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THE MONTROSE MIRROR

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

Issue No. 265, March 26,

MAKING THE HIGH DESERT VALLEY BLOOM GUNNISON TUNNEL PROJECT ALLOWED AREA TO THRIVE

By Carole Ann McKelvey
Mirror Feature Writer

MONTROSE – Living in the Uncompahgre Valley, we often take for granted the verdant environment in which we flourish. The trees, the fields of hay and the livestock, farms, orchards, even the special sweet, sweet corn—all define our Valley now. It wasn't always so. There was a time when those who snapped up land after the Ute Indians were moved out wondered if their investment would ever pay off.

Drive Hwy 50 out of Delta toward Grand Junction and you see what used to be the norm. High desert, a place

[Continued pg 21](#)



Montrose County Historical Museum Coordinator Sally Johnson shows off the museum's display on the Gunnison Tunnel. (Photo by Michael Lawton).

COUNTY STAFFERS HONORED WITH PRIDE AWARDS Stolfus and Associates Present Results of Hwy 550 South Safety Study



Members of the audience listen during the BOCC meeting March 21.

By Caitlin Switzer

MONTROSE—The board room was packed at the start of the [regular](#)

[meeting](#) of the Montrose Board of County Commissioners (BOCC) on March 21. Still, no citizens spoke

during the time for public comment. Following approval of [Consent Agenda items](#), pride awards were given to [Rick Fellabaum and Laura Lenihan](#) of the Montrose County Coroner's Office, as well as to Montrose County Sheriff's Office (MCSO) Olathe/Oak Grove School Resource Officer Brannon Hasler and to MCSO Records Technician Rachael Hanvelt.

Coroner Dr. Thomas Canfield presented the award to Fellabaum and Lenihan, both for the excellence of their performance and for the successful conclusion of an international investigation on behalf of a decedent with no living relatives in the United States. "Thank you for serving with pride." County Media Relations Manager Katie Yergensen and Sheriff Rick Dunlap presented a

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in this
issue

[Gail Marvel's
Houses of Worship!](#)

[Carole McKelvey's
Rocky Mt. Cravings!](#)

[Art Goodtimes'
Up Bear Creek!](#)

[Rob Brethouwer
On Classical Music!](#)

[Fitness Pro
Gla Porter!](#)

ANSWERING THE CALL: MCSO DEPUTY SAUL AMAYA

By Gail Marvel

MONTROSE-Montrose County Sheriff's Office (MCSO) Deputy Saul Amaya came to the United States when he was two and a half years-old. "My father died when I was nine and I was raised by a single mother."

Amaya's father, as well as an uncle, had been in law enforcement in Mexico in the 1940's and his uncle told him stories about their careers.

"In the 1950's my father was a migrant worker, but I had other family members in various positions in law enforcement — a brother and a cousin. At a young age I saw what I wanted to do and what I wanted to achieve."

Raised in Northern California, Amaya's introduction to Montrose came through his mother's friend who lived here and always talked about the area.

"My brother and I came out on spring break. He stayed and married a local girl. I came back a year later when I was almost 20 years old."

Describing one of the differences between Northern California and Western Colorado, Amaya said, "When I first got here everybody waved. A car passed my brother and they waved. I asked him who it was, he said he didn't know. He just said, "Everybody waves here." I got in the habit of waving. Today people don't wave as much, but if I see a farmer on a tractor I'll wave, or I'll just stop and converse with him."

Amaya has now been with MCSO for 17 years. "We enforce local, state and federal laws and assist in civil and emergency matters. There is a good balance of activities — patrol and going on calls. Somedays call volumes are high, but when calls are



Deputy Saul Amaya of the Montrose County Sheriff's Office. Photo by Gail Marvel.

low we like to get out into the community and patrol. It's a good visual for people to see that we are out there preventing crime." There are 2,200 square miles in Montrose County and the MCSO has approximately 36 sworn deputies patrolling the county.

For Amaya the most stressful part of the job is, "Dealing with crimes against the elderly and children. Sex assault on a child is very difficult. You want to give a voice to the victim, but my parental instinct wants to kick in on occasion." Amaya was personally affected when, in separate situations, two girls (age 12 and 14) in his daughter's class at school took their own lives, "Suicides are hard situations."

Amaya could not single out any one particular aspect of his job that he enjoys, "I just enjoy my employment with the department. I like my job. People who don't like their employment jump from job to job. I really can't say that I dislike anything. There's always shift work and there's always paperwork, but that's to be expected."

Amaya is currently on his third, going on his fourth Sheriff [upcoming election]. "I feel all of them have done a great job with what they have done in their positions. Administrations may change, but for the most part it is still the same job for me. It doesn't matter who is in charge, I still do the same job."



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FORMER MAYOR ASKS COUNCILOR BOWMAN ABOUT APOLOGIZING TO CITIZEN

By Gail Marvel

MONTROSE-Prior to the Regular City Council Meeting on March 20, 2018, the Council held an Executive Session described as, "...for discussion of a personnel matter under C.R.S. Section 24-6-402(2)(f) and the following additional details are provided for identification purposes: City Manager and City Attorney evaluations."

Call for Public Comment for Non-Agenda Items

Kendra Morrow, owner of Canyon Creek Bed & Breakfast, said, "I have a concern because another bar is going in behind the pawn shop. There are "No Parking" signs that are not being enforced. Our alley has turned into a street...and people go really fast." Morrow's bed and breakfast, as well as her home, are on Main Street where much of the parking is taken up by patrons of other establishments, "Our only parking for the bed and breakfast is in the alley. I'm hoping there could be some communication for what could be done in that area."

David White, former City of Montrose Mayor and former Montrose County Commissioner, said, "Just a quick question. Dave [Bowman] you were in the press about the comment about the Confederate flag. I was wondering if you made an apology to those folks. This was quite a



(L to R) City Council Youth Mayor Kendrick Richardson and David White, former City of Montrose Mayor and former Montrose County Commissioner, share a cordial moment following their opportunity to speak during the Regular City Council meeting held on March 20. Photo by Gail Marvel.

missioner, said, "Just a quick question. Dave [Bowman] you were in the press about the comment about the Confederate flag. I was wondering if you made an apology to those folks. This was quite a

dust-up." Mayor Judy Ann Files reminded White that the council does not discuss or reply back to citizens during the call-to-public.

White said, "I'll

Continued next pg

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FORMER MAYOR ASKS COUNCILOR BOWMAN ABOUT APOLOGIZING TO CITIZEN

From previous pg

make a statement. I wish that hadn't been said the way it was and I'm sure Mr. Alcorn [Montrose City Attorney] has talked to you about that. Thank you."

Youth Council Report – Youth Council Coordinator Kelly Rhoderick.

The Youth Council reported on activities such as writing a grant, producing a roundabout driving video and putting on the Teen Opportunity Expo (TOE). Upcoming events include a food drive, collecting and re-distributing school supplies to elementary schools and working on a water conservation project.

The students will present another report prior to the end of the school year. Kendrick Richardson, City Council Youth Mayor, is the voice on the student produced roundabout driving safety video.

Ordinance 2444 (First Reading) – Senior Planner Garry Baker.

Baker said, "This is most of the Urban Renewal Authority (URA) area, about 125 acres. Mostly west of Grand Avenue — north Grand Avenue and the Uncompahgre River and extending north about a quarter-mile. It is an extensive re-zone." Baker described the current zoning as a "grab-bag of zoning, "The proposal is to simplify it and make it all to "I-1," light Industrial."

Mayor Files said, "Give me the reasoning." Baker said, "In a nutshell it conforms to the Comprehensive Plan. City Manager Bill Bell said, "The zoning gives us the most flexibility along the river corridor for our economic development purposes."

By making all the zoning "I-1" the staff will not have to come back to council each time with zoning requests. The Mayor reminded the audience that this is the first reading. Approved unanimously.

Water Meter Purchase – Utilities Manager David Bries.

This is a budgeted item and staff recommended the renewal of the annual purchase of water meters replacement program from National Meter and Automation in an amount not to exceed \$155,500 for 2018.

As opposed to the older style meters that were physically read by an employee, this type of meter is read electronically and customers can be alerted more quickly if there is a water leak to the residence. Approved unanimously.

Bries also reported on the water main breaks that occurred earlier in the day. Public Works crews repaired a break at Park Avenue and Main Street; however, when they flushed the system the pressure of the flush caused another break at Main and Cascade Avenue. It took until 5 p.m. to repair the second rupture, restore water service and re-open Main Street to traffic.

Staff Reports:

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

Sales Tax total collected for January 2018 - \$1,151,709; Montrose Recreation District (0.3%) total collected for January 2018 - \$126,146; Retail Enhancement Program total collected for January 2108 \$25,727.

Public Information Report – City Manager Bill Bell.

Bell reported on the videography with non-profits and special district partnerships. The video of HopeWest Hospice was shown. Bell said, "We are also trying to create a partnership with Public Radio."

City Council Comments:

Councilwoman Barbara Bynum gave a shout-out to three teachers who were named "Teacher of the Year." Honorees are Jamie Gann (middle school level), Melissa Good (elementary school level) and Jeffrey Mitchel (high school level).

Councilman Dave Bowman promoted the June 9th Hogback Festival Amps and Ales.

Councilman David Romero recounted a story of a people choosing to relocate to Montrose based on the videos produced by the Office of Business and Tourism (OBT).

Councilman Roy Anderson complimented the Youth Council for their work on producing the roundabout video and gave a brief update on his participation in the National League of Cities event in Washington DC.

Mayor Judy Ann Files discussed the Mayor's and Manager's Summit hosted by Montrose. Among the presentations at the Summit was a session on Urban Renewal Authorities (URA). Files compared Delta's URA, which was established in 1984 and took considerable time, to the Montrose URA, "Montrose was pretty successful and put it together in less than four-months."

After the meeting:

Following the council meeting David White expounded on the concern he expressed during the call-to-the-public, "I just wanted to see if he [Bowman] had apologized.

"As an elected official you are elected to represent *all* of the people. It isn't the place of an elected official to disparage a citizen in such a public fashion, especially if the citizen isn't there to defend themselves. He opened the city up to a potential lawsuit."

Speaking from his experience as an elected official White continued, "There is a certain decorum that comes with being an elected official. Bowman publicly instigated a situation when he could have had a private conversation with this person. It's incumbent on an elected official to take the high road."

