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Issue No. 268, April 16, 2018

NATIVE EDUCATOR BRINGS RENEWED LIFE TO UTE MUSEUM PROGRAMS



Ute Mountain Ute Tribe Member Regina Lopez Whiteskunk is the new Ute Indian Museum educational director. She received a special musical card with hand painting by the musician/artist upon accepting the new position as she continues to serve her tribe's interests. (Photo by Michael Lawton).

By Carole Ann McKelvey
Mirror Feature Writer

MONTROSE – The passion that Education Director Regina Lopez-Whiteskunk brings to her work at the newly-renovated Ute Indian Museum is palpable; since her hiring last fall, Lopez-Whiteskunk has advocated for enhanced education and greater awareness of the Ute heritage. Not only did the Ute people once occupy the land upon which the museum now rests, she makes it clear, but the tribes are still here and still thrive. Whiteskunk notes that her tribe has long dominated the landscape of what is now eastern Utah and Western Colorado. Their ancestral homes were in Ouray and Montrose before they were moved onto reservations as the newly-growing American nation pushed West.

[Continued pg 32](#)

RE-1J BOARD LOOKS @ SAFETY, POSSIBLE CAMPUS CLOSURES

"I don't see any way that we could go to a closed campus," Board President Tom West

By Caitlin Switzer

MONTROSE-The April 10 meeting of the Montrose County School District RE-1J Board of Directors included a discussion of school safety and community feedback on the possibility of closing secondary school campuses.

The meeting began on a high note; Shannon Bachman sang the National Anthem, and the Olathe Middle/High School Acapella Group serenaded the packed house with, "Think of you As I Go."

RE-1J Elementary Curriculum Coordinator Jamie Simo shared information on [recent donations](#) to the MHS Speech & Debate Team and to the April 24 Kindergarten Carnival (7 a.m. to 7 p.m. at Friendship Hall), as well as a \$110,000 Great Outdoors Colorado (GoCo) grant ([details on Consent Agenda](#)) to construct a playground at Columbine Middle School.

Olathe High School (OHS) Assistant Principal Dan Rosentreter presented

[Continued pg 14](#)



RE-1J Superintendent Stephen Schiell repeatedly used the word "crazy" when talking about school safety at the April 10 school board meeting. "We can minimize exposure, but we can't stop crazy," Schiell told those in attendance, later noting the difficulty in planning for a situation "where it all goes crazy." Mirror staff photo.

in this
issue

*Gail Marvel's
Answering the Call Series!*

*Rob Brethouwer on
Classical Music!*

*ABC Club Students
of the Month!*

*Centennial 's Joe Simo Honored as
Colorado Principal of the Year!*

ANSWERING THE CALL: MPD PATROL SGT. BILLY STROUP

By Gail Marvel

MONTROSE-Growing up, Montrose Police Department (MPD) Patrol Sgt. Billy Stroup moved around a lot because his dad was in the military, "I tell people I'm from Arizona because that's where I went to high school." While attending Western State College, Stroup did an internship with the Gunnison PD, "I have a business degree, but it was through the internship that I became interested in law enforcement. I loved it. I was attracted to the constant change of pace. You're not always sitting around an office, there is always something to do."

Stroup put himself through the Police Academy, "I graduated from college on Saturday and started the academy on Monday. I was in study mode, so it wasn't hard to continue studying." Stroup, who has been a cop for 13 years, began his career in Chaffee County, "I worked in the Salida area, but I wanted a bigger department and bigger community to work with. I've been with MPD for 11 years. I love the Western Slope and Montrose is the perfect place and size."

As a patrol sergeant, Stroup supervises a shift of four officers, "I'm the Police Training Officer (PTO) coordinator. I oversee the training program for new officers (15-17 weeks) and I do the scheduling." Some of his assignments take more office time; however, when there is high call volume, or officers need back up, sergeants jump into rotation and go on calls.

Stroup's credentials also include Firearms Instructor, a Taser Instructor and a Force on Force Trainer, "Force on Force is simulated reality-based training. It's kind of like paintball where you shoot at each

other. The soap ball won't penetrate, but it can leave a welt and you definitely know you've been shot."

For Stroup the most enjoyable part of his career, "It's the same reason I got into the job. You never go to the same call twice. Even though you may be dealing with the same people over and over again, each situation is different in its own way. You have to think and come up with different solutions. It's not a mundane job." A strength that Stroup brings to the table when working with citizens is that he can read people and he is a good listener, "I have a good general understanding of people."

The least enjoyable aspect of his career, "Seeing people at their worst moment and in a severe crisis is an extremely hard part of the job. Not every call is the worst day of their life, but some are awfully hard." The paperwork associated with his job can be stressful, "Sometime it is overwhelming. I review every report that comes through that day, which can be 30-40 reports, ...and then I have my own reports on top of that."

Sergeant Billy Stroup



MPD Patrol Sgt. Billy Stroup. Courtesy photo.

Stroup has three Lifesaving Awards from the department.

Alarming, the first time he was called upon to use CPR he was dispatched to his own address. "I was worried that something happened to one of my roommate's young children, but it was my roommate who collapsed and needed CPR. I was able to save him."

As for activities and interests Stroup is an avid fly fisherman and likes archery, hunting and ice fishing, "Although I haven't had a chance to ice fish this year. In general, I just like being outdoors." Stroup has grown children and a seven-year-old still at home, "We like to do family things like camping and hiking."

Stroup's wife, Tammy, is the Chief Marshal for the Town of Ridgway.



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THE MONTROSE MIRROR

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CITY COUNCIL TO NAME NEW MAYOR, MAYOR PRO TEM APRIL 17



Montrose City Council will tackle a full agenda at the work session lunch April 16.

Mirror staff report

MONTROSE-WORK SESSION: The Montrose City Council will tackle a full agenda during the [work session lunch](#) on April 16. Discussion items include a repeal of cable television system permits; an Intergovernmental Agreement (IGA) with Montrose County for shared services; acquisition of the lift station elimination property; and a

Montrose Urban Renewal Authority (MURA) land exchange ordinance and agreement.

Council will discuss an amended and restated IGA and Bylaws for the WestCo Dispatch Center; design/build recommendations for the Riverbottom Park restroom; and a project design contract for the Riverbottom Drive Reconstruction. Council will also discuss the design and repair of the fire-damaged Uncompahgre River Recreation Trail Bridge, and Chipeta Water District as a voting Project 7 Water Authority member.

Included in the work session packet is a report from the [Montrose Downtown Development Authority \(DDA\)](#).

Upcoming City topics of discussion include a Historic Preservation Ordinance; Rotary Amphitheatre at Cerise Park update; introduction of new City employees; a collection system hydrogen sulfide assessment report; and first quarter police department report on April 30. On May 1, Council will discuss an IGA with Columbine

Middle School for the Great Outdoors Colorado (GoCo) grant; and the Triesch Addition Annexation Hearing.

There will be a first quarter budget review on May 15, and on June 5 will be a hearing for the 1890 Homestead Addition Annexation.

COUNCIL MEETING: At the [regular City Council meeting of April 17](#), Council will recognize outgoing Councilor David Romero, and will swear in new Councilors Doug Glaspell (District I), Barbara Bynum (at-large), and Dave Bowman (District II). Bowman ran unopposed. Following a brief recess, Council will select a new mayor and mayor pro tem. Council will recognize outgoing Mayor Judy Ann Files.

Council will consider Resolution 2017-07, setting June 5 as the hearing for the 1890 Homestead Addition Annexation.

Council will consider Resolution 2017-08, granting a perpetual access and utility easement to Montrose County. Following staff reports, Council will adjourn.

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Stream 4K HD content		✓	✓
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NATURE MADE MEMORIES

APRIL 16-22, 2018 | CityofMontrose.org/EarthWeek

The 2018 Earth Week theme,
NATURE MADE MEMORIES
encourages everyone to get out in nature
with family and friends to both share
and create some nature made memories!

Learn how you can be a part of it all:

CityofMontrose.org/EarthWeek

EARTH DAY HISTORY

Earth Day is an international celebration held on April 22nd that promotes "environmental goodwill" throughout communities and emphasizes the importance of protecting our environment and natural resources. Earth Day began in 1970 after Wisconsin Senator Gaylord Nelson witnessed the after-effects of a major oil spill in California. He was inspired to raise awareness in the U.S. about air and water pollution. What started as the idea for a national "teach-in" on the first day of spring grew to 20 million Americans demonstrating in coast-to-coast rallies for a healthy environment. This first Earth Day jump-started a national and lasting movement. Landmark environmental legislation followed, including the Clean Air Act, Clean Water Act, and Endangered Species Act. Earth Day has since expanded to include a full week of environmental awareness. Today, Earth Day and Earth Week are celebrated all over the world, with millions of people participating in programs and activities. It is the largest civic observance in the world. For details, visit EarthDay.org.



 **NRCS**
Earth Team

USDA

United States Department of Agriculture
Natural Resources Conservation Service



Roger Lord
575-649-8503



Burton Bullington
970-596-4744



Rich Porter
970-234-3724



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REGIONAL NEWS BRIEFS

ROTARY TO HOST 20TH ANNUAL FISHING DERBY @ CHIPETA LAKE

Special to the Mirror

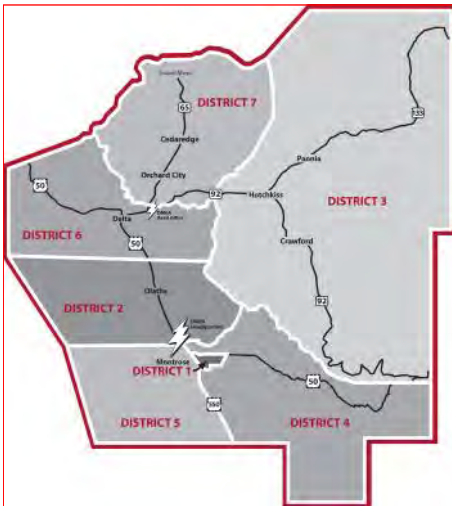
MONTROSE-Montrose Rotary Club hosts the 20th Annual Fishing Derby at Chipeta Lake (now a city park) on Saturday, May 12, From 9 am to 2 pm. This is an outdoor activity for children. There is no charge for this event. Children are given a fishing pole (to keep), hooks, bait, bobbers and sinkers. The fishing poles are provided by Colorado Parks & Wildlife (CPW). CPW stocks the lake with fish prior to the event, Rotarians provide the hotdogs and Pepsi provides the drinks. The children are taught to fish by rotarians and volunteers from the community. Come and join us for some fun in the sun!



