegetables with cashews and delicately spiced. A meal itself.) Veggie biryani is \$10.00 or get a combination with chicken, lamb, shrimp for \$15.99. Vegetarian entrees have a listing of their own, including Chana masala (Indian, chickpeas cooked with special garam masala), \$10, Malia kofta and saag paneer,

\$11.99, Bagain Bartha is \$11.99 if you like roasted eggplant

cooked with onion sauce, vegetable curry for \$10.99, Navratan korma, \$11.99, Aloo Gobi, \$11.99, cauliflower and potatoes cooked with tomato curry, mutter paneer, green peas cooked with homemade cheese, onion and tomato for \$12.99 and Bhindi masala (okra cooked with garlic, ginger, tomato, onion) \$11.99, or Paneer makhana for \$12.99 (homemade cheese made in tomato and onion sauce).

Then there are the MO:MO dumplings for \$11.99; Nepali dishes consisting of lots of flavor and color cooked with bell pepper, sautéed onion and served with a mild tomato sauce, veggie chili, \$10.99, chicken, lamb, or shrimp bhuteko from \$12-14.99 and chicken stir fry, \$12.99 to shrimp stir fry, \$14.99.

I already told you about the Thupka/Sherpa soup, which runs from \$10.99-\$14.99.

Don't forget the Noodle dishes (pan-fried noodles with vegetables and meat of your choice) \$10.99-\$14.99. Add an exotic dessert for \$2.99 and you have a very tasty meal that's different, filling and yummy.

We skipped dessert this time, maybe next time we'll try a mango custard or pistachio kulfi (ice cream). Guru's Restaurant and Bar is located at 448 E. Main Street in Montrose and is family-owned; call 970-252-8777. Pick up or free delivery take out or dine in. Monday through Saturday 11am - 2:30 pm and 5pm - 9:30 pm, Sunday from 5pm - 9:30 pm. If you have time check out their colorful menu on line with pictures of various dishes.





NOTES FOR THE JOURNEY...

Exploring Classical Music With Rob Brethouwer

FACING THE UNFAMILIAR CAN LEAVE MUSIC FANS SPEECHLESS

Fans of classical music, chamber music, and opera are all addicted to the experience. They may not know it on the surface but talk to them about why they attend these performances and it quickly becomes clear. Not only are they there for the music, they are in attendance because of the anticipation, the familiarity, and to be around like-minded individuals. It is this second point, familiarity, which needs to be looked at a bit more. Conversation prior to the performance and at intermission will inevitably lead towards the work that will be heard. Where has it been heard, who were the performers, and remembrances of favorite and least favorite performers.

Classics of the repertoire in all three genres are endless sources of discussion for those who love these art forms. Now, take these same people at the same venue and put before them something that none of them have ever heard before. The dynamics and the levels of comfort of all in attendance can and will change dramatically.

The world premier of the contemporary opera *(R)evolution of Steve Jobs* at the Santa Fe Opera in the summer of 2017 is one such example. Opera lovers of all ages and levels of knowledge gather as always before the performance, \$12 drink in hand, and...and.....they are not sure what to talk about. There is nothing to compare things to as nobody has heard this work. The conversation moves towards snippets that have been read and rumors of what to expect. That sense of solidarity that is the glue of classical music fans everywhere has suddenly disappeared into the warm evening air. People are a bit off balance, and many are not able to bring just a bit that, "The Tosca at the Paris National



An image from a production of the (R)evolution of Steve Jobs at Seattle Opera. Courtesy photo.

Opera in 2014 was one of the best I've seen. Sublime music and the audience, for a change, was so well behaved." This sort of thing no longer exists and in a way it is oh so nice as the playing field has suddenly been leveled.

The anticipation of the lights going down and the first notes of the opera coming from the orchestra pit bring great delight. With this opera, the lights dim and nobody has any idea what to expect. The synopsis of the opera has likely been read or at least skimmed over so that there is something tangible to hold onto. Everybody is on the same trip and everyone is a blank slate. An operatic tabula rasa. By intermission, people finally have some opinions that they can discuss with others. With the *(R)evolution of Steve Jobs* the discussion went towards two areas; the sparseness of the sets and the excitement and electronic background of the score. The sets are merely something that set a very basic scene. The characters and the music behind them pushed the story forward.