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issues and all the fixings.

THE MIRROR ALWAYS SATISFIES

OPINION/EDITORIAL: LETTERS

COUNCILOR INVADED CITIZEN'S PRIVACY IN FLAG FLAP; SHOULD STEP DOWN

Editor:

Many Americans probably don't have an interest in displaying the Confederate Military Flag. Dave Bowman has created a kerfuffle about the Confederate flag display that illustrates that he needs to read the Constitution and Bill of Rights. Dave Bowman is a former teacher who now sits on our Montrose City Council.

Two issues are at the core of this discussion which no one seems to have addressed:

1]There is a small issue known as Freedom of Speech which may not be infringed... Voltaire defined that freedom perfectly: "I disapprove of what you say but will defend to the death your right to say it." 2]Dave Bowman's flagrant announcement of the location of this flag display and home may be another issue which represents an imposition of privacy. An apology cannot correct the fact that this person's home location has been opened to the public without his permission.

Sincerely,

Marge Morgenstern, Montrose

IS CERISE PARK THE BEST LOCATION FOR AMPHITHEATRE?

Editor:

I support Montrose's concept of a potential amphitheatre and applaud those moving it forward. I was on the parks board when the city was acquiring the Cerise addition to River Bottom Park. There was pressure to develop ball fields for the Little League and formal soccer fields in the location being promoted for the amphitheatre. The board facilitated building these on Sunset Mesa so that the addition could be kept in as natural a riparian environment as possible. The large open field was not to be developed but kept as a multi-use commons area. As I recall the city approved that plan. There was then

talk about eventually repurposing the gravel quarry on top of Sunset Mesa as an amphitheatre. Have those now wishing to build such a facility thought about building it in the old quarries? If not, then they should. That large location offers as much or more than the Cerise Park site does, including utilities and, most importantly, plenty of parking. When there are large crowds in Cerise cars are parked all over Chipeta Drive and nearby streets. I recommend that the facility proponents should re-evaluate the situation and look closely at the old quarry. Additionally, there is an undertow in community discussions relative to City Councilman, David Bowman's,

obvious role as a principal advocate and advisor to all involved in the project since he is so heavily involved in the commercial production of local concerts. While the proposed facility will certainly help to generate money for Montrose, it would appear that Mr. Bowman is, among all, the one individual who may well see financial benefits from it. This is just not the "tidiest" of images relative to potential conflicts of interest. Our community would probably benefit most if Mr. Bowman were to completely step away from the project so he can avoid the appearance of trying to serve two masters.

Steven G. Baker, Montrose



A FRESH POINT OF VIEW: FROM THE HALLWAYS OF MHS



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

By Jack Switzer
MONTROSE-
High school's
meant to be a
place of educa-
tion, a reasona-
ble amount of
fun, and safety.
Right now, the
high school is

taking one of those things very, very seriously. So seriously that they're considering decisions that could have massive consequences on students and surrounding businesses. This is not official; but from what I hear, they're considering adding even more security to an extent where you can't get inside if you don't have your

student I.D. and you won't be able to go off campus for lunch anymore. You would have to stay inside the building at all times. Which is a big problem, since there's a capacity limit of 200 or so in the cafeteria. There would have to be three lunches. Setting back students who need to catch up. You will have to come in through the front office with your I.D. At this point I wouldn't be surprised if they started adding automatic military turrets to the top of the building along with a moat filled with crocodiles. Along with the three lunches idea, local businesses will be affected too, due to most of their traffic coming in through teenagers who are hungry at lunch time flooding their shops and buying food. With these three lunches and

the closed campus they will receive almost no traffic during lunch anymore because of these changes. MHS will have a camera system that alerts the office when any of the doors are opened, which seems like a good idea—however, if any of the doors open during the time they're supposed to be locked, they will be notified through the cameras, and you and whoever opened the door will be punished to the extreme, even if it was a well-known friend or teacher.

As I said, this is not official. Do you have concerns or questions? Attend the MCSD school district board meeting on April 10 from 6:30 PM to 8:30 PM, and find out what the plans are. We hope to see you there.

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Monday, April 16: What If There Is No Will – CO Has Written One For You

Learn terms and situations associated with wills, what they mean and how to prepare yours.

Time: 4:30 – 5:30 p.m.

**Monday, May 21: My Spouse No Longer Has Capacity or is Recently Deceased,
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REGIONAL NEWS BRIEFS

CRIME STOPPERS ALERT: SUSPECTS SOUGHT IN ARSON, THEFT

Montrose Regional Crimestoppers

Montrose Regional Crime Stoppers, Inc. and the Montrose Police Department are seeking the help of citizens to identify and locate the suspect(s) in an arson and theft incident at Pollard Brothers Motors in Montrose. On March 16 around 2 a.m., one or more suspects entered the property in the 1800 Block of North Townsend Avenue in Montrose and in a suspected effort to steal fuel, punctured the gas tanks of 3 vehicles and in the process, set three vehicles ablaze.

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



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REGIONAL NEWS BRIEFS

VERN JETLEY PRESENTS LIONS CLUB HISTORY APRIL 4

Special to the Mirror

MONTROSE-The Montrose County Historical Society Presents Vern Jetley. He will be presenting the Lion's Club History from the beginning in 1921 to the special community projects of the Lions Park, access to Black Canyon Rim, Fred's Stand, the Halsey Saddle, Health Fair, Lions Camp, Annual Carnival and more. Please join us for the inside history of this wonderful Club on Wed. April 4th at 7 pm, in the Pioneer room at the Fairgrounds. Everyone is welcome.

OPINION/EDITORIAL: COMMENTARY

CITIZENS CONTINUE TO CALL FOR CITY COUNCILOR BOWMAN'S RESIGNATION; MAYOR FILES DEFENDS BOWMAN'S RIGHT TO LECTURE CITIZEN FROM DAIS



After the storm: Councilman Dave Bowman, Mayor Pro-Tem Roy Anderson, Councilman David Romero and Mayor Judy Ann Files stand together following Bowman's tirade against a private citizen during an official council meeting March 6. Following Bowman's outburst—in which he shared the citizen's address from the dais because he disapproved of the citizen's Confederate flag—and adjournment of the meeting, only Councilwoman Barbara Bynum immediately exited council chambers. In the weeks since Bowman's tantrum, citizens have penned letters asking for his resignation. In response to one such letter, Montrose Mayor Judy Ann Files, right, was quick to defend Bowman's outburst in response: "...While members of our community have a first amendment right to express their views on their property, Council Member Bowman also has that right to make statements as an individual." Photo by Gail Marvel.

By Gail Marvel

MONTROSE-The Montrose City Council consists of five elected officials and each person is equal in authority. Every year a mayor is chosen from within the group and their role includes chairing meetings, being the ceremonial face for the council and officially speaking on behalf of council.

Citizen Sandra Scruggs wrote to city council to protest Councilman Dave Bow-

man's public tirade during a council meeting over a resident flying the Confederate flag outside his home.

In response to Scruggs' letter Mayor Judy Ann Files (excerpt) said, "City Council routinely utilizes the closing portion of City Council meetings to express comments both as an individual member of the Montrose Community and as an individual Council Member. While members of our community have a first amendment right

to express their views on their property, Council Member Bowman also has that right to make statements as an individual. Any comments which may have offended you were not provided as an official act of the City, nor as a Council Resolution."

At one previous council meeting, during call-to-the-public, Councilman Bowman excused himself from the dais, verbally took off his city council hat and addressed the council as a citizen.

This was not the case during the March 6, 2018 regular City Council meeting. In this instance Bowman remained at the dais in the capacity as an elected official and publicly berated a resident, including targeting the residence of the homeowner by giving out their address. While the mayor may not consider Bowman's bombastic comments to be an official act of the city, the comments took place while Bowman was in an official capacity and before the meeting was officially adjourned. Bowman's comments were left unchallenged.

Background: Before members of the community are allowed to speak at the city council call-for-public-comment the mayor gives the parameters of what is allowed.

The third paragraph of the mayor's instructions read, "Personal attacks and disagreements, personnel and employment matters, the use of profanity or ethnic, racial or gender-oriented slurs are prohibited, as is any "disorderly conduct" which violates state or local law and shall not be permitted. If an individual disregards these rules, they will be asked to leave the Council Chambers."

CITY HEARS PRESENTATION ON SAFETY FOR HWY 550 SOUTH

By Gail Marvel

Discussion Items:

Highway 550 Safety Update – City Engineer Scott Murphy.

Murphy introduced Colorado Department of Transportation (CDOT) Resident Engineer Raelene Shelly and Andrew Amend, representative for Stolfus and Associates (consultants).

In 2017 Montrose County wrote a letter to Colorado Department of Transportation (CDOT) about safety concerns on Hwy 550. Murphy reminded the city council they approved \$15,000 to go toward the CDOT study of the corridor. However, Shelly corrected Murphy and stated that the funds did not go toward the study, but rather were used in a more generic sense. City council members did not ask where CDOT used the funds they received from the city.

The presentation update included the number of crashes and fatalities. Amend said, "The vast majority of crashes are related to wildlife and we are looking at ways to use technology to help with wildlife." Montrose County strongly favors rumble strips; however, the Stolfus assessment revealed that in the six-and-a-half-year study period rumble strips would reduce crashes from five to four (decrease of 20 percent). Mumble strips, which are a different pattern and tend to be quieter than rumble strips, were also discussed.

The presentation included speed limits, fencing, turn lanes, passing lanes and re-striping. Shelly said, "In May we will start the process to revise the Access Plan. It will be a 12-18 month process and we'll get the public involved. We will talk to people and ask how we can access their land and make the highway safer." Currently there are 36 access points in the nine-mile stretch of highway. Shelly said, "There are a lot of things that need to be done, but there is very little money."

Wastewater Treatment Plant Rotor Gearbox Purchase – Utilities Manager David Bries, Wastewater Treatment Plant Superintendent Allen Coriell.

Staff recommends the city purchase three additional gearboxes (\$20,000 each) in 2018 for a total of \$62,038.29. Bries said, "The one we bought last year has not been installed, but it is in the process."

The wastewater treatment plant treats approximately 2.7 MG of sewage daily.

1890 Homestead Addition Annexation – Senior Planner Garry Baker.

The 1890 Homestead Addition, owned by developer Matt Miles, is 36 acres in size and located northeast of the Cobble Creek Subdivision. The parcel, which is within the City's Urban

Growth Boundary, is in the Chipeta Water District service area and the City of Montrose sewer service area. Baker said, "The sewer would be a lift station."

