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THE MONTROSE MIRROR

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

Issue No. 266, April 2, 2018

'MY FIRST THOUGHT WAS TO FOLLOW HER OVER THE BALCONY' *Montrose Girl & Her Family Still Face Day-to-Day Setbacks*

By Caitlin Switzer

MONTROSE-Amber, 16, was there one moment happily chatting with her mother, and the next moment she was gone.

"My first thought was to follow her over the balcony," said Montrose Mother Lily Lawrence Bernallo, who remembers that moment as one that defied all logic—and still does.

When Lily and her teen daughter Amber booked a stay at the 125-year-old Hotel Colorado in Glenwood Springs last October, the plan was to enjoy a leaf peeping getaway. However, just before heading to breakfast on the first morning there, Amber accidentally fell from the hotel room's balcony, and at first was not expected to survive.

Eerily, one of the ghost stories that is often circulated about the historic hotel

[Continued pg 6](#)



This photo of Lily and Amber's feet was taken on the train ride to Glenwood, just before the tragic accident that has changed their lives forever. Courtesy photo.

OVER THE RAINBOW, TO THE ENDS OF THE EARTH: FRANK STARR'S BOOK A LOVE LETTER TO WILDERNESS, WIFE PENNY



Courtesy photo Frank and Penny Starr. 1983, Kukak Bay.

By Caitlin Switzer

UNITED STATES-Penny Starr was close to 50 when she fought off a knife wielding attacker during a morning jog, and successfully faced down a drunken vandal at Yosemite National Park. And that's just the beginning of this remarkable story, the true-life adventures of an unassuming couple from Ohio who decided to work for the National Park Service during their retirement years.

Starr would still love nothing more than to head for the wilderness once again with a backpack and supplies. Now in her mid-80's, she and her husband Frank have called some of the Earth's most remote, wild places home. The excitement in her voice is undeniable as she recalls the years that she and Frank spent as rangers in America's most remote National Parks.

Frank Starr has just released his long-awaited book, *Over the Rainbow: The Road Taken* (Luminare Press), "a collection of stories of the adventures of a couple who in their late forties

[Continued pg 24](#)

in this
issue

*Gail Marvel's
Answering the Call series!*

*Art Goodtimes'
Up Bear Creek!*

*Rob Brethouwer
On classical music!*

*Carole McKelvey's
Rocky Mt. Cravings!*

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

ANSWERING THE CALL: MCSO DEPUTY DUSTIN HORN



MCSO Deputy Dustin Horn. Courtesy photo.

By Gail Marvel

MONTROSE-Sheriff's Deputy Dustin Horn comes from a long line of preachers on both sides of his family, "I was a youth minister for a couple of years, but I wasn't meant to be behind the pulpit."

Born and raised in Amarillo, Texas, Horn met his future wife in college, "She grew up in New Castle and told me she'd never be married to a cop or a soldier. We got married and she brought me up here." He laughed and said, "We were married about five years when I told her I wanted to go into law enforcement. Things change over time and she is now 100 percent supportive."

Horn has lived in Montrose for four years

and has been employed with the Montrose County Sheriff's Office (MCSO) for one year, "I've always had a sense of wanting to serve my country and my community. I put myself through the Police Academy with student loans."

When considering the most stressful part of his job Horn

said, "Well, in my one-year experience, it's the learning curve. You learn everything in books and on paper. You learn what you have to learn and then the rubber meets the road. It's like drinking from a fire hydrant. You learn something new every day. I guess to some extent I like the stress."

The most enjoyable aspect of his job, "No two calls are the same. Every day is a day of learning. You know the law, but you also have to have common sense and figure it out." For Horn the least enjoyable, "Anything to do with kids — child custody, abuse. Those are hard situations to work through and hold back emotions. I have two kids [two and four years-old] of my

own and it's hard to know how to react. You're kind of bewildered by the way some people can treat children. You don't know how to react." On two separate occasions Horn used CPR; one time was he successful and the person revived.

Horn cites his ability to always stay calm as his main strength when dealing with citizens, "With my demeanor and the tone of my voice I have the ability to calm people down. I find people are better when they feel like they are being understood, taken seriously and validated. I may not agree with them, but their emotions and how they feel are valid to them."

Outside of his career, Horn likes to ride horses up in the mountains. "We have a 10-acre place that we're working on. I like being outside working on my place, building fence and getting the pasture up."

Acknowledging his fellow deputies Horn said, "The comradery on the job has been great. I love my crew. We're a family. The deputy who trained me is like an older brother, or a father figure. The crew is supportive and helpful, but at the same time they give me a kick in the butt when I need it."

Reflecting on his first year in law enforcement Horn said, "This is the most family-oriented environment I've ever experienced in a career field. I've never had a job I liked so much. My wife said she has never seen me so excited about my work."

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ASSOCIATION**

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Publisher: Caitlin Switzer, Weekly pre-share Circulation 10,600+

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

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**THE
MONTROSE MIRROR**



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SERIES ON ELECTIONS AND VOTING**

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**Thursday, April 5 at 12:30
Montrose Library Community Room
THE PUBLIC IS INVITED. DISCUSSION TO FOLLOW.**

**Tressa Guynes, Montrose County Clerk and Recorder, will present information on
the June 26 primary election too!**

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

COUNTY ROAD & BRIDGE READIES FOR MOVE TO NEW FACILITY

By Gail Marvel

MONTROSE-Toward the end of May 2018, the Montrose County Road and Bridge, the Fleet Department and Public Works staff will leave their old facility at the Montrose County Fairgrounds and moving into their new facility on LaSalle Road. Montrose County Media Relations Manager Katie Yergensen said, "The Planning and Development division will not be moving to the new facility but will remain at 949 North 2nd Street and continue to operate out of a central location. Their customers often work closely with the City's Planning Department and the Plan-



ning and Development director felt that a move to the north end of town would inconvenience customers who need to return to City Hall." According to County Manager Ken Norris, the old buildings at

the Fairgrounds which have outlived their service will sold and moved, or demolished, to make additional parking space for the Fairgrounds and the new Event Center.

OPINION/EDITORIAL: LETTERS

CARRY ON! RIDGWAY REUSES: LET'S BE SINGLE-USE PLASTIC BAG FREE

Dear Editor:

We are Carry On! Ridgway Reuses. We are dedicated to raising awareness about the dangers of plastics and helping Ridgway become a single-use plastic bag free town. We would like to thank everyone who was involved with the showing of the Baglit Movie, and those who attended/donated. We would like to mention that there are

ways that citizens can support us. For instance, carrying your own bag, saying no to plastic bags, and encouraging business owners to support a Plastic Bag Ban. There are reusable bags for sale at Cafe Ridgway A La Mode, Alpine Bank, Mountain Girl Gallery, and Yoga Shala, as well as petitions to sign. You can make donations at Alpine Bank or a check to Carry On! Ridg-

way.

We would also like to encourage citizens to write letter to the Editor, showing their support for our cause.

Thank you, again!

The Carry On! Crew

Indigo K.

Maizy G

Autumn S.

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Today's Feature

**Some assembly may be required*

**Settling may occur during shipping*

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COLORING CONTEST!

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Do you love to Color? We have a fun project for you! Download and print the coloring sheets (as pictured below) from CityofMontrose.org/EarthWeek or pick them up at City Hall (433 S First St) or the Visitor Center (107 S Cascade Ave) and make the world colorful.

2018 EARTH DAY COLORING
CONTEST GRADE Pre-K

2018 EARTH DAY COLORING
CONTEST GRADES K-2



2018 EARTH DAY COLORING
CONTEST GRADES 3-5



Co-sponsored by: City of Montrose, Shavano Conservation District, and USDA-NRCS

Submissions due by 5 pm, Monday April 9. Deliver to City Hall (433 S First St). One winner per grade level will receive \$25 in Montrose Bucks. Winning K-5 submissions will represent Montrose in the 13th Annual NRCS State Coloring Contest. Winners will be notified by phone.



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For more information, contact:

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'MY FIRST THOUGHT WAS TO FOLLOW HER OVER THE BALCONY' From pg 1

concerns a little girl in Victorian clothing. "It is believed that this girl fell off the balcony chasing after her ball during her stay at the hotel," notes the tourism web site VisitBreckenridge.com.

It was only after months in a Denver hospital that Lily and Amber finally returned home. Today, Amber is making slow but steady progress, and returns to Denver next week for more surgery.

"Amber will have major surgery April 10th in Denver," Lily posted on her Facebook site recently. "They're going to do a bone graft taking bone from her thigh for her ankle, and they'll be running a rod from her heel through her tibia to her knee."

As of this past week, "Amber's just beginning to put a little brief weight on her left foot," Lily said. "The longest she has been able to put her weight on it so far has been three seconds."

"She's fully wheelchair bound for quite awhile."

To this day, Lily is not sure how her daughter fell, and Amber is still unable to tell her own story.

According to the City of Glenwood Springs, the 1890's-era Hotel Colorado's balconies were fully compliant with building codes at the time they were constructed, and there is no requirement to bring them up to current code standards.

Meanwhile, Lily Benallou continues to work nights, care for her daughter, and struggle to make ends meet in the face of new expenses and an already tight budget. Good friends have helped out whenever possible, and a recent Fund-raiser at Lark & Sparrow brought in \$507, just enough to help with immediate needs. Still, the family's situation remains precarious.

"It seems I never stop rushing, and yet can't keep up at all," Lily told *the Mirror* this week. "The overall situation here isn't easier at all as of yet. I hope after recovery of this next major surgery, life will begin to move forward."

To help this single mom and her children get through this difficult time, [a YouCaring site](http://aYouCaring.com) has been set up by a friend of the family.



