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THE MONTROSE MIRROR

SAVE A TREE, READ THE MIRROR...WEEKLY ON MONDAYS!

Issue No. 271, May 7 2018

TIPTON HONORS MARK YOUNG FOR CONTRIBUTIONS TO PUBLIC SAFETY



Today, Pilot Mark Young flies for REACH Air Medical Services in California, and also serves as Commander of Civil Air Patrol's National Radar Analysis Team. Young was honored in Montrose May 1. Courtesy photo.

By Caitlin Switzer

MONTROSE-On Tuesday May 1, Congressman Scott Tipton presented a congressional award to Lt. Col. Mark Young of the Civil Air Patrol, for a lifetime of exemplary service and great courage. The award will now become a permanent part of the congressional record of the United States of America.

Tipton noted prior to the ceremony at the Montrose Regional Airport that search & rescue operations are a true lifeline for Western Colorado's rural communities.

"What these folks do, putting themselves at risk to help others, is something we all appreciate," Tipton said. "And Mark has been so active for such an extended period of time."

In January of 2017, Young, serving as Incident Commander for the Civil Air Patrol, helped locate and rescue a Colorado Springs

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FIRST PLACE ON 2ND STREET TO BREAK GROUND MAY 8

By Caitlin Switzer

MONTROSE-On Tuesday May 8, at 9 a.m. community members are invited to come and celebrate the groundbreaking of First Place on 2nd Street, a housing complex to be constructed by CASA of the Seventh Judicial District. CASA works with kids who have been caught up in the court system through no fault of their own; now, there will be a place for CASA youth in Montrose to get a safe start on life as adults.

Located at the corner of North Second and Lot in Montrose, First Place on 2nd Street will serve young people who are emancipating from foster care. The eight-unit micro home community is being developed by CASA in partnership with the Department of Local Affairs (DOLA), regional and local organizations, and generous supporters. The Colorado Workforce Center will play a role as well, working with the young adults as they take part in the construction effort and learn new skills for work and for adult life.



A groundbreaking is scheduled for Casa of the 7th Judicial District's First Place on 2nd Street May 8. Courtesy photo.

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On Health & Wellness!*

*Rob Brethouwer on
Classical Music!*

*City & County
Coverage!*

*Carole McKelvey's
Rocky Mt. Cravings!*

ANSWERING THE CALL: MPD PATROL OFFICER RYAN HANSON

By Gail Marvel

MONTROSE-A New York transplant, Patrol Officer Ryan Hanson moved to Montrose three years ago, "My wife and I wanted a chance to get out of New York. We looked at Montrose and thought it would be fun. She found out the hospital [Montrose Memorial Hospital] was hiring and she sold me on it."

Previously Hanson worked at a nuclear power plant, "I was attracted to law enforcement because it seemed interesting and non-boring. You get out and about and you're meeting people rather than sitting in an office all day. I've always had respect for law enforcement and people in that career. I thought it would be a good fit for me."

The Montrose Police Department (MPD) sponsored Hanson for the Police Academy, "The most difficult part of the academy was the hours away from home. Counting travel time, it amounted to 12-hour days, with PT from 6 to 7 a.m." Hanson has worked for MPD since August 2016.

For Hanson the least enjoyable part of being a patrol officer is being away from his family. "We have 12-hour shifts and if your wife is on a different schedule you can go for a week or more without having any contact."

When asked about the most stressful aspect of his job Hanson said, "Everyone has a certain amount of stress. For me, most of the stress I get from the job is after the fact...it's coming home and going to sleep." Hanson's daily life came into proper perspective when he said, "I have a 10-month-old. That also takes a toll on scheduling and it adds to the stress and no sleep. Sometimes it's not the best for home life, but you work through it and

you make it work."

The most enjoyable part of Hanson's job is, "Meeting people in the community and helping people who are really in need. Some people have no options. You can tell by their reaction how happy they are when they get help." However, on the flip side of the coin, "Some criminals we take to jail over and over again and they come out and do the same crime. It's frustrating to recognize a name you've dealt with before, but it's always a breath of fresh air when you deal with someone you can help."

One of Hanson's strengths is his ability to stay calm, "I don't let my emotions get amped up with a situation. I try to calm people down; it's needed for successful conversations. I don't let my emotions feed off the emotions of others, so that

we can fix whatever is going on. I'm approachable and I'd like to think I'm a good listener." Hanson has yet to use CPR, "I've not had to be in that situation, I guess that can be good and bad." Describing the best part of his job Hanson said, "It's the people you work with and the relationships you build. It's kind of like a second family."

As for activities and interests outside of his career Hanson likes snow shoeing and visiting National Parks, "We like to travel and we still have family back east, so we go back there and do stuff." Hanson feels that local law enforcement is supported by the majority of the community, "And we appreciate it. It's not the same in other parts of the country. We can't go around telling every person thank you, but we appreciate their support."

Officer Ryan Hanson



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June	26	Jedi George
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Aug	28	All About Me
Sept	11	TBA
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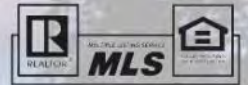
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CITY CONSIDERS SPENDING PUBLIC RESERVES FOR PRIVATE PROPERTY UPGRADE; New Mayor Shuts Down Citizen Comment @ Public Work Session; 'This is Not the Time to Talk'



Four new city employees were introduced during the Montrose City Council at their work session held on April 30, 2018. (L to R) Utilities Worker Jeremy Smith, Fleet Mechanic Jason Wandell, Network Analyst I Drew Biermann and Utilities Worker Sam Rodriguez. Photo by Gail Marvel.

By Gail Marvel

MONTROSE-Four new city employees were introduced to the city council at the work session May 30:

Utilities Worker Jeremy Smith
Fleet Mechanic Jason Wandell
Network Analyst I Drew Biermann
Utilities Worker Sam Rodriguez

Discussion Items:

Request for Housing and Business Development Incentives by Sarah Judkins and Paul Rinne – Director of Business Innovation Chelsea Rosty and Vince Fandel.

Judkins and Rinne, Main Street Montrose, LLC, purchased the large downtown building located at 347 Main in October 2017. The Vine Market & Bistro, which is located on the first floor, will be joined by a book store and the KVNf public radio studio.

The partners, who want to rehabilitate the building and create residential housing on the second story, asked council to consider an incentive package for the project in the amount of \$245,486. The request is broken down: Asbestos mitigation \$48,000. Replacement of upstairs windows to historic look and feel \$42,343. Tap fee abatement for sewer/water \$18,190. Building permit fee waiver \$21,953. Fire Code required sprinkler system (only if residential) \$115,000.

Councilwoman Judy Ann Files said, "My

CITY CONSIDERS SPENDING RESERVES FOR PRIVATE PROPERTY UPGRADE

From previous pg



The Vine Market & Bistro is located in the large downtown building at 347 East Main, owned by Sarah Judkins and Paul Rinne of Main Street Montrose, LLC. Judkins and Rinne asked the Montrose City Council to approve an incentive package totaling \$245,486 to help them rehabilitate the second story of the building, which will also house a book store and KVNF public radio studio. Photo by Gail Marvel.



Downtown business owner Yvonne Meek is concerned with the city's plan to establish a Historic Preservation District. Meek is familiar with restoration and renovation having refurbished the old Masonic Temple on Main Street for the Lark and Sparrow venue. The Masonic Temple serves as a good example of a historic property situated between non-contributing properties. Photo by Gail Marvel.

questions are more city related. I don't know if we have the budget. Where does the money come from?" City Manager Bill Bell said, "The impact is well over the investment. The funding will come from reserve funds." Bell will also ask the Downtown Development Authority (DDA) to help off-set the city portion.

Councilman Bowman said, "How much of the reserves are you willing to spend this year?" Bell said, "We have healthy reserves, eight or nine-months. Our target reserve is for six-months, so we still have flexibility. It's going to have to take some city investment for historical preservation." Bowman questioned being able to accommodate other incentive requests. City Attorney Stephen Alcorn said, "It's first come, first serve. When the money is used up, it's used up."

Councilman Doug Glaspell said, "What about downtown parking?" Bell said, "We want to spruce up our downtown parking. We can issue long-term parking permits and work with the owners to provide parking."

Mayor Roy Anderson, a strong proponent of having residential housing in the downtown area, said, "I'm excited about the whole concept, but we need to talk to council about it. The goal is attainable housing, not luxury housing." The pro-

posed units are: one two-bedroom, two one-bedroom and a couple of studio apartments. The units would not be ADA compliant.

Bell wanted general guidance from council so the legal department could prepare a proposal, "...before we come back to you with a formal proposal." Yvonne Meek, owner of the Lark and Sparrow, stood up and spoke from the audience, "I do have concerns about this. I know you're probably going to shut me down..." Mayor Roy Anderson interrupted Meek and for a brief time both Anderson and Meek talked over one another. Anderson stated that public comment is not taken during work sessions, "This is not the time to talk. We'll [you can] talk about it at a council meeting. We're moving on now."

This was the first work session Anderson has presided over since becoming mayor. It should be noted that previous mayors have occasionally allowed members of the public to make comments during work sessions; however, in this instance Meek was not allowed to speak to the issue.

Because of time restraints Rosty postponed her five-minute portion of the presentation on the project until an upcoming council meeting.

Rotary Amphitheater at Cerise Park Update – City Manager Bill Bell and Planner I

Ty Johnson. A full build-out of the committee's proposed Amphitheater Project is estimated to cost between \$1.3 M and \$1.6 M. Johnson asked for direction from council on the proposed phases and Bell asked for general guidance on the over-all project.

Discussion included the need for recessed seating, a permanent sound booth, a design for add-ons at a later date, amenities and accommodations expected by entertainers.

Councilman Bowman said, "I think it's much more important to get as much done on the stage as possible. The recessed seats are not as necessary. I'd rather see us delay for a year than phase it in. We want to have a stage that will bring in first class events." Bell reported on organizations who might use the facility (Magic Circle) and their need for a green room, changing rooms and storage room for props.

With all the desired amenities identified by the committee come additional and unexpected costs. For instance, a stage, as opposed to a platform, requires a sprinkler system. A six-inch waterline to the stage is a significant cost; the alternative is a waterline and a fire hydrant to increase capacity. Additional restrooms would need to be added to the existing restrooms. Security measures would include large pull-down doors on the stage and video surveillance. Bowman said, "A good

CITY CONSIDERS SPENDING RESERVES FOR PRIVATE PROPERTY UPGRADE

From pg 1

part of the expense is security.”

Rotary President Dave Frank said, “We’re excited and proud to be part of the project. Rotary Club does not have an opinion on what you do. We’re still going to be there to partner with you. Rotary is committed to \$150,000, but our goal is to raise \$300,000.”

Historic Preservation Ordinance – City manager Bill Bell and Director of Business Innovation Chelsea Rosty.

The Main Street Program, which is championed by the city manager, has a historic preservation component. Bell said, “If we want to move forward with the Main Street Program this is one of the requirements.” The council’s packet contained an 18-page proposed draft ordinance which allows for the establishment of a historic district.

Director of Innovation and Citizen Engagement Virgil Turner recommend the formation of a historic district, “Historic properties can get tax credits. It’s good incentives to the developer.”

Turner said, “This is a big policy change and it will have big effects in the future. The biggest rub would be for the non-contributing property owner [a modern building within the historical district]. Moving forward if we see opposition we can change the ordinance.”

It should be noted that the Downtown Development Authority (DDA) found the requirements for the Main Street Program to be onerous. The city leads the program, which is not limited to Main Street, but is a city-wide effort.

Once again Yvonne Meek stood up and spoke from the audience.

“I know you don’t want my comments, but this will affect me. This is the first I’ve heard about this. It’s difficult to make comments at a city council meeting when the decision is already made.” Meek is familiar with restoration and renovation having refurbished the old Masonic Temple on Main Street for the Lark and Sparrow venue.

Council determined the proposed ordinance could be brought back for discussion at a future work session.

Collection System Hydrogen Sulfide Assessment Report – Utilities Manager David Bries.

In February, 2017, the City Council approved a contract with Providence Infrastructure Consultants to assess infrastructure deterioration and develop a plan to address both odor and infrastructure deterioration due to hydrogen sulfide (H₂S) in the sanitary sewer collection system.

Bries said, “There are high levels and toxic levels of hydrogen sulfide. These are hazardous conditions that must be prepared for before you can go in.”

The report by Providence Infrastructure Consultants included design services for air injection facilities for Spruce Point Lift station and Cobble Creek force mains.

Sanitary Sewer Cured in Place Pipe Contract Award Recommendation - Utilities Manager David Bries.