The proposed schedule for annexation and zoning: June 5th first reading (hearing); June 16th the second reading (hearing). City Manager Bill Bell said, "This is one of the first large pieces that would fall in the new [city's] housing incentives." Councilman Roy Anderson said, "Do you know the anticipated zoning?" Baker was hesitant to discuss zoning because the zoning request will go before the Planning Commission.

Councilman Dave Bowman said, "Those at Cobble Creek will be informed about what is going on if they have any comments? There are large homes [in Cobble Creek] and this [development] would be more moderate homes." Baker said, "A letter will go out to neighbors and tell them when the Planning Commission meets."

General City Council Discussion:

Bowman recently read a book on leadership and recommended it to other councilmembers. Anderson gave a brief report on attending the National League of Cities Conference in Washington last week, "It was a good experience and we had good conversations with our Congressmen and Senators." Councilman David Romero thought he was attending his last work session, "I've learned so much. I want to thank everyone I've worked with. I feel good with where we are at and where we



A Highway 550 Safety update was presented by the Colorado Department of Transportation (CDOT) during the March 19th city council work session. (Second and third from left) CDOT consultant Andrew Amend, representative of Stolfus and Associates and CDOT Resident Engineer Raelene Shelly. Photo by Gail Marvel.

are going." City Clerk Lisa DelPiccolo burst the councilman's bubble when she told him he has one more work session to attend before his term is over.

Councilwoman Barbara Bynum spoke about her experience in meeting with Colorado delegates during the National League of Cities Conference, "The networking there was valuable."

Mayor Judy Ann Files spoke about the upcoming Mayors and Managers Summit, "We expect people from Craig to Bayfield." The mayor and the city manager will also host 44 homeschoolers and their adult sponsors for a session on municipal government. Files said, "I didn't think it was going to be a big deal, maybe 10 kids. It keeps getting bigger and bigger. It's regional and we'll even have kids coming down from Eckert."

Staff Comments:

City Engineer Scott Murphy discussed repurposing the millings from the street maintenance and using them for a pedestrian trail that would go from 6700 Road to East Oak Grove Road. "It's 2,500 feet, about a half-a-mile. Long term [capital plan] that will be a road, so we already have the easement." The millings are waste material and it would be an expense to the city to haul them away and dispose of the material. Murphy said, "We will start milling in July and August and we have the equipment to put down the pedestrian path. We could have it done by September."

REGIONAL NEWS BRIEFS

CMU ENTREPRENEURSHIP DAY LUNCHEON TO BE APRIL 5

Special to the Mirror

MONTROSE-Dr. Gary Ratcliff, CMU Montrose Director invites MEDC members to the annual Entrepreneurship Day Luncheon hosted by the Montrose campus of Colorado Mesa University. The event takes place on Thursday, April 5, at noon in the Montrose Pavilion.

This year's luncheon speaker, Dan Ritchie, should be interesting. He began his career as a Wall Street securities analyst and came to Colorado in 1959 to run Columbia Savings and Loan.

More recently, he is the former Chancellor of the University of Denver and was the CFO of the Music Corporation of America (MCA) and CEO of Westinghouse Broadcasting.

The upcoming luncheon is the annual fundraiser for the CMU Montrose scholarship endowment. Since establishing the endowment in 2014, 50 students with academic talent and financial need have received scholarships.

These students have started careers in Montrose in medicine, education, business and other professions.

Through on-going gifts to the endowment, the campus is able to award scholarships to more students each year.

There are several options to attend the luncheon, including purchasing an individual ticket (\$50) at <http://supportingCMU.org/MontroseEDay>. The price of the ticket covers the meal and supports the scholarship fund. In addition, there are also two levels of sponsorship, which include a table for ten for a business and recognition at the event.

For more information about sponsorship, contact CMU Montrose Director Gary Ratcliff at 240-7604 or gratcliff@coloradomesa.edu.



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COUNTY STAFFERS HONORED WITH PRIDE AWARDS From pg 1



Laura Lenihan and Rick Fellabaum of were honored by the Montrose County Coroner's Office with a Pride Award March 21.



The Montrose Board of County Commissioners pose with Sheriff Rick Dunlap and MCSO School Resource Officer Brannon Hasler, who was honored by the MCSO with a Pride Award March 21.

a pride award to [Hasler and Hanvelt](#).

Hasler goes above and beyond, and serves as a positive role model for students, Yergensen said.

Noting that Hasler gets high praise from school officials as well, "...Thank you very much," Commissioner Glen Davis said.

"I know it's important to have members of the law enforcement in our schools," BOCC Chair Keith Caddy, "It gives children an opportunity to learn how to interact with law enforcement on a good, quiet basis instead of sometimes meeting them when things aren't good...I think this is one of the best programs being implemented across the United States in the last 20 years."

"It's amazing to be down at Olathe or out at Oak Grove," Sheriff Dunlap said, "and watch the interaction between those kids and Deputy Hassler. They will come to him with anything."

"In the two years Deputy Hasler has been in those schools he has made a world of difference in those kids' lives."

Hanvelt was recognized for a Feb. 19 occurrence in which she went above and beyond her regular duties to work with adult protective services and obtain a voucher for an overnight stay on behalf of a jail inmate who had been refusing release on a personal recognizance bond

because he had no place to go.

Following a photo of the award recipients with commissioners, Sonia Dumas was appointed to the County's Citizens Advisory Committee for a two-year term. "I think we have got an outstanding candidate here," Commissioner Roger Rash noted, and thanked all who serve on the County's volunteer boards and committees.

Commissioners approved [Resolution 20-2018](#), "concerning the declaration of surplus property disposal of heavy fleet and miscellaneous equipment to be disposed of by donation to the Paradox Fire Department."

[Resolution 21-2018](#), also approved, concerned "day to day oversight and chance meetings of the board."

County Attorney Marti Whitmore called the resolution, "a housekeeping kind of thing."

"This resolution...is essentially simply a statement of what the law is regarding open meetings law," Whitmore said, "and the exceptions for day-to-day supervision, chance meetings, and that kind of thing." No official actions are taken, and no formal policy discussions occur at such

meetings, Whitmore said.

"It keeps the public informed and aware that the commissioners are observant of the Colorado open meetings law; they understand the requirements and the provisions and that decisions are being made in open public meetings such as this one where minutes are kept, but there from are time to time housekeeping things that are outside the open meetings law.

"...it is a statement of the obvious."

HWY 550 SAFETY STUDY-Commissioners also heard from Transportation Engineer Andrew Amend of Stolfus and Associates, who presented the findings of a safety study conducted on Hwy 550 from Montrose south to the County line.

A letter sent by Montrose County Commissioners in August of 2017 expressed concerns over safety on the heavily-traveled stretch of roadway. Suggested considerations included increasing the roadway to four lanes; providing more passing lanes; adding turn lanes; installing center line rumble strips; and decreasing speed limits, Amend noted. "The purpose of the project was to evaluate safety and identify possible improvements."

COUNTY STAFFERS HONORED WITH PRIDE AWARDS

From previous pg

Amend discussed all options and proposed solutions, pointing out that the area "is a magnet for mule deer" and thus "fencing isn't a good idea from a biological standpoint."

Safety options were ranked according to specific criteria, and placed in an evaluation matrix, Amend said.

Restriping the Chipeta Road intersection is a preferred improvement, he said. "That is one solution we think is high priority and scored the highest of the ones we looked at." Right-turn deceleration lanes are another cost-effective fix, and a possible three-wire fence between the Hwy and the frontage road could be a way to control illegal access to the Highway. There are presently seven points where drivers can illegally access Hwy 550 South from the Frontage Road.

Though center line rumble strips are a preferred County option, "We think there's probably about three and half miles of rumble strips that could be installed along this nine-mile corridor."

CDOT Region 3's Raelene Shelly also discussed the alternatives, noting that simpler projects such as Chipeta Road restriping and right-turn deceleration lanes could be completed by year's end. She said that CDOT's Region 5 currently has a rumble strip project out for bid, but that bid results were delayed by the recent Ransomware crisis that took down CDOT's computer system.

"Our bid results are still pending; they are not available."

A public open house will be part of the process, she said. "We are trying to be cognizant of the houses and being re-

spectful that they still have to sleep at night and that they still have a resale value they are trying to maintain and we don't want to be detrimental to that."

Commissioner Roger Rash expressed gratitude that CDOT Regions 3 and 5 may cooperate on a rumble strip effort. "We'd would really like to see the rumble strips where appropriate...I think it will make a huge difference...we've had a lot of accidents here lately, and anything that would get someone to veer back onto the road after crossing the center line would be helpful."

Commissioner Glen Davis spoke about impacts of increasing traffic on Hwy 550. "What bothers me...you've got a motor home, you've got a camper, or you've got a semi—there's no pull off lanes," Davis said, adding that Highway Patrol does not enforce a longstanding law that motorists with more than four cars behind them must pull over.

"If you want to get somebody hot and mad, go up to the top of Red Mountain on about the first day of July, start off of it headed this way.

"Because by the time you get to Montrose, I don't care how patient you are, you will be mad!"

With maybe the fastest growing airport in the State of Colorado, moving traffic safely from Montrose to Telluride is a priority, he said. "Believe me, those people are not coming to visit Montrose, they are going to Telluride.

"You're not giving us the passing lanes, they're not pulling over...for 30-something years we have been getting lip service from the highway department...if that

situation existed on a small highway in Denver you would already have fixed it.

"...it's not going to get any better; we put 200,000 some people through that airport in 2017."

Commissioner Roger Rash said that the proposed [Senate Bill 1](#) does not appear to be a good choice for the Western Slope—"I see that money going to the I-70 Corridor," he said.

Still, "CDOT needs a steady funding source."

Montrose County Coroner Dr. Thomas Canfield, who has advocated for rumble strips, spoke as well.

"I am worried about saving lives...I think we ought to do the things that stop people from being killed."

Commissioner Rash asked Raelene Shelly how the Gunnison Valley Transportation Planning Region (GVTPR) makes changes to its priorities.

Noting that the GVTPR is still the best avenue for establishing priorities for CDOT and a voice for this region, Shelly said, "We are a big ship and it takes us a while to change directions."