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OPINION/EDITORIAL: LETTERS

CONGRATULATIONS TO THE RECENT GRADUATES

Editor:

I recently attended the graduations for the Montrose County Sheriff's Office Civilian Academy and the Montrose Police Department's Civilian Academy. The graduates, from all walks of life, had all devoted countless hours to learning how the respective law enforcement agencies train their officers, operate their agencies and examined the complex issues facing law officers in today's society. Both programs are invaluable in educating the public about these agencies and the rigors of those who wear a badge and the dedicated staff who support them. Few people are aware of the high standards required just to join these departments, let alone the physical and mental challenges that must be overcome before an officer can even take to the streets. Due to a hostile national media and a focus on unfounded litigation, today's officers, in addition to being on constant alert for threats to their very lives, must also consider previously unheard-of scrutiny of their every move. Today's law enforcement officers and agencies, more than ever before, have dedicated their lives to enforcing our laws and protecting our communities, residents and visitors in spite of an apparent national undercurrent to destroy not only respect for law enforcement but also the traditional values on which this great nation was built. All law enforcement officers, staff, and the people involved in these two Civilian Academies, both as presenters and participants, deserve our deepest appreciation and respect.

John W. Nelson

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Free Aging Legal Classes

Monday, March 19: The Basics of Medicaid and Other Common Long Term Care Planning Ideas

Learn about eligibility, spouse protections, five-year look back, planning for individuals and couples.

Time: 4:30 – 5:30 p.m.

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,
What Should I do?**

Learn about estate plans, including wills trusts and advance directives plus incapacity planning.

Time: 4:30 – 5:30 p.m.

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REGIONAL NEWS BRIEFS

MEMORIES MATTER 5K/10K WALK/RUN WILL BE JUNE 30

Special to the Mirror

MONTROSE-Valley Manor Care Center in Montrose is hosting a Memories Matter 5K/10K Walk/Run on Saturday, June 30 to raise money to remodel our dining room/kitchen. This is the reason why.

Chonie Chavez is a four-year resident at Valley Manor Care Center and currently resides in our Memory Care community for her late onset Alzheimer's disease.

As Chonie was a young child, she worked in the fruit and vegetable fields with her dad. Knowing at an early age that food and cooking for her family was a passion. As Chonie grew and became a young adult she worked in and out of retirement homes for the elderly doing activities such as cleaning, showering, and providing meals.

Later on in life, Chonie became a wonderful mother to 10 children. Providing some of her favorite dishes; green and red chili, tortillas, enchiladas, lasagna, cakes,

pies, and cookies with never any complaint from family. Every Sunday, it was very important for Chonie to have family meals all together. She always had all her family come for Thanksgiving and Christmas and cook the main meal for them. Her family will always remember the turkey, stuffing, dressing, and cucumber onion salad she made for them every year.

Moving to Montrose, Colorado, Chonie became integrated into the restaurant community, becoming a waitress and providing meals and foods for our local farmers and ranchers.

Roughly five years ago, Chonie was diagnosed with late onset Alzheimer's disease and lost all independence to stay at home and continue to provide meals and clean for her family. She is now completely dependent on loved ones and caregivers for all her care. In 2014, Chonie was admitted to VMCC. Currently the Memory Care Community lacks the amenities to allow

her to provide her talents for the community.

Currently she participates in a weekly cooking class to provide snacks and treats with help from therapeutic rec staff. She also provides waitressing services and enjoys wiping down and organizing the dining area for her fellow residents to have a homey environment to eat at a family style table. Valley Manor Memory Care Community provides an outdoor community garden area that Chonie enjoys working in as she remembers working in with her father. Activities such as this provide life enrichment in her late stages of dementia.

We are raising money for not only Chonie but also other residents who reside in the Memory Community to have a fully functioning country style kitchen so the residents can bake and cook some of their favorite heritage recipes.

<https://voa.org/vmrace>.

REGIONAL NEWS BRIEFS

ALTERNATIVE POWER ENTERPRISES OFFERS 25 YEAR ANNIVERSARY INCENTIVE TO RIDGWAY HOMEOWNERS

Special to the Mirror

RIDGWAY-To celebrate 25 years of providing solar power systems to local homeowners and businesses, Alternative Power Enterprises is offering a \$500 rebate as part of an incentive to homeowners within the city of Ridgway. "If you want to save money while adding equity to your home, this is a great option," says owner Jill Markey, "We are excited to have had 25 years of success, and want to give back to the community that has supported us as a business and a family."

This offer is towards a 3 KW or larger system. This offer can be combined with the San Miguel Power Association's rebate of up to \$1,500, giving homeowners up to \$2,000 off a home solar power system. As an additional benefit, Alternative Power Enterprises is also able to offer zero down financing as a proud participant in the Colorado RENU (Residential Energy Upgrade) loan authorized contractor network. "Financing through the RENU loan program is a great option with reasonable monthly payments that make solar power a viable options for almost all homeowners," says Markey. Along with the RENU loan program through the Colorado Energy Office, there is a 30 percent Federal Tax Credit on solar power systems. Both the Zero Down RENU loan and the Federal Tax Credit are available on all solar power systems, regardless of location.

This offer is only open to homeowners in the City of Ridgway, and is only available through April 15, 2018. For more information, contact Alternative Power Enterprises by phone at (970) 626-9842 or via email at info@alternative-power.com.



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REGIONAL NEWS BRIEFS

GREG FISHER JOINS MONTROSE COUNTY AS EMERGENCY MANAGER



Greg Fisher.
Courtesy photo.

Special to the Mirror
MONTROSE-
Montrose County Sheriff's Office is proud to welcome Emergency Manager Greg Fisher to the team. Fisher comes to the MCSO from Fort Myers, Fla., as the former Senior Emergency Management Associate for Two Rivers Emergency Manage-

ment. "Mr. Fisher will be an asset to our team," said Sheriff Rick Dunlap.

"I am confident that his education, experience, and additional training will serve Montrose County well as Emergency Manager."

"After living and working in larger cities, I always had a goal to return to Colorado—specifically the western slope—and I am happy to be here," said Mr. Fisher.

"Emergency Management in a more rural area provides unique challenges and advantages and I am looking forward to meeting community members to hear their concerns."

Prior to his role at Two Rivers Emergency Management, Mr. Fisher served as Human

Services Program Manager for Collier County Emergency Management Agency, Safety and Emergency Planning Coordinator for Rollins College, and Emergency Management Specialist for the Ohio State University Department of Public Safety. He is also a U.S. Navy veteran.

Fisher joined the MCSO in late March and succeeds Interim Emergency Manager Teri Watkins.

In his off-duty time, Mr. Fisher enjoys fly fishing, hiking, and outdoor activities.

He and his wife have three children and are excited to learn more about Montrose. For more information about Montrose County Emergency Management, please visit www.montrosecounty.net.

MICHAEL LAWTON PHOTOGRAPHER

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REGIONAL NEWS BRIEFS

GMUG ANNOUNCES NEW PHASE OF FOREST PLAN REVISION

Special to the Mirror

DELTA- The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests are moving into a new phase of plan development, starting with a formal scoping period. This 30-day comment period, beginning March 30, will seek public input on the first elements of the Revised Forest Plan, including:

Key Needs for Change

Vision and Distinctive Role and Contribution of the GMUG

Proposed management area framework

Together, these sections provide a foundation for building a proposed plan that can provide for ecological sustainability, contribute to the area's social and economic stability, and integrate resource management for multiple uses and ecosystem services.

"Now that we're shifting from assessment to planning, we want to make sure we're focusing on the key issues and to start laying the groundwork for the Revised Forest Plan. As we move forward over the next few months, we will continue the public dialogue to build upon this foundation as we identify suitable uses, desired conditions, and more," said Samantha Staley, GMUG forest planner.

The GMUG will be hosting two Scoping Webinars on Monday, April 2 from 4 p.m.-5:30 p.m. and Friday, April 6 from 9 a.m. to 10:30 a.m.

The purpose of these webinars is to review assessment phase documents and answer any questions the public may have. The webinars can be accessed at:

www.usfs.adobeconnect.com/gmug-500/; call 1-888-844-9904, participant code 8454465# for audio.

Public engagement is a key element in the plan revision effort, and the GMUG is using a variety of tools to maintain communication. You may contact us at gmugforestplan@fs.fed.us or visit our website at www.fs.usda.gov/goto/gmug/forestplan for more information.

CITY TO CONSIDER IGA WITH COLUMBINE MIDDLE SCHOOL; NEW COUNCILORS SWORN IN APRIL 17

Mirror staff report

MONTROSE-CITY COUNCIL WORK SESSION

Two items are up for discussion at the [Montrose City Council work session](#) of April 2. Council will consider an Intergovernmental Agreement (IGA) with Columbine Middle School as well as a deed of easement for Montrose County. Included in the work session packet are reports from Region 10 League for Economic Assistance & Planning (Region 10 LEAP) and from the Project 7 Water Authority.

Upcoming City Council discussions include: on **April 16**, a historic preservation ordinance; design/build recommendations for the Riverbottom Park restrooms; a property acquisition; an update on the Cerise Park Rotary Amphitheater; and a renovation design for Riverbottom Drive/

Holly Park.

On **April 17**, Council will administer the oath of office to new City Councilors; select a new mayor and mayor pro-tem; and consider a resolution setting a hearing date for the 1890 Homestead Addition.

On **April 30**, Council will be introduced to new city staffers; on **May 1**, Council will hold an annexation hearing for the Triesch Addition.

A first quarter budget review will be **May 15**; the 1890 Homestead Addition Hearing will be **June 5**.

CITY COUNCIL MEETING

At the [regular City Council meeting](#) also of April 2, Council will issue proclamations in support of Earth Day and Arbor Day.

Ordinance 2444 will be heard on second reading, amending the zoning district des-

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

Council will consider extending the 2017 bid prices from Applied Industrial Technologies for an additional three gearboxes in 2018 in the amount of \$62,038.29.

Also up for consideration will be Stargate Subdivision Filing No. 2 Final Plat.

Following staff reports and council comments, Council will adjourn.

REGIONAL NEWS BRIEFS

GMUG EMPLOYEES HONORED BY REGIONAL FORESTER

Special to the Mirror

DELTA- – On March 14 Regional Forester Brian Ferebee held the annual Rocky Mountain Region Honor Awards, recognizing several employees of the Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests for outstanding work that was innovative and impactful for the Rocky Mountain Region.

Nicole Hutt of the GMUG Supervisor's Office, received the Emerging Leader Award for displaying exceptional productivity, collaboration and innovation in leadership through her efforts to increase forest timber output, innovative usage of stewardship agreements with the Good Neighbor Authority.