MONTROSE MIRROR

Real news. No trolls.

ELDER RESIGNS; APPLICATIONS ACCEPTED FOR DMEA DISTRICT FOUR SEAT



DMEA's service area. Courtesy image.

Mirror staff report

REGIONAL-At a special meeting of the Delta-Montrose Electric Association (DMEA) Board of Directors on March 23, [District Four](#) Director Jim Elder tendered his resignation in a letter to the board that read as follows:

"Dear Bill: It is with regret that I am writing to inform you of my decision to resign my position on the Board of Delta Montrose Electric Association, effective immediately. I'm not able to fully commit to the time requirements of my position on

the board due to new business endeavors during the robust economic in Montrose, and I feel it is best for me to make room for someone with the time and energy to devote to the job.

"It has been a pleasure being a part of the DMEA board and working with the staff. I am so proud of all we have accomplished in the past five years, and I have no doubt the board will continue these successes in the future.

If I can be of any assistance during the time it will take to fill the position, please don't hesitate to ask.

Best Regards, Jim Elder"

According to the minutes of the special meeting, the DMEA board suspended the planned agenda upon receipt of Elder's resignation. The planned agenda had [included an executive session](#) for the purpose of discussing director-related fiduciary duty and standard of conduct matters as well as a general counsel/senior staff update. Instead, following Elder's departure, the remaining directors (Board President Bill Patterson; Mark Eckhart; Brad Harding; Marshall Collins; Kyle Martinez; Damon Lockhart; John Gavan; and Tony Prendergast) discussed policies and procedures for filling the now-vacant District Four Director seat.

"The Board will move forward with a formal replacement process in the near future pursuant to DMEA Bylaws, and noted that current directors whose districts encompass Montrose County would take a lead in identifying qualified replacements," the minutes state.

DMEA Board President Bill Patterson said that as of last week, two DMEA members had declared an interest in the board seat vacated by Elder. Applicants include David White and Jay Jutten.

If somebody else is interested, they can contact a board member and fill out the application form, Patterson said. "They have to reside in Jim's District, and they cannot have any relatives who work for DMEA."

Applicants must also be DMEA members, he said. There is no need to gather signatures; the board will conduct interviews and make the final decision, and whoever is chosen will stand for election next year when Elder's term would have expired.

In addition to compensation for serving on the DMEA board, board members are compensated for their service on the Elvate Broadband board of directors as well.

"I would like to thank Jim for his service," Patterson said. "I hate to see him go, but I understand."



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REGIONAL NEWS BRIEFS

2018 ANNUAL SPRING CLEANUP, AND EARTH WEEK ACTIVITIES

Special to the Mirror

MONTROSE-The City of Montrose continues its annual Spring Cleanup tradition in tandem with its Earth Week celebrations, by providing disposal and recycling services from a single collection point. Residents are invited to bring cleanup items to the drop-off site located on the San Juan Bypass (Highway 50), directly across the street from the Sunshine Peak Apartments. Signs will direct residents to the drop-off location.

The collection site will be open on the following days:

- Friday, April 27 from 7 a.m. – 7 p.m.
 - Saturday, April 28 from 7 a.m. – 7 p.m.
- Items accepted at the event include land-

scape materials such as leaves, grass clippings and limbs (less than six inches in diameter), scrap materials, and unwanted appliances. A \$20 fee will be charged for appliances containing Freon. All other items may be dropped off free of charge.

Routine household trash, hazardous materials, paint, tires and electronics with glass screens, such as televisions, will NOT be accepted.

The city offers special collection services for sanitation customers. Fees for these services begin at \$15. Collections are scheduled as personnel and equipment are available. To schedule a special collection or to obtain additional information, please call 970.240.1480.

The City of Montrose sponsors and coordinates a full schedule of Earth Week activities each spring. A different theme is highlighted each year to raise community awareness of how individuals can help preserve a healthy environment for themselves and future generations. This year's theme, Nature-Made Memories, is aimed at launching families and friends into the Western Slope's beautiful outdoors to continue making life-long memories to share for years to come.

For more information on Earth Week and to view a complete listing of activities, visit: CityofMontrose.org/EarthWeek, call 970.240.1420, or email events@visitmontrose.com.

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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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MONTROSE SALARY SURVEY HIGHLIGHTS TOP TIER COMPENSATION



The top earnings in our salary survey go to DMEA's Jasen Bronec, above, who brings in \$337K. Courtesy photo.

By Caitlin Switzer
MONTROSE- When it comes to our economy, Montrose is a diverse community, with residents of all income levels. Local schools continue to top the [list of major employers](#) compiled by the

Montrose Economic Development Corporation (MEDC), and according to the most recent United States Census Bureau statistics, the median household income in Montrose County is \$43,890. [Kids Count Colorado 2018](#), notes that 23.7 percent of kids under 18 in Montrose County live in poverty, and 49.7 percent of schoolchildren in Montrose County qualified for free or reduced lunch prices in the Fall of 2017. Even with the recent hike in the minimum wage, many families and individuals struggle to find jobs that will sustain them. On the other end of the spectrum are organizational and community leaders, who can

be expected to earn higher than average salaries, even in a small, Western Slope community. To further transparency, the *Mirror* asked some of our public servants and community leaders to share top organizational salaries with our readers; here are the results:

MONTROSE COUNTY

County Attorney \$140,000
County Manager \$120,200
Airport Director \$119,999.88
Public Works Director \$115,000.08
Health & Human Services Director \$112,896

CITY OF MONTROSE

City Manager \$155,000
City Attorney \$143,000
Assistant City Manager \$114,000
Police Chief \$103,644
Finance Director \$99,952

DELTA-MONTROSE ELECTRIC ASSOCIATION (DMEA)

Chief Executive Officer \$337,954
VP Power Supply \$260,235
VP Operations \$234,052
VP Member Services & HR \$172,588
System Design Supervisor \$170,463

MONTROSE COUNTY SCHOOL DISTRICT RE-1J

Superintendent \$144,658
Director of Technology \$94,138
Director of Instructional Services \$94,138
Director of Exceptional Student Services \$86,698
Director of Finance \$86,270

MONTROSE REGIONAL LIBRARY

Library Director \$92,700
Assistant Director \$71,201.20
Network Systems Administrator \$57,657.53

Naturita Branch Manager \$48,921.60
Head of Technical Services \$45,676.80

REGION 10 LEAGUE FOR ECONOMIC ASSISTANCE & PLANNING

(Top five employee salaries are listed, no job titles given)

\$92,000

\$76,500

\$65,000

\$62,400

\$62,400

MONTROSE CHAMBER OF COMMERCE

Chamber Director/Director of Montrose Business Innovation \$70,000.

(This is a shared position; the City of Montrose contributes \$42,000 and the Chamber of Commerce portion is \$28,000.)

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REGIONAL NEWS BRIEFS

MMH CARDIOLOGY CLINIC MOVING LOCATIONS

Special to the Mirror

MONTROSE--In order to better serve our patients, the MMH Cardiology Clinic is moving to a different location in Montrose. Formerly located at 17 N. Mesa, the office will be moving to a larger facility at 630 East Star Ct. Patients will be seen at the new facility starting April 16. The building formerly housed San Juan Family Medicine/Cedar Point Health, who moved to 816 S. 5th Street in Montrose. The MMH Cardiology Clinic features Dr. Riley Foreman, Dr. David Lee and Judith A. Collins, MSN, APRN-BC, CVN-BC. The clinic space is used for consultations and follow-up appointments. 970.252.1020.

PAVING OPERATION SET FOR US 550 BETWEEN MONTROSE AND RIDGWAY

Special to the Mirror

REGIONAL-The Colorado Department of Transportation will be working on US Highway (US) 550 between Montrose and Ridgway next week, Tuesday, April 17 through Friday, April 20. A maintenance crew will be paving the roadway just north of the Ridgway Reservoir, from mile points 113 to 115. TRAVEL IMPACTS: Motorists will encounter brief delays. Motorists should be prepared for stops and one-lane alternating traffic guided by flaggers and a pilot vehicle. The speed limit will be reduced to 40 MPH in the work zone. CDOT urges the traveling public to slow down and be aware of workers and equipment on the roadway. The work is expected to be completed by the end of the workday on Friday.

STAY INFORMED: Sign up for project or travel alerts: bit.ly/COalerts. See scheduled lane closures: codot.gov/travel/scheduled-lane-closures.html.



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REGIONAL NEWS BRIEFS

TIPTON GETS THE NOD, CLEAR PATH TO NOVEMBER ELECTION



Congressman Scott Tipton accepting the nomination with wife Jean by his side. Courtesy photo.

By Richard Harding

DENVER-Republican Delegates from throughout Colorado Congressional District 3 gathered at the Hyatt Denver Tech Center and gave Congressman Scott Tipton a clear path to the November Election without having to face an opponent in a Primary Election. State Senator Don Coram was among those who seconded Congressman Tipton's nomination in which he was ultimately declared the winner by acclamation.



RE-1J BOARD LOOKS @ SAFETY, POSSIBLE CAMPUS CLOSURES

From pg 1



Community members listen at the school board meeting of April 10.

[staff recognition awards](#) to Sandra Helkin of the Library Media Center and Social Studies Teacher Kali Devor. Olathe Middle School Principal Scott Brown presented [staff recognition awards](#) to Custodial Crew Leader Jose Medina and Social Studies Teacher Kyle Piatt.

The new Columbine Middle School project is happening fast, coming in on time and under budget; there will be a giant garage sale on May 17. Said Board President Tom West, "There will not be a wrecking ball, to my dismay; they are going to take it (the old facility) down brick by brick."

SAFETY DISCUSSION--Community leaders and educators took turns speaking during the time for community input. A representative of the *Keep Montrose Kids Safe* group asked District officials to support the WATCH DOGS program, "so we have more people with eyes and ears in our schools every day," and offered suggestions. "Our group would love to have a meeting with the school board and superintendent; this venue only allows us to present, but communication goes both ways."

A speaker identified as Rebecca questioned why the District would invest \$15K in the Sprigeo APP that appears to be defunct, when Safe2Tell is comprehensive, free and fiscally responsible.

Another speaker named Jason, suggested automatic door closure devices to be deployed in emergencies.

Student Olivia Beshoar shared the results of a student survey concerning the possible closure of the Montrose High School (MHS) Campus. "We would need more than one lunch," she said, noting that there are 52 different organizations at MHS. "Some meet at lunch."

Parking would also be a problem if the campus were to be closed, she said.