In other business, commissioners held public hearings and approved two planning & development items: the [Inda Special Use Proposal](#) to allow full-service boat and RV storage and service, shrink wrapping, detailing, and mechanical servicing at 630 Spring Creek Road; and the [Riverside Developers Rezoning proposal](#) to rezone 3.523 acres (historically used as the Riverside School) from general agricultural to general commercial.

With no further business the meeting was adjourned.

The Mirror: many views, one newspaper.



STATE LEGISLATIVE UPDATE: SENATOR DON CORAM

Somewhere in Colorado a farmer can lose tens of thousands of dollars in one day, a broken hip can take a week to get the right diagnosis, and children flock to schools at night. Not because they want to and not for after school activities. They flock to the schools because they live in rural Colorado, and the only internet reliable enough to finish their work is at school. The stories prior also take place in rural Colorado, they too were caused by poor internet.

We have been fighting in the Colorado General Assembly for the better part of a decade to help rural communities get broadband. What we have come forward with is not a hand out, but rather a high cost fund helping underserved areas. A fund that provides much needed help to rural broadband providers in areas where the costs would be too high otherwise. That is of course if ninety-two percent of it isn't going to a single company that already receives hundreds of millions in subsidies from the federal government. The high cost fund has been restricted by a

company being granted the power to refuse other companies bids if they believe they can serve an area. This power was granted after a lengthy court case and has since been used irresponsibly to consume up much of the funds. In the end, the high cost fund was not being used for its original purpose.

I come to you today to let you know that Senate District 6 and all of rural Colorado have scored a major victory. Senate Bill 2 has passed and is on its way to the governor as I type. This bill redefines what an underserved area is under the high cost fund and will allow for funds to reach much needed areas of Colorado.

This has not been easy. Companies have used large phone banks to call constituents and tell them that their phone bills will be going up. Immediately after they transfer them to their Legislators office. This is done in an attempt to pressure legislators to vote against fixing the high cost fund. A fund that's purpose was not to subsidize phone bills but to provide much

needed funds to broadband infrastructure in rural areas.

This has done less to pressure legislators from doing the right thing and more to panic individuals on fixed incomes.

The fight for rural broadband is not over though. Representative Catlin and Representative McLachlan have introduced HB 1099 which would level the playing field. HB 1099 would change stipulation on how companies would be able to use their power to refuse bids if they can serve underserved areas. Instead of just refusing the project, the company refusing must propose a project that can be completed in the same amount of time and provide the same internet speeds before they can refuse a project. They would no longer be able to refuse a bid, run a few wires out, and call it service.

Rural Colorado and the western slope have gained some major victories this week. I will continue on the back of this momentum to make southwestern Colorado's voices heard.

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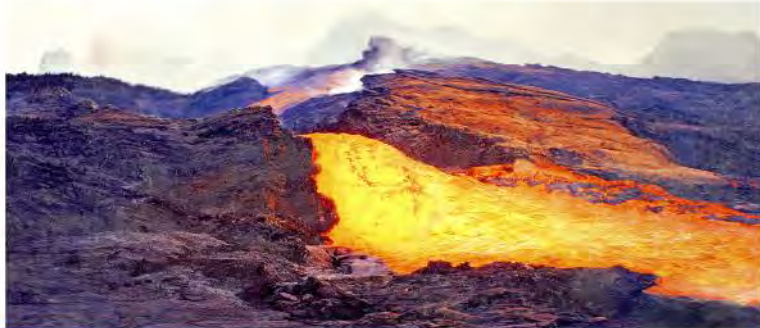
MICHAEL LAWTON

PHOTOGRAPHER


NATIONAL GEOGRAPHIC MAGAZINE 1974 / 1986

MAUNA LOA ERUPTION 1984

16 HOURS WALKING ALONE ON THE LAVA PLAIN:
SPLATTERED WITH HOT ASH WHEN I WALKED UP TO THE MAIN VENT.



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REGIONAL NEWS BRIEFS

CRIMESTOPPERS UPDATE: HELP LOCATE SUSPECT IN RESIDENTIAL BURGLARIES

Montrose Regional Crimestoppers
 MONTROSE-Montrose Regional Crime Stoppers, Inc. and the Montrose County Sheriff's Office are seeking the help of citizens to identify and locate the suspect (s) in a residential burglary and recover two missing gold rings.

On Feb. 1st, a resident on 5725 Road in Olathe reported a residential burglary and


theft of two gold rings. The theft is believed to have occurred in January. One ring is 14-carat gold with a green 1-carat chrome Tourmaline stone and the other is 10-carat gold with a four-carat red Alexandrite stone.

Anyone with information about this crime or the location of the missing jewelry or any other crimes may call Crime

Stoppers anonymously at 970-249-8500, use the mobile app P3 Tips, or provide information via P3tips.com. Crime Stoppers wants your information, not your identity.

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REGIONAL NEWS BRIEFS

CITY STREET WORK CONTINUES

Special to the Mirror

MONTROSE – Contractors working for the City of Montrose are continuing work to replace an aging waterline main along South Hillcrest Drive between Sunnyside Road and Niagara Road.

In addition, contractors will be resurfacing asphalt on the following streets in the coming days: South Rio Grande Ave from Main to Townsend, San Juan Ave south of Main Street, Miami Road west of Hillcrest and North 4th east of Townsend. Pedestrians and motorists can expect to see isolated road closures around these construction areas.

The city asks that motorists and pedestrians exercise caution within the work area and to please respect all coned-off areas. Any questions regarding the project may be directed to City Engineer Scott Murphy at [970-901-1792](tel:970-901-1792).

I-70 GLENWOOD PROJECT TO BEGIN

Special to the Mirror

GARFIELD COUNTY- Beginning Monday, March 26, the Colorado Department of Transportation and contract partner Rock Solid Solutions will begin rockfall fence improvements on I-70, east of Glenwood Springs from mile point (MP) 122 to MP 125.

The scope of work for this \$1.5 million project will include the removal of the six existing flex post fences and replacing them with higher capacity rockfall fences. Construction of the new rockfall barriers will take place prior to removing the old damaged rockfall barriers. The project has an anticipated completion date of August 2018.

Motorists can expect a westbound right lane closure, east and westbound short-term traffic stops, and a reduced speed limit of 35 mph. The project will be in operation Monday - Thursday, 7 am - 7 pm. For additional information or to sign up for updates about this project, please call [\(970\) 456-1482](tel:970-456-1482) or email glenwoodcan-ronrockfall@gmail.com.






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REGIONAL NEWS BRIEFS

LEARN TO LIVE IN BEAR COUNTRY: PRESENTATION APRIL 5 @ MONTROSE FIELD OFFICE

Special to the Mirror

DELTA-Black bears are among the most maligned, misunderstood and confusing critters in North America.

From images of teddy bears and Winnie-the-Pooh to the snarling photos and full-size mounts that often adorn outdoor equipment and hunting stores, our relationship with them is bewildering at best.

Colorado Parks and Wildlife Officer Kelly Crane will talk about the black bears of Western Colorado and how to live in bear country during her presentation in Montrose April 5.

Her talk is especially apropos as bears will begin emerging from their winter hibernation around the end of that month.

"I'll be talking about bear biology and how to prevent issues with bears both at home and while being in the mountains,"

Crane said.

Crane initially went to work for Parks and Wildlife as a temporary in 1990. She became permanently employed as a District Wildlife officer in 1997 after first graduating with a degree in biology/zoology from Colorado State University, then getting her Masters Degree from California State University's Moss Landing Marine Lab. Her presentation is at the Montrose Field Office at the Corner of Colorado and Rio Grand and will begin at



Courtesy photo Black Canyon Audubon Society.

7pm. The public is invited and there is no charge. It is being sponsored by the Black Canyon Chapter of the Audubon Society.

MAKING THE HIGH DESERT VALLEY BLOOM From pg 1



Greening farmland, courtesy of the water from the Gunnison Tunnel and Gunnison River just west of Olathe. (Photo by Michael Lawton)

place where not much grows -- except perhaps some scrub brush, sagebrush and perhaps a few pronghorn antelope. Not a place where one plunks down a thriving town or two. Also, not a place where railroads and trucks came in to take out fresh produce and other foods and meat. Parched land, a place with very few trees, where early settlers desperately hand dug a few canals so they could tap the only source of water in the Valley, the Uncompahgre River.

[A pamphlet](#) prepared by the Montrose County Historical Museum, said Museum Coordinator Sally Johnson, explains what happened when Montrose (originally called Pomona) was founded in 1882 on land previously occupied by the Utes. The Pamphlet notes: "When the Ute people were forcibly removed to the Utah Reservation, the land they left behind was eagerly snapped up by would-be farmers and entrepreneurs. Unfortunately, their visions of farms overflowing with crops, and the subsequent overflowing income, lacked one key element: water."

Johnson said, "Early settlers quickly learned that the arid climate and desert soil of the Uncompahgre Valley did not lend themselves to farming, and without some sort of solution, their dearly-

purchased land would be next to useless. Those who had been lucky enough to acquire land bordering the Uncompahgre River suffered less difficulty, and a number of ditches were hand-dug, to try and spread the use of the river water."

It became clear early on that the Uncompahgre River simply wasn't big enough to support more than a few farmers' needs. It wasn't a feasible long-term solution. According to historical documents, a local farmer and one-time miner named Frank Lauzon, in 1890, proposed connecting the Gunnison River to the Uncompahgre Valley, an idea which he claimed came to him in a dream. Initially he proposed the water be routed over the ridge which separated the valley and the river, but eventually changed to supporting a tunnel.

Lauzon championed this idea with enthusiasm, though he failed to generate necessary funding for the massive project. A feasibility study and survey of the area were finally done in 1894. The project was easier dreamed than done, early planners discovered. Taking an idea to a reality was long and arduous, "a veritable swamp of bureaucracy and setbacks both natural and manmade," states the pamphlet.

However, the project was eventually

completed, thanks to hard work and visionary engineering. According to the United States [Bureau of Reclamation web site](#), "The longest irrigation tunnel in the world when it was dedicated in 1909, Colorado's Gunnison Tunnel was an engineering marvel. The 5.8-mile tunnel cut right through the sheer cliffs of the famed Black Canyon, taking water from the Gunnison River and funneling it to the semiarid Uncompahgre Valley to the west."