Doug Marah of the GMUG Supervisor's

Office, Loren Paulson and Bill Edwards, both of the Grand Valley Ranger District, received the Delivering Benefits to the Public Award for their work on the Grand Mesa Nordic Trailhead Rehabilitation Project. Partnering with Grand Mesa Nordic Council, Colorado Department of Transportation, Collbran Job Corps, Mesa and Delta counties GMUG personnel were able to improve both the Skyway and County Line Nordic Trailheads, enhancing public safety and access while exemplifying the principles of collaboration and cooperation.

Ouray Ranger District's Sean Brown and Thad Chavez, Paonia Ranger District's Dana Niksch, GMUG Supervisor's Office's Paul Azevedo, Dan Huisjen and Mary John-

son, Gunnison Ranger District's Matt Vasquez and Roger Haga, Norwood Ranger District's Brian Hoefling and Grand Valley Ranger District's Landon Litt were all recognized with the Excelling as a High Performing Agency Award for their work on the GMUG Safety Improvement Program. Their efforts demonstrated significant and measurable contributions toward creating a fair, diverse and effective workplace on the GMUG.

"We are proud of the recognition our employees have received" said Scott Armentrout, GMUG Forest Supervisor "Their commitment to innovation, collaboration and stewardship contributes to both our forests and our surrounding communities."

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38 LOCATIONS FROM DENVER TO DURANGO

OPINION/EDITORIAL: LETTERS

I AGREE WITH MORGENSTERN: BOWMAN SHOULD STEP DOWN

Editor:

Dave Bowman rants about the Confederate Battle Flag! Just who does Mr. Bowman think he is? Elect him to the lowest elected job in the country and he suddenly becomes the "moral leader" of Montrose and rants like a dictator. Yeah, I know, he was just following the lead of the ignorant masses who claim it is the 'flag of the confederacy.'

I am a 'Yank.' I find no embarrassment about the stars and bars being flown in spite of it representing the 'other side' trying to kill my ancestors. The Stars and Bars is a confederate army battle flag. A standard for troops to rally around. While all flags have some political strings attached, without the rest of the 'real' Flag of the Confederacy the Stars and Bars has none. If anything, it represents an army of poor rednecks who were conned into dying for their elected officials' beliefs. Has that ever been done in America before or

since? I guess that is like being conned by the ignorant idea that the 'Stars and Bars' was the flag of the Confederacy.

But while Dave is lambasting the flyers of the Stars and Bars for somehow representing slave holders, where is his self-righteous chastisement of our State for flying the flag that Colonel Chivington flew over the Sand Creek Massacre? While Sand Creek was certainly a smaller debacle than the civil war, the Colorado Flag did fly over that morally reprehensible act of murder.

The flag of Mexico flies over many households in the United States in spite of two wars fought with Mexico and Pancho's raid on Columbus, New Mexico. What flag did General Kit Carson fly while he escorted the Navajos to the Bosque Redonde, in an early on all-American cleansing?

Or by our cavalry at Wounded Knee? Just what flag was Lt. Calley flying at My Lai? Or an Italian flag on Columbus

Day or an Irish flag on St. Patrick's Day. But despite all the wrongs committed under one or another of these national colors, it is in the past, it happened, it is history, so let it go.

Only dictatorships try to erase and rewrite history. So far America has not become one of them. More often, some erstwhile 'leader,' ignorant of the facts and too lazy to learn them pulls what we, in Montrose, shall forever remember as a 'Bowman'!

I totally agree with Marge Morganstern on this issue. Bowman should quit his elected position in abject embarrassment until, if and when, he can learn the courtesies and proprieties of holding public office.

He, and the rest of our readers, should learn from this; that when you allow your battleship mouth to overload your rowboat butt, there is a consequence.

Bill Bennett, Montrose



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MONTROSE COUPLE CLIMBS EVER HIGHER TO HELP REFUGEES



Nora Duckworth plays an authentic Himalayan singing bowl she obtained in Nepal.
(Photo by Carole Ann McKelvey).

By Carole Ann McKelvey
Mirror Feature Writer

MONTROSE – At age 79, Bill Duckworth can boast that he's climbed "all but four of Colorado's Fourteeners," and he's still determined to climb them all. Mt. Sneffels? "Oh, I've been up my favorite mountain about 12 times," he said. But, climbing the mountains of Colorado has not completed Bill's bucket-list.

He and his wife, Nora, have aimed much higher, making it their job to rescue Tibetans who've managed to escape oppression from China by fleeing into Nepal and often, India.

In December 1995, Bill Duckworth retired from the U.S. Forest Service after a distinguished career, but he was just getting started. He'd already been to Nepal about 10 times when he and Nora met as "pen pals" – she in the Philippines, he in America. Friendship bloomed into love and they were married in her native land.

Bill Duckworth is the founder of the Western Slope Friends of Tibet (now Western Colorado Friends of the Himalayas). In 1996 Bill and his bride travelled to Nepal, so he could share his passion for helping Tibetans. There they met many

Tibetans who were fleeing their country after it had been taken over by China. Nora said they made the pledge to each other "to make sure they could give just one person a better life."

"We wanted to do what we could do to help the Tibetan and Nepalese people," she said.

By finding sponsors, or sponsoring people themselves, the couple have found they can make a huge difference in a person's life thousands of miles away.

In the years since, Bill and Nora Duckworth have helped countless Tibetans and Nepalese by personally providing financial help for education,

and have also successfully helped 13 individuals seek political asylum in the United States.

Nora calls them all her "kids."

"Most of them have ended up in New York," she says, "it is easier for them to get work there." But they stay in touch.

Most of the sponsorships occurred during the presidency of Bill Clinton; the Duckworths aren't sure if what they've accomplished would be possible today. However, they still do all they can to help the Tibetan people by sponsoring scholarships and schooling within Nepal.

Bill became directly involved with the people of Tibet in 1987, founding the non-profit organization with the help of Nora in 1997.

For 16-year-old Jigchen Tso the Duckworths proved a lifeline. They did more than just sponsor the young girl, who had suffered a gunshot wound to her lower leg and needed better treatment than she could find in Nepal. She'd been shot by Nepalese soldiers as she ran away with several monks from the Tibetan border into Nepal.

The Duckworths met Jigchen at the Tibetan Reception Center and unofficially

"adopted" and sponsored her, bringing her home with them to Montrose so she could be treated medically. Then they enrolled her in high school while she lived with them. She quickly succeeded and graduated, even though she knew little English. Jigchen went on to Colorado Mesa University, studied biology, and became a phlebotomist. After an additional year studying in Grand Junction she became a medical technician and now works at Montrose Memorial Hospital. Oh, and some "grandkids" have been added along the way for the Duckworths. Jigchen's parents in Tibet managed to reconnect her -- through social media -- to a young man she knew in elementary school in Tibet and who had escaped to India. The Duckworth's Tibetan "daughter" Jigchen married her husband, Topden Tsering, in Dharmasala, India. Now there are daughter Yangkhar, 3 ½, and son, Choeing, 2.

Dharmasala came on the world map in 1959 with the arrival of the Dalai Lama and the Tibetan Government in Exile. Parents in Tibet do all they can to make sure their children make it to India to meet with the Dalai Lama and continue their cultural teachings, dances and songs. A Tibetan children's camp exists as a refugee camp in the Indian town.

Bill and Nora Duckworth have also travelled to India to meet with the Dalai Lama several times and help support children in a boarding school in Nepal. The pair continue to support the programs of the Friends of the Himalayans group on the Western Slope.

According to the website, Western Colorado Friends of Tibet (now named Friends of the Himalayas) [a lengthy list of projects has helped](#) the people of Tibet and Nepal.

During his career Duckworth is very proud that at one point he oversaw all personnel decisions in all 15 Alaskan parks.

He started his career in the National Park Service and Forest Service in the small Montrose County community of Norwood.

"I grew up in Indiana, but I fell in love with

MONTROSE COUPLE CLIMBS EVER HIGHER TO HELP REFUGEES

From previous pg

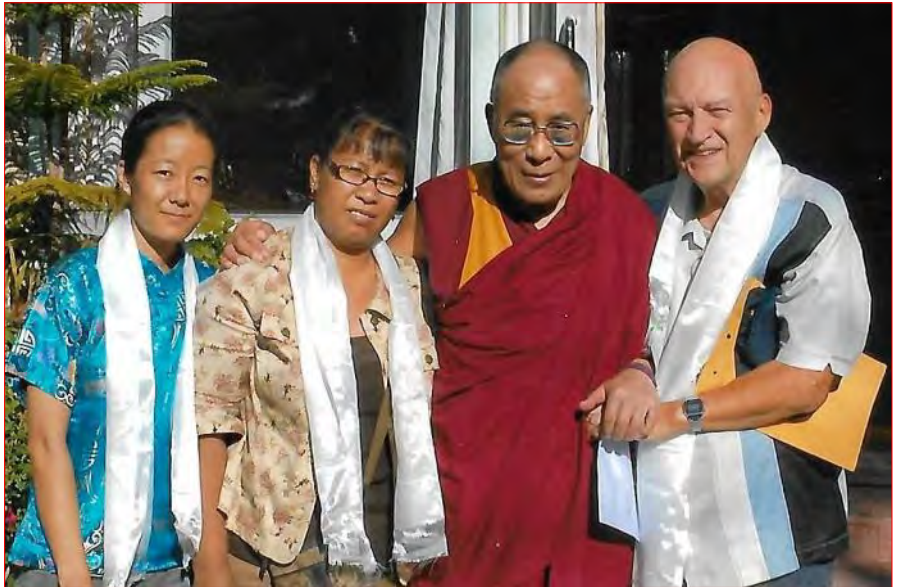
the Colorado mountains," he says. And, of his other love, he and Nora will celebrate 27 years of marriage on April 21. They were married in her native Philippines all those years ago.

Although Bill is becoming frailer, his wife Nora, 24 years his junior, is there to take care of him and help carry on their pledge to help Tibetans.

The Duckworth's have recently finished one other admirable goal, having visited all the continents, even Antarctica. And they have managed to hike and climb on all of them.

To learn more about the group founded by Nora and Bill Duckworth, visit [Western Colorado Friends of the Himalayas](#).