"When you run out of spaces, how do you address who gets a parking space?"

Students surveyed generally felt safe at school, with two notable exceptions, she said, "the cafeteria and parking lots."

MHS Teacher Shannon Campbell also spoke. Campbell pointed out that three lunches would be needed with a closed campus, and that the closure could well increase bullying, fighting and other disciplinary issues.

"Closing the campus is just not feasible for Montrose High School."

A closed campus would create additional danger points, as students and staff must mass enter, she said, and would eliminate opportunities for students to learn to behave responsibly in community settings.

"It takes a sense of responsibility away," Campbell said. "A closed campus becomes about policing rather than educating."

RE-1J Property Services Director Phillip Bailey discussed specific improvements such as vestibule improvements at Cottonwood and Olathe elementary schools; classroom fire extinguishers that can be used as attack deterrents if needed; interior lock sets; and exterior access control.

Superintendent Stephen Schiell said that the district has decided not to arm staff or bring in security guards. The school board has approved [\\$400,000 in safety up-grades](#), including fencing (\$110K); exterior

doors (\$200K); upgrades to the Oak Grove Elementary School entrance (\$40K); and fencing at Centennial Middle School (\$50K).

"We can minimize exposure, but we can't stop crazy," Schiell said, and talked about various sources of funding for safety measures. A.L.I.C.E. Training is going forward, he said, and the District has a [plan for emergency situations](#). "We borrowed a document from Jefferson County," Schiell said. "...We're excited; it really does fit. I hope parents read it."

Schiell acknowledged the difficulty in planning for a situation "where it all goes crazy."

School Board President West suggested that a bucket of rocks in a classroom could be effective as a deterrent as well. Also, "I don't see any way that we could go to a closed campus...that's the way I am leaning and I will go on record for that," West said.

The board also heard from Colorado Mesa University Montrose President Gary Ratcliff and from [CMU Liaison Jeff Turner](#), who is working to increase the number of local students who move on to higher education after secondary school. "My purpose is really to increase that college-going rate," Turner said, adding that he hopes to increase the number by 75 percent over five years.

In other business, the school board heard [year-end budget projections](#) and informational updates including one on [April enrollment](#). According to [elementary and secondary school documents](#), 431 students left the district's schools in 2017-2018.

[Revised policies](#) were presented to the board under Old Business; A [number of policies were presented to the board for first reading](#). The board heard a [personnel update](#) as well. Present at the meeting was newly-appointed [District G Director Stephen Bush](#).

For a full review of April 10 Consent Agenda items and documents, visit <https://www.boarddocs.com/co/montrose/Board.nsf/Public>.

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COLORADO NEWS BRIEFS

SECRETARY OF STATE WILLIAMS 'VERY ENCOURAGED' BY LATEST BUSINESS REPORT

Special to the Mirror

COLORADO-New business filings in Colorado increased 32 percent this quarter compared to last quarter, according to the latest report analyzing Colorado Secretary of State data.

Over the 12 months ending March 31, a total of 120,870 new business filings were recorded with the Secretary of State's office. In the first quarter, business entities in good standing reached 677,537 -- a record for Colorado.

"I am pleased to see Colorado's economy begin 2018 in such a strong and stable position," Secretary Wayne Williams said. "We continue to see low unemployment, higher average wages and increasing numbers of new businesses forming in Colorado. I am very encouraged by this report and share in Colorado business leaders' optimism for our second and third quarter."

According to the Bureau of Labor Statistics, 103,000 jobs were added nationally in March 2018, a slowdown from the prior two months. Colorado added approximately 63,400 jobs year-over-year.

"Based on the filings and employment data, Colorado isn't slowing quite as quickly as we initially believed," said Richard Wobbekind, executive director of the Business Research Division at the Leeds School of Business, University of Colorado Boulder.

The division, at the University of Colorado Boulder, publishes the Quarterly Business & Economic Indicators Report using data from the Secretary of State's central business registry.

The report looks at a variety of factors, such as energy costs, the labor market and inflation. Through the end of 2017, GDP, employment, and wages all increased while the unemployment rate in December remained at 4.1 percent for the third consecutive month.

Visit our [website](#) to view the latest report, past reports and to sign up to receive the report by e-mail.

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38 LOCATIONS FROM DENVER TO DURANGO

REGIONAL NEWS BRIEFS

GRAND VALLEY RANGER DISTRICT ANNOUNCES CALAMITY HILLS PRESCRIBED BURN

Special to the Mirror

GRAND JUNCTION-The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests' Grand Valley Ranger District plans to conduct the Calamity Hills Prescribed Burn beginning the week of April 17, 2018 as conditions allow.

The burn will target 1700 acres of the Calamity Basin located eight miles north-east of Gateway, Colorado. Only one day of ignition is planned with monitoring through the remainder of the week. The public is advised that smoke may remain in the area for several days after ignition. The treatment area is located on steep

slopes covered with overgrown and decaying oak. Burning the area will serve to regenerate the oak stands improving overall vegetation health, resident wildlife habitat and the wildfire resiliency of the landscape. Significant planning for this prescribed burn has occurred and one of the most important considerations is for safety of the firefighters and the public. Fire managers have developed detailed prescribed fire plans that dictate conditions, staffing and safety requirements. These plans also provide for obtaining smoke permits from the State. The burns will be ignited only if conditions are con-

ducive to a safe, effective burn and within appropriate smoke dispersal parameters. *For information on prescribed burns, wildfires and fire restrictions on National Forest System lands and other areas, call the Grand Mesa, Uncompahgre and Gunnison National Forests Fire Information line at 970.874.6602, visit the GMUG Forest website (www.fs.usda.gov/gmug), Twitter: https://twitter.com/GMUG_NF, or Facebook: <https://www.facebook.com/GMUG.NF>. Prescribed fire smoke may affect your health. For more information see: <https://www.colorado.gov/cdphe/wood-smoke-and-health>.*

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REGIONAL NEWS BRIEFS

EEOICPA RESOURCE WORKSHOP FOR FORMER ATOMIC WORKERS AND URANIUM MINERS

Special to the Mirror

REGIONAL-Nuclear Care Partners is hosting a free Resource Workshop to help former AEC Compound workers, and uranium miners.

The purpose of this event is to help former atomic workers and uranium miners access the federal benefits they've earned to compensate for illnesses caused by radiation and toxic chemical exposure during their work on behalf of the United States' defense.

All former workers are invited to attend the Resource Workshop, free of charge, which will include the following information:

How to File a Successful Claim: Have you been denied? Learn why cases get denied and how to file a successful claim with the Department of Labor.

When to Ask About Home Care: When is it time to consider getting some help in the home? What does DOL home care look

like compared to Medicare home health? These and other questions will be answered.

The workshops will take place:

April 24 | 1 - 3 p.m. | Grand Junction, CO |

Mesa County Library 443 N. 6th Street

April 25 | 1 - 3 p.m. | Montrose, CO |

Montrose County Health & Human Services 1845 S. Townsend Avenue

For more information about the Resource Workshop or Nuclear Care Partners please call 970-361-3279.

Since 1945, more than 600,000 men and women have served in more than 360 nuclear weapons facilities throughout the United States. Collectively, they built more than 70,000 nuclear weapons to deter -- and if necessary, fight -- a nuclear war.

Many of these workers paid a high price for their service, including developing debilitating, and sometimes fatal, illnesses due to radiation and toxic chemical exposure.

Nuclear Care Partners, an enrolled in-home care provider for the EEOICPA program, wants former atomic workers to have the information and resources they need to understand and to access their benefits -- which includes up to \$400,000 in addition to medical care -- under this special program.

"DOL paperwork is often confusing and it's very common for people to think they've been denied," said John Kelley, Community Outreach Manager at Nuclear Care Partners.

"Many times they're just stuck somewhere in the process or they did get denied and they think that's all they can do. Oftentimes, however, there are more steps they can take in order to file a successful claim and get connected to their settlement and medical benefits. I want them to know that there are resources available to them and I'm always happy to connect them to the right people."

ELKS' DONATION TO POLICE WILL AID DIGITAL INVESTIGATIONS

Special to the Mirror

MONTROSE-Montrose Police officers received a huge boost to their digital investigation capabilities Tuesday after members of the Montrose Elks Lodge stopped by to generously donate \$3,500 to the department. The donation will fund equipment and training for Montrose Police detectives to perform "chip-level forensics" or "chip-off forensics" to unlock encrypted chips used in smart phones or mobile devices that could have been used in a crime. The donation is part of a broader Montrose Police Department program, which has received funds from both the Colorado Internet Crimes Against Children Taskforce and the Secret Service Electronic Crimes Task Force.

If someone is suspected of using their phone or mobile device in a crime, the police will have the ability to remove the flash memory chip from the subject device and acquire the raw data using specialized chip readers. And, with the use of special

software, will then be able to read the chip and reveal any crime-related data that investigators may be able to use.

The process works the same with devices that have suffered catastrophic damage. The intent is to read how the device was being used in relation to the suspect's activities.

With the \$3,500 donation from the Elks, the department purchased a milling machine used to microscopically prepare the chips before use in the card readers.

With smart phones and mobile devices becoming more prevalent in society, chip-level forensics has been a rapidly expanding frontier as law enforcement agencies seek to use smart phone data in criminal investigations.

"It's going to help us with virtually any crime," said Montrose Police Detective Phil Rosty. "We've seen a lot of success with this stuff with crimes against children, domestic violence and sex assaults."

Investigators around the world have used

chip-off forensics in distracted driving cases, sexual exploitation and suspicious death investigations and domestic violence cases. The technology and training at the Montrose Police Department is also designed to help other area agencies with digital investigations.

The Montrose Elks Lodge has been helping with Montrose area causes through donations for the past 112 years. Elks member Roger Conant said the organization typically donates money to area school children. Conant said members of the Elks met with Montrose Police Chief Tom Chinn and Montrose Police Commander Gene Lillard and identified the department's digital investigation capabilities as an area that needed upgrades.

In addition to the training and equipment, Rosty said the department will use the money for software upgrades as they become available.

To see a video of Tuesday's donation click [here](#).



Montrose County Spring Cleanup Day



FREE DAY at the East-End Landfill announced by Waste Management, in conjunction with Montrose County.
Saturday, April 21, 2018 • 8am to 4pm
67999 Landfill Road, Montrose

Open to Montrose County residents household waste only.
 No commercially generated waste.

VEHICLES ALLOWED; Cars, Pickups (bed and cab level) Trailers.