According to the Bureau of Reclamation history, workers began by building a road over the ridge to the Gunnison River, some 2,000 feet below. The road descended in places at a 30 percent grade; drilling equipment had to be eased down on skids. Water seepage, poisonous gasses, extreme temperatures, and the presence of clay, sand, shale, and a fractured fault zone complicated the drilling, the history notes.

"Although as many as 500 men were employed with good pay, they rarely stayed on the job for more than a few weeks. A cave-in took six lives, an explosion and smoke 12 more, and a falling boulder another.

Many workers, some with families, lived near the West Portal in a temporary town called Lujane."

Continued next pg

MAKING THE HIGH DESERT VALLEY BLOOM From pg 1

The opening of the Gunnison Tunnel was celebrated with a visit from then-President William Howard Taft, in September of 1909 (historic photo at right).

Once complete, the Gunnison Tunnel was a game changer for the Valley, bringing the water needed to sustain the crops for which the region is known today. Notes the Bureau of Reclamation, "It has had a dramatic impact on the Uncompahgre Valley. By 1923, the valley's population had doubled to more than 6,000, and its irrigated acres mushroomed from 37,000 acres in 1913 to 64,180 acres in 1933. Today, with its corresponding system of canals, laterals, diversion dams, and the Taylor Park Reservoir, the tunnel project irrigates nearly 76,300 acres."



President Howard Taft rings a golden bell to open the Gunnison Tunnel in 1909 with thousands in attendance. (Montrose County Historical Museum photo)

The Mirror:

For coverage that never leaves
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REGIONAL NEWS BRIEFS



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FLY FISHING FILM TOUR & EXPO 4/14

Special to the Mirror

RIDGWAY-On Sat., April 14, there will be a Fly Fishing Film Tour & Expo to benefit the Uncompahgre River. Organized by ROSS REELS and RIGS Fly Shop & Guide Service, the event at the Montrose Pavilion, 1800 Pavilion Pl., Montrose, Colo. will feature a free gear expo with demos and talks from 3 p.m., followed by the Fly Fishing Film Tour screening at 7 p.m. with giveaways for the audience and ticket proceeds to fund an Uncompahgre Watershed Project. For film tickets or information, call [970-626-4460](tel:970-626-4460) or email info@fishrigs.com.

For questions about this announcement or to get photos to go with it, please contact Tanya at uwppcommunications@gmail.com.

ATOMIC WORKER AND URANIUM MINER BREAKFAST

Special to the Mirror

MONTROSE=Many former AEC Compound and uranium workers 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 workers can learn more about these benefits, whether they are eligible, and spend time getting to know other former workers by attending the upcoming breakfast event hosted by Nuclear Care Partners.

The breakfast is free to all former atomic workers and uranium miners and will be held on April 4 at 9 a.m. This event will take place at IHOP located at 2420 Highway 6 & 50 in Grand Junction, CO. Former workers can RSVP to the event by calling 970-243-8500.

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REGIONAL NEWS BRIEFS

WILDFIRE MITIGATION PROGRAMS AVAILABLE

Special to the Mirror

MONTROSE – At the West Region Wildfire Council's monthly meeting in February, local stakeholders and partners heard a Fire Weather Outlook briefing from one of the Rocky Mountain Area Coordination Center's Fire Meteorologists.

This year's low snowpack, coupled with warmer than average temperature and lacking summer precipitation predictions, draw clear similarities between conditions seen in 2002 and 2012- two of the most destructive wildfire seasons in Colorado's recent history. While the events of this upcoming fire season will only be known with time, residents are encouraged to take steps now to prepare for wildfire.

Homeowners who live in Delta, Gunnison, Hinsdale, Montrose, Ouray or San Miguel Counties have access to wildfire mitigation programs through the West Region Wildfire Council (WRWC)- a Montrose based, nonprofit organization. Wildfire Mitigation Specialists from the West

Region Wildfire Council are available to meet with residents to discuss specific wildfire risk reduction recommendations through their Site Visit Program- a free service. The WRWC also offers funding assistance to homeowners who implement wildfire risk reduction projects, such as defensible space around homes.

Additionally, WRWC offers a Community Chipping Program. The chipping program provides free curb-side chipping to high wildfire risk communities across the region. Residents enroll their community in the program, follow material and piling guidelines to stack hazardous vegetation and register their address for chipping. On a designated date, WRWC chipping contractors arrive in the community and chip the piles- free of charge.

"Since 2011, the WRWC has provided over \$780,000 in funding to local residents to assist with the completion of mitigation projects. These projects have reduced hazardous fuels on approximately

2,500 acres in our communities that have the highest wildfire risk in the region," says Lilia Falk, director of the West Region Wildfire Council.

Homeowners who are interested in learning about their wildfire risk are encouraged to sign up for a free site visit with WRWC staff. "A site visit is typically the first step. Homeowners can expect Wildfire Mitigation Specialists to spend time discussing the home and property's wildfire risk.

Wildfire Mitigation Specialists will provide detailed recommendations for what homeowners can do to address wildfire risk and connect them with resources to help them turn recommendations into action," says Jamie Gomez, WRWC assistant director.

To learn more about the West Region Wildfire Council's programs, or sign up for a free site visit, residents can call the WRWC's office (970) 615-7300 or visit their website (COwildfire.org).

AT 45, ALPINE BANK SALUTES COLORADO TRAILBLAZERS

Special to the Mirror

GLENWOOD SPRINGS- Alpine Bank is celebrating 45 years in business, a journey that began in 1973 with its first branch in the town of Carbondale and \$250,000 in capital. Today, the bank has grown to more than \$3.5 billion in assets, serving 28 Colorado communities with 38 branches. "We are proud of the trails Alpine Bank has blazed thanks to customers who have placed their trust in us," said Alpine Bank founder and Chairman Bob Young. "We are highlighting this spirit of trailblazing by our employee-owners, as well as a sampling of customers and community leaders from around the state."

Among the trailblazing efforts which define Alpine Bank's unique character are its Green Team environmental initiative, a commitment to volunteerism, the successful Employee Stock Ownership Plan (ESOP) and an innovative Loyalty Debit Card program.

The Green Team began in 2005 as a grassroots effort by bank employees with a passion for improving the organization's environmental practices, and it is still going strong. Alpine Bank stands out as the only U.S.-based financial institution to maintain internationally recognized standards for environmental management. Every bank employee is a member of the Green Team and therefore an active participant in its ongoing success.

Service to Colorado communities has always been central to the bank's mission. The causes and organizations supported with volunteer time and talent are as diverse as the nearly 680 employees at Alpine Bank. To actively encourage employee service, the bank has pioneered paying staff to give back. Last year employees volunteered more than 14,000 hours in their communities.

Its ESOP structure also sets Alpine Bank apart. Because employees own a majority

share of the company, they have a high satisfaction level in their work, low turnover and a well-earned reputation for excellent customer service.

Through its Loyalty Debit Card, Alpine Bank donates ten cents for each transaction to support the nonprofit category chosen by the customer. In 2017 alone, Alpine Bank awarded \$1,140,000 to Colorado community organizations thanks to all-time high customer participation in this popular program.

In addition to these pioneering efforts, the bank also salutes trailblazers drawn from across Colorado: Eureka! McConnell Science Museum in Grand Junction, Community Agriculture Alliance in Steamboat Springs, Vail Jazz Foundation, Klaus Obermeyer in Aspen, John Billings in Ridgway, Robin Theobald in Breckenridge, Marble Distilling in Carbondale, Flower Mart in Glenwood Springs and Shift Workspaces in Denver.

ISSUE 142 March 26,

ART & SOL

WEEHAWKEN OFFERS SPRING BREAK THEATER AND ART CAMPS IN MONTROSE

Special to Art & Sol

MONTROSE-Weehawken Creative Arts is excited to be offering both a morning art camp "Spring Break Spring Into Art" with Ann Cheeks mornings from 9 am to noon, and "Shakespeare in the Park" youth theater camp from 1-6 pm.

On April 2-6 from 9 am to noon, Ann will offer "Spring Break Spring Into Art." Ann invites youth to "Use spring break to learn new artistic styles! Kids love art and the creative spirit it allows them to explore. The opportunity to imagine, create and learn is an undeniable benefit to their growth and development." This week-long session allows the ability to foster and flourish in a wonderfully creative and supportive environment. Students will learn mixed media, acrylic painting and sculpting in a fun three-hour morning session. Every class will have a different approach and opportunity to get creative! Open to ages 9-14 and tuition for the week is \$150.

Afternoons offer "Shakespeare in the Park," a one-week spring break workshop culminating with a performance of sonnets, monologues, scenes and stage combat, directed by Kathleen O'Mara. This camp will culminate with a performance of the Best of Shakespeare in the



Image courtesy Weehawken Creative Arts.

"Park" (MRD Field House Turf Field). Open to ages seven-18, tuition is \$175. This will run the week of Spring Break, April 2-6, from 1-6 pm at Montrose Field House.

All classes will be held at MRD Field House at 25 Colorado Ave. in Montrose. There is a student minimum pre-enrolled

to make each class "go", so pre-registration is highly encouraged. For more information, visit Weehawken Creative Arts at www.weehawkenarts.org or visit facebook at facebook.com/weehawkenarts - or call them at [970.318.0150](tel:970.318.0150).

MONTROSE ELKS LODGE: ELK TRACKS!

SAVE THE SCULPTURES SPAGHETTI DINNER APRIL 8

Montrose Elks Lodge

MONTROSE-Welcome to Elk Tracks, a periodic update of what is taking place at our local Montrose Elks Lodge, located at 801 So. Hillcrest, Montrose CO 81401.

[March 27, 2018](#)

Progressive Game 2 Jackpot has reached "MUST GO" worth \$500 and will be awarded no matter how many ball/numbers it takes to reach BINGO.

Progressive Game #6 worth \$3,391 can be won by reaching BINGO in 53 numbers or fewer or the posted Jackpot will be paid.

For the best Bingo game in the area *be sure to visit Montrose Elks Lodge every Tuesday evening* to play Bingo. We are located at 801 South Hillcrest Drive in Montrose, CO 81401. It's a wonderful way to spend the evening having fun! *Public is welcome, funds raised playing Bingo support local charities.*

Sunday April 8, 2018 5: PM to 8 PM

"Save Montrose Downtown Sculptures" Fundraiser Spaghetti Dinner

Enjoy a delicious dinner featuring *spaghetti, salad, bread and dessert*. A Silent Auction will be held in the lobby with amazing items to bid on and *live music* will be provided by an outstanding local band for your listening and dancing pleasure.