As a part of routine maintenance, city utility crews identified critical sewer lines that are candidates for Cured in Place Pipe (CIPP) projects to restore structural integrity. CIPP is a process of installing a new pipe within an old pipe, using the existing pipe as the form. The 2018 projects are

concrete pipes that have, on some line segments, deteriorated to the point of collapse. There is a higher maintenance costs due to the condition of the line segments.

Bries recommended awarding a contract to Layne Inliner, LLC, in the amount of \$161,355, for cured in place lining of sanitary sewers.

Hogback Addition Annexation – Senior Planner Garry Baker.

The parcel, a former gravel pit, is located north of the baseball fields on top of Sunset Mesa. The 19.167 acres is owned by Montrose County and their plan is to sell the property.

Baker said, “It will be more marketable if it is already annexed into the city. It’s almost completely surrounded by city property.”

USDA Grant Application Resolution – Grant Coordinator Kendall Cramer.

Cramer only recently learned of a grant opportunity and needed an expedited process in order to submit the grant application.

The application is a collaboration between the city, the Office of Business and Tourism (OBT) and the Valley Food Partnership, the Farmer’s Market, the DDA and the Chamber of Commerce.

Cramer will request a \$200,000 grant from the United States Department of Agriculture (USDA) for promotion and marketing the Farmer’s Market over a three-year marketing period.

General Council Discussion

Councilwoman Barbara Bynum will miss the Aug. 7 council meeting.

Staff Comments – No comments.

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TIPTON HONORS MARK YOUNG FOR CONTRIBUTIONS TO PUBLIC SAFETY

From page 1

couple whose small plane lost power and crash landed just 300 feet from a snow-packed cliff in rural Rio Blanco County as they were returning to Colorado from Utah. Young, who flies for a living as a REACH Pilot out of California, also serves as Commander of CAP's National Radar Analysis Team. He first became an Emergency Medical Technician (EMT) 35 years ago this month, created the local ambulance service, and is a lifetime member of the Montrose County Sheriff's Posse.

Tipton's Congressional Tribute to Young reads, "His service to others began during the blizzard of 1982 where he spent all night in his truck with his CB radio answering calls to help stranded motorists. On top of his volunteer work, Lt. Col. Young spent years as a volunteer paramedic in Costilla County, using his knowledge as a paramedic to help thousands of his fellow citizens. In addition, he assisted his community in the creation of a volunteer ambulance service.

"In 1996, Lt. Col. Young continued his service and joined the Montrose County Sheriff Posse as a volunteer search and rescue firefighter. Over the next 20 years he provided hundreds of hours of free helicopter service, and went on numerous rescue missions, providing vital helicopter support on each of these rescues. Just over a year ago, Lt. Col. Young and his team were able to rescue a pilot from Colorado Springs that wrecked in the Flat tops Wilderness Area in Garfield County, Colorado.

"... whether it was spending all night on Christmas Eve helping stranded motorists during a blizzard, or flying a helicopter for Search and Rescue missions, Lt. Col. Young has always been eager to serve his fellow Americans. It is my pleasure to recognize Lt. Col. Young for all his generosity. On behalf of the Third District of Colorado I would like to thank Lt. Col. Young for his generous service to his community."



Surrounded by friends, family and fellow members of the Montrose County Sheriff's Posse, Lt. Col. Mark Young (center) of the Civil Air Patrol accepted a congressional award from Congressman Scott Tipton on Tuesday, May 1. Young's extensive contributions to local emergency services and to the public safety were officially recognized, and will become part of the Congressional Record of the United States.

The honor is definitely well-deserved, said Montrose Fire Protection District Chief Tad Rowan. "Mark Young has done a tremendous amount for our community," Rowan said. Among those in attendance at Tuesday's award ceremony was Richard Harding of Olathe. "There just wasn't enough room on the plaque to recognize all the things Mark Young has accomplished and done for this community," Harding said. "If you talk to any of the old timers from Montrose Memorial Hospital, like my wife Debra, the probability of surviving an accident increased dramatically after Mark started the ambulance service in Montrose."

Today, Mark Young flies for REACH Air Medical Services in California. "As one of our pilots in Northern California he has

done a lot for us, and he is very active in the Civil Air Patrol, which we encourage our pilots to be," Chief REACH Pilot Mark Cicali said. "We are glad to have him on our staff."

Despite his many achievements, Young, 54, is quick to note that he has made his share of mistakes along the way. Upon receiving the award in a moving ceremony surrounded by appreciative friends, family, and community members, he offered his own observation. "After reading all these nice things written about me, I feel like the guy who woke up on resurrection morning, crawled out of the grave and read his tombstone," Young said. "He looks up at God and says you know either someone fibbed a little bit about me or I been in the wrong hole all these years!"



FIRST PLACE ON 2ND STREET TO BREAK GROUND MAY 8 From pg 1

work and for adult life.

Once completed, First Place on Second Street will house former CASA kids age 18 to 24, providing them with supervision, support, guidance and a sense of stability. Rent will be capped at 30 percent of the tenant's earnings. In the past, young people emancipated from foster care often ended up homeless or staying on a friend's couch. Many dropped out of sight as they faced the overwhelming challenges of surviving in today's fast-paced world. To be housed in First Place on Second Street, youth will be referred through a number of local agencies such as CASA of the Seventh Judicial District and Hilltop Community Resources, CASA Executive Director Carlton Mason said.

"There will have to be an assessment, and I imagine there will be a waiting list," Mason said.

The project has been in the works for a year, with the goal of raising \$1.2 million,

he said. "We still have \$40,000 to raise."

With an increasingly tight market for rental housing statewide, those who reside at First Place on South Second Street will be able to save some of their income for future needs, Mason noted. And they will not be entirely on their own—an on-site adult will live in one unit, to provide help, support, and crisis management as needed.

"There will be opportunities to barbecue, socialize, and watch movies together," Mason said.

CASA Youth Services Program Manager Dan Mohr calls First Place on South Second Street "exciting."

"It's so necessary," Mohr said. "We are filling a gap that nobody has looked at before."

Life skills that independent young people need include basics such as cooking and laundry, but also encompass post-secondary education, banking, job prepar-

edness, and building healthy relationships with others. Volunteers who enjoy working with young adults are welcome to step up and help.

"Most of us learn life skills one by one with family," Mohr said, and stressed the importance of having a safe place in which to learn. "Successful people go out and take chances," he said. "They know they can fail and still get back on their feet."

For many of those leaving foster care, success can be a frightening concept, Mason said. "The closer you get to success, the easier it is to fail," he said. "How many kids come out of foster care and crash?"

"The reality is we all screw up; it comes down to what kind of support system we have in place," he said. "These are our kids."

To learn more, to volunteer, or to donate to First Place on Second Street, contact CASA of the Seventh Judicial District at 970-249-0337.



Roger Lord
575-649-8503



Burton Bullington
970-596-4744



Rich Porter
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OPINION/EDITORIAL: LETTERS

THANK YOU MOUNTAIN MARKET FOR DISCONTINUING SINGLE-USE PLASTIC BAGS!

Dear Editor:

We want to thank Darin Hill and the Ridgway Mountain Market team for being the first Ridgway business to voluntarily discontinue the use of single use plastic bags. We hope community members will stop by the market to thank them for their efforts, and don't forget to bring your own reusable shopping bags. We encourage other local businesses to follow the Mountain Market's lead to eliminate single use plastic bags. We would be happy to help businesses make this transition in any way we can.

Sincerely,

Carry On! Crew:

Indigo Krois

Maizy Gordon

Eleni Wallin

Autumn Sagal

carryonridgway@gmail.com

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POMONA 3RD GRADER WINS STATEWIDE EARTH DAY COLORING CONTEST

City Council Approves Baldrige Park Upgrades, \$200K Farmers Market Marketing Grant Application



During the Montrose City Council meeting on May 1, Mayor Roy Anderson recognized Pomona Elementary 3rd grader Avila Lanford as a statewide winner in the Earth Day Coloring Contest. (L to R) Mayor Anderson and Avila Lanford, who was accompanied by family members, mother Kim, brother Tobin and aunt Pam Munger. Photo by Gail Marvel.

By Gail Marvel

MONTROSE-Newly sworn-in Mayor Roy Anderson presided over his first council meeting on May 1. The electronic voting system was not functioning and City Clerk Lisa DelPiccolo recorded the council's verbal votes.

Earth Week Coloring Contest Award Presentations

Pomona Elementary 3rd grader Avila Lanford was recognized by Mayor Anderson as a statewide winner in the Earth Day Coloring contest in the 3rd to 5th grade category.

The contest, sponsored by the City of Montrose, the Shavano Conservation District and the Natural Resources Conservation Service (NRC), was held in conjunction with Earth Day.

Call for Public Comment for Non-Agenda Items

No comments.

Ordinance 2445 (first Reading) – Director of Innovation and Citizen Engagement Virgil Turner.

The ordinance repeals Chapter 9, Title 9 of the Official Code of the City of Montrose regarding cable television system permits. The issuance of cable television permits has been taken over by the Federal Communications Commission (FCC) through the Cable Act. Turner said, "We have to comply with federal regs and the

city code is not really applicable anymore."

Resident David Stockton asked about Elevate providing cable TV service and if they would be required to provide service to all the dwellings in the city. Turner indicated the city is currently in negotiations with Elevate, "That has not come before council yet. [This ordinance] has no bearing on future franchise agreements, which will be done according to federal regulations."

Approved unanimously.

Ordinance 2446 (first Reading) – Assistant City Attorney Andrew Boyko.

This ordinance is in preparation of a land exchange between the City of Montrose (2.84 acres) and Black Mountain Capital, LLC (42.75 acres river corridor owned by Mayfly). Disposal of city property must come before council and the ordinance grants and authorizes the conveyance of the property.

Mayfly has not yet approved the exchange agreement. Boyko said, "We are still in negotiations. The terms may change, but not significantly. What won't change, is what the city is giving."

The city has not done a formal appraisal on either of the properties. Addressing those concerns Boyko said, "The staff conferred and there was an appraisal done a couple of years back." Boyko noted that

the appraisal figures are dated, but by using comparable of properties in close proximity to the land the staff estimated the value of the city property at \$1.50 per square foot (\$185,000) and the Mayfly property at \$.45 per square foot (\$837,000).

City Engineer Scott Murphy said, "This is a framework for the property to go both ways. This just authorizes what will be disposed of." Councilwoman Barbara Bynum said, "What we are getting is not finalized, but what we are getting rid of [is]." Murphy said, "It authorizes [the exchange], but we won't give, until we get." Boyko said, "Until the agreement is signed it is open for negotiation. We may get more, or less, of the 42 acres." Approved unanimously.

Triesch Addition Annexation – Senior Planner Garry Baker.

The Triesch Addition is a 0.5-acre sliver of land located north of 2410 6450 Rd. whose current use is residential. Baker said, "This is a boundary adjustment that a neighbor did, but it wasn't annexed into the city." The annexation rectifies the situation and brings the entire property into city limits.

Councilman Doug Glaspell served on the Planning Commission when the Triesch Annexation came before the commission. Hence, Glaspell abstained from voting on the Triesch Annexation; Resolution 2018-09; Ordinance 2447 (first reading); and Ordinance 2448 (first reading).

Resolution 2018-09 Finding of Fact for Triesch Addition Annexation.

The Triesch Addition is located at 2410 6450 Rd. The current use is agricultural and residential. The annexation is necessary because of a boundary line adjustment to enlarge the property. The added sliver of land must be annexed for further development to take place. Approved four yeas, one abstention.

Ordinance 2447 (first reading) for the annexation of Triesch Addition.

Approved four yeas, one abstention.

Ordinance 2448 (first reading) - Senior Planner Garry Baker.

Provides for the zoning of the Triesch Addition as an R-6, medium density/manufactured housing district. Approved four yeas,

Continued next pg

POMONA 3RD GRADER WINS STATEWIDE EARTH DAY COLORING CONTEST

From previous pg

one abstention.

Resolution 2018-10 – City Attorney Stephen Alcorn.

This resolution authorizes the acquisition of certain property rights by negotiation and, if necessary, by eminent domain. The city has acquired the right-of-way needed for a sewer line on three of four parcels of land. However, they have not come to an agreement with the landowner on the remaining parcel. Alcorn said, "This lets us go forward with the purchase of the final property."

This is a right-of-way purchase to trench for and install a city sewer line; it is not a land purchase. The property owner can continue to grow hay and he will be compensated for any loss of crop resulting from the trenching. As reported previously, the property owner has an attorney and by all appearances the city will pursue eminent domain to obtain the right-of-way. Approved unanimously.

