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# THE MONTROSE MIRROR

*You don't have to be rich to read the news...The Montrose Mirror, weekly on Mondays!*

Issue No. 275 June 4 2018

## MONTROSE DDA HEARS FROM STATEWIDE DOWNTOWN EXPERT, WILL DRAFT GUIDELINES FOR FUTURE TIF REQUESTS

By Caitlin Switzer

MONTROSE-Faced with a sudden City request for \$50K in tax increment funding (TIF), the Montrose Downtown Development Authority (DDA) heard from a statewide expert on the Main Street program and on proven DDA strategies for success at a special meeting May 29. In addition to DDA Manager Sonia Dumas, DDA Board members present included Martha Dusio, Dick Frantz, Ken Vail, Scott Riba, Debbie Blanchard, Kirk Hartman, and Zander Parker (by telephone).

The presenter was Matt Ashby of Ayres Associates, head of the Windsor DDA and Colorado/Wyoming Main Street Program Consultant ("I wear a lot of hats," Ashby later said). Dumas provided board members with handouts obtained from other successful DDA's, including Grand Junction, Colorado Springs, and Windsor, which is a small community just outside Fort Collins.

[Continued pg 22](#)



*The Montrose Downtown Development Authority (DDA) held a special meeting May 29, to hear from a statewide expert and discuss guidelines for future requests for tax increment funding.*

## SWEET CORN CROP ON TRACK FOR OLATHE CORN FESTIVAL; AREA GROWERS HOPE FOR RAIN



*Above, a family takes a photo with sweet corn at the 2017 Olathe Sweet Corn Festival. Despite drought conditions, there will be corn and plenty of butter for this year's festival, to be held Aug. 4*

By Caitlin Switzer

REGIONAL-Despite the parched, hot conditions, the region's most famous summer festival will have an abundance of Colorado's favorite homegrown vegetable. Just ask Olathe farmer Kyle Martinez, director of the 2018 Olathe Sweet Corn Festival (Aug. 4).

"There will be plenty of corn—and butter—for the festival this year," Martinez said. "The crop looks good so far, and will be ready earlier than in years past."

Still, as water grows ever scarcer across the region, there is a word that can be heard more and more frequently—especially when talking to someone in agriculture—and that word is rain.

"We could definitely use some rain," Leroux Creek Water Users Association President Mark Smith said last week. "Right now, things really aren't going very good—we're a little better off than some places, but it's really dry."

[Continued pg 6](#)

in this  
issue

*Gail Marvel's  
Answering the Call series!*

*Colorful Colorado Car,  
Truck & Rod Show photos!*

*Rob Brethouwer  
on Classical music!*

*Art Goodtimes  
Up Bear Creek!*

*Fitness Pro  
Gia Porter!*

## ANSWERING THE CALL: MPD SGT. ABBY BOSTON

By Gail Marvel

MONTROSE-A 1999 graduate of Montrose High School, Montrose Police Department (MPD) Sergeant Abby Boston was born and raised in Montrose, "I grew up playing sports— volleyball and basketball."

Boston attended college in Pueblo, Colorado and received a bachelor's in social work, "But it wasn't what I wanted to do. I worked at an adolescent treatment facility with kids who were there by court order and those with Health and Human Services (HHS) referrals. That experience drew me toward law enforcement. Our job is to help people with their problems and I still use my social work training on a daily basis."

After graduating from the Police Academy, Boston served one year with the Pueblo Sheriff's Office and one year with Montrose County Sheriff's Office (MCSO) before joining the MPD. Boston has a total of 10-years law enforcement experience with MPD, including six-years as a patrol officer, two-and-a-half years as a detective and her current assignment as a Patrol Sergeant. Boston said, "When I moved from patrol to detective it was a personal goal and then there was an opening for sergeant. Ultimately I wanted to be a sergeant because it's a role of supervisors, shaping the new officers."

Reflecting on the stressful aspects of being a police officer Boston said, "There are a lot of different types of stressors. Working in investigations with sex assault victims was stressful. Just trying to help people, trying to make a difference...and sometimes you can't. Sometimes people don't want help."