WHAT YOU CAN BRING FOR FREE

Household municipal waste, household construction waste, yard waste, furniture mattresses, appliances (I.E.: washers, dryers, water heaters, and stoves).

REFRIGERATED APPLIANCES Must be accompanied with a certificate of freon removal from a qualified company before acceptance for disposal.

WHAT WE DO NOT ACCEPT

OUT OF COUNTY WASTE	No waste of any kind generated from outside of Montrose County
HAZARDOUS WASTE	Oils, liquid paints, no fluorescent bulbs of any kind, cleaning solvents, etc
SPECIAL WASTE	Such as asbestos or non-friable asbestos shingles, siding, or tiles
BATTERIES	No batteries of any kind
REFRIGERATED APPLIANCES	Without a certificate of freon removal

WHAT YOU MUST PAY FOR

UNTARPED LOADS	Will be charged normal rate plus the untarped fee
ELECTRONIC WASTE	45¢ per pound; Computers CPU's, Monitors, Printers, Computer Peripherals/Cords, Fax Machines, Keyboards, Copiers, TVs, VCRs, Stereos, Home & Office Phones, Cell phones with battery in device, Consumer Electronics, Microwaves
TIRES	\$4.45 per passenger size tire \$8.92 per industrial size tire
COMMERCIAL WASTE	\$49.74 per ton

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COMMUNITY NEWS BRIEFS

FORMER DELTA COUNTY COMMISSIONER OLEN LUND LAUNCHES BID FOR SD 5 DELTA COUNTY NATIVE VOWS TO REPRESENT THE PEOPLE AND RURAL VALUES OF WEST-CENTRAL COLORADO



Olen Lund. Courtesy photo.

Special to the Mirror
REGIONAL-
Former Delta County Commissioner Olen Lund has accepted the nomination as the Republican nominee for Senate District 5. Senate District 5

is an expansive district that covers all of seven Colorado counties from Delta County on the west to Chaffee County on the east.

"My life has been about service; service to my family, service to my church, and service to my community," Lund said. "I am humbled that the people of Senate District 5 have elected me to be the Republican nominee. I look forward to using my experience in local government to fight for our rural values at a state Capitol dominated by the Denver-Boulder crowd."

Lund was born and raised in the North Fork Valley in the eastern end of Delta County. He makes his home in Paonia, Colorado with his wife of 31 years, Debbie.

"I know that beating back the money and influence coming out of Denver will be hard work," said Lund. "Debbie and I have never known anything other than hard work. In my county commissioner campaigns, we beat back a close ally of Bill and Hillary Clinton – beat him and the Washington, DC connections he brought to the race."

During his many years of public service to Delta County and western Colorado, Lund played a leadership role building consensus among farmers, environmentalists, ranchers, and recreationalists to modify an irrigation dam on the Gunnison River to facilitate passage of endangered fish and recreational boaters along the river. Because of this project, boaters can navigate the Gunnison and Colorado Rivers from the Black Canyon National Park all the way to the Glen Canyon Dam at Page, Arizona.

"Those of us born and raised in western Colorado know how to work together. We've done it all of our lives," Lund added. "The Capitol is broken, and we need to fix it. The challenges our state faces are

large and getting worse. Roads, access to healthcare, creating and recruiting good jobs, these are all things we care about in west-central Colorado, and these are the issues where I'll bring my record of working together to get good things done."

Olen Lund served as a Delta County Commissioner from 2004-2012. He has served as Chairman of the Painted Sky Resource Conservation and Development Council, as a Colorado Water Commissioner, and has been an active member in his local church since he was a young man. He and his wife Debbie make their home in Paonia, Colorado, where they raised their three children. Senate District 5 includes Chaffee, Delta, Eagle, Gunnison, Hinsdale, Lake, and Pitkin Counties.

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Dr. Gayle Frazzetta

Monday, April 16th

6:00 pm

MMH Conference Rooms A & B



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REGIONAL NEWS BRIEFS

POISON HEMLOCK: LOOKS CAN BE DECEIVING



Courtesy photo. (Hemlock: Patrick J. Alexander, hosted by the USDA-NRCS PLANTS Database).

Special to the Mirror

MONTROSE—This spring, the Montrose County Public Health Department urges residents to be mindful of poison-hemlock. It is in the same family as carrots and parsley, but can be fatal when eaten. If you or someone you know forages

for wild plants, please be on the lookout for poison-hemlock.

Poison-hemlock leaves and roots resemble carrots but can be distinguished by looking closely. Poison-hemlock stems always have some amount of red or purple spotting on them, even when young. The roots are not orange like a carrot, but rather yellowish or dirty white in color. Also, carrot leaves and stems are somewhat hairy but not poison-hemlock, which has smooth stems and leaves. In fact, poison-hemlock leaves often look shiny, especially compared with carrot leaves. It also has a distinct unpleasant musty smell.

Poison-hemlock is acutely toxic to people and animals, with symptoms appearing 20 minutes to three hours after ingestion. All parts of the plant are poisonous and even the dead canes remain toxic for up to three years. The amount of toxin varies and tends to be higher in sunny areas. Eating the plant is the main danger, but it

is also toxic to the skin and respiratory system. When digging or mowing large amounts of poison-hemlock, it is best to wear gloves and a mask or take frequent breaks to avoid becoming ill.

The typical symptoms for humans include dilation of the pupils, dizziness, and trembling followed by slowing of the heartbeat, paralysis of the central nervous system, muscle paralysis, and death due to respiratory failure. For animals, symptoms include nervous trembling, salivation, lack of coordination, pupil dilation, rapid weak pulse, respiratory paralysis, coma, and sometimes death. For both people and animals, quick treatment can reverse the harm and typically there are no noticeable aftereffects.

If you suspect poisoning from this plant, call for help immediately because the toxins are fast-acting – for people, call Poison Control at 1-800-222-1222 or for animals, call your veterinarian.

GRAND MESA ONCOLOGY OFFERS INNOVATIVE ONLINE PROGRAM TO CANCER SURVIVORS

Special to the Mirror

DELTA-Grand Mesa Oncology and Infusion Center is now offering patients an innovative online cancer survivorship program called iTHRIVE that creates personalized lifestyle-based wellness plans to help survivors heal from treatments, reduce risk of recurrence, and feel better after their cancer diagnosis. This program is another value-added benefit to Grand Mesa Oncology patients who already have access to complimentary classes and therapies including yoga, art therapy, music therapy and massage therapy.

"We are thrilled to partner with Dr. Goldberg and her committed and talented staff," said Carolyn Gazella, iTHRIVE co-founder and CEO. "iTHRIVE is a perfect complement to what they are already doing to help cancer survivors thrive in the

community."

iTHRIVE is a software company out of Boulder, CO that is teaming up with Delta County Memorial Hospital's Grand Mesa Oncology to offer a comprehensive cancer survivorship program to oncology patients. The program uses a survey taken by the cancer survivor to create action plans in five key component areas: diet, movement, environment, rejuvenation and spirit.

Jason Cleckler, DCMH CEO says, "The addition of the iTHRIVE Program for Grand Mesa Oncology's patients is a reflection of the dedication of that department, and the entire DCMH system, to providing the highest quality of care to patients, which includes providing the best resources."

Beginning in March, Grand Mesa Oncology started introducing this new patient

resource free of charge. The Survivorship program has been made possible because of donations from the community to the DCMH Foundation. To make a donation that will support this program, you can donate at dcmhfoundation.org and add a special instruction indicating the donation is for Grand Mesa Oncology. Grand Mesa Oncology is overcome by the support shown from patients and the community thus far.

"A person is a cancer survivor the day they are diagnosed and with the iTHRIVE Plan, cancer survivors can work on their wellness online when they have the time," said Helen Goldberg, MD, medical oncologist and integrative oncologist. "It's engaging and easy-to-use and we are thrilled to offer this new service to the cancer survivors in our community."

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REPUBLICAN STATE ASSEMBLY IN BOULDER BRINGS EXCITEMENT, SURPRISES



Colorado State Treasurer Walker Stapleton emerged as the top vote getter for the Governor's race. Photo by Richard Harding.

By Richard Harding
Citizen Reporter

BOULDER—The Republican State Assembly at the Coors Arena in Boulder was an exciting time. With recent anti Second Amendment legislation passed by the

with their concealed carry!

The voting for candidates got underway and Justin Everett was the only successful candidate to gather enough delegates to achieve placement on the ballot. Unconfirmed reports of two candidates sub-

Boulder City Council, we were not quite sure what to expect. Surprisingly, there were no protesters like there were two years ago at the same venue. Might have had something to do with the Boulder Police Officers with their M16's standing guard, or, the big sign with a separate entrance for people

mitting petitions to be in a Primary have not been verified by the Secretary of State.

George Braucher was the only candidate to step foreword for the office of Attorney General, as was Wayne Williams, incumbent, for the office of Secretary of State.

A packed field of seven candidates for Governor provided some interesting results.

Walker Stapleton, current State Treasurer, had submitted petitions to be in a Primary and discovered some improprieties in the signature gathering and withdrew his own petition after being approved by the Secretary of State.

Stapleton emerged as the top vote getter and will be in a Primary with Greg Lopez, with Stapleton receiving 1,116 votes and Lopez 826. Out of roughly 2,900 delegates casting ballots, Cynthia Coffman, current Attorney General, only managed to gather 154 votes!

REGIONAL NEWS BRIEFS

PARK SERVICE ANNOUNCES PLAN TO ADDRESS INFRASTRUCTURE & IMPROVE VISITOR EXPERIENCE

Modified fee structure addresses feedback from public on original fee proposal

Special to the Mirror

WASHINGTON — As part of its ongoing efforts to address aging park infrastructure and improve the visitor experience, the National Park Service (NPS) announced changes to the entrance fees charged at national parks. The changes, which come in response to public comments on a fee proposal released in October 2017, will modestly increase entrance fees to raise additional revenue to address the \$11.6 billion in deferred maintenance across the system of 417 parks, historic and cultural sites, and monuments. Most seven-day vehicle passes to enter national parks will be increased by \$5 and will be implemented in many parks beginning June 1, 2018. Yosemite National Park for

example will increase the price of a seven-day vehicle pass to the park from \$30 to \$35. More than two-thirds of national parks will remain free to enter. [A complete list of park entrance fees may be found here.](#)

All of the revenue from the fee increases will remain in the National Park Service with at least 80 percent of the money staying in the park where it is collected. The funds will be used for projects and activities to improve the experience for visitors who continue to visit parks at unprecedented levels. Increased attendance at parks, 1.5 billion visits in the last five years, means aging park facilities incurring further wear and tear. The price of the annual America the Beau-

tiful National Parks and Federal Recreational Lands Annual Pass and Lifetime Senior Pass will remain \$80.