Join your community in action to rescue our incredible Downtown statues that make Montrose a wonderful place to visit and a dream location to live.

Advance tickets are \$10 for adults and \$5 for kids 5 to 13. Adult tickets on the day of the event are \$12. For ticket information call 970-240-3815 or email marti.a.barnes@gmail.com



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MARK YOUR CALENDARS FOR THE **TEAM EMILY** BENEFIT WEEK

Emily is a local 5 year old girl who was recently diagnosed with brain cancer. Please gather your friends & family & take your business to these participating places to support Team Emily. Your support & encouragement mean the world to them.

**SUNDAY APRIL 8TH
THROUGH
SATURDAY APRIL 14TH**

SUNDAY 8 MACKS FAMILY
ENTERTAINMENT
CENTER 12-5PM

MONDAY 9 APPLEBEES
4-9PM
BRING A FLYER!

TUESDAY 10 COLDSTONE
CREAMERY
6-9PM

WEDNESDAY 11 CAMP
ROBBER
4-9PM

THURSDAY 12 FIESTA
GUADALAJARA
5-8PM

FRIDAY 13 CIMARRON COFFEE
ROASTERS
8-3PM

SATURDAY 14 ROSE BOWL
BRING A
FLYER!

All participating businesses will donate a % of sales to Team Emily!

COMMUNITY NEWS BRIEFS

2018 COMMUNITY GARDEN APPLICATIONS AVAILABLE

Special to Art & Sol

MONTROSE-Get outside and plant your own fun by reserving a plot within the Niagara Community Garden this year. Applications for the 2018 Niagara Community Garden are now available for pick-up at City Hall.

The community-based organic garden, located at [2424 E. Niagara Road](#), is entering its fifth season and the City of Montrose encourages any individual, group or family to participate regardless of experience in gardening. Plots are available on a first-come-first-serve basis and range in cost from \$15 to \$30 depending on plot size. Water and soil are included in the fee. There is a \$25 deposit per plot.

The garden will be open from April 14 through November 10. Applications may be picked up at City Hall, located at 433 S. First Street, between the hours of 7 a.m. and 6 p.m., Monday through Thursday.

The city is committed to promoting quality of

life, in part by providing outdoor living and recreational opportunities. In 2014, the City of Montrose Public Works Department, LiveWell Montrose-Olathe, and the Valley Food Partnership collaborated to construct the Niagara Community Garden.

Contact Valley Food Partnership and LiveWell Montrose-Olathe at [970-249-0705](#) to learn about other gardens in our community and opportunities to volun-

teer. Citizens who are interested in constructing gardens in other parts of Montrose are encouraged to contact city staff.

For more information about the Niagara Community Garden, and to access the online application, visit: [CityofMontrose.org/CommunityGarden](#), contact Parks and Special Projects Superintendent John Malloy at [970-240-1411](#), or Deputy City Clerk Carolyn Bellavance at [970-240-1421](#).

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



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

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

Learn more about us at [MontroseColorado.com](#).



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**BERKSHIRE
HATHAWAY**
HomeServices
Montrose
Real Estate Group

Good to know:



COMMUNITY NEWS BRIEFS

MONTROSE ASSOCIATION OF CHURCHES ANNOUNCES HOLY WEEK SERVICES

Special to Art & Sol

MONTROSE-The Association of Montrose Churches would like to invite the community to attend our Holy Week services which will be held March 26 – 30 at various local churches. The 30-minute services will begin at 7 AM and will conclude with a continental breakfast. An offering for the AMC Rent and Utilities Fund will be received. The service locations are listed below. I am also attaching a pdf with the information. If you have any questions feel free to contact me at the provided contact information below.

Monday, March 26 – First United Methodist Church - 19 South Park
 Tuesday, March 27 – Cedar Creek Church - 222 South Townsend Avenue
 Wednesday, March 28 – Seventh Day Adventist Church – 1401 S. Townsend Avenue
 Thursday, March 29 – All Saints Anglican Church - 2057 South Townsend Avenue
 Friday, March 30– Church on the Hill – 62985 Hwy 90

SMOOTH HOUND SMITH HITS THE STAGE MARCH 30 @ SHERBINO



Courtesy photo Smooth Hound Smith.

Special to Art & Sol

RIDGWAY-Duo Smooth Hound Smith brings their foot stompin' American roots to the Sherbino March 30. Smooth Hound Smith is comprised of "one-man-band"

800 shows across America, Europe, and Canada, all in the last five years. In addition to their own headlining shows, they have toured as support for bands such as the Dixie Chicks (25 dates in the US and

Zack Smith (guitars/vocals/foot drums/harmonicas/banjo) and Caitlin Doyle (vocals/percussion). Established in 2012, and based in East Nashville, TN, they record and perform a varied and unique style of folky, garage-infused rhythm & blues.

The duo has traveled more than 150,000 road miles, playing more than

Canada in 2016/2017), The Record Company, and Jamestown Revival.

They continue to tour heavily while working on new material for a third full-length album, expected to be released in 2018. over thousands of other bands to perform at the 2015 Bonnaroo Music & Arts Festival in Manchester, TN, headlined by Billy Joel, Mumford & Sons, Ben Harper & The Innocent Criminals, and more. In addition, the music of Smooth Hound Smith has been featured on CMT's Nashville, MTV's The Real World and the Esquire Network.

Smooth Hound Smith hits the stage on Friday, March 30.

Doors and bar open at 7:30 pm and music begins around 8 pm. Tickets are \$10 in advance at sherbino.org or \$13 at the door.

This show is presented by Blue Speckled Fox Productions in partnership with Sherbino Theater.



Give Back Days

At Mi Mexico Mexican Restaurant

Come enjoy a delicious meal and we'll donate 20% *
of your total check to a local non-profit.

Every Wednesday...Every Month...All Day (11 am - 10 pm)

Over 200 entrees to choose from!

1st Wednesday: **The Homestead at Montrose**

2nd Wednesday: **All Points Transit**

3rd Wednesday: **Black Canyon Boys & Girls Club**

4th Wednesday: **Valley Manor Care Center**

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

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

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

**SUPPORTING IS
NOW DELICIOUSLY
REWARDING.**



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

*Coupon must be present



PAYARES GRILL & CANTINA: ANOTHER MEXICAN PLACE TO LIGHT YOUR FIRE

So, we tried Payares Grill & Cantina the other evening and it was good. My friend Michael and I brought along my picky-eating little granddaughter and she even liked it!

Now Mike and I were careful, having along my sweetie, so he drove and I had my typical one margarita, no salt please, and it was yum.

My seven-year-old grandbaby wasn't quite sure, but she chowed down on a "Mexican pizza" (a flat deep-fried tortilla stacked with beans, ground beef, cheese – and no tomatoes please for her). It's on the appetizer menu for \$5.99; starters here from \$2.99-\$10.99. Prices are very reasonable.

Mike and I decided to share a #2 combination (choose 2 items – enchilada, taco, tostada, burrito, chimichanga, chalupa, soft chile relleno, or crispy chile relleno with some items topped with green chili, guacamole and sour cream) \$11.99. (#1 combination with 1 item is \$9.99; #3 is \$14.99). We chose an enchilada with shredded beef and, my fav, soft chile relleno. Both very good served with a choice of refried beans or cholesterol-free beans and topped with guacamole and sour

cream.

Granddaughter surprised me and asked if we could have a side-order of guacamole, which we ordered and all dove into with chips (if you order more chips/dip it's an extra \$2). Side of guac is also \$2 (small).

After eating our entrees and extras we were stuffed. But granddaughter wanted some fried ice cream, likely because the picture looked so good, so of course we got it. Vanilla ice cream dusted with cinnamon and crumbs and drizzled with chocolate in a small deep-fried tortilla shell we all shared. Good stuff! There are some negative reviews on-line and I don't understand as our service and food was good.

Items here run the usual gamut of Mexican places: with beef dishes going from \$12.99 to \$15.99 (for a Carne Asada y Mas – skirt steak served with roasted jalapeno, guacamole, sour cream and choice of chimichanga, enchilada, burrito, chalupa, tamale or chile relleno); chicken from \$10.99 for Chicken en Mole to \$14.99 for Tampiquena Chicken (Chicken breast wrapped with bacon, stuffed with shrimp and crab and served with a special sauce and tortillas); if seafood dishes are your

favorites they go from \$8.99 for either a tostada with ceviche de camaron, with ceviche de pescado or with shrimp to \$18.99 for Camarones Aquachiles (12 jumbo shrimp cooked in lime, with a choice of red or green salsa, garnished with cucumbers, red onion, tomato and cilantro, served with crackers and chips on the side. No beans or rice).

There are also listings for entrees and enchiladas from \$9.75 to \$10.99; classics and vegetarian, \$4.99 (for a bean tostada) to \$10.99 (vegetarian combo – choose from 2 of – cheese enchilada, bean and cheese burrito, bean and cheese chimichanga, bean and cheese chalupa (topped with green chili), soft chili relleno or crispy chili relleno, \$1 more).

You can also order burgers and sandwiches if Mexican isn't on your list from \$7.99-9.99; soups and salads from \$7.99-9.99; any number of sides from 99 cents to \$5.99.

Now, Payares also offers breakfast and has a long list of choices from a \$5.99 French toast lite to, if you're hungry, a breakfast of ham with two eggs, toast or pancakes, served with hash browns or home fries for \$10.50.

MONTROSE MEMORIAL HOSPITAL



3D Mammography

THE ADVANTAGE OF A WIDER VIEW

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.





NOTES FOR THE JOURNEY...

Exploring Classical Music With Rob Brethouwer

A LOOK @ THE LIGHTER SIDE: THE WORLD OF OPERETTA



The Santa Fe Opera will present *Candide* this season, in honor of Composer Leonard Bernstein's 100th birthday. Alek Shrader, top right, will sing the title role, and Brenda Rae, below right, will sing the role of Cunégonde. Courtesy photo.

This week's article is short, on purpose. It is short because a more lengthy discussion would spoil the fun for the listener. The following words are simply a means to spark interest and to let the reader know that further exploration of the work discussed will not only be fun, but very much worth your time.