The least enjoyable part of Boston's job, "The amount of time spent working. We

spend long hours away from our families and sometimes it adds to the pressure. We have twelve-hour shifts, four days on, four days off and a three-month rotation – day shift and night shift. Every other month you

get a weekend off." The most enjoyable part of the job, "It's helping people and seeing change in their lives. I also work with a great group of people."

Boston identified the character trait that helps her on the job, "Most of the time it's my personality to be a very friendly person. I always have a smile on my face, I'm up-beat and people feel that as comforting and welcoming."

When asked about the public perception of law enforcement Boston said, "These days it's mixed. We have a good strong support system in Montrose, but lately on the national level those perceptions have changed. We have to work against that so our community knows that it is not us." Community outreach for MPD includes National Night Out, Dolphin House, Special Olympics, Heroes for Kids and the Citizen Police Academy. Boston said, "We try to get out into the public as much as possible

### Sergeant Abby Boston



HIRED 01-14-2008

*Sgt. Abby Boston. Courtesy photo.*

and connect with citizens. To do our job better, we need the help of citizens."

Boston has used CPR a couple of times, "Once when I was on vacation in Mexico with a couple of co-workers and we saw a male party drowning. The life guards got him out of the ocean and started CPR, but when they tired, we took over. We brought him back to life and saw him two days later."

On the local scene Boston received an MPD Lifesaving Award for a medical call when she used CPR on a male party who was trapped in a bedroom and not breathing, "He is alive today."

In her off-time, Boston enjoys outdoor activities and family time with her kids. And what do her kids think about mom being a cop?

"They love it, but they have mixed feelings because they are old enough to know the risks I take."



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THE MONTROSE MIRROR





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June	12	Ulterior Motive
June	26	Jedi George
July	10	Neon Sky
July	24	Jedi George
Aug	14	Gotta Be
Aug	28	All About Me
Sept	11	TBA
Sept	25	TBA

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## CITY TO CONSIDER GRANTING \$245k TO MONTROSE MAIN STREET LLC

### Mirror Staff Report

**MONTROSE-WORK SESSION:** Two new City staffers will be welcomed at the regular [City Council work session of Monday, June 4](#). Housing and Citizen Engagement Assistant Savannah Haney, and Finance and Business Services Intern Marcus Catlin are new employees.

Discussion items include a Public Safety Sales Tax Resolution; Historic Preservation Ordinance; a landscape services bid recommendation; the Downtown Development Authority Plan of Development; and the Hitchmarc Addition Annexation. Also to be discussed are a permit application for the 2018 fireworks display and an alcohol permit for the annual FUNC Fest, to take place July 14 at Riverbottom Park.

City Council will also discuss a resolution of support for the relocation of the Bureau of Land Management (BLM) Headquarters.

Future items slated for discussion by City Council include the 1890 Homestead Addition Annexation Hearing and Hogback Addition Annexation Hearing Resolution on June 5; a New Arts Liquor License Application for Magic Circle Theater, New Hotel &

Restaurant Liquor License Application for Jimmer's BBQ, and Colorado Healthcare Foundation Grant Authorization on June 18; and Hogback Addition Annexation Hearing on July 1.

**COUNCIL MEETING:** At the [regular City Council meeting of June 5](#), Council will consider approving Resolution 2018-12, setting July 7 as the hearing date for the Hogback Addition annexation.

Council will hold a hearing on annexation of the 1890 Homestead Addition, and will consider approving Resolution 2018-13, Findings of Fact for the 1890 Homestead Addition; as well as Ordinance 2449 on first reading, for the annexation of the 1890 Homestead Addition.

Ordinance 2450 will also be considered on first reading, zoning the 1890 Homestead Addition as an "R-3A," medium high-density district and "B-4," neighborhood shopping district.

Council will consider approving the English Gardens Four Amended Preliminary Plat.

Council will consider approving a \$245,486 Incentive Grant Agreement be-



**Montrose City Council holds a work session today, June 4.**

tween the City of Montrose and Montrose Main Street LLC.