Resolution 2018-11 – Grant Coordinator Kendall Cramer.

This resolution supports a grant application to the United States Department of Agriculture (USDA) for the Farmers' Market Promotion Program and authorizes the Grant Coordinator Cramer to sign the grant agreement with USDA. The grant request is for \$200,000.

Cramer said, "Our goal is to increase sales [at the Farmer's Market] by 28 percent, year-to-year over the next three years. This grant does not require a financial match." The grant will be awarded in September and if the city is successful marketing could start for the winter season. Approved unanimously.

Intergovernmental Agreement with Montrose County School District RE-1J - Grant Coordinator Kendall Cramer.

The city was a lead sponsor for the \$110,000 grant which was received from Great Outdoors Colorado, (GOCO) for the development of a nature-based school yard playground at Columbine Middle School. Cramer said, "This is a collaborative project. Columbine has never had a playground, but this shows that middle schoolers like to play. There is no expense to the city."

Mayor Pro Tem Dave Bowman complimented everyone who collaborated and

contributed to the project. The total cost of the project is \$161,043 and the \$51,000 difference will come from school district funding efforts. Approved unanimously.

Intergovernmental Agreement with Montrose County – Director of Innovation and Citizen Engagement Virgil Turner.

Turner said, "We've really set a high bar with shared service agreements with other entities. The word is out about Kendall Cramer and our grant coordinator's great work. The county wants Kendall to help search for grants. It's a great opportunity to save taxpayer dollars." The cost for Cramer's time will be accounted for and the county will be billed at an hourly rate of \$32.37. Approved unanimously.

Project 7 Water Authority Voting Members – Utilities Manager David Bries.

Chipeta Water District submitted a formal request to the Project 7 Water Authority for inclusion as a voting member. Mayor Anderson asked if there were a downside to including Chipeta Water District on the Project 7 Board. Bries noted that it waters down the city voting power, "But we all have the same vision and same mission. Big decisions are usually unanimous on the board."

Approved unanimously.

Riverbottom Restroom Design Build Contract – Public Works Manager Jim Scheid.

A new restroom facility in Riverbottom Park is part of the conceptual Riverbottom master plan. The facility will be slightly larger than the existing restroom and will have upgrades such as electrical services, a large concrete patio with shade sails, water bottle fill station, and improved sewer service line.

Staff recommended awarding the design and construction contract to Ridgway Valley Enterprises in the amount of \$398,939.75. Scheid said, "The restroom will be completed this year. We budgeted \$550,000, so we have \$150,000 left in the fund." Approved unanimously.

Riverbottom Drive Reconstruction Project Design – City Engineer Scott Murphy.

The city and the Montrose Recreation District (MRD) are collaborating on grants by combining two projects; the Riverbottom Drive project and MRD renovation of Holly Park. The staff recommends awarding a design contract to Del-Mont

Consultants in the amount of \$118,310 for Riverbottom Drive reconstruction project. Murphy said, "This sets us up well for grant applications even if we don't get it [grant]." Del-Mont President Steven Stevenson said, "Whether you get the grant or not it is a worthwhile project." Approved unanimously.

Pedestrian Bridge Repair Project Expense Authorization - City Engineer Scott Murphy.

This authorizes \$94,963.50 in expenditures to repair the fire-damaged pedestrian bridge over the Uncompahgre River in the area of East Oak Grove Road and Rio Grande. The award of a construction contract will go to Western Gravel Constructors in the amount of \$80,283.50 and the award of an engineering support contract to DOWL in the amount of \$14,680.

Murphy said, "There is a June 15th completion date. We have a claim with CIRSA. We're seeking reimbursement through our insurance." During the reconstruction the deck of the bridge will be completely removed. Citizens who disregard barriers will endanger themselves. Approved unanimously.

Staff Reports

Public Information Report – City Manager Bill Bell. Bell reminded citizen of the multiple street improvement projects going on. Road closures are listed on the city website. City offices were to be closed May 3rd for "Montrose Day." City employees were to use this time to clean their work space.

Turner reported on the city scholarship program, "There is \$185,000 in scholarships for our high school seniors attending CMU [Colorado Mesa University]. Applications are coming in fast and furious. Some scholarships will be awarded at school receptions as early as next week."

City Council Comments

Mayor Pro Tem Bowman promoted the June 1st kick-off of the summer music concert series, "We'll have live music almost every weekend. A summer of music all over town." Councilwoman Barbara Bynum promoted the weekly Heidi's Deli Forum. Councilwoman Judy Ann Files promoted the Youth Baseball season which starts May 12 at 8 a.m. Mayor Anderson complimented Montrose County on the opening of the new Events Center.



FREE EDUCATIONAL WORKSHOP IN MONTROSE

My Spouse No Longer Has Capacity or is Recently Deceased, What Should I Do?

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Monday, May 21, 2018

4:30 p.m. to 5:30 p.m.

What happens when your loved one loses capacity? Or, what if your spouse needs care or needs to apply for Medicaid? What does this mean for the spouse still at home? If no planning for incapacity has been done, it will be difficult for family to pay the bills, handle health care, and other personal matters. We will discuss the important planning documents for this situation and what happens if you do not have them. In addition, learn about what important documents have control and will determine what comes next when your spouse or loved one passes. If that person is your spouse, there are updates you will want to make to have the necessary tools in place before you need them. You don't want to miss this free workshop! Sign up today to learn more!

Registration is required. The workshop will be held in Montrose, at The Homestead of Montrose, located at 1819 Pavillion Drive (in the activity room). Call (970) 243 - 8250 today to reserve your seat or sign up on our website at www.browncandbrownpc.com



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REGIONAL NEWS BRIEFS

MONTROSE COUNTY HISTORICAL MUSEUM HOSTS VOLUNTEER MEETING MAY 8

Special to the Mirror

MONTROSE-Many citizens of Montrose care about our local history. If you are one of these, you can be an ambassador to the ongoing work at the Montrose County Historical Museum. Come to our meeting for interested volunteers at 10 am on May 8 at the museum. There you will learn how to use your abilities to help with the museum's needs. Hours you can give are very much appreciated and during them you can help to preserve and share our local history with museum visitors. If you cannot manage to attend this meeting, please feel free to call Sally at 970-249-2085 for a more convenient time to learn about our program. Looking forward to seeing you at Montrose County Historical Museum 21 N. Rio Grande Ave.

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REGIONAL NEWS BRIEFS

MONTROSE MEMORIAL HOSPITAL WELCOMES JAMES KISER, CEO



MMH CEO James Kiser.
Courtesy photo.

Special to the Mirror

MONTROSE-The Board of Directors of Montrose Memorial Hospital is pleased to announce that James Kiser has been selected as the hospital's new CEO beginning June 1, 2018. James is currently the CEO at Providence St. Joseph Medical Center in Polson, Montana and was previously in Olympia, Washington serving as a hospital leader. Mr. Kiser has more than 25 years of hospital administration experience and is enthusiastic about the opportunities at MMH.

"We are very excited to have James join MMH," said Ron Courtney, MMHI Board Chair. "His personality and extensive experience make him a great addition to our regional healthcare system. We believe he will be a good fit in our culture of Friends and Family Caring for Friends and Family."

James received his undergraduate degree from the University of Wyoming and earned his MBA in Healthcare Administration from Montana State University-Billings. He has been a long-time Rotarian, and serves on various local and state Boards. Kiser is married to Lorie and they enjoy being outdoors, camping, hiking/backpacking, bow hunting, snowmobiling, boating, fly fishing and more.

CELEBRATE MOTHER'S DAY WITH FREE 3D MAMMOGRAMS MAY 14 -18 AT MONTROSE MEMORIAL HOSPITAL

Special to the Mirror

MONTROSE-Bosom Buddies and Montrose Memorial Hospital are celebrating Mother's Day by giving FREE 3D mammograms the week of May 14 – 18. Regardless of insurance status or age, anyone who registers by calling 970-252-2540 will receive the procedure free that week courtesy of Bosom Buddies. MMH has reserved more than 150 appointments for this week so those interested are encouraged to call early.

"A 3D mammogram may seem like an odd gift for Mother's Day but it's free and it might save the life of someone you love," said Bosom Buddies President Phyllis Wiesner. "Early detection is so important in beating breast cancer."

Montrose Memorial Hospital offers 3D mammography, which gives your provider a wider view that allows them to see tis-

sue with greater clarity and depth as never before. This gives you the greatest advantage in the war on breast cancer. Because the image clarity of 3D mammography leads to more accurate breast cancer detection, women are diagnosed with fewer false positives and don't experience the worry of follow-up tests.

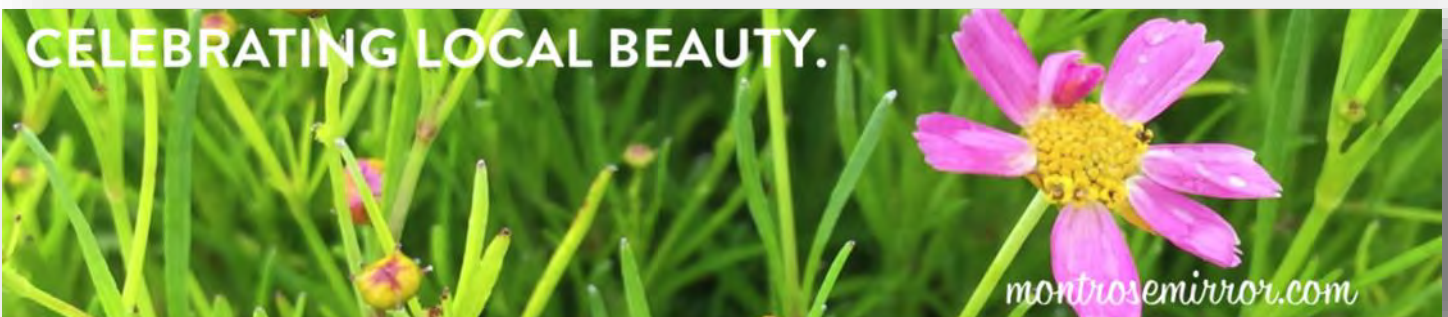
According to Wiesner, many women delay getting a mammogram because they don't have insurance or have high deductibles. "Some young women with a family history of breast cancer want the procedure but don't qualify for insurance coverage because of their age," she said. "We want to make mammograms available to anyone who wants one."


The cost of the mammogram including the radiologist fees will be covered completely by Bosom Buddies Breast Cancer Support Group of Southwestern Colorado.

The results will be sent to the woman's primary care provider. If the doctor recommends further diagnostic procedures, the woman can apply to Bosom Buddies and receive financial assistance if she qualifies. According to Wiesner, one out of every eight women will be diagnosed with breast cancer. "Tell your mother, grandmother, aunt, sister and daughter – tell all the women you know that they can receive a free mammogram the week of May 14 – 18 by calling 970-252-2540."

In addition to financial medical assistance, Bosom Buddies helps those dealing with breast cancer who reside in Montrose, Ouray and San Miguel Counties with weekly support meetings, prosthesis supplies and counseling. To find out more about what the group has to offer, go to their website at

www.bosombuddiesSWC.org



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Races start
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MEDLOCK TO BOCC: MAY 15 IS LAW ENFORCEMENT MEMORIAL



Photographer Jennifer McClanahan took this photo at the 2017 Law Enforcement Memorial Ceremony. Mirror file photo.

By Caitlin Switzer

MONTROSE-Retired law enforcement professional Nancy Medlock spoke during the time for public comment at the [regular meeting of the Montrose Board of County Commissioners](#) on May 2. "May 15, at 10 a.m. in Centennial Plaza, is the Law Enforcement Memorial Service," Medlock said, and shared some of the reasons the ceremony is so important to her. "...This is the badge that was pinned on me in 1976 when I took my oath of office. The Badge grew," said Medlock, who served in the Maricopa County Arizona Sheriff's Office. "At the time I got this badge I was making a little over \$6 an hour; this is the last card I got from the Sheriff's Office which states I was a lieutenant and that I was a shift commander. My pay was considerably greater than \$6 an hour at that point."

"I think people need to realize that the first responder in 98 percent of the cases is a law enforcement officer," she said. "They are the ones to get the child out of the swimming pool and start CPR. They are the ones who get the family out of the burning house. They are the ones that do the first aid on injuries, whether it's from a fight, a shooting, a car accident, falling down, whatever. I think people tend to forget that."

Medlock said that she was very lucky in her career to never have to pull her gun on anyone. "Basically, I used my mouth,"

a career law enforcement professional, thanked Medlock for reminding the public about the Law Enforcement Memorial Service.