Things were different because many in the audience, if not everybody, had heard of Steve Jobs and many had one of his devices in their pocket. Some may have even met the man in person, and now they are seeing him portrayed in front of them on the stage. The story is known but the complexity of the main character often was not. Some are surprised to see him portrayed as a bit of, well, an asshole because that in fact is how he often behaved. He was a man driven by ambition and genius who had very little time or energy for those who did not share his vision and could not or would not keep up with him intellectually.

It was his vision; you joined this vision or he had no time for you. This is just one aspect of the plot that came to the forefront. Others included the spirituality of Steve Jobs and his devotion, if somewhat delayed, to his wife and family. A story of a Syrian immigrant who we can say with all confidence changed our lives and the world in which we lived.

COMMUNITY NEWS BRIEFS

NEW RIDGWAY MUSEUM CAMPUS TO INCLUDE RANCH HISTORY AND RAILROAD MUSEUMS

Special to Art & Sol

RIDGWAY- The owners of two parcels of property that include the historic Ridgway Railroad Depot and the adjacent pasture to the north have supported the establishment of a Museum Campus to house the Ouray County Ranch History Museum (OCRHM) and Ridgway Railroad Museum (RRM) under leases entered into with both museums. The donors, who wish to remain anonymous, believe this will be a significant facility to preserve Ridgway's heritage. The museums will display and demonstrate various aspects of life in Ridgway starting from 1891. Both museums have missions to provide education and preservation of local history and this new Museum Campus will be a showcase to accomplish those missions and attract visitors to the center of Town. This project will happen in several phases.

In phase one, the OCRHM has facilitated the purchase of the historic Depot from the Mitchell family, who called it home for more than 50 years after purchasing it from the Denver and Rio Grande Western Railroad in the 1960's. OCRHM has already completed moving their displays and artifacts from their prior location in the Colona Schoolhouse to the Depot building. In fact, the Ranch History Museum opened to the public in June of last year and will remain open on a seasonal



A newly established Museum Campus will encompass the Ouray County Ranch History Museum (OCRHM), pictured above, and the Ridgway Railroad Museum. Courtesy photo.

basis and by appointment for off-season and group tours in the winter.

In phase two, the RRM is building a ½ mile loop of track for operation of its steam train and Motor 1 (the prototype of what came to be called the Galloping Geese.) When complete, the RRM vision is to operate and give scheduled rides on the steam train and Motor 1. Motor 1 will also operate for school groups and elder hostel tours by appointment. As usual, RRM plans to give rides and provide other services free to the public. The RRM will also move its train shed and outdoor displays from the current location near the Fairgrounds to the pasture just north of the Depot. This work will take place over

the coming year.

OCRHM is in the early stages of planning and fund raising to design & build a new Ranch Museum complex in the north end of the same pasture, to the north of Charles St. This project could take several years.

In phase three, the OCRHM will move in to their new facilities and the RRM will move its indoor displays from the current location in to the Depot.

To make all this happen, both museums will need a lot of help. If you can help either museum with volunteerism, contributions or expertise, please contact them at 970-316-1085 (OCRHM) or 970-318-0322 (RRM).



**BALANCED REPORTING
WITH A FLAIR FOR
SOMETHING FUN.
#THEMIRROR**

Up Bear Creek by Art Goodtimes

More from the Land of Enchantment



Mycologist, ecologist, and brilliant psychoanalyst Gary Lincoff of New York City, shown here identifying a mushroom on a foray, died unexpectedly this week. He was a founder and perennial star of the Telluride Mushroom Festival. (Courtesy photo).



Sculpture on the banks of the Rio Grande in Pilar at the Arthur Gledhill Studio (photo by Art Goodtimes).

NEW MEXICO ... Or as someone suggested to me on my trip south, the Land of Entrapment ... But I felt more enchanted than entrapped doing three poetry readings in a week and visiting lots of friends, old and new.

ANNE MACNAUGHTON ... Anne was a standout at the marvelous Crestone Poetry Festival at the beginning of March. A Taos hippie from the early days, she and Peter Rabbit teamed up to put on the much-celebrated Taos Poetry Circus for many years ... After staying with Bill and Jeannie at their mountain cabin outside Angelfire, I visited Anne at her edge-of-town home now hemmed in by recent builds. Got to hear her read from her chapbook, *Smugglin' Blues* (No Press, Taos, 13009 [2009 CE]) ... "the old man has a young son / why so late? / it's my job /

he says / smuggling sperm / from the ancestors"

PILAR ... Made a surprise stop to see my old East Coast friend, Arthur Gledhill and his wife Diane at their lovely art studio and B&B in the Rio Grande Canyon south of Taos. Their yard is a sculpture garden. It's winter, so the flowers are quiescent ... But Arthur and I aren't. We made friends back in New Haven in the '70s, and have kept (a bit inconsistent) track of each other over the years. And the three of us jabbered on over tea for several hours.