Council will consider a project fee waiver request for CASA of the 7<sup>th</sup> Judicial District's First Place on Second Street Project, and approval of a bid award in the amount of \$176,382.40 to complete the Cerro Reservoir Drawdown Project. This includes the award of a construction contract to Rundle Construction in the amount of \$136,382.40 and the award of an inspection support contract to James Norfleet in the amount of \$40,000.

Following staff reports, Council will adjourn.

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## OPINION/EDITORIAL: LETTERS

### I SUPPORT GENE LILLARD FOR MONTROSE COUNTY SHERIFF

*Dear Editor:*

I am writing to support Gene Lillard for Montrose Sheriff. Gene is not only dedicated to Law Enforcement, but he is dedicated to being a part of the Montrose community.

Every time I've talked with Gene, I'm impressed with his calm and approachable demeanor. To keep this short I've made a list of important points.

1. There needs to be open communication between the Montrose Sheriff's Office and the Montrose Police. Gene Lillard will get that done!!
2. We need only ONE dispatch center instead of the two separate ones we currently have. Our tax dollars can be utilized better with ONE dispatch center. Gene Lillard will get that done!!
3. We need a Sheriff who is a good supervisor, manager, educator and communicator. Gene Lillard is that Sheriff!!
4. We need a Sheriff that has 42 years of extensive and varied experience and the law enforcement education to back it up. Gene Lillard is that Sheriff!!

It's time to elect a Sheriff who will bring positive, honest, competent leadership to the Sheriff's Office. Please join me and Vote for Gene Lillard for Sheriff of Montrose County.

*Linda Dodge*  
Resident of Montrose



## ***SWEET CORN CROP ON TRACK FOR OLATHE CORN FESTIVAL; AREA GROWERS HOPE FOR RAIN From pg 1***

We've had some bad years before, but this is about the worst I can remember.

"I think this is worse than 2002."

The Leroux Creek system involves a series of 29 small reservoirs, he said. Users are able to hold water back for later use; still, "Our policy is 'no pumps,'" Smith said. "We try not to waste or use any more than is necessary."

Water from Leroux Creek and the High-line Canal supply the Town of Hotchkiss as

well as irrigators, said Smith, who also serves on the North Fork Water Conservancy.

"There are certain crops...people who grow hay are talking about just getting a decent first cutting, and not worrying about a second," he said.

Even in an average water year, every drop of water in the North Fork Valley is spoken for.

"Usually we have pretty good water, but

I don't know that there is ever enough," Smith said. "And when the larger ranches are split or divided, the water is divided too. People get water in areas that may not historically have been irrigated, and they want to use it."

This year, the Fire Mountain Canal is expected to be dry by mid-July, he added. "They run water more like the Uncompahgre—it runs when it runs. You get a share.

"And when it's gone, it's gone."

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# **HIRING NOW**

## **Stop by our Hiring Event @ Montrose Workforce Center!**

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**Wednesday, June 6 | 1 - 3 pm**

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## **HISTORICAL LEGENDS AND TRUE TALES OF MONTROSE WILL BE JUNE 5**

*Special to the Mirror*

MONTROSE-The "Historical Legends and True Tales" walks are the Unknown stories of Montrose. You will discover what hidden stories happened behind the closed doors of our historical downtown buildings. We will uncover the locations of jails, sites of the saloons, speakeasies and the hidden secrets of our town. On June 5, 7 pm starting at the Montrose County Historical Museum (21 N. Rio Grande). There is limited space so please RSVP, and it is a \$5/person donation. For more information please call 249-2085.



## MIRROR CLASSIFIEDS: EMPLOYMENT

### Classified / Employment ads for the week of 6/4/18:

Hiring **Bookkeeper** for manufactured home business. Requires experience with QuickBooks. Experience with Sage Timberline a plus. Some travel within Montrose required but mileage reimbursed. Apply today at [www.expresspros.com/montroseco](http://www.expresspros.com/montroseco) or call 970-249-5202 for more information.