At right, Nora and Bill Duckworth and their "adopted" Tibetan daughter, Jigchen Tso, met the Dalai Lama in 2010 at his Tibetan government in exile in Dharamsala, India. (Courtesy photo).



REGIONAL NEWS BRIEFS

HEALTHCARE PROFESSIONALS AIM TO SAVE LIVES WITH STOP THE BLEED CAMPAIGN

Special to the Mirror

MONTROSE--You've just witnessed an accident and there's blood pouring from a wound. Do you know what to do?

Nurses at Montrose Memorial Hospital and members of local EMS will offer free Stop the Bleed classes for the community to inform and prepare for accident scenarios.

"Uncontrolled bleeding is the main cause of preventable death in traumas. We have a lot of accidents in our area—auto, ATVs, and hunting—and we want to make sure everyone in the community is educated and prepared to stop uncontrolled bleeding," said Erin Houk, MSN, RN, Trauma Program Manager at Montrose Memorial Hospital.

Houk and her peers at four other medical centers and hospitals in our region are making access to life-saving training and resources a top priority. The goal is to deliver widespread education, similar to the national and regional CPR education efforts. The Stop the Bleed effort was

launched in 2015 by the federal government after military research identified lack of bleeding control as the primary cause of preventable death in the field. The nationwide educational program is also supported by the American College of Surgeons, acknowledging the importance of bleeding control.

The Western Slope Trauma Collaborative (WSTC), which Houk helped launch last fall, is planning to train people how to stop uncontrolled bleeding. The group received funding for the project from the Western Regional EMS and Trauma Advisory Council, a State-funded organization committed to improving emergency care in Delta, Gunnison, Hinsdale, Montrose, Ouray and San Miguel counties.

"In caring for the trauma patient, time is often the most important predictor of a good recovery. If bystanders know how to intervene, they can be the earliest help that a trauma patient receives. The Stop the Bleeding campaign adds to the communities' 'know how' in helping," said Dr.

Collin Sharp, MD, FACS, Trauma Medical Director at Montrose Memorial Hospital.

In the one-hour class, Stop the Bleed sessions will train bystanders how to identify and control life-threatening bleeding. "This training has the potential to save a life in an emergent situation," said Houk. "Our Emergency Responders do an excellent job of responding to accidents, however, bystanders will always be first on the scene. A person can bleed out in less than eight minutes, so this training could someday play an integral part in someone's survival. They can keep the patient alive until EMS arrives." Individuals interested in being notified of upcoming classes or having a Stop the Bleed class at their school, church, business, or group can contact Erin at (970) 240-7160 or by email at ehouk@montrosehospital.com.

March 31, 2018 marks National Stop the Bleed Day—a nationwide event bringing awareness to the importance of bleeding control training. Bleeding is the top cause of preventable death in trauma.

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LEARN OIL PAINTING FROM PHOTOGRAPHS WITH MIKE SIMPSON



Zion colors oil by Mike Simpson. Courtesy image.

Special to Art & Sol

MONTROSE-Weehawken is excited to offer a two-day class, "Oil Painting from Photographs," taught by Mike Simpson, a Signature Member of the Plein Air Artists of Colorado, the Western Colorado Watercolor Society and a member of the New Mexico Plein Air Artists, the Laguna Plain Air Painters Association, The Oil Painters

of America and the National Watercolor Society.

"Are your oil paintings turning out the way you want them to? Learn how to create painterly looking paintings from your photographs," invites acclaimed artist Mike Simpson.

Join Weehawken April 10 & 12 from 9 am to 3 pm at Montrose Field House (25 Colo-



Aspen and sage oil by Mike Simpson. Courtesy image.

rado Ave). Tuition is \$180 per student. There is a six-student minimum pre-enrolled to make the class "go", so pre-registration is highly encouraged (and needed).

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

BUILD HEALTH & WELLNESS: GROW WEALTHY!



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

April showers bring May flowers. Although a bit cliché, I am actually hoping we will see some showers... even if it rained every day it probably wouldn't be enough to balance out the dry winter we've had. Odd that weather has become such a common topic

while other topics are still a bit taboo in most circles... like autism.

This month is National Autism Awareness month and while most of us probably think about the weather or talk about it at least on a weekly basis, I doubt most of you have sat around the dinner table discussing which neighbors, kids at school or church, or even relatives might be living with autism spectrum syndrome (ASD). I wonder if most people know what autism looks like and how it impacts the individual living with it, their families, teachers or classmates. Did you know that one in every 68 people in the U.S. is affected with autism and that it is one of the fastest growing neurological conditions in the world?

The criteria for diagnosis are changing and therefore so are the numbers. For example, Asperger's Syndrome is now included in the autism spectrum, whereas it wasn't 30 years ago or so. NOTE: Boys are four times as likely to have ASD as girls, although there doesn't seem to be a solid explanation as to why.

There's more than one form of autism: Autism Spectrum Disorder (ASD); Asperger's Syndrome (characterized by restricted behavior, namely social interactions); Pervasive Developmental Disorder or PDD-NOS, for children who are on the autism spectrum but don't meet all standard criteria; and autistic disorder.

Autism is a pervasive neuro-developmental condition which impacts a

person's ability to communicate and interact with others. People with autism may find it difficult to understand "typical" social cues and social behaviors, and they may face challenges engaging with those around them — either by using words or non-verbal behaviors. Autism is a spectrum condition meaning it manifests differently and to varying degrees in every individual. Although commonly associated with children, children with autism do in fact become adults with autism and **do not** simply outgrow the condition. The good news is that youngsters with Autism (who have access to services) may learn to develop skills and strategies to address various challenges they face. If the words "may" and "might" sound a bit vague or less than scientific in the context of ASD it's because every individual on the autism spectrum is unique and manifests a different set of behaviors and to a different degree.

There is no single known cause for this disorder. The Autism Society says there hasn't been a cause pinpointed (although some people, including celebrities, have offered non-medical theories such as it is caused by vaccinations). What is known, according to the society, is that there are noticeable differences on brain scans on those with ASD. Some researchers are also pushing toward linking autism with genetic factors.

There are often related health issues. The National Autism Association noted that those with ASD are often faced with other health problems such as common allergies and gastrointestinal issues, to more serious conditions such as bipolar disorder, epilepsy, and neuro-inflammation. Other common problems associated with ASD include Attention Deficit/Hyperactivity Disorder (ADHD), autoimmune issues, dyslexia, Crohn's Disease, hyperkinetic disorder (excessive motor movements), Tourette's Syndrome (vocal and motor tics), and many others according to autism research.

Autism could be "Neurodiversity" according to Autism Speaks, [an autism advocacy organization that proposes](#) neurodi-

versity "is the idea that neurological differences like autism and ADHD are the result of normal, natural variation in the human genome." What does that mean? It could suggest that those with autism just have a different way of thinking than those without the diagnosis. This would also suggest that autism is not the result of a disease or a brain injury of some kind. In the realm of neurodiversity, autism is not something that needs to be "cured," but rather needs to be accommodated to improve the individual's quality of life. Some studies indicate that while those with ASD may not act or communicate like the majority of people, they can have superior creative abilities.

The list of common autism traits is quite lengthy and encompasses social interaction, language & communications, emotions, behavior, learning & education, and health & body.

While some, or all of us, may have on occasion displayed one or more of the numerous traits associated with ASD, it's the regularity and ongoing nature of them that may be a clue that an individual is in the autism spectrum. If you are interested in exploring a detailed list of the traits, I encourage you to go to the following link: <https://autismcitizen.org/autism-a-learners-guide/common-traits/>.

After reviewing the extensive list of common traits of autism, and knowing now that one in 68 individuals is affected by autism, you might have a different perspective on some of the "annoying" behaviors you witness in your everyday world: the misbehaving child in the grocery store; somebody having an outburst in a restaurant or movie theater; an irritating coworker... and hopefully, you will take a breath, and find a bit more tolerance or compassion for persons who react differently than you do in a given situation.

Please feel free to contact me at MichelGad.FAME@aol.com or 970-948-5708 if you have, questions, comments or suggestions about this article or my FAME (Focus, Attention, Memory Exercises) program.



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

GET READY FOR SPRING FISHING: CPW STOCKS SOME LUNKERS

Special to Art & Sol

REGIONAL-It's time for anglers in the Montrose-Delta area to get fired up for spring fishing. Colorado Parks and Wildlife has stocked more than 1,000 lunkers at water in your area.

Recently, CPW stocked cutthroat trout averaging 17 inches at fishing spots that are easily accessible. At Confluence Lake on the northwest side of Delta, CPW stocked about 350 fish. At Ridgway State Park more than 700 of the fish have been stocked in the Uncompahgre River tailwater, and in Pericles Pond and Shavano Pond, all in the Pa-Co-Chu-Puk area.

"Stocking these fish really gives anglers a chance to feel what it's like to catch a nice big trout," said Joe Lewandowski, spokesperson for Colorado Parks and Wildlife. "Catching a fish that size is especially thrilling for young girls and boys."

Anglers are also reminded that they need to get their 2018 Colorado fishing license by April 1. Licenses can be purchased at local vendors or on-line at <http://cpw.state.co.us/>.

If you have any questions about fishing or obtaining a license, please call the CPW Montrose wildlife office at 970-252-6000.



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Good to know:

OVER THE RAINBOW, TO THE ENDS OF THE EARTH: FRANK & PENNY STARR

From pg 1

decided to follow their love of learning and experiencing the natural world by making their avocation become their retirement vocations as U.S. National Park Service rangers."

Though today they live in Portland Oregon, the Starrs have strong ties to Western Colorado as well, having moved to Log Hill Mesa in 1983. "Our hearts will always be there, and in Alaska," Penny said.

The Starrs were already 47 and 49 years old when they decided to apply to become park rangers. They lived in Columbus, Ohio at the time, and Frank was about to retire from a career as a crown and bridge dentist. They started out as rangers in 1980; and though they were supposed to go together, "The Park Service called, and said, 'we need one of you three weeks early,'" Penny said. "Frank still had some clients to take care of; he told me, 'honey you're going to have to go.'"

"You talk about scared!" Penny recalled. "So I flew to Rapid City, South Dakota. By the time I called Frank from the Visitor Center, I was so positive and excited!"