Fees to enter national parks predate the establishment of the National Park Service in 1916. For example, Mount Rainier National Park began charging an entrance fee in 1908. Factoring in inflation, the \$5 entrance fee the park charged in 1914 would be the equivalent of a \$123 entrance fee today—more than four times the price of the new seven-day \$30 vehicle pass. Entrance fees collected by the National Park Service totaled \$199 million in Fiscal Year 2016. The NPS estimates that once fully implemented, the new fee structure will increase annual entrance fee revenue by about \$60 million.

ISSUE 145 April 16, 2018

ART & SOL

CENTENNIAL'S SIMO IS MIDDLE SCHOOL PRINCIPAL OF THE YEAR

Special to Art & Sol

MONTROSE-In the 2013-2014 school year, Centennial Middle School saw nearly 200 major office referrals, in an effort to discipline students. By the 2015-2016 year, that number went down to 45—and that was thanks to the efforts made by school principal Joe Simo, who joined the Centennial team at the beginning of that year.

From student behavior and the ways staff handled disciplinary actions, to repairing a fractured staff that couldn't agree on the future of Centennial, he was able to oversee a 180-degree shift in the building's culture. That's why the Colorado Association of School Executives and the Colorado Association of Secondary School Principals is proud to name Simo the 2018 Colorado Middle School Principal of the Year.

"Joe's practices are proving that putting the focus on student innovation and strong community relationships can provoke positive change," said CASE Executive Director, Lisa Escárcega. "He is more than deserving of the title." When Simo was first hired, he said, he was tasked with "getting student discipline under control and repair[ing] the culture of the building." Centennial staff was divided—some wanted the school to transition into a Charter model, while others felt it should continue with business as usual. Without a solid administrative foundation, student

behavior was rebellious, and staff wasn't prepared to handle it. So, one of Simo's first missions was to build strong relationships with his new coworkers. He proved his commitment to the school by spending hours researching ways to appease both sides of the fractured staff, eventually settling on a School of Innovation proposal. Providing Centennial with School of Innovation status would allow them the flexibility of a charter school, he said, while keeping the security of the district.

"He united a fractured school around a common mission and reminded us of our purpose," said one Centennial teacher. "Through humble resolve, he brought all parties to the table to begin to work for a united outcome, our students."

"On our last school performance framework, we were the highest performing school in our district," that teacher added. Even as a school with a 57 percent free and reduced-lunch student population, Centennial has become a performance school with a high growth in ELA and math. By providing Centennial with School of Innovation status, Simo was able to offer students more classes. He introduced engineering courses, robotics and Spanish, he was able to bring them a drama club and a class called WIN—What I Need. "Becoming a School of Innovation was a big risk for my staff and meant a lot of additional work and responsibility," he

said. "[This award] shows that the hard work... has paid off."

When it came to the student behavior, Simo approached them with that same humble spirit. "You will see me picking up trash, out on every duty, work-

ing with struggling students, and wiping down lunch tables," he said. "My cell phone is not visible during the day, as I expect that students who have a phone keep them in a backpack or pocket, unless using them in class for instruction."

Simo got his start in education nearly 16 years ago as a Special Education teacher on a New Mexico Navajo Indian Reservation. Making the decision to enter the field of education wasn't a hard one for him; "When it was time to decide what career field to enter into, I chose the one that I would enjoy going to work to every day, and one that would challenge me," he said. "Both of those are true about being a principal." Simo will celebrate his win with a school assembly later this year, and at the April CASE Awards Reception, where he'll be honored along with other 2018 winners.



Joe Simo. Courtesy photo.

Family

MOVIE EVENT

Help Our Community Stop Child Abuse, Call 1-844-CO-4-KIDS

April 28th
at The Fox Theatre
27 S Cascade Ave • Montrose, CO

Movie at 11am . Free Snacks

MOVIE COST SPONSORED BY MONTROSE COUNTY



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APRIL IS CHILD ABUSE PREVENTION MONTH



*Help Our Community
Stop Child Abuse Now,
Call 1-844-CO-4-KIDS*



COMMUNITY NEWS BRIEFS

WEEHAWKEN OFFERS ARTFUL BOOKMAKING WORKSHOPS IN RIDGWAY

Special to Art & Sol

RIDGWAY-Weehawken Creative Arts will be offering two single-day bookmaking workshops with instructor Alicia Bailey on the weekend of May 5 & 6.

On Saturday, May 5, Alicia Bailey offers "Panorama Concertina." A panorama is any wide-angle view or representation of a physical space. This structure, designed

by Hedi Kyle, allows for the depiction of space and movement over a series of panels that can turn as the book is read or displayed. It is a perfect structure for presenting landscapes or narratives. In this workshop you will each make a multi-panel model with a wrap-around cover. No experience necessary, this class has a \$60 tuition plus a materials fee of \$10 per

student; this will be a three-hour workshop.

On Sunday, May 6, Alicia will offer "Miniature Diorama Boxes." Learn to build and finish a small box filled with personal images and objects that are held in place to create a miniature diorama, protected with a fitted piece of plexiglass. After arranging and fastening selected treasures in the box, and fixing the plexiglass in place, the box will be mounted into a case with recessed label and ribbon closure. The case and box sides will be covered with book cloth. This class is suitable for all skill levels, ages 16 and older. No experience required. Instructor provides all materials. This is a 1-day (6 working hours) workshop. Registered students will be contacted ahead of time with a list of optional supplies to bring to class. Registration is \$125 plus a \$20 materials fee per student.

Studio artist and gallery owner Alicia Bailey of Denver, Colorado, has a particular passion for book works that include elements beyond surface printed images and text; that move beyond traditional book forms and embrace presentation flexibility, innovative page folding tactics, rigid page construction and use of alternative materials. Alicia is affiliated with several artists' book professional organizations. She is owner/director of Abecedarian Gallery in Denver, Colorado, founded in 2007 and focused on the exhibition, promotion and sale of contemporary artists' book works.

Both workshops will be held at Weehawken Creative Arts in the Old Schoolhouse Building (1075 Sherman St.) in Ridgway. There is a six-student minimum pre-enrolled to make each class "go" so pre-registration is highly encouraged.

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

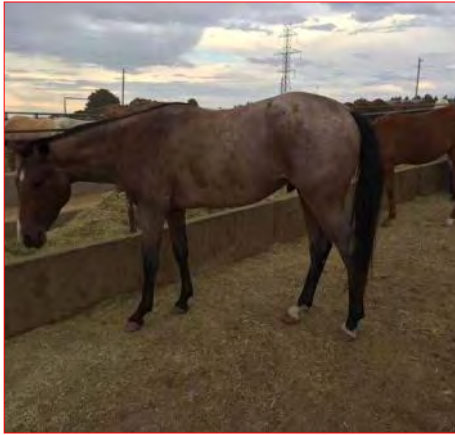
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COMMUNITY NEWS BRIEFS

FROM STALLION TO GELDING CLINIC SET FOR MAY 5 @ DREAM CATCHER THERAPY CENTER



Special to Art & Sol
OLATHE—On May 5, there will be a “From Stallion to Gelding” Clinic at the Dream Catcher Therapy Center in Olathe (5814 Hwy 348). The Clinic is being funded through the Unwanted Horse Alliance, organizer Cindi Swartz said, and is sponsored by Black Canyon Veterinary Clinic and End of the Trail Horse Rescue. “We are hoping to get 15 stallions.”

If there is greater demand, another clinic will be scheduled at a future date, she said. Stallions must be up to date on tetanus shots and be halter broke. Appointments must be made prior to the call; to learn more or to reserve a spot call 970-275-1810. The Clinic Cost is \$60. Waivers must be signed and fees paid prior to the clinic.

“The goal is to simply decrease the numbers of unwanted horses,” Swartz said.

Our big announcement? Say hello to
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Good to know:



NEW EATERY IN TOWN GOES BEYOND EXPECTATIONS

It was once a church; now, Ginger and Gin has arrived on the scene with an upscale restaurant to challenge those already plying the more upscale market. They've spiffed up the décor inside as well.

Michael and I waited a bit before coming in to try this newest arrival on the restaurant scene in Montrose. Ginger and Gin comes in near the top of the pricing of our little town, but serves up some meals not found anywhere else. First, we'll try a glass of your Pinot Grigio please. Very nice at \$9 a glass; you can also order a bottle of your favorite for your table.

For example, where else can you get escargot – the French version of snails, sautéed in butter, garlic, fresh parsley deglazed with white wine, with toasted bread for dipping in that aromatic sauce. Might try that as an appetizer sometime soon, I'm partial to the little suckers. Other starter offerings ranging from \$12 to \$16 sounded enticing – Fried Green Tomatoes; Parisian Max N Cheese with creamy Brie; toasted figs, gourmet mushrooms; rooster comb pasta; fresh rosemary Leche de Tigre; scallops marinated in Tiger's Milk, a citrus-based liquid that qualifies as an aphrodisiac says Peruvian folklore; Warm goat cheese with warm cheese; fig compote; mixed greens and toasted bread; or maybe an Octopus Carpaccio, with thinly sliced octopus in olive oil, balsamic glaze and micro greens. And that's just the appetizers.

Salads, well, they take up an entire page in the bound menu, running from \$11 to \$16: maybe a Cambi Cobb with chicken breast, bacon, egg, carbazole, shaved carrots, radishes, butter lettuce and Big Blue dressing; or, an old school Green Goddess Waldorf with chicken salad, apples, pears, candied walnuts, pomegranate seeds, carbazole and Green Goddess dressing; ah, the Ensalada de Pulpo gives us some tips on the Ginger in the name – seared octopus, candied ginger, roasted garlic, serrano pepper, lemon grass, mixed greens, pomegranate molasses and Persian lime vinaigrette, then there is Color Sunday Salad with a blend of Ancient grains, quinoa, roasted butternut squash,

brussels sprouts, roasted cauliflower, gigante beans, mulberries and fresh mint vinaigrette.