Hiring **Customer Service Representative** to provide excellent customer service for local shoe factory. Expert communication and listening skills a MUST. Duties include greeting and assisting customers, compiling reports, assisting with packing, shipping, and quality assurance. Candidate will also write and publish newsletter and blog and keep active presence on social media. Check out the full job description and apply today at [www.expresspros.com/montroseco](http://www.expresspros.com/montroseco) or call 970-249-5202 for more information.

Hiring **Landscape Maintenance Workers** to assist with installing sprinklers and general yardwork. This position is temporary (a few weeks) but may last longer depending on progress. Apply today at [www.expresspros.com/montroseco](http://www.expresspros.com/montroseco) or call 970-249-5202 for more information.

Hiring **Maintenance Workers for 2nd shift crew** to assist in preventative maintenance activities in the sawmill after hours. Expected to clean and help crew with all chores needed. Must be self-motivated and able to work independently. Potential for permanent hire after evaluation period! Hours: Tues - Fri 2pm-11pm, Sat 8am-5pm. Apply today at [www.expresspros.com/montroseco](http://www.expresspros.com/montroseco) or call 970-249-5202 for more information.

Hiring **Lumber Stackers**, physically able to lift up to 50 pounds repetitively in a construction type environment. Hours 6am - 4pm, Monday – Friday. Apply today at [www.expresspros.com/montroseco](http://www.expresspros.com/montroseco) or call 970-249-5202 for more information.

Hiring **Cabinet Installer** in Delta, CO for residential and commercial installation, building and assembling. Must be able to read a tape measure and understand basic carpentry and lift up to 60lbs. Must have a valid driver's license and own tools. Apply today at [www.expresspros.com/montroseco](http://www.expresspros.com/montroseco) or call 970-249-5202 for more information.

Hiring **Certified Flaggers** for the Montrose area. Get your certification card for FREE! Call us for more info. This job requires steel toe boots OR composite shoes. Apply today at [www.expresspros.com/montroseco](http://www.expresspros.com/montroseco) or call 970-249-5202 for more information.

Hiring **CDL Class A Drivers** for full-time, long-term positions. Hours are Monday - Friday. Apply today at [www.expresspros.com/montroseco](http://www.expresspros.com/montroseco) or call 970-249-5202 for more information.

Hiring an **Outside Sales Representative** to sell telecommunications services/installation. This position will be a mix of phone calls and in person sales; candidate must be independent and motivated. Apply today at [www.expresspros.com/montroseco](http://www.expresspros.com/montroseco) or call 970-249-5202 for more information.

Hiring **Truss Builders** for full-time, long-term positions. Must be physically fit and able to lift up to 50 pounds. Hours are 6am - 4pm, Monday - Friday. Apply today at [www.expresspros.com/montroseco](http://www.expresspros.com/montroseco) or call 970-249-5202 for more information.

Hiring **General Labor Workers** for full and part-time job opportunities. Hours and length of assignment vary. Apply today at [www.expresspros.com/montroseco](http://www.expresspros.com/montroseco) or call 970-249-5202 for more information.



## MIRROR CLASSIFIEDS: EMPLOYMENT

### Hiring Furniture Installer/Warehouse Position

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Send resume and references to: [sunny@prospace.biz](mailto:sunny@prospace.biz)

## REGIONAL NEWS BRIEFS

### BLACK CANYON VOICES TOASTMASTERS HOST OPEN HOUSE

*Special to the Mirror*

DELTA-On June 21, Black Canyon Voices Toastmasters will host an Open House, at First Colorado National Bank, 150 Gunnison River Dr., Delta. Time: 12:15 pm to 1:15 pm Members and guests will enjoy a regular Toastmasters meeting that will include Doug Speedie's speech, Table Topics™ (impromptu speeches) and evaluations. Corey Rupp will serve as Toastmaster for the meeting. Peter Sullivan, who has served in various club positions, will be the Table Topics master. "Table Topics are one of my favorite parts of the meeting," says Peter Sullivan. "This is where guests and members are randomly selected to speak for one to two minutes. It helps you think and speak clearly on your feet."