JULES PLAYHOUSE ... What a marvelous poetry center I found in downtown Burque, as the locals call the Duke City. Run by Jules Nyquist and John Roche, it's a small urban home, dedicated to poetry. The front room is the performance space, small and intimate. There's a kitchen and bathroom and storage for books. I was intrigued ... Folks crowded into the space

for a short open reading, followed by a performance I'd set up with Jules and which my good buddy Larry Goodell of Placitas recorded and has posted on Facebook (if you want to hear the Goodtimes in action).

Then, for those who were left, we did a Gourd Circle, in which a circle of Jules Playhouse regulars read (including Holly Wilson, whose poem is the Talking Gourd this week) ... Lots of my old New Mexico poet friends came and read with me: Goodell, John Macker of Santa Fe (formerly of Glenwood Springs, where he had a wonderful bookstore), John Tritica of Burque (who sent me books when my house in Placerville burnt down), Gayle Lauradunn of Burque (who appeared in *MycoEpithalamia*, the anthology of mushroom poems published by Fungi Press), Gary Brower of Placitas (editor/publisher of the influential *Malpais Review*), John Landry of Burque (and formerly San Francisco – Lithic Press of Colorado is coming out with a new book of his soon) ... And I connected with new ones as well, trading books for Robbie Sugg's *Koccha* (Day's Eye Press, California, 13014), Roche's *The Joe Poems* (FootHills Publ., New York, 13012), Megan Baldrige's *Cedro* (Jules Poetry Playhouse Publ., Albuquerque, 13017), Brower's *Escaping the End of the World* (Village Books Press, Oklahoma, 13017), Jesse Eherenberg's *Surprise!* (FootHills Publ., New York, 13017), and Nyquist's *Appetites* (Beatlick Press, Albuquerque, 13012).

SANDHILLS ... Once again hosted by Bill Nevins and Jeannie Allen at their Burque digs in the bosque, I got to see Sandhill Cranes feeding outside their kitchen window. A most amazing sight!

BUMPER CROP ... I'll keep my Guns, my Home and my Money & you can keep the Change ... Faith is a Journey not a Guilt Trip ... Boldly Going Nowhere

Up Bear Creek by Art Goodtimes

THE TALKING GOURD

Quiet Revolution

I want to wage a quiet revolution,
No canons firing, no bombs exploding,
No bullets flying, no armor piercing missiles,
Just quiet, thoughtful actions living out a life
In tune with Nature's rhythm

I want to wage a quiet revolution,
I want to barter my way up the economic ladder,
Move my investments from the stock market
to the farmer's market,
Go shopping and see how little I can spend,
Downsize my corporate interests,
Deposit more than I withdraw

I want to build up my social capital
helping other people attain their goals
and making life a little sweeter for them,
I want to use my intellectual property
for figuring out better ways to live
as a part of nature, not outside of it

I want to organize an army of my friends
to help me take in the harvest,
And send each one away with a share of it

The arms I use will lift my shovel and hoe
to till the ground and make it fertile,
The war I wage will be on
the insects eating my crops
and the weeds stealing their nourishment

I will be an active member of
the Church of Earth Worship,
Singing praises every day for the glory of
the sun rising, moon circling,
rivers flowing, oceans undulating,
mountains lifting, hills rolling,
trees shading, plants providing,
all its creatures living

And in my quiet revolution,
I will sometimes want to scream
from the mountain tops
That we should all just love each other,
The silence of my hopes shouting out
From deep within my inner sanctum

My quiet revolution will be
an instantiation, an inspiration,
an inauguration, an installation
of a re-calibration
Want to come along?

-Holly Wilson
Albuquerque

COMMUNITY NEWS BRIEFS: OUTDOOR RECREATION

OHV USERS: GET A START ON THE SEASON AT EVENT IN OLATHE



Courtesy photo CPW.