The Starr's first assignment included two seasons spent interpreting the wonders of Jewel Cave National Monument in the Black Hills.

"Our co-workers were in their 20's, and we got to be friends with every one of them," Penny said. "It was a gorgeous part of the Country, and the most singularly beautiful cave we have ever seen."

Next stop was [Yosemite National Park](#). "They needed a mature couple to work at Glacier Point, 3,000 feet above the Valley Floor," Penny said. "We thought we would spend summers for the rest of our lives in Yosemite, but were asked to work the following season (April through October) at Brooks Camp in Alaska's [Katmai National Park](#)."

It was around this time that the Starrs sold their home in Columbus, Ohio and bought land in Colorado. When the call first came in asking them to go to Katmai, "I said no, I don't want to go," Penny recalled. "But Frank was on the phone too, and he said, 'We'll be there.'" The couple had first traveled to Alaska in 1973 "to



Penny (Clemens) Starr, shown above in the early 1980's in Alaska, was 51 when she and Frank were assigned to work in some of Alaska's most remote and untouched parks. Courtesy photo.

visit friends and bum around," Penny said, and had always wanted to return.

When the call came asking them to go to Katmai, "I was 51 and Frank was 53," she said. "He knew that if we turned the offer down we would never get another—we would be too old."

"I told him honey you're right. We're going to Alaska."

As both Frank and Penny note in a news release about *Over the Rainbow*, "That put us on the course of seeing and learning the Great Land: Katmai National Park and Preserve, Aniakchak National Monument and Preserve, Glacier Bay National Park and Preserve, and the Noatak River National Preserve."

"We attended law enforcement school and became back-country law enforcement rangers."

"Every place we lived in Alaska, we were always flown in and dropped off for four to five months," Penny said. "At the end of our duty we were picked up and flown out."

There was no contact with the outside world, and the rangers lived without such modern conveniences as the Internet, or

even satellite service.

"The first order we always received was to come back alive," Star said. "They would check on us every five weeks."

And while there was some hiking involved, most of the time the Starrs traveled by boat; they used Zodiaks and kayaks. Shelter was a shack, or a tent frame.

"There was never any refrigeration," Penny said, "so we would stick a barrel in a cold stream. We would collect our own water and run it through a purifier."

The couple brought their own food, generally five grocery carts full purchased in advance from the Montrose City Market. "We never used freeze-dried foods," Penny said. "Every morning we had oatmeal. We ate a lot of beans and rice, and we went fishing for our food. We were eating to keep ourselves going, not to sit down to some royal feast."

Still, fishing the local waters could bring in salmon, Dungeness crab, or even halibut. "We could go out and pick mussels off the rocks and steam them with butter."

Brown bears were everywhere, Penny said.

"We gave 'em all names."

Continued next pg

OVER THE RAINBOW, TO THE ENDS OF THE EARTH: FRANK & PENNY STARR

From previous pg

The bears were not around in the morning while the Starrs were home, but while out in the zodiac they would occasionally look toward land and see five to seven bears around their shack. "It was the greatest working arrangement."

One bear named Charlie would curl up in a hole near the tent each night. "Charlie would snore," Penny said.

As Frank notes in the book, "Charlie wasn't sleeping any further from me than Penny was...I hit the wall with my fist and said 'roll over, Charlie.' There was a rustling below me and it was quiet."

The bears would gather twice a year when the salmon would run, Penny said. "They would eat 12 to 15 salmon an hour."

One day at Aniakchak—where the Starrs were the first rangers ever to remain for an entire season—the motor in the boat froze up while they were out on patrol.

"There is a saying out on the water," Penny said, "The wind wins. It was going to

take us out to the Shelikof Strait—next stop, Japan. Frank said, 'Penny you've got to paddle like hell!'"

A big brown bear watched the boat as they approached the closest land mass, she said. "He was shaking his head and started down to meet us. But once he got a whiff of human, he took off."

The Starrs landed, pulled the boat up, grabbed their bag and the emergency float coats, and took a compass reading.

"We hiked across the country 12 or 15 miles," Penny said. "Believe it or not, we came out directly above the shack we lived in. Frank looked at me, and he said, 'If you can't be good, be lucky.'"

Among the tasks the Starrs took on as law enforcement officers were poaching operations, and the illegal drug trade.

"We worked with the natives in the little village of Noatak, Starr said. "With 24-hour daylight, they could easily show up at 3 a.m. for coffee."

Other visitors included the couple's three

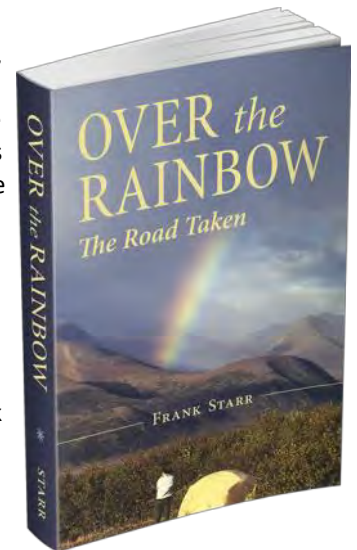
grown daughters, who reveled in the wilderness experience as well.

By the time the Starrs retired from the National Park Service in 1995, "We had seen and learned

the workings of the natural world—of geology and life," Frank Starr wrote.

"...Remember today for it is the beginning of forever."

Over the Rainbow: The Road Taken is available on Amazon.com for \$19.95.



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WILD FLOWER BISTRO BLOOMS FOR BREAKFAST, LUNCH IN DELTA

DELTA – Wild Flower Bistro in Delta is open for breakfast and lunch and it's a drive worth making. The little cafe promises to "provide fresh, creatively constructed comfort foods that are sure to strike familiarity and invoke memories of home cooked meals. Simplistic in nature, but complex in flavor." Well, they do that and then some. This is a farm and chef owned little cafe with bright murals on the walls and fresh food on the table. We found this Bistro unlike anything else around this area.

Michael and I found ourselves in Delta and remembered we'd had a great meal here before, so decided to stop by. You might be surprised by the variety of dishes this little place puts out. Breakfasts range from the Classic Yawn, love that, (2 eggs, potato crisp, Duroc bacon or link sausage, biscuit) at \$10, to such dishes as Bacado Cheddar Omelet (bacon, avocado, cheddar, sour cream and a side), \$11 up to a House Frittata or Quiche (this breakfast casserole changes often plus a side) at a daily special rate. The daily specials are worth taking note of as they are prepared fresh and are inventive. Mike and I decided to share (as we often do, cause when you review restaurants you may also view an expanding waist) and chose the spe-

cial, a Croque madame with eggs over easy. Beautiful poached eggs sitting upon generous pieces of ham on lovely artisan bread and covered with a house-made mornay sauce. Yummy! Mornay is basically a Bachamel sauce (creamy French sauce that enhances most food it's served with/on) but with cheese added. We also had a cup of french onion soup each and this was an excellent and very filling meal. Soup was deep beef/onion broth with onion pieces covered with a piece of bread and smothered with cheese, all broiled to perfection. With two cups of hot tea the total meal came out to \$28.05.

Now, if you're into lunch, the choices here are plenty and daily specials add to the mix. Sandwiches, salads, paninis and cold deli creations run from a fresh field green house salad at \$7 to Greek salad (gyro meat, Kalamata olives, tomatoes, red onion, cucumber, feta and red wine vinaigrette) at \$11. Sandwiches include cranberry tuna salad, \$11, a Bistro Reuben (with certified Angus beef pastrami served with V.O. Slaw, Swiss cheese and panini'd marbled rye) for \$12. The paninis run from the Reuben to a French dip or deli sandwich and pit ham n' cheese or turkey breast at \$11.

The Bistro also serves flatbreads, including

a BLAT and Greek flatbread. These go for \$13-14. All sandwiches served on artisan rolls plus a choice of one side. Ingredients here are freshly prepared with timeless recipes. And as much as possible the Bistro works with local producers to provide the highest quality available.

Beverages are also simplistic but purposeful in their offering and presentation. Tea choices came arranged in a large wooden box and the sampling was impressive. Now, we didn't have room for dessert, but they change often and are all house-made, certainly worth taking a glance at the specials.

This day a lovely key lime pie was available. Hmm, that sounds really good. "The mission" of Wild Flower Bistro "is to offer a comfortable space with cheerful decor, soft sounds of music, deliciously conscious food and drink, friendly staff and affordability."

Done and done. The Wild Flower Bistro is open six days from 9 am – 3 pm, closed Thursdays. Located at 306 Main Street in Delta, call 970-399-3933.



Just in thyme for spring ...

The Mirror

Homegrown content with flavor.



NOTES FOR THE JOURNEY...

Exploring Classical Music With Rob Brethouwer

TIMELESS STORY MAKES FOR COMPELLING OPERA

No matter the accomplishment, in this case a technological advancement that some thought impossible, no matter the outcome, in this case a quick end to a brutal years-long world war, there is the question of should we have engaged in this pursuit in the first place? This was the question that hovered over the activities of the Manhattan Project, the mighty effort to build, test, and use the first atomic bomb. The best minds in the country all came together on top of a bluff in Los Alamos, New Mexico in a combined effort to make this happen with the hopes of beating the Germans to the bomb and using the invention in a way that would ultimately save tens of thousands of lives while at the same time snuffing out tens of thousands of lives in Japan, the intended target. The project brought together young and often newly-minted Ph.D.'s who were not used to being told what to do and where to be at a certain time along with the structure and discipline of the military. The military personnel struggled because they could not directly order a Scientist to do something and at the same time they had to rely on the Scientists to accomplish the intended outcome. The two individuals walking this tightrope of different personalities and immense amount of talent was J. Robert Oppenheimer

on the side of the Scientists and General Leslie Groves, who represented the military. These two individuals are the title role and a supporting character in the opera *Doctor Atomic* by contemporary American Composer John Adams.