"It has been bad all over the United States this year," he said, "it's been hard on our police officers, our first responders. A lot of them have died this year in the line of duty. Thank you so much."

Commissioners unanimously approved Consent Agenda items.

Also approved was [Resolution 25-2018](#), for a supplemental appropriation to the 2018 budget. Lanny Paulsen of the Finance Department told commissioners, "...We were underspent on our major capital projects by about \$6.6 million. We are asking to carry forward and re-appropriate approximately \$5.5 million to complete some of those projects that didn't get finished in 2017."

The funds will be allocated as follows: \$269,000 to the County's general fund; \$307,290 to Road & Bridge; \$4,744,253 to CIP fund; and \$150,000 to the Montrose Regional Airport Operations Fund, for a total of \$5,470,543.

Fairgrounds Manager Emily Sanchez addressed the BOCC to close out final retainage on the [horse stall fabrication and delivery contract](#) to Noble Panel & Gates in the amount of \$247,895; the item passed unanimously. BOCC Chair Caddy

she said, noting that she retired in 1999. "...I would like to see a lot of people there (on May 15) to remember the people I knew who were killed in the line of duty and to remember the ones here," she said. "The first of this year was very bad for the State of Colorado."

BOCC Chair Keith Caddy, also

ing inmates from the Delta County Correctional Center to help erect the new stalls.

[Item D-3](#), presented by Government Affairs Director Jon Waschbusch, asked for the chairman's signature on a grant agreement with Colorado Department of Natural Resources for a grant in the amount of \$20,326 to be used towards a cultural resource clearance for the proposed Shavano Gateway Recreation Area. With \$29,037.50 already budgeted for the project, Waschbusch said, "This is my favorite grant scenario, where it is a grant that is going to provide us funding for something that was budgeted anyhow."

Commissioner Glen Davis thanked Waschbusch for following through on the grant, "...It's going to be a great area out there. For any members of the public who are not aware of it there's over 1,000 acres that we're working with BLM to get patented to the County at no cost to the County other than what we have to do to comply with what they want done...it's a great deal."

BOCC Chair Caddy also thanked Waschbusch. "...you've done an excellent job."

At the request of Commissioner Rash, Waschbusch provided background on [the project](#), and the collaboration with user groups. "...Restrooms, shade structures, that sort of thing, I think will serve the hunting community well, come the Fall season."

Caddy asked about the process for informing neighbors of the project; a public meeting will be held jointly with the Bureau of Land Management (BLM), Waschbusch said.

"At that time notice will be sent...for the folks directly impacted we reached out before we even made the formal application."

Waschbusch also presented [Item D-4](#), for the chairman's signature on a right-of-way grant /temporary use permit from the BLM, authorizing County maintenance on drainage facilities adjoining the County's Peach Valley Road. Though slated as temporary, the authorization will actually exist in perpetuity, Waschbusch said, and will be used by many. "What the permit here does is provide the county to do that

MAY 15 IS LAW ENFORCEMENT MEMORIAL From previous pg

maintenance and in fact any routine maintenance including grading of the road, etc...without further permission from BLM."

Commented Commissioner Rash, "Once again I would like to thank you for working with BLM, and BLM for working with us. This is government working together... collaborating again to make things better for our citizens as a whole."

Item D-4 was unanimously approved. Also approved, [Item D-5](#) cancels the hangar ground lease at Montrose Regional Airport with Lee Richards, 1500 Airport Road, effective May 2, as the County negotiates a new lease with Umwelt Development, LLC, Matthew Barrow.

Commissioners approved [Resolution 26-2018](#) (declaration of surplus property and disposal of heavy fleet equipment and vehicles through advertisement, trade, auction, online auction, or scrap) and [Resolution 27-2018](#) (declaration of surplus property and disposal of light fleet vehicles through advertisement, trade, auction, online auction, or scrap).

The BOCC approved two Planning & De-

velopment items as well. [Item E-1](#) involved a public hearing on a special use permit (Resolution 28-2016) for Lock, Stock and Barrel, to allow an existing building to be used as a venue for wedding events, reunions, graduation parties and non-profit events by applicants Matthias H Roth III and Beverly J Roth.

Lock, Stock & Barrel is located in an agricultural area at 5328 Hwy 348 in Olathe, County Planning & Development Director Steve White said, noting the Planning Commission had recommended approval. "...We have spent quite a bit of time on it."

Neighbor Brenda Rowan expressed a concern. "I did go to the Planning Commissioner meetings...my only concern is there's no limit to the number of people... and no limit to the number of cars. ...since this goes with the land, not just the people applying for this, at some point could we have hundreds and hundreds of people there? ..should the number of people be limited to the number (150) they have in the original proposal?"

White noted the difficulty of counting

heads at a venue. "The planning commissioner felt it would be difficult to enforce, and also would limit the applicant."

With other conditions concerning dust, trash, and noise levels already imposed, "They felt it wasn't right to impose a condition for that."

Commissioner Davis urged Rowan to let White know of any violations of the conditions as time goes on.

Events will only be held from May - October of any given year, White noted as an amendment.

Following the hearing, commissioners voted to allow the special use and passed amended [Resolution 28-2018](#).

In other business, commissioners approved [Item E-2](#), dedication of a [three-acre road right-of-way plat](#) for a portion of 6900 Road to Montrose County by Randy and Lucinda Johnson (applicant Mesa Surveying).

No citizens spoke during the public hearing; commissioners unanimously approved [Resolution 29-2018](#).

With no further business, the meeting was adjourned.

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OPINION/EDITORIAL: LETTERS

MONTROSE COUNTY NEEDS A SHERIFF LIKE ADAM MURDIE

Editor:

Undersheriff Adam Murdie has a broad mix of experience to lead the Montrose County Sheriff's Office into the future. Adam entered law enforcement at the cusp of the technology boom in the 1990's. He was able to hit the ground running, engaged in and overseeing the implementation of a multitude of technological advancements in law enforcement the past two decades. The tools and techniques of the MCSO are rapidly evolving, as is the use of information technology and social media platforms. Adam has the mind-set to uptake technology, and break paradigms proactively and quickly to meet the county's ever-increasing needs. Furthermore, Adam's breadth of experience in all departments of the MCSO makes him uniquely qualified to hold the position of Sheriff. He has worked in some of the most demanding and intricate capacities, such as the 7th Judicial Drug Task Force at its inception, and has also excelled in leadership positions overseeing a large, diverse team. He has provided operational and administrative guidance on many complex issues and initiatives. His commitment to continuing education and training for himself and those around him is admirable and vital for the future.

Adam is a fiscal conservative who will streamline where prudent, and increase resources where necessary. He believes in giving and receiving feedback openly and honestly, as it improves safety, team spirit, and community engagement. This is the kind of culture I want to know will exist at the MCSO long into the future. Montrose County needs a sheriff like Adam who is down-to-earth, caring, and committed to his team and communities, while nimble enough to uptake new technology and train a new wave of law enforcement officers for decades to come.

Christine Beiriger, Montrose



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Free Aging Legal Classes

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

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

Time: 4:30 – 5:30 p.m.

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

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

Time: 4:30 – 5:30 p.m.

**Monday, May 21: My Spouse No Longer Has Capacity or is Recently Deceased,
What Should I do?**

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

Time: 4:30 – 5:30 p.m.

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REGIONAL NEWS BRIEFS

MOUNTAIN MARKET JUMP STARTS A PLASTIC BAG FREE RIDGWAY

Special to the Mirror

RIDGWAY-Mountain Market and *Carry On! Ridgway Reuses* are collaborating this week to begin the process of eliminating single-use plastic bags in the Town of Ridgway. Market owner Darin Hill and manager Wilfredo Matamoros are enthusiastic about supporting the mission of the organization, spearheaded by a group of 7th grade girls, who are dedicated to raising awareness about the dangers of plastics and helping Ridgway become a single-use plastic bag free town.

Mountain Market is the very first business to support the ban, and the group is hopeful that Mountain Market's commitment will encourage other local venues, including markets, restaurants, gas stations and others, to follow. Eventually, the goal is to pass legislation through the Town of Ridgway to ban the use of plastic bags altogether.

Patrons are encouraged to bring their own reusable bags when they shop. Paper bags will be available at the market for a small fee of five cents for those who may not be aware or forget. Not only will the market eliminate plastic bags, they will provide bins out front for residents to bring their single-use plastic bags for recycling. The Carry On! crew will be responsible for picking up the plastic bags and turning them into bags that can be reused over and over.

Carry On! will have a booth every other week at the Farmer's Market this summer, where they will sell their bags and homemade products, as well as 100% packable tote bags made from post-consumer recycled plastic.

The average American uses about 500 plastic bags each year, for about twelve minutes each. This single-use mentality has led to the formation of a floating island of plastic debris in the Pacific Ocean more than twice the size of Texas. Our daily reliance on plastic threatens not only waterways and marine life, but human health, too. Two of the most common plastic additives are endocrine disruptors, which have been shown to link to cancer, diabetes, autism, attention deficit disorder, obesity and infertility.

The *Carry On! Ridgway Reuses* campaign continues to educate our community about the harms of single-use plastics, hoping to bring attention to this environmental crisis and raise awareness for the safety of our community and environment. For more information on how you can help, contact carryonridgway@gmail.com.

For additional information, please contact Deidra Krois at 970-318-0382.

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National Hospital Week May 6 - 12

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We are all members of this community; you'll see us at church, at school events, on the athletic fields and in many of the organizations you participate in. Our motto ***Friends and Family caring for Friends and Family*** inspires us every day to do all we can for those who trust us with their care.



REGIONAL NEWS BRIEFS

MCSO SUCCESSFULLY APPREHENDS HIGH-RISK FUGITIVE

Special to the Mirror

MONTROSE- In an operation that began on late Thursday night, the MCSO attempted to serve a warrant on Jose Pinott, a 40-year-old male from Montrose who had over \$86,000 in warrants. Pinott was wanted for various failure to appear warrants for failure to comply for special offender, possession of a deadly weapon; failure to appear for special offender, possession of a deadly weapon, possession of a controlled substance; and five misdemeanor warrants including driving under the influence, harassment, and violation of a protection order.

A tipster called the MCSO alleging that Pinott was in the 300 block of Hillcrest Road at a private residence. The MCSO sent deputies to serve the warrant. In an agency assist, two Montrose Police Department officers were on hand to support deputies' efforts. After making initial contact with Pinott (who refused to come out of the residence), deputies began the process to obtain a warrant. During this time, the MPD called out its SWAT team. The SWAT Team shot tear gas into the home around 1:30 am, at which time a female party exited the residence. Pinott was not apprehended at that time.

Friday, the MCSO received a tip that Pinott was in the 63000 block of Jade Road at a private residence. After obtaining a warrant, the MCSO's Special Response Team (SRT) and deputies attempted to contact Pinott. After no response, gas canisters were released into the home and Pinott emerged from a window and was taken into custody. Following a medical clearance, Pinott was booked into the Montrose County Jail on aforementioned charges, as well as obstructing government operations. The MCSO would like to recognize the special response team for an exceptional effort in today's operation and thank the tipsters for their valuable information. The mission of the MCSO is to ensure a safe and secure environment for all persons in Montrose County by providing professional law enforcement through responsive, caring, and dedicated service.

REGIONAL NEWS BRIEFS

CAMPAIGN TO INFORM, EDUCATE DURING WILDFIRE AWARENESS MONTH

Special to the Mirror

DENVER-With wildfires already burning homes in Colorado this spring, more than three-quarters of the state in drought conditions and a low snowpack, the possibility of a dangerous wildfire season looms in the minds of many residents.

Now is an ideal time for homeowners living in the wildland-urban interface, public lands users and others to become more knowledgeable about how they can join in reducing wildfire risk.

May is Wildfire Awareness Month in Colorado, and for the next four weeks an online campaign to inform and educate Coloradans about wildfire risk and steps that can be taken to reduce risk will be the focus of a partnership between the Colorado State Forest Service, Colorado Division of Fire Prevention and Control and U.S. Forest Service, Rocky Mountain Region.

Each week this month, partner agencies will focus on a different theme related to wildfire awareness, with topics including the promotion of Wildfire Preparedness Day on May 5; the importance of Fire Adapted Communities and reducing personal wildfire risk; government agency preparedness measures for wildfire management and response in Colorado; and human-caused wildfire prevention tips targeting those who work and play where communities and wildlands meet.

The campaign will be conducted online, with numerous social media and video posts offered throughout the month.

Messaging will be shared on various agency social media channels, including official Twitter and Facebook accounts.