Special to Art & Sol

OLATHE-Off-highway vehicle users in western Colorado are invited to a special safety, education and registration event, March 31, at the Peach Valley OHV Park in Olathe.

The event, sponsored by Colorado Parks and Wildlife and the BLM, will feature mini-workshops on safety and proper trail use. OHV owners will also be able to register their vehicles on-site with CPW staff.

"More and more people are riding OHVs on trails throughout western Colorado," said Josh Stoudt, CPW's southwest region trails coordinator. "We want to make sure people ride safely and that they understand proper trail use. The Peach Valley facility is a great spot to kick-off the riding season."

OHV owners must register their vehicles every year. Registration can be done at any Colorado Parks and Wildlife office or online at: <http://cpw.state.co.us/thingstodo/Pages/OHVs.aspx>.

GET HELP WITH BIG-GAME LICENSE APPLICATIONS IN HOTCHKISS

Special to Art & Sol

HOTCHKISS- Anyone in the North Fork Area who needs help applying for a big-game hunting license can get help from 3-6 p.m., March 29, at the Hotchkiss Public Library.

Colorado Parks and Wildlife has a new on-line purchasing system and the agency wants to make sure people are familiar with it before the April 3 limited-license application deadline. Paper applications for hunting licenses have been discontinued. Stuart Sinclair, district wildlife manager in the Hotchkiss area, will be at the library to answer questions. He'll explain how the new on-line system works and assist those who need help setting up an account. The session will be especially helpful for those who do not have a computer at home. Bring a credit card, have email address available, and have your CPW Customer Identification Number – CID – which can be found on last year's hunting license. Hunters should also bring their hunter education card and proof of residency.

The new integrated purchasing system is a one-stop shop for all items that can be purchased from Colorado Parks and Wildlife. This includes all hunting and fishing licenses and required stamps, annual parks passes, camping reservations and merchandise. All customers now have one system and one account for all purchases from CPW. With the new system, customers can look up past and current purchases, application history and preference points all in one place. Those who cannot attend can go to the CPW website where the application system is explained: <http://cpw.state.co.us>.

Family Essentials presents *The Heart of Intimacy*

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**March 24, 2018
9:00 AM - 4:00 PM**

**The Lark & Sparrow
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Helping You To Build Skills In:
COMMUNICATION SELF-WORTH
HEALTHY CONFLICT RESOLUTION
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Cost: \$60 per couple \$35 individual
Includes lunch & refreshments
Pre-registration \$25 required as space is limited
Register @ www.astronglovingfamily.com



Family Essentials
Counseling & Education



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

COMMUNITY NEWS BRIEFS

WEEHAWKEN ROYAL ACTORS PRESENT THE JUNGLE BOOK

Special to Art & Sol

RIDGWAY-Young actors from Ouray County will present three performances of *The Jungle Book*, an original adaptation based on Rudyard Kipling's classic tale. Under the Direction of Kathleen O'Mara and with Music Direction by Candice Carls and Justin G. Russell, this production will be sure to entertain young audiences. Local youth Andi Bennett, Harley Bennett, Anna Countryman, Caroline Countryman, Ariel Hessler, Natasha Hessler, Ethan Unverferth, and Mason Unverferth will bring the dynamic and colorful characters to life on the Sherbino Theater stage March 24 at 1 PM and 4 PM and March 25 at 2 PM. This production culminates a five-week workshop offered through Weehawken Creative Arts. Tickets will be sold at the door 30 minutes before curtain. Ticket prices are \$5 for Adults and \$3 for students.



SAVE THE SCULPTURES EVENTS PLANNED

Special to Art & Sol

MONTROSE - Fundraising for "Save the Montrose Sculptures" continues with events in March and April. Horsefly Brewing Company, 846 E. Main Street, Montrose, CO helps out on Tuesday, March 20, 2018, with a Community Tap Day where \$1 of every beverage purchased from 11 am to close will be contributed to fundraising efforts to purchase the two large bronze sculptures created by artist Vic Payne. "Bad Decision" is located in Demoret Park at the corner of Main Street

and Townsend Avenue and "Where Eagles Dare" on the northwest corner of Main Street and N. Uncompahgre Avenue.