The libretto for this opera by Petar Sellars took information from unclassified military and scientific documents, previously published poetry, as well as quotes from the *Bhagavad Gita*, and the poems of John Donne (1572-1631). The action of the opera takes place in the month before the detonation of the bomb, the morning of the detonation in the New Mexico desert, and the moments just before detonation. The story focuses around the stress and anxiety of what this scientific development will mean to the world in the immediate future and long term as the science is developed to an even high and more refined level. The focus is on Doctor Atomic, J. Robert Oppenheimer and it is his anxiety that is the driving force behind the story. It should be remembered that the vast majority of scientists work toward the pursuit of knowledge and discovery in order to aid and benefit mankind. These same individuals were put in a position where the advancement of scientific knowledge was going to be used to wipe out innocent civilians. Was the goal of



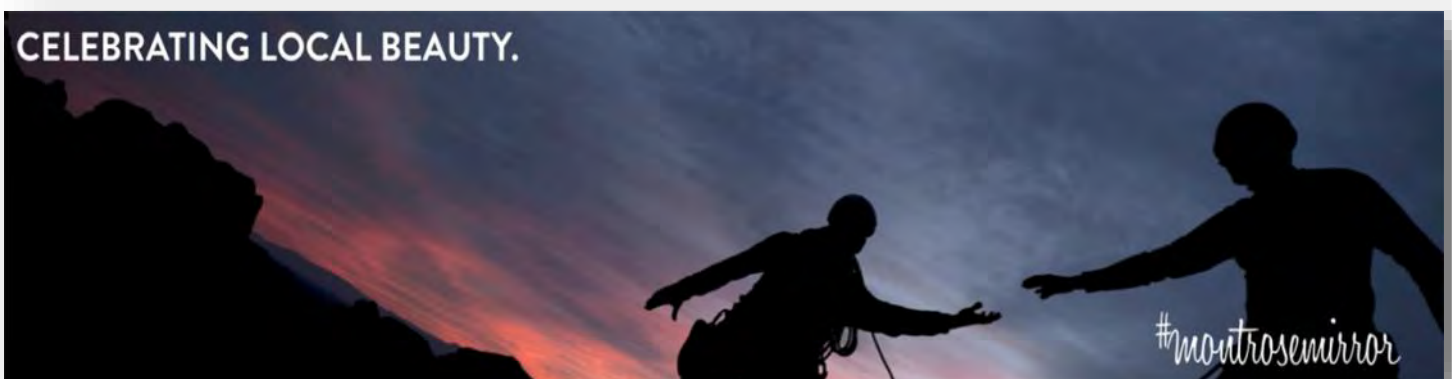
The real life Kitty Oppenheimer, inspiration for a character in the opera Dr. Atomic. Photo Courtesy of J. Robert Oppenheimer Memorial Committee.

ending the war worth the sacrifice?

The story of the Manhattan Project and those involved is made for the operatic stage, with interesting and troubled characters, the question of how advancement in science will be used, and the lasting effects of achieving a goal while serving your country.

A story of opening Pandora's box, of literally not being able to put the genie back into the lamp. There is more to come, and this author will provide a review in July after seeing Dr. Atomic performed live at the Santa Fe Opera.

CELEBRATING LOCAL BEAUTY.



Up Bear Creek by Art Goodtimes

Reminded of the precious gift of family and friends



The late Gary Lincoff and Giuliana Furci of Chile at the Museum of Modern Art in New York City. Gary set up a tour of mushrooms in Chile that I signed up to join, and while Gary is gone, many of us are still going to travel for a month with Furci, who runs Fundacion Fungi in Santiago. I'm going to take a break from column writing for a few weeks. See you back in late May (courtesy photo).

FAMILY ... My youngest brother Doug would have been 70 last week, and our middle brother, Greg, 71. Both were Aries and I was the eldest, a Leo. Lots of fire in our family ... Greg went out in a blaze of sadness, dead at 15 from Bright's disease - in the age before kidney transplants. A high school football star even as a freshman, St. Francis High School in Mountain View still gives an athletic award named in his honor ... Doug died a few years ago. When Greg died and the family dissolved while I was in seminary, Doug became a Hell's Angel, and achieved quite some level of notoriety in that outlaw society. After

25 years, he left (unusual to be allowed to do that -- but such was his standing in the group that no one challenged his decision), upset that the "family" was not taking care of older Angels. He decided to go straight. Found a truck driving job. Gave up drugs and alcohol. And, after a visit to Telluride where he served as King of the Mushroom Parade one year, he got entranced with djembes. Went to West Africa to study. And spent the rest of his life as a full-on drummer. His drum group played at his funeral. And the Angels sent a squad of bikers to guard the funeral, to be sure there were no "incidents." In the urban warfare of biker gangs, Dirty Doug had done some fiery deeds ... It is one of the great sadnesses of life that death takes away so many loved ones. Losing Gary Lincoff to our mushroom family reminds again of how precious each moment with our friends should be.

MATTER ... In the context of normal existence, mystery is perhaps the ground of being, but it's not usually something we tend to contemplate, even in our most curious moments. Which is why articles like this one that appeared in *Science News* last month are not near the top of anyone's reading list, "Striving to Solve Antimatter Mystery: Quest to Identify Nature of Neutrino's Alter Ego Heats Up" ... Neutrinos. Quarks. Antimatter. For many of us in the arts, our minds start to glaze over when we encounter the vocabulary of quantum physics' microhabitat. But it's actually a big deal. Maybe *numero uno* ... As MIT neutrino physicist Janet Conrad is quoted as saying, "The biggest mystery in the universe is who stole all the anti-matter. There's no bigger theft that has occurred than that" ... The Big Bang should have created equal amounts of matter and antimatter in the early universe. But today, everything we see from the smallest life forms on Earth to the largest stellar

objects is made almost entirely of matter. Comparatively, there is not much anti-matter to be found. Something must have happened to tip the balance. So how did we get this matter antimatter asymmetry, theoretical physicists ask? If everything balanced, matter and anti-matter would have canceled themselves out. But as it is, we exist. Matter exists. And what some scientists are trying to figure out is how did we get imbalanced enough to come into existence ... The answer may have something to do with neutrinos, which don't have an anti-matter complement ... Or it may have something to do with Western Civilization, which the Hopi have identified as *Koyaanisqatsi*.

DRIVING WITH THE SON ... On the way from Norwood to the airport at Montrose where my youngest caught a plane back to American University in D.C. after spring break, Gregorio plugged his iPhone into a port I didn't even know my car had. And we listened to his music. Mostly rap ... I heard one fellow use the "N" word a lot and I made some disparaging remark. But the boy had me look up an alternate etymology and I found the Ethiopian word for "king" or "ruler," *negus* (pronounced nuh-goose). And when we cranked the stereo up and listened harder, I found I like this rapper. A lot. Kendrick Lamar. Check him out.

DREAM ... I'm on a hill in town with friends. Overlooking Telluride. I hear a loud noise. Look up and see a small but chunky tornado, broad-shouldered like a linebacker, spinning destruction in the middle of the city a half-mile away. "We have to run," someone says. I head back on the bluff that we are on - away from the threat. But I've only run a little ways when the tornado leaps over the ridge, angling my way. Or maybe just to my left, as I'm facing it. I can't tell. Which way to

Up Bear Creek by Art Goodtimes

to run? Where to hide?

GUN CONTROL ... Whatever my generation may think about gun control, it's clear that the youth of this nation are wresting the momentum of this national debate out of the hands of the NRA ... In D.C. my youngest son Gregorio attended the March For Our Lives rally last month along with hundreds of thousands of like-minded Americans. And he said many of his American University students were there to hear speaker after speaker call for federal action to limit easy access to weapons of mass murder ... Similarly, my oldest daughter in San Francisco, Iris -- and her partner Bert and my granddaughter Aurora Willow Fan -- all marched on the West Coast in solidarity with my youngest on the East Coast ... As a rural citizen, I understand and support the reasonable right to bear arms, but increasing limitations on some guns -- as already occurs with automatic weapons -- seems entirely justified. Particularly limitations on gun ownership in urban settings, or for individuals with mental health problems.

THE TALKING GOURD

Carve this
on his tombstone

McRedeye sez

Delighted to live
Surprised to die

MONTROSE MEMORIAL HOSPITAL



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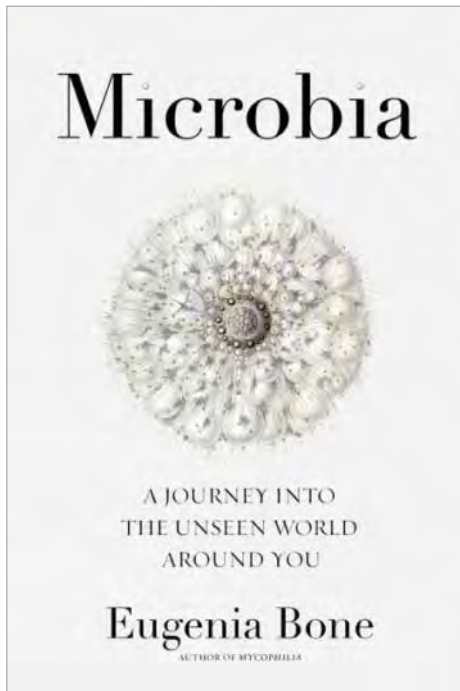
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COMMUNITY NEWS BRIEFS

AUTHOR EUGENIA BONE RELEASES LATEST BOOK: MICROBIA A JOURNEY INTO THE UNSEEN WORLD AROUND YOU



Special to Art & Sol

EARTH-The bacteria that comprise our microbiome, soil, even the atmosphere, are so numerous and diverse that sometimes it seems to require an advance de-

gree in biology to understand how they impact us. Eugenia Bone, author of *Mycophilia*, and passionate student of the hidden side of nature, took this one step further. She returned to college in middle age to help make sense of this essential and fascinating aspect of life. Her journey would ultimately reveal a surprising truth: microbes connect all living things.

Bone's college experience was in equal parts challenging, humbling, and hilarious. The material was daunting, not only because she was convinced it was beyond her comprehension (a conviction many people share about science that simply isn't true), but also because microbes are so very different from the organisms we can see.

She initially found it difficult to understand organisms that evolve so fast they can become another species in a matter of weeks, that can share genes by touching, that bridge the nonliving and living spheres of life. What she learned is that microbes invented living and they do a fair amount of our living for us. We are micro-

bial in essence, and life itself is a vast conspiracy of microbes.