Then you turn another page on the menu and Chef Favorites jumps at you, with diners running from \$18 to \$26, include Saffron Lobster Polenta with lobster medallions, shallots, herbs de Provence, heirloom tomatoes, spinach, purple kale garlic, artichoke hearts, white wine and saffron béarnaise over polenta stars, and now that's before you get to Old World Traditions, which also sound yummy, from \$23 to \$29. Here we have all sorts of dishes "How the Grandmas Make It." This is where Michael and I settled, landing on the Wiener schnitzel or Jaeger schnitzel at \$23 which we intended to split as it sounded like a mouthful: tenderized pork cutlets, breaded and pan fried with spaetzli, red cabbage, Bavarian sauerkraut, house potatoes, sautéed apples and served with a choice of lemon caper beurre blanc or hunter sauce. We went for the lemon caper beurre blanc, cause Mike just can't pass up a dish with capers and the dish was plenty for two.

Other Old-World offerings included Papardelle Bolognese at \$28 with veal, (I won't be ordering this as I can't get the idea of those little ones out of my head, sorry) beef and pork simmered with fire roasted tomatoes, red wine, garlic, onions and fresh herbs tossed with fresh cut papardelle, toasted bread. They were out of Hungarian Goulash, at \$26, with sweet and smoked paprika, beef, onions, garlic, caraway, bay, roasted tomatoes, bacon, sour cream and toasted bread. Maybe another night? Two seafood dishes caught our eye, a catfish court-bouillon with Cajun bouillabaisse with catfish, ruby red trout, mussels, scallops, shrimp, lobster, garlic, bay, herbs de Provence, roasted tomatoes and toasted bread. \$29 for that lovely dish. Or you might try cast iron ruby red trout for \$24, trout dredged in seasoned flour and crisped in brown butter with au gratin potatoes and seasonal vegetables.

Not enough decadence for you?

Turn the page to find Dining Decadence

("worth every bite") – lobster mandora with lobster, shrimp, shallots, toasted almonds, spinach, garlic, roasted tomatoes in a truffle parmesan cream with quadricorn pasta. Or perhaps a little duck Constantine, \$30, with duck breast pan seared in a brown butter and black current sweet red wine sauce, with shipped potato clouds and seasonal veggies. This is where we get into the serious stuff – like Beef Bourguignon, Carbonara, Scampi, lamb T-Bones, Ginger kissed shrimp and scallops, Pad Thai, Bombay Mussels in Mango Curry and Purple Fried Rice and Ginger Shrimp. These beauties go for from \$19 to \$32.

Last page in the menu features All Day Fare, and here we get into the egg dishes, running from a \$14 corned beef hash skillet replete with slow roasted corn beef, bell peppers, caramelized onions, charred beets, pan crisped potatoes topped with two eggs. There are Johnny corn cakes at \$14 featuring sweet corn cakes, whipped Tupelo honey butter and an andouille sausage chub. A Rancheros Santa Cruz Skillet for \$16 will buy you shrimp, mushrooms, onions, peppers, black beans, bacon, cilantro, mango salsa, sour cream, scalions, crispy house potatoes topped with two eggs.

Don't worry if you must have a burger, they're here too. The 14'er (for you mountaineers) for what else -- \$14 brings a prime cut burger patty, lettuce, heirloom tomatoes, caramelized onions, pickles, bacon, avocado, sautéed mushrooms, swish, cheddar, crispy onion straws, o / h egg and G & FG signature sauce on a house made bun. What more could you want?

The nice bound menus don't list desserts – just ask. We indulged this night in a sizzling skillet of sautéed apples with caramel sauce all drizzled around a little apple cake and served with ice cream. Spectacular.

All in all, bit pricey for Montrose, but worth every penny.

Ginger and Gin is located at 647 E. Main Street in Montrose, call at (970) 249-0237.





NOTES FOR THE JOURNEY...

Exploring Classical Music With Rob Brethouwer

BRINGING THE ROOF DOWN: OPERATIC TENOR ARIAS

In the world of opera, it is the tenor who is the lush romantic, the daring adventurer, the womanizer, and the hero who saves the day. He also often ends up dead or gently cradling the soprano as she dies, most often of tuberculosis. These roles provide the tenor with opportunities to sing solo arias that put them at center stage with an end result of cheering, applause, and yells of "Bravo!" at the end of their performance. An overview of some of these arias will be provided. Remember, the term "bring the roof down" was made for these tenor operatic arias. To provide some context, the first few lines of the arias will be provided in both Italian and English at the end of each summary.

Lamento di Federico from L'Arlesiana by Francesco Cilea

The vocal line is accompanied up high by a solo violin and a flute. The title of the aria rings true as the sound of the tenor voice is full of lament and plaintive in its quality. The vocal intensity increases, especially after the 2:00 minute mark. Just as you think it is finding a resolution, the melody line repeats itself at 2:57 and the tenor enters again at 3:11 with a new level of intensity and sadness. The aria ends with strength and power.

E'la solita storia del pastore
Il povero ragazzo
Voleva raccontarla, e s'addormì
C'è nel sonno l'oblio
Come l'invidia!

It's the usual story of the shepherd
The poor boy wanted to say it,
but fell asleep.
In sleep there is oblivion.
How I envy him!

Recondita armonia from Tosca by Giacomo Puccini

A few pulses from the strings bring a short melody line from the woodwinds. The strings offer a few pizzicato plucks before the tenor makes his entrance at 0:38. It is clear that this aria is all about the tenor as the orchestra provides simple background accompaniment while the tenor rides on top. A short aria, there is a lot of punch with a new entrance at 1:48 that increases

in volume and exuberance as the aria comes to a close on a high C, rolling down perhaps a third for the final held note.
Recondita armonia
di bellezze diverse!
E' bruna Floria,
L'ardente amante mia.

Mysterious harmony
of contrasting beauties!
Dark-haired Floria,
my ardent love.

Torna a Surriento. A Neapolitan song by Ernesto De Curtis

A return to the land of your birth and to the words of someone you love. Images of nature bringing memories to the forefront. A sadness comes when leaving nature and the one you love. This song is a celebration of beauty in all of its forms, and its relatively quick tempo is unexpected. A falsetto entrance at 2:12 is equally as surprising as the aria ends in a flourish.

Vide 'o mare quant'è bello,
Spira tantu sentiment,
Comme tu a chi tiene mente,
Ca scetato 'o faie sunna.

Look at the sea, how beautiful it is,
inspiring many sentiments---
as do your softly spoken words,
Which make me dream all day.

Guarda, gua', chistu ciardino;
Siente, sie' sti sciure arrance:
Nu profumo accussi fino
Dinto 'o core se ne va

See how this light breeze comes
from the garden, bringing the
Scent of oranges,
a fragrance without parallel
for one whose heart is full of love!

Rondine al nido. Romantic song by Vincenzo de Crescenzo

A favorite of the concert stage, this song features a solo flute that is often on stage with the tenor soloist. The solo is brief but sets the scene for what is to come. Lush and full, the orchestra and the tenor once again turn to themes of love and nature.



At 1:06 the sound of the tenor grabs your attention with his power and clarity and by 1:26 the strength of the aria has all of a sudden come down several notches with the solo flute playing the same melodic line beginning at 1:44 and ending at 2:04. A second entrance by the tenor is no less powerful. Something about the melody sticks in your ear with its power lines and sincerity. The orchestra makes it known that it is there at 2:39 and rides right beside the tenor until the flute makes its final statement at 3:16 as the song comes to a close.

Sotto la gronda de la torre antica
Una rondine amica,
Allo sbocciar del mandorlo e tornata.
Ritorna tutti gli anni,
Sempre alla stessa data;
Monti e mare essa varca
per tornar.

Under the eaves of the old tower,
as the almond tree blossoms,
a friendly swallow has returned.
Every year she returns,
always on the same day.
She crosses mountains and sea
to get back here.

Recording and liner notes. Carreras Domingo Pavarotti. The Three Tenors in Concert. Conducted by Zubin Mehta. Orchestra del Maggio Musicale Fiorentino. Orchestra del Teatro dell'Opera di Roma. Recorded live at Terme di Caracalla, Roma. July 7, 1990. London/The Decca Record Company. 430-433-2

NATIVE EDUCATOR BRINGS RENEWED LIFE TO UTE MUSEUM PROGRAMS

From pg 1



This panoramic photo shows design features incorporated into the new Ute Indian Museum in Montrose. Curved surfaces and the over-sized wooden "wickiup," plus dramatic colors shine a mirror on traditional Ute dwellings and colors. (Photo by Michael Lawton).

The Ute Indian Museum was originally built in 1956 near the ranch of Uncompahgre leader, Chief Ouray, and his wife Chipeta. The museum and grounds are recognized as a State Historical Monument and are listed in the National Register of Historic Places. The grounds include Chief Ouray memorial park, the grave where Chipeta was buried after her death on reservation lands in Utah in 1924, and a native plants garden.

The history and living culture of Colorado's longest continuous residents is celebrated at the museum, owned by History Colorado. For the past three years, History Colorado worked with representatives of the Ute Mountain Ute Tribe, Southern Ute Tribe, and Ute Indian Tribe of Uintah and Ouray Reservation in Utah on aspects of developing the building's design and exhibit content.

The Ute Indian Museum now welcomes visitors with its stunning new building and exhibition connecting the past with contemporary Ute life and culture. Whiteskunk said "the colors and design used throughout the museum reflect the Ute tribe as it is today." She points to the museum's entry, a large wooden structure reminiscent of Ute wickiup living structures.

New exhibitions focus on the Ute peoples' history of adaptation and persistence, and revolve around a central theme of geography, highlighting significant locations in Ute history and Ute cultural survival, political self-determination, eco-

nomic opportunity and the celebration of the Bear Dance, a sacred dance performed in the Springtime.

Serving her tribe has been Whiteskunk's life work

At first seizing this opportunity in front of her as educational director wasn't exactly clear, Whiteskunk

said. She'd just lost her husband and partner, and although she knew he would have encouraged her to take the position, she wasn't sure it was the right time.

Still, Whiteskunk had served her tribe in numerous leadership capacities. Why not take on this one? She's already been an elected Tribal Council member, an employee of the tribe helping to drive them into the future through technology and has had an active voice in the tribe's efforts to secure the Bears Ears National Monument in Utah. She has been a resounding voice in negotiations regarding preserving Ute antiquities in the Bears Ears monument area. "There are many Ute antiquities, ancient buildings and artwork in Bears Ears," she said.

The leap to educational director at the Ute Indian Museum seemed a logical one, although she'd have to leave her home in Towaoc to move north to Montrose. Well, partially to Montrose. Whiteskunk regularly travels back "home" to the Ute Reservation to be near family and her tribe. During her interview with this writer she apologized for being in her "traveling clothes." She was on her way that day to spend Easter weekend with her family in Towaoc. Among the family awaiting her on these trips are four grown children and "now there are 10 grandchildren," she smiles, showing off a picture of her latest grandbaby. She finds it ironic that her eldest son lives in San Juan County, Utah, with the Bear Ears monument area virtually in his backyard. And she has a grand-

daughter who must be bused into Blanding, Utah, to attend school.