The Colorado State Forest Service works together with the National Fire Protection Association to implement the Firewise USA® program in the state, and provides technical assistance and education to interested landowners, homeowners and communities to help them take action and

ownership in preparing their homes against the threat of wildfire.

Wildland fire management in Colorado is an interagency partnership among local, state and federal agencies across the nation.

The Colorado Division of Fire Prevention and Control (DFPC) and U.S. Forest Service Rocky Mountain Region work with other local, state and federal agencies to coordinate wildland fire management on a statewide basis.

By working together in these efforts, the ultimate goals of these agencies are resili-

ent, fire-adapted Colorado landscapes and communities that best provide for firefighter and public safety.

For more information about reducing wildfire risk or this month's campaign, visit the agency social media pages or search for the hashtag **#COWildfireAware2018**. **Resources** Colorado-specific Fire Adapted Communities and Firewise information: csfs.colostate.edu/wildfire-mitigation; National Firewise information: www.firewise.org; Ready, Set, Go! Information: www.wildlandfirersg.org.

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38 LOCATIONS FROM DENVER TO DURANGO

COLORADO NEWS BRIEFS

AVOID HANTAVIRUS: PRACTICE PREVENTION AND YEAR-ROUND RODENT CONTROL

Special to the Mirror

COLORADO-As spring cleaning gets underway, the state health department reminds Coloradans to take steps to avoid hantavirus, a rare but potentially fatal respiratory disease from a virus carried by deer mice.

People are most likely to get hantavirus by breathing in dirt and dust contaminated with deer mouse urine, droppings or saliva.

More people get hantavirus in the spring and summer, often while cleaning up homes, yards and sheds.

The Colorado Department of Public Health and Environment has documented more than 110 cases of hantavirus across the state since it began tracking the disease in 1993. There has been one case of the disease in Colorado this year.

The case was in a Denver resident who recovered.

"If you see deer mice in or around your

home, you may be at risk for this illness," said Dr. Jennifer House, state public health veterinarian. "The more of these mice there are, the greater the risk." Deer mice have large ears and eyes and white undersides.

Hantavirus symptoms begin one to six weeks (average two weeks) after exposure. Symptoms include fever, chills and severe pain in the legs and back.

About half of people with hantavirus also experience nausea, vomiting and diarrhea.

After one to seven days of illness, the disease begins to affect the heart and lungs. Infected people may have a dry cough and difficulty breathing. Approximately one out of every three people who get hantavirus die from it.

"If you become sick with these symptoms, tell your health care provider if you have been in rodent-infested areas," House said. "People who might have hantavirus must be hospitalized as soon as possible."

Because there is no effective treatment for the disease, House emphasizes prevention and year-round rodent control both in and outside the home. To protect yourself from hantavirus:

- Remove wood, junk and brush piles near your home. Store firewood at least 100 feet from your house. Keep vegetation around the house well-trimmed.
- Open windows and doors for at least 30 minutes before cleaning sheds.
- Spray accumulated dust, dirt, rodent droppings and dead rodents with a mixture of bleach and water (1½ cups of household bleach to one gallon of water) or another disinfectant.
- Wear rubber, latex or vinyl gloves when cleaning.
- Never dry vacuum or sweep areas where there is evidence of rodent infestation.

To get detailed cleaning instructions or learn more about hantavirus, visit the department's [hantavirus web page](#).

MONTROSE MEMORIAL HOSPITAL



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REGIONAL NEWS BRIEFS

ONE CONTESTED SEAT IN DMEA'S 2018 BOARD ELECTION

Special to the Mirror

REGIONAL-Of the three board seats up for election this year for Delta-Montrose Electric Association (DMEA), only one remains contested. Two candidates will vie for the District 1 seat; incumbent, William Patterson and challenger, Edward Ulibarri. The following candidates in District 2 and District 5 are running unopposed and will be deemed elected at the DMEA Annual Meeting on Thursday, June 14 at the Montrose Pavilion, 4:30 – 8 p.m.

District 2: Kyle Martinez

District 5: Leslie Christian Hauck

Ballots will be mailed to eligible DMEA members in mid-May. Members can cast their votes by mail by completing and returning their ballots or they may vote in person at the Annual Meeting. Members are also encouraged to attend DMEA's upcoming candidate forums to get to

know the candidates prior to voting. The forums will be facilitated by the League of Women Voters and members are encouraged to attend and ask questions. Members who are unable to attend these forums can view each candidate's interview and background statement on the co-op's website at <http://www.dmea.com/content/2018-dmea-board-candidates>.

The candidate forums will be held on the following dates:

Tuesday, May 15, 2018

DMEA Montrose Office, Multipurpose Room

11925 6300 Rd., Montrose, CO

5:30 PM

Thursday, May 17, 2018

Hotchkiss Memorial Hall

175 1st St., Hotchkiss, CO

5:30 PM

DMEA's elections will conclude at the

Annual Meeting on Thursday, June 14 at the Montrose Pavilion. Registration and voting will take place from 4:30 – 6:00 p.m.

The election results will be announced during the business meeting which kicks off at 6 p.m. and features a speaker about the changes and challenges taking place in the energy industry today.

Family fun, educational booths, bucket rides, and local musician, David Starr, are just a sampling of the other fun activities members can enjoy.

A free BBQ dinner from Jimmer's Back County BBQ will also be served from 4:30 – 6 p.m.

More information about DMEA's annual election and Annual Meeting can be found online at www.dmea.com, by emailing publicrelations@dmea.com, or by calling 877-687-3632.

FOREST SERVICE PROPOSES CAMPING CHANGES NEAR TELLURIDE

Special to the Mirror

NORWOOD-The Grand Mesa, Uncompahgre and Gunnison National Forests' (GMUG), Norwood Ranger District, is seeking comments on a proposal to make changes to dispersed camping at the Mary E and Priest Lake recreation sites. These proposals would be implemented during the upcoming summer of 2018.

The Mary E recreation site is located about five miles west of Telluride, Colorado. This area is currently open for day use activities only. Under the proposal, dispersed camping would be allowed at designated campsites that would be marked with a site post and picnic table. Approximately 15 – 25 campsites would be designated within the area. All sites would be offered free of charge. The Forest Service would also provide portable toilets and a dumpster at the Mary E site.

"We will ensure that camping at Mary E is

closely managed, receiving daily visits from our recreation rangers" said Matt Zumstein, District Ranger. "We also plan to have a campground host living on site to ensure that rules and regulations are followed."

Additionally, campfires would be strictly prohibited, all dogs would be required to be on leash, quiet hours would be set from 10 pm to 6 am, and the maximum stay limit would be seven days in a 30-day period.

The Priest Lake recreation site is located about 11 miles south of Telluride. The site currently offers dispersed camping and a restroom.

The Forest Service proposes to change management of the area by allowing camping only in designated campsites. These designated sites would be marked with a site post and a metal fire ring.

About 8-15 campsites would be designat-

ed in the area. All sites would be offered free of charge with a stay limit of seven days in a 30-day period. Visitors would continue to be required to pack out their trash.

Written comments must be submitted via mail to: Kathy Peckham, Project Leader, PO Box 388, Norwood, CO 81423; in person (Monday through Friday, 8 a.m. to 4:30 p.m., excluding holidays) to: Kathy Peckham, Project Leader, 1150 Forest Street, Norwood, CO 81423; by Fax to (970) 327-4854; or electronically at comments-rocky-mountain-gmug-norwood@fs.fed.us. The name and mailing address of the person submitting electronic comments must be included.

Comments are welcome on this proposal and will be accepted until **Friday, May 18, 2018**. Maps for these proposals are available for review online at: <https://www.fs.usda.gov/gmug>.

Presented by: The Lark & Sparrow LLC and Meek Ranch Inc

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(Essential Oils by Katy)

~ **Repurposed Home Decor** ~

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~ **Linda Ashley Nadel** ~

(Watercolorist)

~ **ChrisCross Designs** ~

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A FRESH POINT OF VIEW: FROM THE HALLWAYS OF MHS



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

MONTROSE—I walk the halls of the high school, day-dreaming about the day the front doors are unlocked and

we all get to run free, dashing away from all responsibility. Well, most.

I think of the end of the school year, something that's drawing closer, and that gets everybody a little more excited each passing day.

There is only one more full week of normal classes, then it's a week of finals. Tests you need to pass if you want to move on. Some make it past, others get

swept away in the wave of grades and tests. We won't mention summer school.

Thinking back on it, it's been a pretty crazy year; a guy with a knife tried to attack someone, and slashed a couple tires in the parking lot, and the Florida shooting had everyone debating about security and what should be done. I can only imagine what's going to happen next year, when the school implements new security measures.

Thankfully they won't be closing our campus, but I still think they're going to get a moat filled with alligators.

I walk outside, the sun hits my face, and I gaze upon the green rising from the dead patches of grass. Birds chirp in the trees above me, and the smells of flowers make everything feel wonderful. It's hard

not to think of summer, getting to roam free, not having to worry about homework or grades.

However, this means everybody else is thinking the same thing, changing the school environment from calm and quiet, to crazy and excited.

Teachers have to prepare themselves for battle, attempting to wrangle the colorful personalities that are so desperate to be free. In the end we'll prevail, however. Rushing out from within the pale walls and iron doors, and washing over Montrose.

A three-month long vacation. A siege of happy teenagers taking over Montrose for the duration of summer.

And I am more than happy to be one of them.

REGIONAL NEWS BRIEFS

SHAVANO GATEWAY PROJECT BANKS \$20,000 GRANT

Special to the Mirror

MONTROSE—The Montrose Board of County Commissioners formally inked a grant agreement yesterday with the Colorado Department of Natural Resources. The agreement provides Montrose County with grant funding in the amount of \$20,326 to be used in the proposed Shavano Gateway Recreation Area project. Specifically, grant dollars will be used to hire a consultant to complete a cultural resource survey that will be submitted to the Bureau of Land Management (BLM).

"This grant helps complete the necessary

archeological clearance that will keep the project on track for approval by the BLM," said Government Affairs Director Jon Waschbusch.

"I am excited about the future of this area," said Chairman Keith Caddy. "This project vastly expands the footprint of the Montrose side of the Rimrocker Trail, as well as provides additional recreation areas for non-motorized users, and will be used by both tourists and locals alike."

The agreement requires a match of \$8,711.50 from the county. The proposed project is a 1,010 acre hub for outdoor

recreational enthusiasts to include mountain biking, OHV, foot traffic, and other means of transportation.

The majority of the property will feature non-motorized singletrack. In order to begin work, the county has submitted a Recreation and Public Purposes Act application to the BLM. Once the work is completed, a "block clearance" (assuming no cultural significance is found) will be sent to the BLM.

To learn more about the Government Affairs Division, please visit montrosecounty.net.

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ISSUE 148 May 7, 2018

ART & SOL

ARTIST MIKE SIMPSON OFFERS MAY CLASSES WITH WEEHAWKEN

Special to Art & Sol
REGIONAL-Well-known local artist Mike Simpson will offer a range of classes through Weehawken Creative Arts beginning May 16.

Simpson is a Signature Member of the Plein Air Artists of Colorado, the Western Colorado Watercolor Society and a member of the New Mexico Plein Air Artists, the Laguna Plein Air Painters Association, The Oil Painters of America and the National Watercolor Society.

On **May 16**, Mike will offer "Notan Sketching," offering a chance to learn the art of black and white value sketches. Students will learn the art of black and white value sketches and their importance for all painting mediums. This class runs 9 am to noon at MRD Field House (25 Colorado Ave.).

Also on **May 16**, Mike offers a two-hour "Oil Painting Talk and Demo." Come watch Simpson, a nationally recognized artist, demonstrate his approach to oil painting. Mike will discuss and demonstrate the importance of drawing, composition/design, values, edges and color temperature. Come join us for a relaxed informal gathering and learn from his experience. This class also takes place at



Images courtesy Mike Simpson.

MRD Field House from 1-3 pm.

On **May 17**, Mike will offer a full day class, "Painting Water in Watercolor," at MRD Field House from 9 am to 3 pm. He says, "Streams, lakes, wet sidewalks. It's all about reflections. Learn the tricks and tips for creating that 'wet' look and watch the water run off of the page."

On **June 9**, Mike joins Weehawken in Ridgway to offer "The Wild World of Watercolors." Mike says, "Would you like to loosen up your watercolors? Learn how to develop more confidence in your brush strokes. Come learn to paint more expressive watercolors with me." This class will take place at Weehawken Ridgway (1075 Sherman St.).