Set against a backdrop of Bone's misadventures in academia, *Microbia* explores what microbes are and how they live, and compares the microbiomes of soil, plants, animals (that includes us), and places, explaining such things as the wrongheadedness of labeling some bacteria "good" and others "bad." *Microbia* walks you through this incredible garden of the unseen and helps you realize that we share everything.

Bone has created a highly accessible primer to understanding the entwined worlds of microbes and the rest of life on planet Earth. In the tradition of the best popular science writing, *Microbia* clarifies the new science in this rapidly evolving field in a way that entertains and enlightens.

From understanding food cravings to providing a new definition of family, the lessons of *Microbia* show how different the world is with a microbial point of view.

<http://www.eugeniabone.com>.

CANTOR AWARD TO BEST COLORADO POEM IN FISCHER PRIZE

Special to Art & Sol

TELLURIDE-Thanks to a generous donation from Elaine Cantor's family, this year the Telluride Institute's Talking Gourds program will add a \$500 Cantor Award to its national Fischer Prize contest for the best poem by a Colorado poet.

Judge for the contest will be Santa Fe Poet Laureate emerita Joan Logghe, one of the founders of New Mexico's Tres Chicas Press. And the Cantor Award will be presented at the Telluride Literary Arts Festival, May 18-20, in Telluride.

"Since Elaine was such a champion of the

arts in Colorado," said Talking Gourds co-director Art Goodtimes, "we wanted to reward Colorado poets with a special incentive to participate in the Fischer Prize.

The award will be in addition to the national competition's \$3000 in prizes and travel allowances.

A Colorado poet winning one of the national prizes -- \$1,000 first place and five \$200 finalist award -- will receive \$500 in addition to the national awards. If no Colorado poet places in the national competition, the best poem submitted by a poet residing in Colorado will win the Cantor

Award separately.

For over 20 years, Telluride has held a Fischer Prize contest in honor of attorney/poet Mark Fischer, who died in 1987 [CE]. And three years ago his wife, politician/painter Elaine Cantor Fischer, passed away as well. The Fischer Prize, and now the Cantor Award, are given in memory of these two beloved members of the arts community in San Miguel County.

For contest rules visit talkinggourds.weebly.com/2018-fischer-prize-submission-rules.html. Contest deadline is May 1, 2018 [CE].

COMMUNITY NEWS BRIEFS

CRIME STOPPERS ALERT-APRIL 2, 2018

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) and stolen property in a recent theft.

On March 26, an unknown person(s) entered a residential property on Locust Road in Montrose County and stole two air compressors. One was a 50 gallon Husky air compressor, bright red with a black pump and a broken pressure switch. The other was a 25 gallon Husky air compressor, bright red with black wheels and black pump.

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. For additional information, please view our Facebook page, www.facebook.com/montroseregionalcrimestoppers. Crime prevention and crime solution are everyone's responsibility.



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COMMUNITY NEWS BRIEFS

ZIA LEADER & ARTIST PETER PINO OFFERS PETROGLYPH CLASS

Special to Art & Sol

TELLURIDE – Pecking images on rock is an ancient tradition. Zia elder Peter Pino wants to help those locals interested in exploring this art form with an “Introductory Petroglyph Making” workshop at Ah Haa School for the Arts from 1 to 5 p.m. on Thursday May 17th -- right in the middle of Telluride’s spring off-season.

The night before Pino will give a free lecture at 6 p.m. Wed. May 16th in the Magazine Room of the Wilkinson Public Library on “Petroglyphs and Zia Tradition,” co-sponsored with the Telluride Institute and the Telluride Historical Museum.

“We continue to bring indigenous youth and elders to town to speak, ski, and teach as part of our continuing cultural outreach in search of healing and reconciliation,” explained Institute program director Art Goodtimes. “And besides the talk, Peter’s class ought to be a fun one. I’ve always wanted to make my own rock art.”

According to the workshop description, Pino recommends students bring rock chisels or a variable speed rotary tool, like a Wen or Dremel, if they have one. Or, failing that, simply bring a hard nail (or screw) and a small hammer. And of course, appropriate safety goggles. In the four-hour class students should finish, or be well on their way to finishing, a small petroglyph and should leave with a better understanding of how larger projects could be undertaken.

Bring your own small flat rock, if you would like. There will be some rocks to work on, if you don’t.

A former Governor and War Chief of the Pueblo of Zia, Peter served as the Pueblo of Zia Tribal Administrator and Treasurer

from 1977-2014 [CE]. He graduated from New Mexico Highlands University in Las Vegas (NM) in 1972 [C.E.] with a Bachelor’s degree in Industrial Education, and followed up with a Masters of Business Administration from the University of New Mexico at Albuquerque in 1975 [CE].

He is a traditional spiritual leader, holding a lifetime appointment as one of the tribe’s Keeper of Songs.

He is also a traditional craftsman who works in rock, tans deer hides and makes moccasins, bows, arrows, digging sticks, rabbit sticks, and bone tools – many of which require using techniques employed by his Puebloan ancestors.

His archaeological interests have led him to committee and board commitments with Crow Canyon Archaeological Center, Mesa Verde National Park and the Native American Rights Fund in Boulder. He served as Vice-Chair of the New Mexico Office of Indian Affairs, and was the first Native American to serve on the New Mexico Game and Fish Commission.

For more information on the Pino course, contact Ah Haa’s Kristin Kwasniewski at 970-728-3886. Or go on-line to www.ahhaa.org to sign up for the workshop. Class size is limited.

The Library event is free.

Donations to continue TI’s cultural outreach programming are encouraged by visiting www.tellurideinstitute.org/ute-reconciliation.html.



Zia elder Peter Pino. Courtesy photo.

Two Ute Youth Ski Days were held on the Ski Area this winter for kids and chaperones from the Ute Mountain Ute Tribe in Towaoc and the Southern Ute Tribe in Ignacio. A roundtable with Ute Indian Tribe leader Shaun Chapoose took place at the Wilkinson in January.

The Institute is partnering for Peter Pino’s workshop with the Ah Haa School for the Arts, the Wilkinson Public Library, and the Telluride Historical Museum.

Special thanks to Durfee Day, San Miguel County and Audrey Marnoy for their financial support for the Institute’s Ute Reconciliation Program. The goal is to bring Ute cultural programming to town to heal old wounds and provide education for Native-Americans and Euro-Americans alike.

**WAKE
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COMMUNITY NEWS BRIEFS

FLY FISHING FILMS RAISE FUNDS FOR FISHING HABITAT 2ND ANNUAL FLY FISHING FILM TOUR & RIVER BENEFIT COMING TO MONTROSE

Special to Art & Sol

MONTROSE-Whether enjoyed as a solitary endeavor or with a fun-loving group of friends, the always essential ingredient for a satisfying fly fishing experience is a prime fishing spot. When ROSS Reels and RIGS Fly Shop & Guide Service bring the Fly Fishing Film Tour to the Montrose Pavilion on April 14, the evening will be all about preserving and improving fishing habitat on the Uncompahgre River.

The 2018 local screening of the national film tour has been combined with the second annual Uncompahgre River Benefit, raising funds for a project by the Uncompahgre Watershed Partnership (UWP). A nonprofit with a mission to protect the economic, natural and scenic values of the Upper Uncompahgre River Watershed, UWP put \$3,000 in proceeds from the first annual benefit in Ridgway to use in a project 14 miles south of Montrose.

The 2017 benefit funds are being put toward improving the fishery and riparian habitat, as well as restoring and stabilizing stream banks on Billy Creek, a few miles north of Ridgway Reservoir and the better-known fly fishing destination at Pa-Co-Chu-Puk. Project partners include Trout Unlimited, Colorado Parks and Wildlife and U.S. Bureau of Reclamation, with funding

assistance from Bostwick Park Conservancy District.

"It's critical our local angling community have a heightened sense of awareness and willingness to participate when it comes to the enhancement and preservation of our limited public access along the Uncompahgre River. As our region continues to grow, it's imperative we identify and engage in opportunities that protect and grow these assets in meaningful ways so future generations may continue to enjoy the resource," said Tim Patterson, co-owner of RIGS, a Ridgway business and river guiding company since 2001.

On April 14, the films will be preceded by a fly fishing gear expo starting at 3 p.m. and featuring casting and tying demos, talks by local fly fishing expert guides, Kirk Deeter and Matt McCannel, and giveaways every half hour. Gear manufacturers with displays will include ROSS, Able, Winston, Hatch and Scott. UWP will also have a table with information about its various projects from riparian restoration to water quality improvement at abandoned mine sites.

A cocktail hour with locally brewed beers starts at 6 p.m. and the films begin at 7 p.m. This year's medley of short documentaries once again introduces audiences to

fly fishing adventures from around the world with a diverse set of characters. Featured fishing spots are revealed on the Chandalar River and other rivers across Alaska, the Caribbean Sea at Honduras, streams in California's Sierra Mountains, and all kinds of water bodies in Greenland, Dubai, Central America, and several African countries.

"The Fly Fishing Film Tour is a great collection of films, and a fantastic way for fly fishers to escape cabin fever and get excited about the start of fishing season, while also helping a great organization protect our home river," said Bart Larmouth, sales manager at Montrose-based ROSS Reels.

Tickets for the Fly Fishing Film Tour & Uncompahgre River Benefit at the Montrose Pavilion, 1800 E Pavilion Pl., Montrose, CO 81401, are \$14 in advance online at <https://shop.fishrigs.com/search/film> or at RIGS, 565 Sherman St. Unit #2, Ridgway, CO 81432, or \$17 on Saturday, April 14. Admission to the fly fishing expo is free.

For event information, go to <http://www.uncompahgrewatershed.org/events>.

For more information about the event organizers, go to <http://www.rossreels.com>, <http://fishrigs.com>, <http://www.uncompahgrewatershed.org>.