Elks Lodge #1053 at 801 S. Hillcrest Drive, Montrose, CO will be the place to be on Sunday, April 8, 2018, 5-8 p.m. for a Community Spaghetti Dinner sponsored by the "Save the Sculptures" committee. Delicious family dinner featuring spaghetti, salad, rolls, dessert, music, plus a wide-variety of incredible silent auction items. Tickets are \$10 Adults (\$12 day of event) and \$5 children (ages 7-13), chil-

dren age 6 and under are free; tickets available for sale at Coffee Trader, Finders Keepers Downtown, and Timberline Bank.

Share your passion for preserving the Montrose sculptures. Visit our Facebook page for more information.

"Save the Montrose Sculptures" is a component fund of the Montrose Community Foundation (MCF), a 501c3 non-profit organization. For more information, contact the Montrose Community Foundation at 970-249-3900 or Bob Brown at 970-240-3815.

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



facebook.com/SherbinoTheater

For more information, visit
WWW.SHERBINO.ORG



Alpine Bank



Thursday
March 1



OPEN BARD: LOCAL'S NIGHT AND POTLUCK!

Doors @ 6:00pm. Readings @ 6:30pm. \$8y Donation.

Friday
March 2

FOXFEATHER WITH THE BATTLEFIELD & THE HEARTSTRING HUNTERS

Doors @ 7 pm. Music @ 7:30. 3 BANDS! \$10 in advance @ sherbino.org or \$12 @ the door



Saturday
March 3



Volkswagen Presents: Warren Miller's LINE OF DESCENT

Doors @ 6 pm. Movie @ 7pm. \$10 entry.

Tuesday
March 6

LATIN FEVER SALSA NIGHT

Doors and basic lesson @ 6:30. DANCING begins @ 7. \$8 entry. (Basic step salsa & cumbia dance)



Thursday
March 8



SENISIM PASIN (CHANGE YOUR WAYS) A PNG TRIBAL FOUNDATION FILM

Entry by donation. Doors @ 6:30 pm, Movie @ 7:00pm, followed by Q&A.

Friday
March 9

GYPSY JAZZ SOCIAL CLUB (PLAYING LE JAZZ HOT!)

Doors at 7:30pm. Music at 8:00pm. \$10 advance tickets online or \$12 at door.



Sunday
March 11



AN ORDINARY HERO: THE TRUE STORY OF JOAN TRUMPAUER MULHOLLAND

Doors @ 5:00 pm. Movie @ 5:30pm. Entry by Donation.

Tuesday
March 13

FILM: "ASCENDING AFGHANISTAN: RISING WOMEN"

Doors @ 6:00. Film @ 6:30 pm. \$15 entry, benefiting the Ascend Program



Thursday
March 15



SHERB NERDS Trivia Night

Doors and cash bar at 6:30pm. Trivia at 7:00pm. Suggested donation of \$5-\$10.

Friday
March 16

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



Saturday
March 17



SQUARE DANCE with Froze Blossom Special

Doors @ 6:00 pm. Beginner Walk-Thru @ 6:30 pm. Music & Dancing @ 7:00 pm. \$5 entry

Sunday
March 18

HEARTBEAT: A CAPELLA BENEFIT CONCERT

Doors @ 3:30 pm. Concert @ 4:00 pm. \$8y Donation supporting Sherbino capital campaign



Tuesday
March 20



MOORS & MCCUMBER

Doors at 7:00pm. Music at 7:30pm. \$18 in advance online, \$22 at the door.

Thursday
March 22

BAG IT - THE MOVIE

Doors at 5:00pm. Movie @ 6:30pm. \$ By Donation.



Saturday
March 24



GAME CAFE NIGHT

Doors 5:30pm. Open Games from 6-9 pm. Entry by Donation.

Thursday
March 29

Alpine Bank's FREE FAMILY MOVIE NIGHT

Free-Tured Film: COCO

Doors, concessions & bar @ 5:30pm. Movie @ 6:00pm. FREE!



Friday
March 30



BLUE SPECKLED FOX PRODUCTIONS & THE SHERBINO PRESENT

SMOOTH HOUND SMITH

Doors @ 7:30. Music @ 8:00. \$10 in advance. \$13 @ the door.

COMMUNITY NEWS BRIEFS

GLEN MCLAUGHLIN FAMILY HONORED AS SHAVANO CONSERVATION PRODUCERS OF THE YEAR



Kathy Boyce, NRCS Conservation Planner, (far left) and Bill Head, NRCS Civil Engineer, (far right) congratulate Glen McLaughlin, Shelly Malish, and Becky Malish on their award. Courtesy photo.