Mike will also be a part of Weehawken's "Business of Art" series on **June 13**, with



"How to be a Full-Time Artist." Mike will also be offering several "Plein-Air Adventures" in the Ouray County area. The first will be "Plein Air Painting 101" on **June 19** at Top of the Pines.

Mike Simpson will share his equipment ideas for lightweight, portable, on-location painting kits. Learn how to select and edit a scene and how to bring it to life on your paper or canvas. Be a part of this huge national movement.

Learn about local and regional events for beginners. This will be a full-day outdoor workshop, open to all skill levels.

For more information, or to register for a class, go to www.weehawkenarts.org or call (970) 318-0150.

NEW MEXICO NEWS BRIEFS

TAOS TO HOST ANNUAL LILAC FESTIVAL MAY 18-20



Courtesy photos Taos Lilac Festival.



Special to Art & Sol

TAOS, NM—The Taos County Chamber of Commerce along with Taos Lilac Festival, Inc. will host the Taos Lilac Festival this year on May 18-20 from 10 am to 5 pm at Kit Carson Park. The festival is a community event held each year during the two weeks between Mother's Day and Memorial Day to celebrate the arrival of blooming lilacs throughout the Taos area.

Activities planned for the 2018 Grand Festival Weekend include: the New Mexico Food, Beer & Wine Garden, Kids Corner, Arts and Crafts Fair, Pet Parade, Tio Vivo Carousel and live music. A new addition to the festival this year is the Open Air Expo featuring a wide variety of home, garden and outdoor products and services. A self-guided walking tour map of

the Taos historic district will be available the event for touring the area and viewing and enjoying the aroma of blooming lilacs. Fan favorites are back this year like the Taos Taco Cook-Off and the New Mexico Beer & Wine Garden featuring beer, wines and food made in New Mexico. Additionally, the Los Jardinos Garden Club will host a large tent and outdoor display where fifteen different varieties of live lilacs will be available for purchase. A New Mexico True event, the Lilac Festival draws in visitors to Taos County from the surrounding states to participate in the annual festivities. With

the assistance of the New Mexico Tourism Department, the Town of Taos and Taos County, the event is marketed to communities throughout New Mexico and neighboring states and is quickly turning into a major northern New Mexico annual event. The event is a large community effort that runs on volunteer support. To find out how to get involved in the Taos Lilac Festival, call 575-751-8800 or go to www.taoschamber.com. For more information on the Taos Lilac Festival, including a full schedule of events, please go to: www.taoschamber.com.

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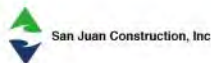
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BUILD HEALTH & WELLNESS: GROW WEALTHY!



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

May has arrived bringing wind, warmer temperatures, the end of another school year, gardening and barbecues.

For many, barbecuing has become a serious hobby not just a way to spend time with friends and family. It might be time to consider what's on the menu... Are you still

flipping burgers and serving them up on white buns with a side of sloppy slaw or peeled potato salad? Or perhaps the menu now includes chicken, fish and veggies? More and more of us are thinking about healthy eating and active lifestyles but where to begin for those backyard BBQs? In fact, where do we begin for any meal?

Seems as though every few years we are pummeled with the latest and greatest fad diet that makes a myriad of claims, some of which are proven and make sense... at least at the time. Let's look at a few and see how the Paleo, Atkins and Keto diets compare. The idea of a **Paleolithic Diet** can be traced to a 1975 book by gastroenterologist Walter Voegtlin, which in 1985 was further developed by Stanley Boyd Eaton and Melvin Konner, and popularized by Loren Cordain in his 2002 book *The Paleo Diet*. The terms Paleolithic Diet, Paleo Diet, Caveman Diet, and Stone-Age Diet describe diets requiring the sole or predominant consumption of foods presumed to have been the only foods available to or consumed by humans during the **Paleolithic Era**.

The digestive abilities of **anatomically modern humans**, however, are most likely quite different from those of Paleolithic humans, which undermines the diet's core premise. During the 2.6-million-year-long Paleolithic era, the highly variable climate and worldwide spread of human populations meant that humans were, by necessity, nutritionally adaptable. Supporters of

the diet presuppose that human digestion has remained essentially unchanged over time. While there is wide variability in the way the Paleo Diet is interpreted, the diet typically includes vegetables, fruits, nuts, roots, and meat and typically excludes foods such as **dairy products**, grains, sugar, legumes, processed oils, salt, alcohol or coffee. The diet is based on avoiding not just processed foods, but rather the foods that humans began eating after the **Neolithic Revolution** when humans transitioned from **hunter-gatherer** lifestyles to settled **agriculture**. Like many diets, the Paleo diet is promoted as a way of improving health. There is some evidence that following this diet may lead to improvements in terms of body composition and metabolic effects compared with the typical **Western diet** or compared with diets recommended by national nutritional guidelines. There is no significant evidence that the diet helps with **weight loss**, other than through the normal mechanisms of **calorie restriction**. NOTE: Studies indicate that following the Paleo diet may lead to **an inadequate calcium intake**, and side effects can include weakness, **diarrhea**, and **headaches**. While this diet may not lead to weight loss there can be other health benefits since it omits processed foods, refined sugars, etc.

Starting in 2003 and 2004, the **Atkins Diet** was in the spotlight. The Atkins diet is a low-carbohydrate **diet** which became a fad. It was inspired by a low-carbohydrate approach published by Alfred W. Pennington, based on research Pennington did during World War II at DuPont.

Preferred foods in all categories are whole, unprocessed foods with a low **glycemic index**, although restrictions for low glycemic carbohydrates (black rice, vegetables, etc.) are the same as those for high glycemic carbohydrates (sugar, white bread). Atkins Nutritionals, the company formed to market foods that work with the diet, recommends that no more than 20 percent of calories eaten while on the diet come from **saturated fat**. (BTW: In 2005, the Atkins Nutritional company filed for **Chapter 11** bankruptcy protection after

the percentage of adults on the diet declined to 2 percent and sales of Atkins brand products fell steeply in the second half of 2004. The company continues to operate and the diet plan remains popular, although it has not regained its former popularity.) Compared to Paleo, there is some overlap between the foods to include (meat, vegetables, and fats) and the foods to avoid (grains), but in the end Atkins is a diet for weight loss, while Paleo is a diet for health. Paleo can be low-carb, but it doesn't have to be.

Speaking of low carbs, it's time to take a look at the **Ketogenic Diet**. The foundation of this diet is based on nutritional ketosis which is a biological state in which your body uses fats, rather than glucose, as its main fuel source. In order for fats to be used as fuel, they are converted into **ketone bodies**, which is the basic goal of the **ketogenic diet**. The ketogenic diet is a high-fat, moderate protein, low-carb diet. By severely limiting carbs to 50 grams or less, this diet forces your body to burn fat for energy, a process known as ketosis. In order to enter into nutritional ketosis, you must drastically restrict your glucose supply, while simultaneously increasing fat consumption so that your body is essentially forced into burning fat as fuel. At first your body is still relying on the glucose hits it's used to, so individuals may experience some low energy.

The Keto Diet recommends a daily food intake of approximately 60-80 percent fat, 5 percent carbohydrates and the remainder protein. (NOTE: 1g of carbohydrates is equivalent to approximately four calories, so a 5 percent carbohydrate intake would equate to approximately 25g carbs daily for someone on a 2,000 calorie per day diet.) Keep in mind, these numbers are approximations and each person will enter ketosis at slightly different values, depending on biological and lifestyle factors.

Burning ketone bodies as opposed to glucose as your main fuel source is accompanied by a vast array of biological benefits which may include enhanced cognitive functioning, stabilized energy and easier maintenance of ideal body composition. Many keto diet followers believe it could

BUILD HEALTH & WELLNESS: GROW WEALTHY! ***Continued from previous pg***

just transform you into a superhuman!

Both the Paleo and Atkins Diet can overlap with the Ketogenic Diet. You can be following the rules of the Paleo or Atkins diet and still be consuming enough fat to push your body into nutritional ketosis. However, being in a ketogenic state is not part of the guidelines of the Paleo and Atkins diet but you could certainly be on either of the latter two diets while still burning glucose as your primary fuel

source.

The main difference lies within the allowance for carbohydrate intake.

There is a wealth of information about all of these diets available on line and if you have Netflix, there is even a 90-minute documentary entitled "The Magic Pill" that follows several individuals and families on their Keto diet journey.

Reminder: Always consult with your healthcare professionals for what is best

for you whether it's nutrition, medication, exercise, etc.

Maybe firing up the grill and flipping some burgers is still a good idea but we might reconsider our side dishes.

Feel free to contact me at Michel-eGad.FAME@aol.com or 970-948-5708 to learn more about my FAME (Focus, Attention, Memory Exercises) program or if you have questions, comments or suggestions regarding my monthly column.



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COMMUNITY NEWS BRIEFS

ARCHAEOLOGY AND FOREST SERVICE MANAGEMENT IN THE BEARS EARS MAY 16

Special to Art & Sol

MONTROSE-May is Colorado Archaeology Month! Come celebrate with the Chipeta Chapter of the Colorado Archaeological Society. On Wednesday, May 16 we present US Forest Service archaeologist Don Irwin with "What's Up Down Below in the Abajos." Don will discuss managing and master planning for the wonderful Puebloan archaeology of the Monticello Ranger District in Utah, in the face of rapidly expanding visitation of the Bears Ears area. Don Irwin has been the Monticello District Archaeologist since 2002 and has a particular interest in the Pueblo I period farming landscapes on the flanks of the Abajo peaks. He has lived and worked in southwestern Colorado for more than 35 years. The talk will be at the Montrose United Methodist Church, 19 S. Park Street, at 7 pm. The public is invited; no charge.

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COWBOY FELLOWSHIP ANNOUNCES 2018 GYMKHANA SERIES

Special to Art & Sol

MONTROSE-Circle 3 Cowboy Fellowship 62885 Lasalle Road, Montrose is proud to announce their 2018 Gymkhana series. This year we will be having a five gymkhana series starting May 12. Registration at noon, begin at 1 pm. Barrels, Poles, Flags, Keyhole, goat tying. Age classes including a senior, over 60. We would love to have ya'all come and join us! Any questions call 970-275-5577 or 970-275-5579 facebook Circle 3 Cowboy Fellowship.

WELLNESS & NETWORKING EVENT

Special to Art & Sol

REGIONAL-Join us May 15th for a Wellness Forum and Networking Event to learn about tools and resources for employers and employees. Key topics include total worker health, lactation (breastfeeding) accommodation, and tobacco cessation support (quitting smoking/chewing; workplace tobacco policies). Available for employers and agencies of Montrose and Delta counties. Call 970-964-2454 for more information.

COMMUNITY NEWS BRIEFS

ALPINE BANK ANNOUNCES NONPROFIT CHALLENGE WINNER

Special to the Mirror

GLENWOOD SPRINGS-To celebrate National Volunteer Week, April 15-21, Alpine Bank just sponsored a Facebook Challenge to catalyze support for community organizations in the 28 Colorado communities the bank serves. The Challenge successfully focused attention on worthy nonprofits through the #TrailblazeChange effort.

"We are so pleased to announce Alpine Bank's donation of \$4,500 to San Miguel Resource Center (SMRC), as designated by our Facebook Challenge entry winner Leigh Kronsoble," said

Alpine Bank founder and Chairman Bob Young. "The Center strengthens the Telluride community through their vital support of survivors of domestic violence and sexual assault." The bank's 45th anniversary this year inspired the donation amount, Young said.

"Winning this money was such an amazing surprise! We provide all of our services free of charge to survivors of domestic violence and sexual assault, so this money will help us continue to empower survivors and promote safety in our communities," said San Miguel Resource Center Executive Director Riley McIntyre. "The Center was founded by community volunteers, and we still have an incredible team of volunteer advocates who are the backbone of our organization, so we greatly appreciate Alpine Bank for recognizing the im-

mense value of volunteers." Learn more: <https://smrcco.org/>

San Miguel Resource Center staff: Constanza Arevalo, Angela Goforth, Riley McIntyre, Marissa Lampe, Claudia Garcia, Emily Osan, and Leigh Kronsoble receive a donation of \$4,500 from Alpine Bank's Audrey Morton, banking officer, Alpine Bank Telluride.

The bank also challenged employees to collectively volunteer 700 hours in their communities during National Volunteer Week, 4/15-4/21. Bank staff surpassed

this challenge, together volunteering 1,309 hours in support of hundreds on nonprofit organizations with the goal of strengthening communities across Colorado. Alpine Bank pays staff to volunteer year-round. In 2017, bank employees volunteered more than 14,000 hours to help address diverse community needs. "It brings me joy to work for a company that shares the same values and love of volunteering in the community that I do," said Paige Hickman, operations supervisor at Alpine Bank Durango.