DAVID STARR TO PLAY RADIO ROOM MAY 12

Special to Art & Sol

GRAND JUNCTION-The KAFM Radio Room proudly presents David Starr May 12. Starr is an Americana singer/songwriter, multi-instrumentalist and producer with influences ranging from Southern California country rock to Delta blues and folk. He is a solo artist, duo artist and member of the David Starr Band. His most recent work includes a six-song EP entitled *The*

Head And Heart produced and arranged by John Oates in April of 2017, and his 2016 CD, *Love And Sabotage*, a 15-song collection that features original compositions, co-written collaborations and two covers. Starr has shared the stage with such artists as John Oates (Hall & Oates), Richie Furay (Buffalo Springfield, Poco), Kenny Edwards (Linda Ronstadt, Karla Bonoff), John McEuen (Nitty Gritty Dirt

Band) and numerous others. He has opened for Survivor, Clint Black, Travis Tritt, Restless Heart, The Marshall Tucker Band and The Guess Who. Tickets are \$12 in advance and \$15 at the door and may be purchased by calling (970) 241-8801, Ext 211, or online at www.kafmradio.org. The Radio Room is located at 1310 Ute Avenue, Grand Junction, CO 81501. Doors open at 7 p.m. Show at 7:30pm.

COMMUNITY NEWS BRIEFS

HISTORY COLORADO SEEKING SUMMER AMERICORPS VOLUNTEERS

Special to the Mirror

PUEBLO— History Colorado is seeking volunteers for its Colorado Service Learning Council (CSLC) Summer Associates, a 10-week AmeriCorps VISTA program that engages volunteers in intensive service experiences.

Opportunities are available at all History Colorado properties, with a wide range of duties available from helping with summer camps to living history interpretation to assisting with podcast production. The sites with AmeriCorps opportunities include:

Byers-Evans House Museum in Denver
El Pueblo History Museum in Pueblo
Fort Garland Museum in Fort Garland
Fort Vasquez Museum in Platteville

Grant-Humphreys Mansion in Denver
Healy House Museum and Dexter Cabin in Leadville

History Colorado Center in Denver
Trinidad History Museum in Trinidad
Ute Indian Museum in Montrose
Angie Hernandez, a sophomore art student at Colorado Mesa University, was an CSLC Summer Associate at El Pueblo History Museum in 2017. She helped lead the eight-week Hands-On History Summer Camp and El Pueblo Farmers Market. "My favorite part of the job was being able to directly influence the campers and getting to know them individually. Having the access to make a positive impact on my community made it not just a job but an everyday passion," she said.

CSLC Summer Associates serve full-time from June 11 - August 17, 2018 and earn a modest living stipend based on the cost of living in the county in which they serve (ranging from \$2,361 - \$2,813) and a scholarship of \$1,222 upon completing their service that can be used to pay tuition/fees at an accredited higher education institution or to pay back qualified loans. To qualify for the program applicants must be at least 18 years old, be a US citizen/permanent resident, pass a federal background check, serve full-time, and attend required trainings and events, including an in-person orientation June 11, 2018. For more information or to apply, email Emily Dobish at emily.dobish@state.co.us.

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NEW MEXICO NEWS BRIEFS

MOTHER'S DAY WEEKEND MEANS WHITEWATER RACES!

For 60-plus years, this Mother's Day kayak and raft tradition still makes a big splash

Special to Art & Sol

PILAR, NEW MEXICO—Mother's Day Rio Grande Whitewater Races, the second oldest, organized river race in the country, will once again host kayakers and rafters, canoers, spectators, campers, and Dutch Oven Cookoff competitors, from May 11 to 13. The races will be held on the 4.5-mile, Class III section of the Rio Grande known as the "Racecourse", which begins just south of Taos, in Pilar, and runs along NM State Road 68. The three-day event is being hosted by the New Mexico River Outfitters Association, The Adobe Whitewater Club, The American Whitewater Association, and the American Canoe Association.

The schedule of events includes two nights of camping and social gatherings at the Rio Bravo Campground in Pilar, a Dutch Oven Cookoff and potluck dinner on Friday evening, and a full day of organized races on Saturday that will include short and long kayak races, a SUP (stand-up paddle board) race, kayak slalom, Down River Rodeo at Albert's Falls, a family race, and 4 and 6-person raft races. Sunday offers a community, "on your own" paddle in the morning as well as Kayak New Mexico's (501 C3) adaptive paddle session for special-needs river runners. Helmets are required for all racers and participants.

Spectators are invited to attend, free of charge. More schedule and event details can be found at

www.mothersdaywhitewater.com.

Camping reservations can be made on a first-come, first serve basis by going to www.blm.gov/visit/orilla-verde-recreation-area or calling 575-758-8851. All racers are required to register for their events and online pre-registration is strongly encouraged. To register for races, go to adobewhite-water.org/events/mdrregistration. Special room rates for the Whitewater Races are being offered at the Sagebrush Inn & Suites in Taos, New Mexico. Rooms at special rate are available while supplies last, those interested must book before April 18.

For more information about Kayak New Mexico's adaptive kayak programs and the Sunday morning adaptive paddle event, go to www.kayaknewmexico.org or contact Jane Bales at 505-980-7207.

"At 61 years in the making, the New Mexico Mother's Day Whitewater Races are both a time-honored tradition and a hidden gem," said Matthew Gontram, of the New Mexico River Outfitters Association and owner of New Mexico River Adventures. "The races offer serious challenges for serious boaters and they give recreational paddlers a great chance to play on the river with family and friends. It's a great time of year to be in northern New Mexico. We can't wait to see everyone on the river!"

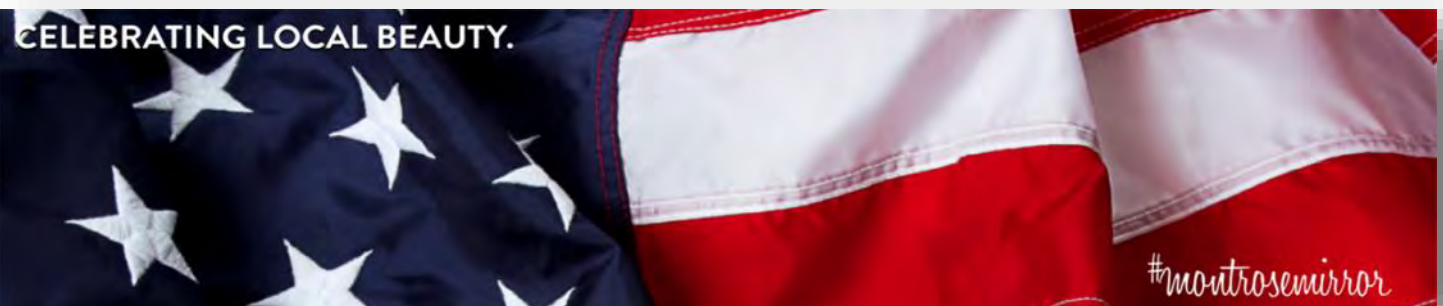
More About the Mother's Day Whitewater Races

The Mother's Day Races were founded



in the 1950's by Los Alamos paddle boater and LANL employee, Jim "Stretch" Fretwell. After competing at Colorado's FiBark for many years, Stretch decided to start a paddle race closer to home on the Rio Grande, now known as the Pilar Racecourse. The races were supported by Los Alamos's Explorers: Post 20, The Atomic City Citizens Band Radio Club, The Los Alamos Fire Department to name a few. By the late 1960's, an estimated 2000 spectators leap frogged their way downstream on Highway 68 to watch rafts and kayaks twist and turn through the whitewater.

Stretch eventually handed it over to the Adobe Whitewater Club who valiantly ran the races for over thirty years until they handed it over to NMROA in 2008. This year, NMROA wants to expand the races and welcomes spectator, racer and sponsor enthusiasm and support!



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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)

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Hold the Date! Upcoming Business & Cultural Events

ONGOING-

ARTISTS' ALPINE HOLIDAY

Ouray County Arts Association Call for Artists: Online registration for the 58th Annual Artists' Alpine Holiday Art Exhibit is open April 9 through June 25. The show will take place July 26 - Aug 4 at the Ouray Community Center. Go to ourayarts.org to learn more and register.

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-

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.

April 5-The annual Entrepreneurship Day Luncheon hosted by the Montrose campus of Colorado Mesa University takes place on Thursday, April 5, at noon in the Montrose Pavilion. 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.

April 7- “The Bookcliff Chorus: Fifty Years Young” will take place at the Avalon Theater on Saturday, April 7, 2018 with performances at 2 and 7 PM. Tickets are \$18 for Adults and \$12 for Students, available at the Box Office. For details, call 970-257-SONG or check on Facebook--Bookcliff Barbershop Harmony Chorus or bookcliffchorus.wordpress.com/

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

April 9-ARTIST REGISTRATION OPEN - Ouray County Arts Association's 58th Annual Artists' Alpine Holiday Art Exhibit registration will be open through June 25. Go to ourayarts.org for details.

April 10-Alpine Photography Club Meeting, 7 p.m., Colorado Mesa University, 245 S. Cascade Ave., Montrose, Room 100. Presentation: Shooting Beyond the Auto Setting by APC Members. Tech Tip: Depth of Field By Denise BushCamera Gear Tip: Larry Krueger. Sharing Theme: Signs (3-5 images). Photo Critiques: Open & Anonymous (2-3 images). All are welcome to attend.

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

April 14-S.T.R.E.A.M. jr. April 14 at 10 a.m. A science & art program for kids 4-7 years old. April topic: Down in the Dirt Adventures! Montrose Library Meeting Room. The Montrose Botanic Gardens will be joining us for Earth Week to teach us about soil stew and worm hotels. Parent must be present. Sign up in the Children's Department.

April 14-S.T.R.E.A.M. April 14 at Noon. A science & art program for kids 8-13 years old. Montrose Library Meeting Room. April topic: Down in the Dirt Adventures. The Montrose Botanic Gardens will be joining us for Earth Week to discuss soil samples, gardening, composting, and worms. Attendance limited, no drop ins. Sign up in the Children's Department.

April 19-Colorado Dept. of Transportation Open House for US 550 Rumble Strips from Ouray County line to Otter Road. 4 to 7 p.m. at the Montrose City Council Chambers, 107 S. Cascade Avenue. For information please call Andrew Amend of Stolfus & Associates @ 303.221.2330.

Contact the Montrose Mirror:

970-275-0646

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www.montrosemirror.com



At left, shoppers enjoyed carriage rides Saturday in Downtown Montrose...above, Kendra Swann at Producers' Coop shows off the seed packet display for gardeners who just can't wait to dig in.



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