Ute Mtn. Ute Tribal Chairman Manuel Heart appointed Whiteskunk, along with the full council, to co-chair the Bears Ears Inter-Tribal Coalition, seeking a Bears Ears National Monument to protect Ute Indian antiquities. The monument boundaries were established during the Obama presidency, but are in question with the change in administration. "There are now three lawsuits about preserving the Bears Ears Monument," Whiteskunk said. Today, however, Whiteskunk has her hands full organizing and realizing the Ute Indian Museum's educational efforts.

A Spring Lecture Series on important tribal events was launched by Whiteskunk March 9 with a lecture leading to a discussion on conservation and preservation, from a tribal perspective, on the Bears Ears Region in Utah. Then on March 29 Whiteskunk facilitated a discussion on Treaties between the United States and Native American Tribes, centering on the history of those agreements and how those treaties continue to affect current tribal policies and laws.

Lecture series continues April 28

This month Whiteskunk says this lecture series will include talks by Thomas Carr on Saturday, April 21 from 10 am to noon which will focus on conflict around the Plains Photo Exhibit and struggles of Native Americans during the Plains Indian Wars of 1855-1890, when the U.S. government sought to destroy and assimilate the Plains Indian culture.

Another unique tribal overview will be a talk Saturday, April 28, from 10 – noon, by Richard Ott, Ute trails project coordinator, who will give an overview of current collaborative partnerships among Ute Tribal representatives, archeologists, public land managers and local community stakeholders. The cost to attend individual lectures is \$20; if you wish to attend both upcoming lectures that charge is \$35. The entire series costs \$55. To view future offerings at the Ute Museum, [go to their website](#).

The Ute Indian Museum is located at 17253 Chipeta Rd., Montrose, CO 81403. (3 miles south of downtown at US 550 and Chipeta Rd.)

COMMUNITY NEWS BRIEFS

HOPEWEST WELCOMES SENIOR VICE PRESIDENT AND EXECUTIVE DIRECTOR OF HOSPICE



Georgia Rock.
Courtesy photo.

Special to Art & Sol
REGIONAL-HopeWest welcomes Georgia Rock, Senior Vice President and Executive Director of Hospice, who will be joining our Senior Leadership team in May.

Rock has more than 30 years of operational experience in both home health and hospice and

will serve as the leader for our organization on topics related to the hospice program.

"As we look forward to the future, Rock's position is key as HopeWest continually experiences growth," said Christy Whitney Borchard, President & CEO at HopeWest. "Her experience and leadership will set the direction of the hospice program working with our hospice team to achieve common goals as we move to the next phase of our organization."

Rock is coming to HopeWest after a 20-year career at Pathways, a large nonprofit hospice in California. There she served 5 years as Vice President of Hospice and more recently as the Chief Strategy Officer. She holds a master's degree in business administration from University of Phoenix and bachelor's degree in communication disorders from Colorado State University. Rock was recently honored by the Silicon Valley with a Women of Influence Award.

WORLD RESPECTED TRAINER TO FACILITATE TANTRA EVENT

Special to Art & Sol

MONTROSE- Healthy Rhythm Creative Group Presents "What's Tantra & Why Do I Care? :: A Special Evening with Eugene Hedlund" at Healthy Rhythm Art Gallery Thursday evening, April 26th, at Sampler Square (68 South Grand Avenue) in historic Montrose, Colorado! This event will provide individuals and couples the opportunity to learn about Tantra from an expert trainer. Q&A will be encouraged and

simple exercises will be included. "Healthy Rhythm Creative Group is excited to host a special evening on the ancient wisdom of Tantra with internationally respected teacher and expert trainer Eugene Hedlund," said Healthy Rhythm owner Ken Vail. Eugene Hedlund's event has been scheduled to coincide with Swedish singer-songwriter "Fia :: 'Legacy of Light' World Tour Concert", on April 27th at Healthy Rhythm Art Gallery. Discounted event ad-

mission for ticketed concertgoers, regular event-only admission, and Event+Concert packages are available for purchase at the event "What's Tantra & Why Do I Care? :: A Special Evening with Eugene Hedlund" on Healthy Rhythm Art Gallery's website at www.healthyrhythm.net.

NOTE: A portion of concert proceeds will go to the family of five-year-old brain cancer survivor Emily Reiss to help with medical expenses.

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COMMUNITY NEWS BRIEFS

SUGAR & THE MINT TO PLAY RADIO ROOM JUNE 7

Special to Art & Sol

GRAND JUNCTION—On June 7, the Radio Room proudly presents Sugar & The Mint, winners of the 2017 Telluride Bluegrass Festival. Sugar & The Mint is comprised of six amazing young musicians ranging in age from 17-21. The band's repertoire spans many genres, including songs from artists like Bill Monroe, Robert Johnson, and even AC/DC, and they have shared the main stage with Norah Jones, the Punch Brothers, Sam Cush Bank, Hot Rize, and others.

Sugar & The Mint (originally known as Generation) originated as a youth cultural music conservatory group with The Sharlot Hall Museum in Prescott, Arizona in 2011. Sugar & The Mint is a vibrant young band with a unique style, playing a blend of new old-time, contemporary bluegrass and indie-folk music.

In addition to winning last year's Telluride Bluegrass Festival, Sugar & The Mint's first place honors include Pickin' in the Pines Acoustic Music Festival, and the Wickenburg Arizona Bluegrass Festival.

Their debut album, *Grape Flavored* was released in 2017, and their new album, *Just Past Midnight* will be out May 19.

Tickets are \$12 in advance; \$15 at the door and can be purchased by calling 970-241-8801, or online at kafmradio.org. The Radio Room is located at 1310 Ute Avenue, Grand Junction, CO 81501. Doors open at 7pm, and concert begins at 7:30pm.



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COMMUNITY NEWS BRIEFS

MONTROSE REGIONAL LIBRARY TO HOST CRAFTERNOON CLUB FOR TEENS AND ADULTS IN MAY, JUNE

Special to Art & Sol

MONTROSE— In May and June, join the Montrose Regional Library Crafternoon Club for teens and adults. Knit & crochet projects for charity. All ability levels are welcome and supplies are provided; we will meet in the Library Meeting Room; from 2:30 - 4:30 p.m.; on May 2, 9, 16 and on June 6, 13, & 20.



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COMMUNITY NEWS BRIEFS

PAINTING & MIXED MEDIA WORKSHOP OFFERED IN RIDGWAY MAY 19 & 20

Special to Art & Sol

RIDGWAY-Weehawken Creative Arts invites you to come join a fast-paced workshop that stimulates your visual vocabulary and connects you to your individual process through a variety of mediums, techniques and exercises in "Expressive Painting & Mixed Media Technique". Visiting artist, Lauren Manteón of Santa Fe, says of her class, "Intuition is the ability to grasp something immediately, without conscious reasoning. Intention has an aim, a plan. The spaces between are where the delicate balance between intuition and intention meet creating an individual flow of creative momentum. This space is not forced but cultivated. We will explore our deep knowing and reservoir of images through guided imagery, meditation, and

stilling the body. Through a series of gestural exercises and learned techniques, projects, and conversation we will practice finding and working the space between. No experience necessary- just a curious mind."

Join Weehawken May 19 & 20 at Weehawken Creative Arts in the Old Schoolhouse Building (1075 Sherman St.) in Ridgway from 10am to 4 pm each day. Tuition is \$215 per student plus a \$35 materials fee glues, gesso, wax, basic colors acrylic, joint compound, and mediums provided by Lauren.

Other materials must be provided by the students, an additional supply list will be provided upon registration. There is a six-student minimum pre-enrolled needed by April 20 to make the class "go" so pre-



Artist Lauren Manteón. Courtesy photo.

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).

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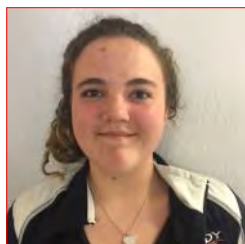
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ABC CLUB STUDENTS OF THE MONTH



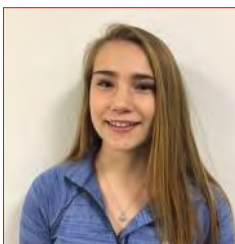
Aiden Harrell
Centennial Middle
School, Grade 8



Aimee Hancock
Olathe Middle School,
Grade 7



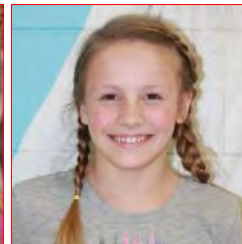
Allie Frigetto
Oak Grove,
Kindergarten



Alexandra Johnson
Olathe Middle
School, Grade 8



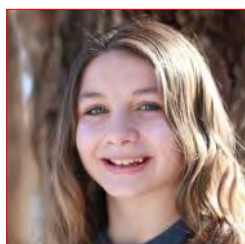
Ashlee Petranovich
Centennial Middle
School, Grade 6



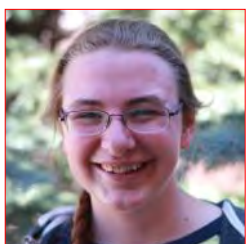
Audrey Righter
Cottonwood
Grade 5



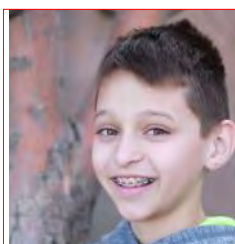
Brooklynn Martinez
Northside
Grade 4



Dafne Seacat
Peak Academy
Grade 7



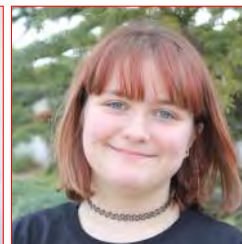
Dasha Eggleston
MHS
Grade 12



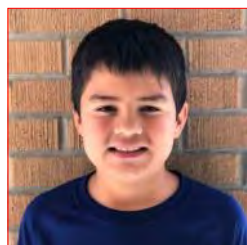
Emiliano Flores
Johnson
Grade 4



Ezekiel Krohn
OHS
Grade 11



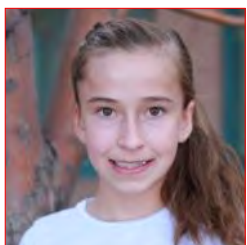
Hayley Eldridge
Columbine Middle
School, Grade 6