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



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

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

Learn more about us at MontroseColorado.com.



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**BERKSHIRE
HATHAWAY**
HomeServices
Montrose
Real Estate Group

Good to know:



Montrose High School 2018 Senior Safe Party GOLF SCRAMBLE

When: Saturday May 12th 2018

Start Time: 9:00am

Type: 18-Holes with a Shotgun Start

Location: Black Canyon Golf Course

1350 Birch St., Montrose

Cost: \$50.00 per golfer



THANK YOU FOR YOUR SUPPORT!

Individual Registration ☐

Golfer Name and Daytime Phone# _____

Team Registration ☐

Golfer Names and a Contact Person's Daytime Phone#

1. _____
2. _____
3. _____
4. _____

Registration Form and Fees are Due by April 1, 2018

Make Checks Payable To: Senior Safe Party

In Motion Therapy
Graff and Peterson Dental
Montrose Ford
Turner Automotive
Haynes Excavation
Keenans Plumbing and
Heating
Pediatric Associates
Trevor Harrison/Edward
Jones Investments

Norris Snell Real Estate
Glass Doctor
Chuck's Glass
Michael Labertew
Himyak Family
Alpine Floral
Whiteys Home Improvement
Storm King
Western Slope Orthopaedics
Home Loan State Bank

If you have any questions about the tournament contact:

Vanessa Hughes at 970-596-3740 or Monica Huff Ping 970-209-9605

We thank you for your support of the MHS Senior Class of 2018



NOTES FOR THE JOURNEY...

Exploring Classical Music With Rob Brethouwer

BRAVING THE CHALLENGE OF MASSIVE MUSICAL WORKS...

Even for mega fans, there often seems to be one corner of a preferred genre they shy away from, either because it is too obscure or in this case, too heavy and dense. This means that the music or composer that is backed away from takes another level of concentration, listening, and studying if it is to make sense.

For this fan of opera, chamber music, and classical music, this process comes in two parts.

The first is symphonic and it is the massive symphonic works of composers Gustav Mahler and Anton Bruckner. For the novice, which includes this writer, the only way to describe these symphonies is massive and a bit long in duration. For comparison purposes, a symphony by W.A. Mozart, although brilliant, is a grilled cheese sandwich. Satisfying, needed at the time, but not overly complex. A symphony by Mahler and Bruckner is a triple cheeseburger made with Gruyere cheese, prosciutto, green chili, and for whatever reason, no explanation given, an egg on top. Big, fat, dense, complex, and perhaps a little difficult to get through to the very end. Musically, these pieces are massive in scale and require a large orchestra.

Larger in size, and taking a full 15-16 hours to complete over a period of four performances, is Richard Wagner's *Der Ring des Nibelungen*, or more commonly known as *The Ring cycle*. As mentioned in a prior article, the cycle encompasses the operas *Das Rheingold*, *Die Walkure*, *Siegfried*, and *Götterdämmerung*. To even begin to understand the mythology, the backstory, the characters, not to mention the music, leitmotifs, and how it all comes together as a whole will take an immense amount of study.

This is an area of opera altogether different from the lighter fare of Mozart, Puccini, and even Verdi.

The prior 146 columns have mostly avoided these two areas because this author simply does not have the listening background to know where to even begin. This is about to change, as it is long past time that these massive works are studied through the written word, score study, and with massive amounts of listening.



Composers Gustav Mahler. Courtesy photo.

Only then will a coherent thought be possible. Even an overview could not be provided, as it would be a poor attempt at conveying any worthwhile information to the reader.



Introducing Independent Living at The Homestead at Montrose

If you are over 55 and independent but would like to live in a community offering socialization and peace of mind, schedule a tour of our private one and two bedroom apartments. We're conveniently located across from the Montrose Pavilion Senior Center.

Rent includes:

- All utilities: cable television, Internet and phone
- One nutritious meal per day
- Laundry privileges
- Socialization and invitation to all activities

Pricing starts at \$1210 per month, new residents only.

Call or email Denise Swanson, Residence Director to schedule a tour.
970.252.9359 | dswanson@voa.org | 1819 Pavilion Drive, Montrose



**Volunteers
of America®**

COMMUNITY NEWS BRIEFS

WEEHAWKEN PRESENTS ILLUMINATE SHOWCASE MAY 10 @ MONTROSE PAVILION

Special to Art & Sol

MONTROSE-On May 10th, Weehawken Dance's Upper Level dancers step into the spotlight to showcase their dance skills in the Illuminate Showcase.

In its first year, the Illuminate Showcase is a unique opportunity for longtime dancers to present an original piece with the help of a chosen instructor as a mentor. This show also features the solo works of Miss Caroline's Creative Dance Collective.

The first act will feature the Creative Dance solos, which are the culmination of nine months of work under the instruction of Caroline Richardson.

After a brief intermission, the second act will feature solos, duos, trios and small class group works, all designed by the dancers with the mentorship of their selected instructor. These pieces will offer ballet, hip-hop and jazz lyrical. In Illuminate, the dancers not only choreograph their pieces, but select and mix music and design their costumes.

"Natasha (Pyeatte) and I wanted to give the upper-level dancers a chance to create something of their own that highlights what they have learned and their passion for dance. We feel every hard-working and committed dancer deserves a their time in the spotlight," says Program Director Trisha Oakland.

General Admission tickets are now available online at weehawkenarts.org/performances. Tickets are \$10 for adults (ages 12 and up) and \$8 for seniors and children.

Illuminate Showcase takes place May 10th at 7 pm at the Montrose Pavilion.

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

Thanks for reading
the Montrose Mirror!
970-275-0646 for ad
rates & Information!

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Now read the one that gets read, online.



Current, weekly pre-share circulation is 10,600.



DISCOVER THE CHARM OF CREEKSIDE @ COBBLE CREEK

It's taken a little while for me to get around to the golf course restaurants. And shame on me!

There is a good reason a lot of people are called "regulars" at Creekside restaurant at Cobble Creek.

Michael and I stopped by the other evening to join quite a few others in enjoying the excellent fare dished out here.

First, I had to try their Blood Orange Margarita – delicious; Michael had his usual Pinot Grigio. Then, on to the menu which is very sophisticated.

The menu is heavy on what could be considered classic favorites: like a Creekside burger (\$14, made with local valley beef, peppadew pepper, pepper jack cheese, house sauce – add bacon, mushrooms and grilled onion for an additional \$2 each; Chicken Parmesan (\$20 with mashed potatoes and broccoli rabe); Creekside steak (\$29, rib eye with smashed fingerlings and crispy spinach); grilled pork chop (\$24, with white bean and longaniza stew); and a grilled salmon Caponata (\$25, tomatoes, onion, eggplant). All looked very enticing.

However, Creekside is also known for its pastas and wood-fired pizzas. Being in an Italian mood, Mike went for the spinach and ricotta ravioli with hand-dipped ricotta, parmesiana and reggiano in a nice white sauce (nice choice here, a half plate for \$8 or a full plate – who can eat that much? – for \$15) the half-plate was plenty and very tasty.

I went for the pasta of the day (they also offer a risotto of the day) a half-plate of ziti pasta with a creamy mushroom sauce full of mushrooms, herbs and spices and some crispy pancetta topping, all embellished with a nice basil leaf. (Extra Parmesan please!) Thank goodness some of the French bread was left to get the final bits of

sauce from the dish, it was that good.

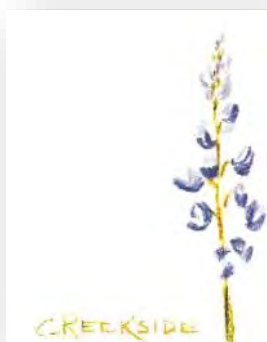
Creekside gives you a complimentary mini French loaf with two butters, one butter with herbs, the other a slightly sweet butter with some shredded orange and herbs. Both choices were scrumptious.

Having the half-plates made sure we had room for a little dessert. Michael and I shared cannoli – couldn't have made a better choice. Two crunchy filled pastry tubes with a vanilla cream in one and raspberry in the other served with a fresh strawberry dipped in chocolate. YUM!

In addition to the classic dishes, pasta and pizza, this restaurant offers unusual "small bites" appetizers running from a Charcuterie (#12, local sausage, speck, artisanal cheese, with traditional accoutrements) to roasted brussels sprouts (\$7, pancetta, balsamic vinegar and citrus zest) and bacon-wrapped dates (8, goat cheese, balsamic glaze) to house-marinated olives (\$4, fresh rosemary and red pepper). Also on the menu are a special Spring soup of Lemon chicken and orzo (\$6), Caesar salad (\$6/10) (waiter said not to worry, the ro-

maine used is carefully sourced to make sure it's safe!), Creekside house salad (\$5/8) made with house vinaigrette, local greens, and baby tomatoes. You can add chicken \$6, shrimp \$7 or salmon \$9.

If you haven't tried Creekside please do, it's a great choice in Montrose. Our server was very nice, efficient and explained everything. All the reviews on the Internet are great, as was our meal. A nice touch, the chef came out to greet us and inquire about our meal. Very classy. Next time I think pizza sounds on the plan and there will definitely be a next time. We'll keep you in the loop! Creekside Restaurant at Cobble Creek Golf Course is located just off Chipeta at 697 Cobble Dr, Montrose, CO 81403; open from 4 – 10 p.m.; call (970) 249-5915



► May 15, 2018

Presentation: 12:00 – 1:00

Networking: 1:00 – 1:30

Bill Heddles Recreation Center

Wellness Forum and Networking Event

Lunch will be provided!
FREE Registration

RSVP

jcortes@montrosecounty.net
970-964-2454



COMMUNITY NEWS BRIEFS

'WILDERNESS UNDER SIEGE' SHERB TALK WITH GEORGE WUERTHNER MAY 14



George Wuerthner. Courtesy photo.

Special to Art & Sol

RIDGWAY-The Great Old Broads for Wilderness and Sherbino Theater co-present George Wuerthner, Wilderness Watch's Advocate-Organizer, on May 14th for a discussion about the challenges facing Wilderness, how you can better protect the Wilderness in your backyard and around the country, and efforts to organ-

ize against congressional and administration efforts to weaken or repeal the Wilderness Act.

George is a well-known writer on conservation issues, having published 38 books and innumerable articles, essays, and opinion pieces. He's given hundreds of presentations around the country on Wilderness, wildfire, livestock grazing, wildlife protection, and other public land issues.

George is also a wildlands explorer extraordinaire, having hiked and paddled in more than 400 designated Wildernesses and more than 180 national park units. George attended the U of Montana in Missoula where he studied wildlife biology. From his base in Missoula, he began his life-long exploration of wild places. He has spent time in 180 national park units and has visited every national forest in the West. He has also visited more than 400

Wilderness areas and many more roadless areas. After graduation from UC Santa Cruz with a degree in science communication, George began his writing career, publishing 38 books. Many titles involved exploring and writing about wildlands, including California Wilderness Areas: Mountains and Coast, California Wilderness Areas: Desert, Oregon Wilderness Areas, Forever Wild: the Adirondacks, and titles like Keeping the Wild: Against the Domestication of the Earth and Protecting the Wild: Parks and Wilderness as the Foundation for Conservation.

This event co-sponsored by Great Old Broads for Wilderness and the Sherbino Theater (Ridgway Chautauqua Society) is free and open to the public. Doors and bar open at 7 pm, talk begins at 7:30 pm. For More information, go to sherbino.org or call 970-318-0150.



**J-M
PHOTOGRAPHY**
For assignments
& rates please call
**Jennifer
McClanahan @
970-765-2280**

**Proceeds to benefit the Caring Friends Fund
At The San Juan Cancer Center Montrose Colorado
Helping Local Montrose Folks facing cancer with Non-Medical needs.**



San Juan Healthcare Foundation

Saturday, June 2, 2018

Boot Stomp

**Stomping on the financial
challenges that come with
a cancer diagnosis.**

BBQ • BARN DANCE • LIVE AUCTION

6:00PM • Antler Ridge | 72015 Kinikin, Montrose CO 81401

.....

Tickets: \$50 Available at MontrosePress.com

BBQ catered by Jimmers BBQ

Root Beer Float stand sponsored by Bank of Colorado

Cash Bar hosted by Colorado Boy



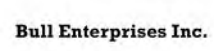
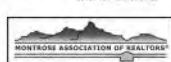
Enjoy boot stompin' live music by:

NarrowGauge

The Country & Classic Rock *Dance* Band



Linda Busker



Antler Ridge CAM Electric Ultimate Design & Construction

Questions about the event, please call Terri at 901-6761

MIRROR IMAGES: MONTROSE CINCO DE MAYO!