Special to Art & Sol

MONTROSE-The Glen McLaughlin Family received Conservation Producers of the Year award at Shavano Conservation District's (SCD) Annual BBQ Banquet and Dance on Friday, March 9, 2018.

The McLaughlin Family (Glen McLaughlin, his daughter Shelly Malish, and granddaughter Becky Malish) live on Bostwick Park and are working to complete the conservation improvements they started 3 years ago. With the help of Kathy Boyce and Bill Head they have installed 7000 ft. of underground pipe, 1380 ft. of gated



Tatum Dyer (holding her Grand Champion certificate from the SCD 6th Grade Poster Contest) with her Mom. Courtesy photo.

pipe, and 6540 ft. of side-roll sprinklers, all of which will increase the water efficiency on their farm and decrease salinity and selenium leaching into the Uncompahgre River. They are already seeing increased yields in their hay production from the improved irrigation system.

Steve Woodis also received the Conservation Educator of the Year Award at the SCD Annual Banquet on Friday. Steve is a Wildlife Biologist for the NRCS and has been a non-formal conservation education partner with the Shavano Conservation District for over 26 years. Steve was a founding member of the team that started the 4th Grade Water Festival (now called the 4th Grade Natural Resources Festival) 26 years ago and is the only founding member who continues to teach 4th grad-



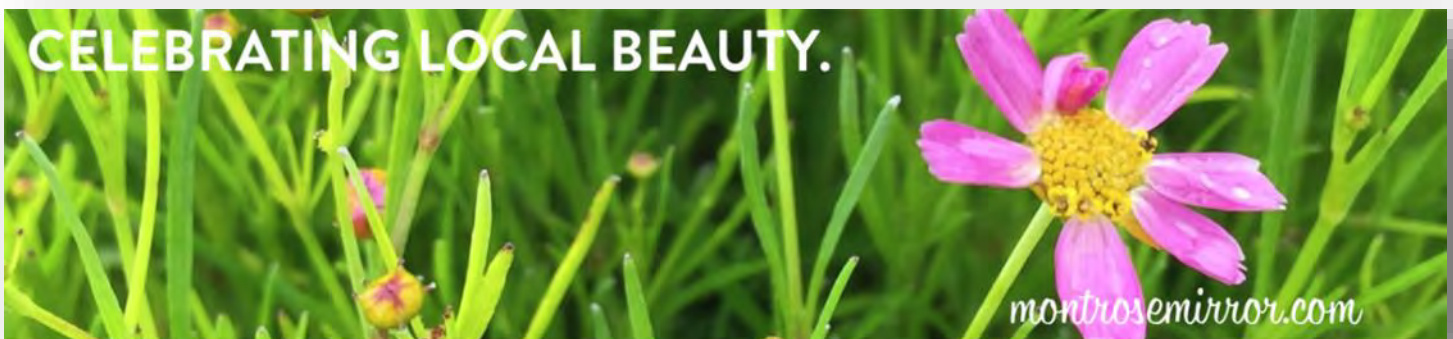
Zander DelaRosa (holding his Honorable Mention certificate from the National Association of Conservation District's 6th Grade Poster Contest) with his parents. Courtesy photo.

ers about water quality each year at the Festival.

Sixth grade students Tatum Dyer and Zander DelaRosa received Grand Champion Conservation Poster Contest prizes at the banquet as well. Zander's poster went on to receive 1st place at the State Conservation Poster Contest (\$100 prize), and Honorable Mention at the National Association of Conservation District's Poster Contest.

Zander and Tatum received their respective recognitions for their posters at the SCD Annual Banquet on Friday also.

The Shavano Conservation District congratulates all of their award recipients!



COMMUNITY NEWS BRIEFS

NEW EDUCATIONAL PLAYGROUND APPROVED AT COLUMBINE CAMPUS

Special to Art & Sol

MONTROSE-A new outdoor educational park and playground will become reality at Columbine Middle School after it was awarded a \$110,000 grant this week from the Great Outdoor Colorado's (GOCO) School Yard Initiative Program. The GOCO Board announced their decision Thursday.

The grant funds represent the bulk of the projected \$161,043 construction cost. The new park is a component of Columbine's new campus set to open in this fall. The project is a collaboration between the Montrose County School District (MCSD) and the City of Montrose.