**Jayden Hernandez-
Scott**
Olathe Grade 3



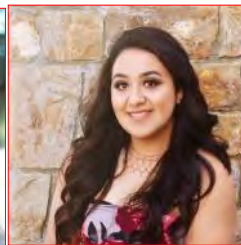
Jordyn Windham
Peak Academy
Grade 10



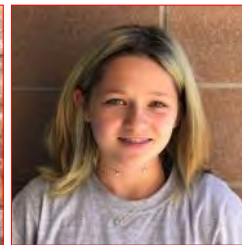
Maddison Coca
Johnson
Grade 5



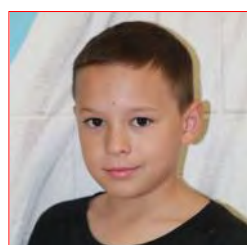
Naeleen Killman
Pomona
Grade 5



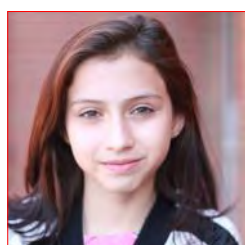
Nayeli Hernandez
OHS
Grade 12



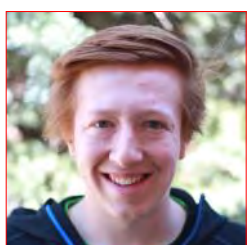
Olivia Ramon
Olathe
Grade 5



Paul Grayeagle
Cottonwood
Grade 4



Rosa Ortega
Northside
Grade 5



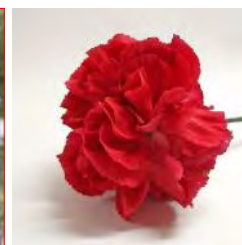
Tanner Oman
MHS
Grade 11



Taylor Gibson
Oak Grove
Grade 5



Yliana Hernandez
Columbine
Grade 8



Twenty-four students will be honored as Students of the Month at a special ceremony to take place on Monday, April 16, at 7pm at Montrose High School. These students were selected by their schools for their academic achievements.

Each school in the District nominated one student for March and one for April.

Each year only eight students are nominated from each school; it is quite an honor for these students.

Please join us to celebrate their success!

COMMUNITY NEWS BRIEFS

POMONA ELEMENTARY TEACHERS MICHAEL MEDINA AND CHUCK TERRELL TO BE HONORED @ RECEPTION MAY 14

Special to Art & Sol

MONTROSE-Please join Pomona Elementary School in extending best wishes to Michael Medina and Chuck Terrell who will be retiring from the Montrose School District at the end of this school year. They will be greatly missed by students and colleagues. Michael has been teaching in the Montrose School District for 29 years. He also taught for one year in New Mexico and one year in Grand Junction, Colorado. He did teach at Pomona Elementary School for 27 of those years. Chuck taught for ten years at John Mall High School in Walsenburg, Colorado. He has taught in the Montrose County School District for 20 years at Pomona Elementary. We invite you to attend a reception in honor of Michael and Chuck on May 14th, at Cobble Creek Clubhouse from 4-6:30 p.m. The public is invited to join us in sharing memories and best wishes to Michael and Chuck.

SHIPWRECKED SUMMER CAMP: TAKING YOUR OLATHE SCHOOL-AGED KIDS ON AN ADVENTURE

Special to Art & Sol

OLATHE-The Black Canyon Boys and Girls Club (BCBGC) and the Town of Olathe will sponsor the Shipwrecked Summer Camp for Olathe school-aged kids (6-18) at the Olathe BCBGC Unit at 300 Hap Court. Session 1 is June 4 – 29th 7:30 a.m. to 5 p.m. and Session 2 is July 9 – August 10th 7:30 a.m. to 5 p.m. The cost is \$25 per child per session (meals are included). Register at Olathe Town Hall, the Olathe BCBGC unit, or at www.bcbgc.org by Friday May 18, 2018 at 5:00 p.m. Activities will include field trips, sports, art activities, and more! For questions, please contact Bud Taylor (btaylor@bcbgc.org) or Monique English at 970-323-5601 (menglish@olatheco.us). This program is brought to the community by The Colorado Health Foundation, The Town of Olathe, Black Canyon Boys & Girls Club, Montrose County School District RE-1J, and the Olathe Activities Department.

CAMPAMENTO DE VERANO EL BARCO HUNDIDO: LLEVANDO A SUS HIJOS DE EDAD ESCOLAR EN UNA AVENTURA

Especial a Art y Sol

OLATHE-El Club Black Canyon Boys and Girls (Club de niños y niñas) estará patrocinando un campamento de verano con el tema El barco hundido para los niños de Olathe de edad escolar (6-18 años) en el edificio del club de niños ubicado en: 300 Hap Court. en Olathe. La primera sesión dará comienzo del 4 de junio al 29 de 7:30 a.m. a 5 p.m. Y la segunda sesión comienza el 9 de julio al 10 de agosto de 7:30 a.m. a 5 p.m. El costo es de \$25 por niño y por sesión (incluye la comida). Puede inscribirse en el ayuntamiento (donde se paga el agua) en Olathe, o en el edificio del Club de niños, y también en línea www.bcbgc.org antes del viernes 18 de mayo 2018 a las 5:00 p.m. este campamento incluye estas actividades, paseos, deportes, actividades artísticas, y mucho más! para más información comuníquese con Bud Taylor a (btaylor@bcbgc.org) o Monique English al 970-323-5601 (menglish@olatheco.us). este programa está siendo ofrecido a tu comunidad por el Colorado Health Foundation, El Pueblo de Olathe (The Town of Olathe), el Club de niños y niñas, el Distrito escolar Re-1J, y el Departamento de Actividades de Olathe.



Give Back Days

At Mi Mexico Mexican Restaurant

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

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

Over 200 entrees to choose from!

1st Wednesday: The Homestead at Montrose

2nd Wednesday: All Points Transit

3rd Wednesday: Black Canyon Boys & Girls Club

4th Wednesday: Valley Manor Care Center

5th Wednesday: Community Options Inc.

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

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

**SUPPORTING IS
NOW DELICIOUSLY
REWARDING.**



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

*Coupon must be present

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.

UPCOMING-Montrose Regional Library Crafternoon club for teens and adults. Knit & crochet projects for charity. All ability levels welcome and supplies are provided; Library Meeting Room; 2:30 - 4:30 p.m.; May 2, 9, 16 and June 6, 13, & 20.

MONTHLY-

April 16-Free lecture, Hormone Optimization for Women in the 21st Century, with Dr. Gayle Frazzetta. 6 p.m. Montrose Memorial Hospital Conference Rooms A&B.

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.

April 19 - 21--Friends of the Montrose Library Used Book Sale 10 am - 6 pm each day. FOL members only April 19, 10 - noon (You may join at the sale). Bag sale April 21, 4 - 6 pm (Fill a bag with books for \$5). Montrose Library Meeting Room.

April 19-Public Safety open house entitled "U.S. 550 Rumble Strips" will be held Thursday, April 19 from 4 p.m. to 7 p.m. in the Montrose City Council Chambers located at 107 S. Cascade Ave. For information contact Andrew Amend of Stolfus & Associates Inc., at 303.221.2330 or reach Andrew by email at: Andrew@stolfusandassociates.com.

April 22-Earth Day Rally on Sunday, April 22 at noon McDermott park, corner of Main and Townsend. Bring a sign, dress for the weather as you are invited to assist Montrose Area Bicycle Alliance with their cleanup at Buckley Park, 300 Nevada, along the Cedar Creek arroyo at 1:00. gogreencolorado@gmail.com.

April 27-Grand Opening Celebration Montrose County Events Center, Montrose County Fairgrounds. 6-8 p.m.

April 28-29-Weehawken Dance's original, full-length production of Peter Pan takes the stage at the Montrose Pavilion April 28 & 29 with performances on Saturday, April 28 at 1 pm and 6 pm and Sunday, April 29 at 1 pm. General Admission and Reserved Seating tickets will be available online at yapsody.com beginning March 21. General Admission tickets will be on sale in person at Tiffany Etc. in Montrose. Ticket sales will still be available over the phone or in person with Weehawken, but with a \$.50 per ticket convenience fee. For more information, please visit www.weehawkenarts.org or call (970) 318-0150.

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

May 4-British Mountaineer Sir Chris Bonington to speak at Montrose Pavilion, 7 p.m. Call 970.275-3671 for tickets and information.

May 5-Cinco De Mayo! Celebrate in Montrose's Centennial Plaza from 11 a.m. to 7 p.m. Car show, dance performances, food and more! Crowning of royalty & scholarships presented at 5 p.m.

May 5--On May 5, there will be a "From Stallion to Gelding" Clinic at the Dream Catcher Therapy Center in Olathe (5814 Hwy 348). The Clinic is being funded through the Unwanted Horse Alliance, organizer Cindi Swartz said, and is sponsored by Black Canyon Veterinary Clinic and End of the Trail Horse Rescue. Appointments must be made prior to the call; to learn more or to reserve a spot call 970-275-1810. Cost is \$60. Waivers must be signed and fees paid prior to the clinic.

May 7--Montrose Giving Club meets at the Bridges Golf & Country Club of Montrose, 5:30 p.m. Open to ALL women who can afford the \$100 donation and a \$10 hospitality fee.

May 12-Montrose Rotary Club hosts the 20th Annual Fishing Derby at Chipeta Lake (now a city park) on Saturday, May 12, From 9 am to 2 pm. This is an outdoor activity for children. There is no charge for this event. Children are given a fishing pole (to keep), hooks, bait, bobbers and sinkers. The fishing poles are provided by Colorado Parks & Wildlife (CPW). CPW stocks the lake with fish prior to the event, Rotarians provide the hotdogs and Pepsi provides the drinks. The children are taught to fish by rotarians and volunteers from the community. Come and join us for some fun in the sun!

May 12-Stupid Band Spring Dance, Turn of the Century, Doors open @ 7:30. Admissions is Free, with two non-perishable food items.

May 14-Join Pomona Elementary School as they extend best wishes to Michael Medina and Chuck Terrell who will retire from the Montrose School District at the end of this school year. Attend a reception in honor of Michael and Chuck on May 14, at Cobble Creek Clubhouse from 4-6:30 p.m. The public is invited to join us in sharing memories and best wishes to Michael and Chuck.

Contact the Montrose Mirror:

970-275-0646

Editor@montrosemirror.com

www.montrosemirror.com



Above, spring blooms on South First Street; at left, beaver damage to a tree trunk beside the Uncompahgre River.



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- Alzheimers & Dementia

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