Perched precariously between a musical and an opera is the operetta. Lighter in subject matter, with unaccompanied dialogue between musical numbers, the operetta is most definitely the lighter side of

the world of opera. The works of Gilbert and Sullivan such as *The Mikado* and *Pirates of Penzance* are but two examples. Also wedged into the very specific genre, depending on whom you ask would be George Gershwin's *Porgy and Bess*. Yes, the story of *Porgy* is not exactly uplifting but it certainly fits well into the genre because of spoken dialogue. With 2018 being the centennial of the birth of American Composer Leonard Bernstein, many arts organizations across the country are now or will soon be engaged in musical celebrations of his life's work. One of these organizations is the Santa Fe Opera, which will present Bernstein's operetta *Candide* during the 2018 summer festival season.

Candide is a work that is based on the novella of the same name by Voltaire. A summary of the story will not be provided here as that is one thing the reader should explore on their own before listening to the music, should they choose to do so.

In fact, reading a synopsis of the story prior to hearing a live or recorded performance is perhaps more important because the work is sung in English. Yes, even when a work is sung in English, there may be sections where you cannot understand what the performer is saying. Having the basics of the plot wedged some-

where in your brain will be helpful not only in understanding what you are hearing, but also having a sense of context and completeness as the story progresses. To describe the plot of *Candide* one must only say the words whimsical and fantasy. The setting is a fictional land with all the characters and personalities you would expect to see in a fairy tale. This work is not as dark as Mozart's full-fledged opera *Die Zauberflöte* (*The Magic Flute*) and not as complicated as Stephen Sondheim's *Into the Woods*.

The overture to *Candide* has taken on a life of its own and is often performed as a stand-alone piece in concert settings. The overture makes full use of the orchestra, and like any good overture, offers the listening audience snippets of tunes and melodies that will be heard during the performance.

With this overture we have the light and flighty flutes dancing around and then suddenly a full force of the brass section, especially trombones, that make it sound as if we have fallen into the middle of a march by John Philip Sousa. Just over four minutes in length, the overture sets the scene for what is to come. Listened to separate from the complete work, the overture is a textbook example of music that teases the mind and puts the audience squarely on the edges of their seats.

A full review of the Santa Fe Opera production will come after it is seen on stage by this author in July 2018.



Up Bear Creek by Art Goodtimes

In just Spring when it all closes



(L-R) Robyn Hunt, Art Goodtimes, and Debbi Brody at Teatro Paraguas in Santa Fe earlier this month (courtesy photo). At right, Kyra Kopestonsky's Poetry Drop in Fall Creek on the way from Placerville to Telluride (photo by Art Goodtimes).



opposable thumbs up!

VIRUS OF MISOGYNY... Mary McAleese, former president of Ireland, has called on Pope Francis to develop a "credible strategy" to include women at every level in the Catholic Church's global structure, saying their exclusion from decision-making roles "has left the church flapping about awkwardly on one wing," according to a recent issue of the *National Catholic Reporter*. McAleese, speaking at the annual Voices of Faith event in the Vatican on March 8, said the church "has long since been a primary global carrier of the

virus of misogyny ... Today, we challenge Pope Francis to develop a credible strategy for the inclusion of women as equals throughout the church's root and branch infrastructure, including its decision-making." She spoke to a packed crowd in a small hall at the Jesuit order's Rome headquarters outside the Vatican's walls -- but on the city-state's territory ... McAleese, who led Ireland from 1997 to 2011 and is pursuing a doctorate in canon law at the Pontifical Gregorian University, said she wanted "a strategy with targets, pathways and outcomes, regularly and independently audited. Failure to include women as equals has deprived the church of fresh and innovative discernment. It has consigned it to recycled thinking among a hermetically sealed, cozy male clerical elite."

WEEKLY QUOTA ... "It is remarkable to hear religious leaders defend profanity, ridicule, and cruelty as hallmarks of authenticity and dismiss decency as a dead language.

President Trump's presidency has coarsened our culture, given permission for bullying, complicated the moral formation of

ORGANIZING ... Yikes, it's been a hectic few days. Start of Spring! End of Lent. Pre-skitclosure jitters. Personally, a tragic loss of our mushroom trip leader to Chile next month, the amazing Gary Lincoff ... I really intended to focus on my own writings in retirement, but doing politics for 20 years mires you in community and pet projects that are doable, if demanding ... Project #1: I really want to see the Ski Area take credit for the good job they've done remediating the golf course wetlands and hope to convince them and our community to continue CSU's Dr. David Cooper's long-term monitoring program for climate change at the Prospect Basin Fens ... Project #2: Arranging for Zia elder and artist Peter Pino to come do an Introductory Petroglyph Making workshop at Ah Haa School for the Arts in May ... Project #3: Bringing national slam competitor and California Poet in the Schools Claire Blotter to the Grand Valley and San Miguel County for performances at Lithic Bookstore in Fruita and at Telluride Arts, as well as for workshops in Grand Junction, Telluride and Norwood schools ... Meanwhile, I'm lining up Eutimia Cruz Montoya of Denver to come to Indigenous

Peoples Day in the fall, and Esther Belin of Durango to be our featured poet -- along with CMU's John Nizalowski -- for our Telluride Literary Arts Festival, May 18-20 ... Juggle, juggle.

TEATRO PARAGUAS ... Argos was chief cook & bottlewasher at this theater space in Santa Fe out the Cerrillos Road a bit. Just a sheet metal warehouse on the outside, but a dazzling little black box theater inside. Dedicated to thespians, but happy to welcome poets ... My poet friend Debbi Brody leads a once-a-month open mic at el Teatro. And she arranged a trio performance for me, her and our joint Santa Fe friend Robyn Hunt. We called it "In Awe of Nature." Performed in a round-robin style -- each would read a poem and then another would read, and so on in regular succession. The audience seemed to love it, and we three had a ball ... If you're down in FantaSe for a couple days, check to see what Argos has playing and catch a show. You won't be disappointed.

BUMPER CROP ... Who the hoot did you want to be? ... What if the Hokey Pokey IS what it's all about? ... Give evolution two

Up Bear Creek by Art Goodtimes

children, undermined standards of public integrity, and encouraged cynicism about the political enterprise. His tribalism and hatred for 'the other' stand in direct opposition to Jesus' radical ethic of neighbor love. Jerry Falwell, Jr., Franklin Graham, and others are providing religious cover for moral squalor – winking at trashy behavior and encouraging the unraveling of social restraints. These evangelical leaders have ceased to be moral leaders in any meaningful sense." –Michael Gerson in *The Atlantic*

KYRA'S POEMDROP ... I like knowing they're out there ... I've become obsessed with making fancy envelopes from old calendars and magazines. It's therapeutic for me – folding, cutting, gluing, fashioning into something useful these beautiful images that otherwise would be thrown away ... And oh, the joy of mailing letters in these vibrant wrappings – so much prettier than boring plain white envelopes ... I like imagining the snowy mountain scenes, the wildflowers, pronghorns, dolphins, and blue-footed booby winding their way through the conveyor belts of the U.S. postal system – colorful rectangles of cheer amidst the drab white and brown sheets, faithfully making their journey to Ohio, Rhode Island, Wyoming, Utah, Greece ... and the smiles when they are received. How fun to put a letter or poems or a homemade card with a painting into these receptacles and then send them out into the Universe... -KAK, 1/26/18

THE TALKING GOURD

#GoddessToo

I fall at your feet
McRedeye sez

& kiss the snake
that races up

both our spines
Divorce, She said

& then in hospice
died in his arms



facebook.com/SherbinoTheater

For more information, visit
WWW.SHERBINO.ORG



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

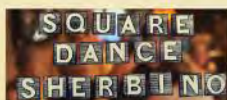
Doors and cash bar at 6:30pm. Trivia at 7:00pm. Suggested donation of \$5-\$10.

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

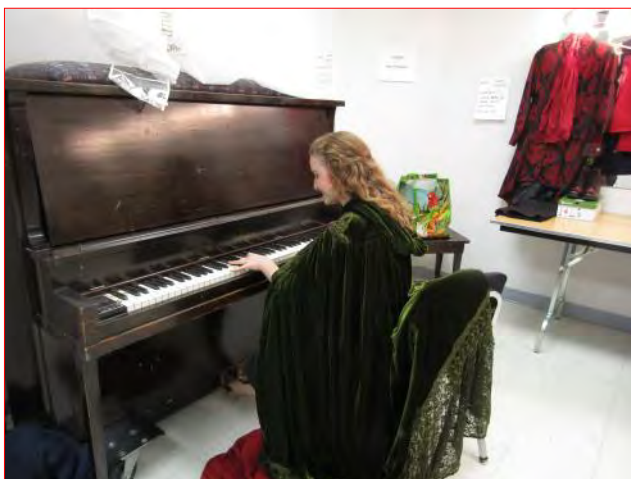


BLUE SPECKLED FOX PRODUCTIONS & THE SHERBINO PRESENT

SMOOTH HOUND SMITH

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

MIRROR IMAGES...2018 ALTRUSA SPRING LUNCHEON!



Altrusa International of Montrose held their 30th Annual Spring Luncheon at the Montrose Pavilion on March 24. The theme this year was A Broadway Melody. Members and guests enjoyed shopping, a delicious lunch served by men, and outstanding entertainment—including a fashion show presented by local boutiques. Funds raised will be used to make a difference in the local community.

UNLEASH THE POWER OF PROTEIN



Fitness pro Gia Porter.

By Gia Porter

Whether your goal is weight loss, gain or optimizing athletic performance, protein is an integral variable in that equation. The importance of properly fueling your engine can't be overstated. So let's take a look at what protein is, its various forms, what it does, and how much you need.

Protein consumption is a somewhat debatable topic, depending whom you ask. As a rule of thumb, if you are trying to maintain muscle mass then intake is anywhere from .45 to .65 grams per pound of body weight per day. So for an average 170 lb male that is roughly 102 grams of protein per day. Ballpark. While an elite athlete thrives on .77 grams per pound per day. So that same size male would require 131 grams. Bear in mind that the body can only process and use so much protein at one time. Eating it all at once is just wasted effort. Studies indicate that the max we can actually assimilate in a single meal is about 90 grams. And no, it won't damage your kidneys or cause some sort of overdose; you'll just burn it off as energy as opposed to using it for tissue growth or cellular synthesis. Post workout

protein consumption is anywhere from 20 to 40 grams depending on your size. A large male body builder should be toward 40 but the average person is fine with about 20. This is why a typical serving size of protein powder contains about 20 grams.