"It is an unbelievable opportunity when you can collaborate with City of Montrose and be awarded with this to improve the new school even more. This park will allow our students and staff to have outdoor activities and will become a place for our school to use and our community to use," said MCSD Superintendent Stephen Schiell.

The school district and the city submitted the grant application to GOCO in January. The project is designed to enhance the Columbine campus as construction of the new school facility moves toward completion later this year.

GOCO, in announcing its decision Thursday, said, "for 58 years, Columbine has only had two basketball hoops and a few foursquare courts, providing few opportunities for students to play outside. Eager to better serve its student population, Columbine will create the school's first true playground, based on a student-led design process.

The proposal to GOCO ranked as the highest out of 14 applications submitted during the funding round of the grant process. The grant requires the new park to

consist of a variety of nature-based and educational components that include a climbing boulder, obstacle course, group net swing and individual swings, native landscape learning areas with elements of the region's ecosystems, boulder benches, tree identification markers, a weather station, a gaga ball court, bench rest areas, playground surfacing, and a welcome sign with playground rules.

"The kids are the ones who deserve the credit for getting this grant," said Montrose County School District Director of Property Services Philip Bailey. "We got them involved early in the process, and they came up with ideas and solutions and budget. This park will help them learn about the outdoors by being outside. And that is what this was designed to do; get them outside, exercise and let them be kids."

The partnership began in 2017 when the City Council authorized a land swap with the school district for property in front of Columbine Middle School. The city agreed to exchange 1.195 acres — a portion of Rotary Park — to the district in exchange for .133 acres located in front of the existing school building. The playground will be constructed on .913 acres of land near the intersection of South 12th Street and Mesa Avenue. The estimated value of the city's contribution to the intergovernmental agreement with the school district is estimated at \$34,000.

"I'm quite excited about this," Montrose Mayor Judy Ann Files said. "For that middle school to have their first ever playground is something that will bring many benefits to everyone there."

"It's been really good to have the students involved in the process of getting that grant," she added.

As part of the school's Problem-Based Learning approach, seventh-grade students were tasked with presenting their playground ideas and cost estimates to a panel that consisted of their eighth-grade peers, teachers, administrators, and other community members. Students also created a survey to gather input from their peers and the community.

In total, nearly 200 students presented conceptual designs and cost estimates to their peers, school administrators, parents, and community members to bring their vision to life, according to a GOCO news release.

Upon completion of the park and playground, teachers will have the opportunity to take students outside and use the natural environment for their classes where students will learn about animals, plants, trees, various types of rocks, and weather. Students will be encouraged to become lifelong ambassadors for living physically active lifestyles, as well.

To date, GOCO has invested \$5.8 million in projects in Montrose County and has conserved more than 3,700 acres of land there.

Great Outdoors Colorado (GOCO) invests a portion of Colorado Lottery proceeds to help preserve and enhance the state's parks, trails, wildlife, rivers, and open spaces.

GOCO's independent board awards competitive grants to local governments and land trusts, and makes investments through Colorado Parks and Wildlife. Created when voters approved a Constitutional Amendment in 1992, GOCO has since funded more than 5,000 projects in urban and rural areas in all 64 counties without any tax dollar support. Visit GOCO.org for more information.



Just in thyme for spring ...

The Mirror

Homegrown content with flavor.

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-

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 22-Many former uranium miners who worked before 1971 may qualify for the Energy Employee Occupational Illness Program Act (EEOICPA) benefits including a monetary award and no-cost health care as a result of the toxic or radioactive exposure they endured. Learn more about these benefits and spend time getting to know other former miners at the upcoming breakfast event hosted by Nuclear Care Partners, free to former miners. It will be held on March 22 starting at 9 a.m. This event will be take place at Starvin Arvin's located at 204 Ute Street in Delta, CO. Former miners can RSVP to the event by calling 970-399-8068.

March 23-24- Escape the Library! March 23, 6 & 7:30; March 24, 4:, 5:30, & 7, Challenge your team of six players to solve clues and escape the locked room before your time runs out! Free, adults over 18 only. Call 970-964-2569 for reservations.

March 24-25-Young actors from Ouray County will present three performances of *The Jungle Book*, an original adaptation based on Rudyard Kipling's classic tale, on the Sherbino Theater stage in Ridgway March 24 at 1 PM and 4 PM and March 25 at 2 PM. This production culminates a five-week workshop offered through Weehawken Creative Arts. Tickets will be sold at the door 30 minutes before curtain. Ticket prices are \$5 for Adults and \$3 for students.