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## OPINION/EDITORIAL: LETTERS

### ADAM MURDIE BEST CHOICE FOR MONTROSE COUNTY SHERIFF

#### Editor:

I first met Adam Murdie when I worked at Montrose Federal Credit Union (now NuVista) almost 15 years ago. Adam and Robbi were my customers for several years. I found them to be trustworthy, organized and conservative. Adam was employed at the Sheriff's Office at that time, and has served the office for over 20 years.

His experience with the Montrose County Sheriff's Office over the years is very valuable. There is over 2200 square miles in this county with diverse problems. There are livestock issues to deal with. The West

End has its own challenges, needing the same coverage as the rest of the county but being a distance away. The Sheriff's Office is also responsible for the jail that serves a large area. The ever-changing laws concerning the care and housing of the prisoners is ongoing. There are more than twice as many employed by the Sheriff's Office than the Police Department, which does not include the many volunteers that need to be coordinated when necessary.

Adam has a working relationship with the surrounding county and government agencies. He has worked closely with Del-

ta, Ouray and San Miguel County Sheriff's Offices, as well as the Bureau of Land Management, Forest Service, and Colorado Parks and Wildlife. His past experience mitigating water issues and fighting wildfires is extremely important in this drought.

Gene Lillard's experience is limited to the Police Department.

Adam Murdie's extensive experience with the Sheriff's Office and the many different areas of responsibility involved make him the best choice for Sheriff of Montrose County.

*Sandy Inman, Montrose, CO*



# MONTROSE REGIONAL CRIMESTOPPERS ALERT

## Montrose Regional Crimestoppers

MONTROSE-Montrose Regional Crime Stoppers, Inc. and the Montrose Police Dept.

are seeking the help of citizens to identify and locate the suspect(s) and stolen property in the following theft.

On Monday, May 28, around 6:30 a.m., at 745 N. 5th St. in Montrose, the suspect(s) unlawfully entered a private garage and stole a 1971 Honda CB 350 2W motorcycle, gold in color, having a value in excess of \$1,000.

Anyone with information about this crime or the identity of the perpetrator(s) or any other crimes, may call Crime Stoppers anonymously at 970-249-8500, use the mobile app P3 Tips, or provide information via [P3tips.com](http://P3tips.com). Crime Stoppers wants your information, not your identity. If the Tip results in an arrest, the Tipster may receive a cash award. For additional information, please view our Facebook page, [www.facebook.com/montroseregionalcrimestoppers](https://www.facebook.com/montroseregionalcrimestoppers). Crime prevention and crime solution are everyone's responsibility.



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## OPINION/EDITORIAL: LETTERS

### ELECT ADAM MURDIE: A CLEAR CHOICE FOR EFFECTIVE LEADERSHIP

*Editor:*

We moved to this amazing town from Michigan 6 years ago. I am thankful we had the opportunity. In that time I have been able to meet many of the amazing folks that live here. Two of those happen to be running against each other for the position of Sheriff. Knowing each one personally makes this election challenging for me. Both men are dedicated and want the best for this community.

When I looked at my choices, I found the clear choice was Adam Murdie. I've known Adam for a while now and found his character to be exemplary. He is not just dedicated to making this community better in his job as Undersheriff, he follows those same standards in his personal life. I was honored to assist when he organized a volunteer effort to fill the store houses on the West End. I mention that because it was a public event, but I've found his heart is the same whether people are watching or not.

I'm no expert on evaluating how a police department functions, like most folks the only way we can judge is by what we see. In the 6 years I have been here I have seen crime in the city increase dramatically; car theft and drugs in particular. In the county I have also seen issues arise, but each time the Sheriff's Office was able to adjust and defeat the threat, and all within the budget.

All of law enforcement here, county and city, are exemplary human beings that want only a better community for our children to grow up in. I have absolutely no question about that. I thank every single police officer and everyone in support roles with law enforcement for their dedication and sacrifice to keep us safe. Thank you.

But for me, it comes down to effective leadership. I see the city struggling with many police issues for a long time. The county, under the leadership of Rick Dunlap and his undersheriff Adam Murdie, has met every challenge with grace, compassion, and a strong moral response to some very challenging problems.