The Montrose Downtown Development Authority and local LULAC Clubs joined forces to host a well-attended Cinco De Mayo Festival Downtown May 5.



COLORADO NEWS BRIEFS

BIKE TO SCHOOL DAY NEXT WEEK MOTORISTS REMINDED TO WATCH FOR CHILDREN

Special to Art & Sol

DENVER – Thousands of children across Colorado will be strapping on helmets, kicking up kickstands, and filling up bike racks for the seventh annual National Bike to School Day on Wednesday, May 9.

More than 135 schools across the state and more than 2,000 schools around the country will be participating.

“Bike to School Day is a national event that gives communities across the state and the country the opportunity to join together in biking to school on the same day,” said Colorado Department of Transportation (CDOT) Safe Routes to School Program Manager Leslie Feuerborn. “The excitement and support for events across Colorado from mountain towns like Leadville to the cities on the Eastern Plains such as Sterling, and from the metro areas

such as Denver to rural communities like Center is inspiring, and we couldn’t be more pleased with how many communities and families are coming together to promote safe bicycling to school on this one day.”

May is also National Bike Month. Students, along with parents, teachers and community leaders, will be bicycling or walking to and from school throughout the month so drivers are encouraged to be extra cautious. Distracted driving is a common cause of crashes so motorists are urged to put down their cell phone, keep their eyes on the road and watch for children near roadways.

Although Bike to School Day is a one-day event, it is leading to long-term change. Students, parents, and teachers are using Bike to School Day to inspire communities

to work to create safer routes for bicycling and walking, and emphasizing the importance about a number of issues, such as increasing physical activity among children, cyclist and pedestrian safety, traffic congestion, concern for the environment and building connections between families, schools and the broader community.

CDOT encourages schools and parents to remind their students about riding safely to and from school with tips such as: Protecting your brain – helmet up on every ride

Doing a bike ABC Quick Check (Air, Brakes, Cranks and Chain)

Being visible, wearing bright clothing

Sticking to your planned route to and from school

Riding in the same direction as traffic when on the street

Looking left, right, and left again to assure cars are stopping before crossing the street

Using hand signals when stopping or turning

Being extra careful by driveways, parking lots, and intersections

Inviting parents and children to practice the safe route to school before Bike to School Day

In addition, these events can help encourage communities to implement policies or engineering changes that make it safer to walk and bike to school. In 2016, nearly 70% of event organizers indicated that their event led to planned, or already completed, policy or engineering changes.

Bike to School Day builds on the popularity and success of Walk to School Day, celebrated across the country – and the world – each October.

For additional information, please visit these websites:

Walk and Bike to School

Day: www.walkbiketoschool.org

National Center for Safe Routes to

School: www.saferoutesinfo.org

Colorado Safe Routes to

School: www.codot.gov/programs/

MONTROSE MEMORIAL HOSPITAL'S

National Diabetes Prevention Program

Evidence-based lifestyle change program for preventing Type 2 diabetes.

Take control of Your Health and come to our 1-hour introductory class where we will discuss the FREE Year-Long National Diabetes Prevention Program

Free Informational Class

Wednesday, May 9th 5:00-5:45 p.m.
Montrose Memorial Hospital
Conference Room A

On-Going Year-Long Class

Wednesday Evenings
from 5:00 pm to 6:15 pm

There will be 7 - 8 weekly core sessions, followed by 9 sessions every other week and 6 monthly follow-up sessions to help participants maintain healthy lifestyle changes. Dates of class provided at first class.

For questions or to sign up call 970.240.7780.



800 South Third Street, Montrose, CO 81401

970.249.2211

MontroseHospital.com

COMMUNITY NEWS BRIEFS

CPW SEEKS ROUNDTABLE VOLUNTEERS

Special to Art & Sol

COLORADO-Colorado Parks and Wildlife is accepting applications for a two-year volunteer term for members of the statewide Colorado Sportsmen's Roundtable. In order to maintain regional representation on the Roundtable, CPW is seeking two members from the northwest region, one from the northeast, and three from the southwest. For details on regional boundaries, please see a [map of the regions](#) on CPW website. Sportspersons engaged in hunting, fishing, and/or trapping and are interested in collaborating with Parks and Wildlife in addressing management issues in Colorado are encouraged to apply. [submit an electronic application](#) by 5 p.m. May 18, 2018.

POMONA TEACHERS MICHAEL MEDINA, 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.

Save the Date! MHS BACCALAUREATE

Tuesday, May 15, 2018 7pm

Grace Community Church

(16731 Woodgate Rd. Montrose, CO)

THINGS TO KNOW ABOUT BACCALAUREATE

~ A Special Evening Of Celebration To Honor and Send Off Our Seniors ~

- **No Special Attire Required** but PLEASE BRING your Graduation gowns to wear, available to pick up on Tuesday the 15th from MHS
- Seniors need to report to the GRACE GYM by 6:15
- Students park at Cottonwood Elementary
- Doors Open for family and guests at 6:45

Seniors will be introduced in groups of 2 to 5. Students choose who you would like to go out on stage with. **Be creative and have fun!**

Graduation is going to be
at the New Event Center at the Montrose County Fairgrounds May 20, 2018 at 2:30 PM

TRUST IN THE LORD WITH ALL YOUR HEART;
DO NOT DEPEND ON YOUR OWN UNDERSTANDING.

SEEK HIS WILL IN ALL YOU DO,
AND HE WILL SHOW YOU
WHICH PATH TO TAKE.

PROVERBS 3:5-6



**Always digging for
spot on news.**



The Mirror

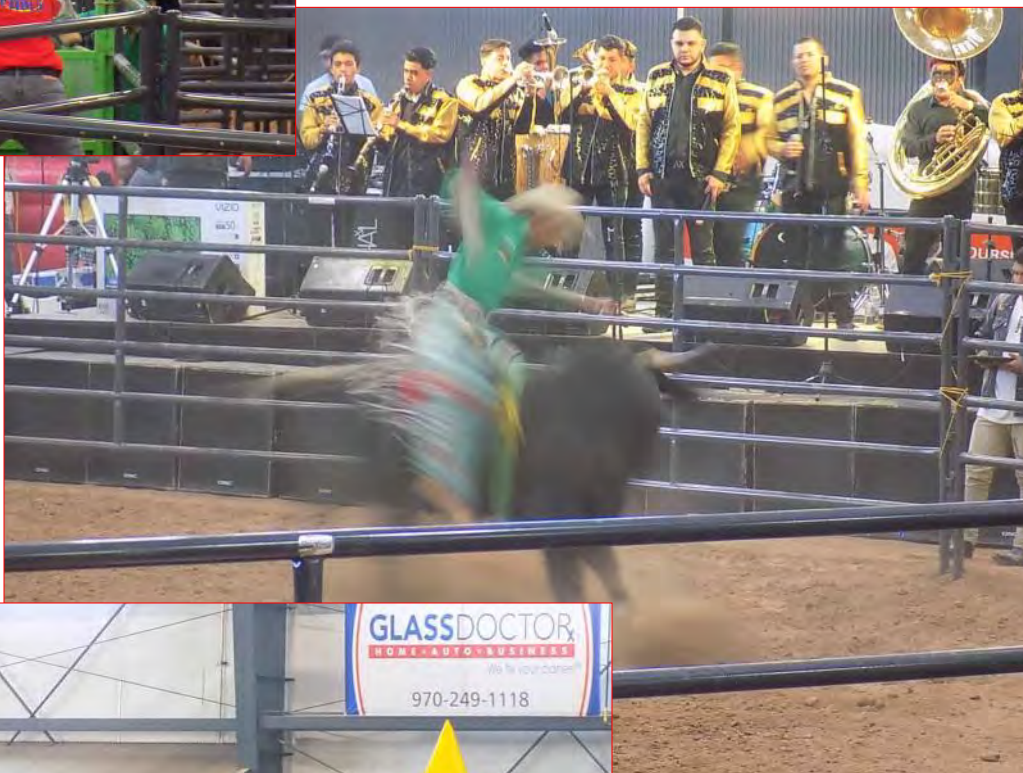
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Making sure readers don't bury their heads in the sand.

MIRROR IMAGES...FESTIVAL CINCO DE MAYO 2018!



On May 6, the Montrose Fairgrounds Events Center welcomed a Cinco De Mayo Event and Carnival. Photos by Richard Harding.



LIVE MUSIC

Dance
Spring
PARTY
THE STUPID BAND

**12 MAY
2018**

**\$5.00
ADMISSION**

**DOORS OPEN
7:30pm
BRING 2 ITEMS
FOR THE
FOOD BANK**

**BENEFIT FOR SHARING MINISTRIES
FOOD BANK**
**TURN OF THE CENTURY SALOON
121 N. 4TH ST., MONTROSE, CO**

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Hold the Date! Upcoming Business & Cultural Events

ONGOING-

ARTISTS' ALPINE HOLIDAY

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

MONTROSE TOASTMASTERS

The first meeting will be held:

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

Proximity Center

210 E Main St, Montrose, CO 81401

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

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

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

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

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

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

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-

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 7--6:30 Montrose Library meeting room: Continue the Earth Day momentum by networking with Citizens' Climate Lobby. Plausible mitigation to carbon emissions discussed. All welcome.

May 8-Be an ambassador to the ongoing work at the Montrose County Historical Museum. Come to our meeting for interested volunteers at 10 am on May 8 at the museum. If you cannot manage to attend this meeting, please feel free to call Sally at 970-249-2085 for a more convenient time to learn about our program. Looking forward to seeing you at Montrose County Historical Museum 21 N. Rio Grande Ave.

May 8-Community Radon Seminar, 4:30 p.m. to 5:30 p.m. Learn more about this elusive gas and what you can do if it is detected in your home. Free radon test kits will be available for all attendees. Montrose Regional Library, 320 South 2nd St.

May 8-Alpine Photography Club Meeting, Tuesday, May 8, 7 pm, Colorado Mesa University, 245 S. Cascade Ave., Montrose, Room 100. Presentation: Macro Photography By Jim Pisarowicz. Quick Tip: Printing & Showing Your Work By Denise Bush. Sharing Theme: Library (3-5 images).

May 11-Montrose Workforce Center is teaming up with Nucla High School to present a job fair and career expo on Friday, May 11 from 10 a.m. to 3 p.m. at Nucla High School (225 West 4th Avenue in Nucla). Youth interested in attending or needing more information about the Career Expo on May 11 are encouraged to contact Rich Parr at the Montrose Workforce Center at 970-249-7783 or richard.parr@state.co.us. The event is free and open to any young person interested in gaining direction, opportunities, knowledge, and resources.

May 12-Birds of a Feather Spring Pop-up Shop, 509 East Main Street, 9 a.m. to 6 p.m.

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-Circle 3 Cowboy Fellowship 62885 Lasalle Road, Montrose is proud to announce their 2018 Gymkhana series. This year we will be having a five gymkhana series starting May 12. Registration at noon, begin at 1 pm. Barrels, Poles, Flags, Keyhole, goat tying. Age classes including a senior, over 60. We would love to have ya'all come and join us! Any questions call 970-275-5577 or 970-275-5579 facebook Circle 3 Cowboy Fellowship.

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.

May 15-Montrose Peace Officers' Memorial, Centennial Plaza, 10 a.m.

May 15-Montrose High School Baccalaureate, 7 p.m., Grace Church.

May 16-May is Colorado Archaeology Month! Come celebrate with the Chipeta Chapter of the Colorado Archaeological Society. On Wednesday, May 16 we present US Forest Service archaeologist Don Irwin with "What's Up Down Below in the Abajos." Don will discuss managing and master planning for the wonderful Puebloan archaeology of the Monticello Ranger District in Utah, in the face of rapidly expanding visitation of the Bears Ears area. Don's talk will be at the Montrose United Methodist Church, 19 S. Park Street, at 7 pm. The public is invited; no charge.

Contact the Montrose Mirror:

970-275-0646

Editor@montrosemirror.com

www.montrosemirror.com



On May 5, the Montrose County Fairgrounds welcomed the Mustang Extravaganza, an event designed to promote America's beautiful, intelligent wild horses and raise funds for youth prizes at this year's Montrose County Fair & Rodeo.

MICHAEL LAWTON PHOTOGRAPHER

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TRAVEL

NATIONAL GEOGRAPHIC MAGAZINE 1974 / 1986

MAUNA LOA ERUPTION 1984

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



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