March 27-The Telluride Institute's Talking Gourds Poetry Club is proud to host Jennifer Rane Hancock, a regional poet who teaches creative writing at Colorado Mesa University in Grand Junction, on Tuesday night, March 27th, starting at 6 p.m. at the Telluride Arts offices.

March 29--6:30 - 8:30 pm, "Great Decisions" discussion series, Montrose Library Meeting Room. Topic: "Global Health: Progress and Challenges."

March 29-- Anyone in the North Fork Area who needs help applying for a big-game hunting license can get help from 3-6 p.m., March 29, at the Hotchkiss Public Library. Those who cannot attend can go to the CPW website where the application system is explained: <http://cpw.state.co.us>.

March 30--Synthesis musicians create an engaging night of jazz music you've been waiting to hear, join us at THE Montrose Pavilion on March 30th at 7:30 pm! Tickets are available at tix.byu.edu (Scroll down to Synthesis). Cost is \$10/person plus one-time service charge.

March 30-On Friday, March 30th from 11-12:30 pm Natural Grocers with our co-sponsor and vendor, City Farm will be hosting an Easter Egg Hunt. Join us for samples, demos and a free lecture on "The Egg Came First" by our Nutritional Health Coach, Charlie at 11:30 am. Bring your camera and snap a photo of your children with the Easter Bunny.

March 31--Off-highway vehicle users in western Colorado are invited to a special safety, education and registration event, March 31, at the Peach Valley OHV Park in Olathe. OHV owners must register their vehicles every year. Registration can be done at any Colorado Parks and Wildlife office or online at: <http://cpw.state.co.us/things/todo/Pages/OHV.aspx>.

April 1-Free Easter Celebration at Circle 3 Cowboy Fellowship, 62885 LaSalle Rd. Montrose beginning at 10 am. until about 3 pm on April 1, 2018. Free Hot Dogs and Burgers, Easter egg hunt, stick horse races, face painting, games, horse drawn wagon rides and MUTTON BUSTING-- It's a western celebration of Jesus."

April 2-On Monday April 2, 2018, at 6:30 p.m., Montrose chapter of Citizens' Climate Lobby meets for networking on solutions to mitigate climate change. Montrose Library meeting room, 320 S 2nd. National and nonpartisan- All welcome.

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 7-Montrose Womens Club Flea Market, April 7th, 8 am-4 PM, Friendship Hall, Montrose County Fairgrounds; 100+ tables; antiques; coins; jewelry; handcrafted items; tools and more.; "Drawing for Charity." Free admission; Vendor spaces, contact Lexy at 970-275-3336.

April 11-Hopewest is hosting Hospice Foundation of America's 24th Annual Living with Grief Program. The program is free but registration is required to attend. Visit HopeWestCo.org to register.

April 28-29-Weehawken Dance's original, full-length production of Peter Pan takes the stage at the Montrose Pavilion April 28 & 29 with performances on Saturday, April 28 at 1 pm and 6 pm and Sunday, April 29 at 1 pm. Audiences have the opportunity to see Artistic Director Natasha Pyeatte's dazzling take on the classic story set to an adventuresome score selected by Weehawken Dance's teaching staff and Artistic Director. General Admission and Reserved Seating tickets will be available online at yapsody.com beginning March 21. General Admission tickets will be on sale in person at Tiffany Etc. in Montrose. Ticket sales will still be available over the phone or in person with Weehawken, but with a \$.50 per ticket convenience fee. For more information, please visit www.weehawkenarts.org or call (970) 318-0150.

Contact the Montrose Mirror:

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At left, a woman dances in the spring weather atop the CMU sign Friday...Employees from Tri-State's Montrose Maintenance Center picked up tools on behalf of the Habitat Build @ 333 South Park Avenue (above right) on Friday, March 16. Mirror staff photos.

The Telluride Institute presents the **TALKING GOURDS POETRY CLUB**

JENNIFER RANE HANCOCK

Tuesday, March 27th, 6 p.m.

Telluride Arts Office & Gallery

Telluride Institute, Between the Covers
Bookstore, Wilkinson Public Library, Telluride
Arts & Ah Haa School of the Arts

Photo by Carl Marcus