When it comes to dietary protein, always go big. While the USDA recommends a measly 56 grams per day, most of us would substantially benefit from eating far more than that. High protein diets can curb hunger, prevent or reverse obesity and control sugar cravings. As you reduce calories during a weight loss effort always be sure the majority of your calories come from protein. In the late 80s when the American Heart Association decided we all needed to consume a carb-rich diet and avoid fat completely, obesity and diabetes took off like wildfire. We became the international hallmark of malnourished overweight humans. The FDA and AHA have since reversed those positions and literally reversed the antiquated "food pyramid." By the way, if you still subscribe to the idea of the government sponsored "food pyramid" please do some research on how that came to be. It is based on commodities and economics not health and human physiology. The USDA's original nutrition guide, established in 1916, was based on five agricultural food groups. During the Depression that number increased to 12. Fruits and vegetables were broken down into multiple categories to provide a sort of buying guide to accommodate a poorer consumer. In the '40's, the food groups were consolidated, first to seven, then to four (milk, proteins, grains, and fruits/vegetables) This was the standard until the late '70's. Generation X and Y will be most familiar with the "Food Pyramid," which separated fruits from vegetables and also included fats and oils. It seems every so often the government assesses the situation based on social and economic trends with maybe a nod to nutritional research. But the correlation is slight.

When planning your diet, it's possible to build complete protein from plant-based

foods by combining legumes, nuts, and grains--but you'll need to consume 20 to 25 percent more plant-based protein than you would of an animal-sourced protein. Mainly because animal proteins contain a complete amino acid profile. The best sources are still dairy products, eggs, meat, and fish. Beans and legumes also have high carbs that make it harder to lose weight. Total calories still count. Scale down your fat and carbohydrate intake while increasing eggs, low-fat milk, yogurt, lean meat, and fish. If you're struggling with your weight then carbs are the likely problem. Fat will help keep you full while carbs can mobilize insulin and create blood sugar imbalances that leave you hungry and tired after you burn through it.

Always consume a good quality protein and a fast digesting carbohydrate within 30 to 60 minutes of working out to restore energy levels, avoid catabolizing your own muscle tissue and to promote ATP synthesis. Whey or milk proteins are excellent because they are dense and high value while relatively quick to digest. Casein is another protein often found in powdered shakes and supplements, which is also good but it is a slow digesting protein. This is for maybe a night time recovery option or for those who have a stoked metabolism and find themselves hungry at night before bed. It is also commonly used in conjunction with whey to provide a sustained release protein for both short term absorption and long term availability. Choose a protein based on your activity level and think about why you're taking it. Be honest.

Taking a protein supplement before exercise is not necessary. It may make you feel sluggish or bloated and if there is any sugar whatsoever in it then it will affect your hormone production and response to exercise. If you opt to take a shake pre-workout, then make sure it's at least 45 minutes prior and that your workload will actually offset what you just ingested. For example, if you plan to walk for 45 minutes on a treadmill or do any other form of low heart rate aerobic activity, fasting cardio is ideal. Don't take the

Continued next pg

UNLEASH THE POWER OF PROTEIN From previous pg

shake beforehand. If you plan to go to Crossfit or do some form of heavy exertion it may not be a bad thing, so long as you allow ample time to digest but it's still preferable afterward as a recovery effort. Your body can physiologically do one thing at a time. It can either exercise or digest food. It doesn't like to do both simultaneously. For endurance athletes, this is something they train their bodies to do and it is something that requires finesse, practice and carefully measured and calculated caloric intake to avoid gastric distress or impeded blood flow. For the recreational athlete, it is best to avoid eating and exercising at the same time.

Always try to eat a whole sourced protein from food, whenever possible. But don't be afraid to supplement with shakes in order to hit your goals. A properly fueled body will not only perform better in the gym but in life.



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COMMUNITY NEWS BRIEFS

TURKEY HUNTING SEMINAR IN DURANGO APRIL 7



Special to Art & Sol

DURANGO-- If you want to learn how to hunt turkeys or improve how you hunt these wily birds, plan to attend a "Turkey

Hunting 101" class in Durango, 8:45 a.m. – 3:30 p.m., April 7, at the Durango Public Library, 1900 East 3rd AVE.

The class is free and open to all ages and experience levels.

Please, register online for this event at: <https://www.register-ed.com/events/view/121144>.

Colorado Parks and Wildlife staffers, who are also avid turkey hunters, will provide expert tips and instruction.

Turkeys are abundant in southwestern Colorado. Licenses can be purchased over-the-counter, so no special application process is necessary.

Spring turkey season lasts six weeks which also allows hunting during a time of relatively warm weather. Season dates for 2018 are April 14 through May 27.

The class will cover key concepts for turkey hunters, including: biology, bird identification, laws and regulations, equipment, scouting, hunting tactics, turkey calling, tracking, how to set up a blind, field-dressing and more.

The first part of the class will be held indoors and in the afternoon it will move outside for a field session.

For more information, call the CPW office in Durango at 970-247-0855.

IAWC PRESENTS FREE PROGRAM HIGHLIGHTING PUBLIC LANDS @ ANNUAL MEETING APRIL 4

Special to Art & Sol

GRAND JUNCTION--The Interpretive Association of Western Colorado presents a free program highlighting Public Lands and the Heritage of SW Colorado region in conjunction with their 30th Annual Meeting, Tuesday, April 4, 2018, 6 – 7:30 p.m. at the Mesa County Library, Main Branch, Community Room, 530 Grand Ave, Grand Junction, Co.

Guest speakers Rob Gay, Colorado Canyon Association, Education Director and Glade Hadden, retired BLM Archaeologist will present the following programs. Rob will talk about the three National Conservation Areas (NCA) located within 60-miles of each other.

Glade will give a presentation on the Eagle Rock Shelter located at the north end of the Gunnison Gorge NCA. The Eagle Rock Shelter is the oldest site of human occupation in Colorado. Glade will share with you what life was like in western Colorado 12,000 years ago, and will explain the history behind the discovery and excavation

of Colorado's oldest human occupation.

Colorado Canyons Association is a community education and stewardship organization that works with the Bureau of Land Management to help get students out into western Colorado's three National Conservation Areas, and to help the BLM achieve its management goals by assisting with riparian monitoring, restoration, and trail stewardship. CCA formed originally to support Colorado Canyons NCA when it was first designated, but has expanded its scope since then to include not only the original CCNCA (now McInnis Canyons NCA) but also Dominguez-Escalante NCA and Gunnison Gorge NCA. Currently CCA gets several thousand local students from the western slope out onto our public lands and spends hundreds of person-hours helping restore the rivers of our communities. This year CCA is expanding their work, and this evening presentation will focus on not just their past achievements but also their 2018 goals. Chris Miller, Executive Director of IAWC says, "if

you are curious about western Colorado's prehistory and the desire to learn more about the Eagle Rock Shelter, than please plan to attend this special event. It will inspire you to get out and enjoy your Public Lands. Miller says, we're excited about the work Colorado Canyons Association is doing to help heighten the awareness of the natural resources and historic sites located right here is our own backyard and getting students out on our public lands. We are very lucky to have these unique natural and historic resources in western Colorado, along with local historians and educators to share with the public. IAWC is a non-profit organization located in Western Colorado. IAWC has been providing Educational Interpretation and Preservation of Resources on Our Public Lands Since 1988. IAWC is a not for profit partner with the Forest Service and Bureau of Land Management. Please contact Chris Miller, Executive Director at 970-874-6695 for more information. Doors open @ 6:15 PM.

Hold the Date! Upcoming Business & Cultural Events

ONGOING-

MONTROSE TOASTMASTERS

The first meeting will be held:

Wednesday, May 2nd, 2018 @ 6:30p

Proximity Center

210 E Main St, Montrose, CO 81401

Meetings will then be held every 1st & 3rd Wednesday of each month at 6:30 pm at Proximity.

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

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

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

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

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

MONTHLY-

MARCH 26-30-The Association of Montrose Churches would like to invite the community to attend our Holy Week services which will be held March 26 – 30 at various local churches. The 30-minute services will begin at 7 AM and will conclude with a continental breakfast. An offering for the AMC Rent and Utilities Fund will be received. The service locations are listed below. I am also attaching a pdf with the information. If you have any questions feel free to contact me at the provided contact information below.

Monday, March 26 – First United Methodist Church - 19 South Park

Tuesday, March 27 – Cedar Creek Church - 222 South Townsend Avenue

Wednesday, March 28 – Seventh Day Adventist Church – 1401 S. Townsend Avenue

Thursday, March 29 – All Saints Anglican Church - 2057 South Townsend Avenue

Friday, March 30– Church on the Hill – 62985 Hwy 90

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/OHVs.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 4-The Interpretive Association of Western Colorado presents a free program highlighting Public Lands and the Heritage of SW Colorado region in conjunction with their 30th Annual Meeting, Tuesday, April 4, 2018, 6 – 7:30 p.m. at the Mesa County Library, Main Branch, Community Room, 530 Grand Ave, Grand Junction, Co. Please contact Chris Miller, Executive Director at [970-874-6695](tel:970-874-6695) for more information. Doors open @ 6:15 PM.

April 4-The Montrose County Historical Society Presents Vern Jetley. He will be presenting the Lion's Club History from the beginning in 1921 to the special community projects of the Lions Park, access to Black Canyon Rim, Fred's Stand, the Halsey Saddle, Health Fair, Lions Camp, Annual Carnival and more. Please join us for the inside history of this wonderful Club on Wed. April 4th at 7 pm, in the Pioneer room at the Fairgrounds. Everyone is welcome.

April 5-Colorado Parks and Wildlife Officer Kelly Crane will talk about the black bears of Western Colorado and how to live in bear country during her presentation in Montrose April 5. Her presentation is at the Montrose Field Office at the Corner of Colorado and Rio Grand and will begin at 7pm. The public is invited and there is no charge. It is being sponsored by the Black Canyon Chapter of the Audubon Society.

Contact the Montrose Mirror:
970-275-0646

Editor@montrosemirror.com
www.montrosemirror.com

Local attorney Brad Switzer snapped photos of locals out and about at the Montrose Water Sports Park (below) and at the Ute Indian Museum (right) despite cooler temperatures on on Sunday, March 25.



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