For the future of Montrose County I see no better choice than Adam Murdie for Montrose County Sheriff.

*Geoff Schram, Montrose*



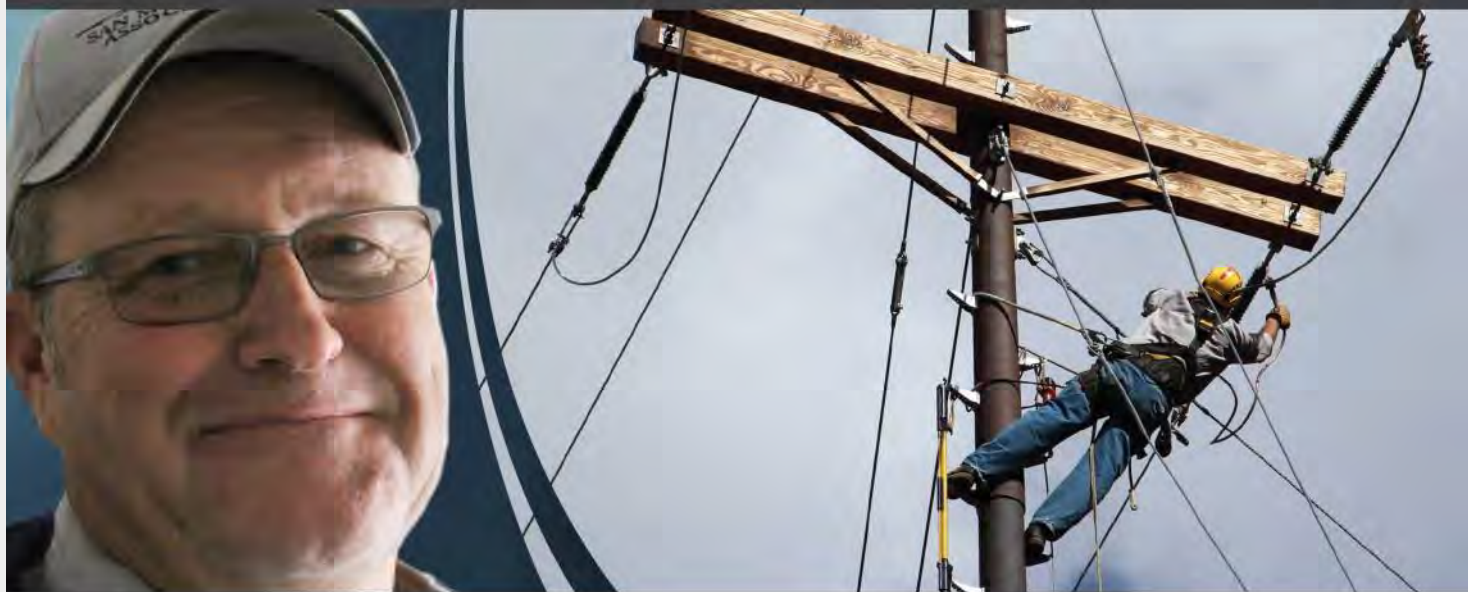
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**MONTROSE REGIONAL  
CRIME STOPPERS**

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# — N E W H E I G H T S —



THE SAN MIGUEL POWER ASSOCIATION

# ANNUAL MEETING



SAN MIGUEL POWER ASSOCIATION

N E W H E I G H T S



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## THURSDAY, JUNE 7

SMPA • NUCLA OFFICE  
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Member Registration: 4:30 – 5:30 PM

- Dinner Provided
- Lineman Training Exhibitions
- Exhibits / Demonstrations

Business Meeting: 5:30 p.m. – 7:00 p.m.

- Board Election results announced

## *SAVE THE DATE!*

San Miguel Power Association is an equal  
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## REGIONAL NEWS BRIEFS

### CARLA REAMS GRADUATES FROM MANAGEMENT INTERNSHIP PROGRAM



*Carla Reams is one of only a few electric utility CEO's or Management Staff, and one of only nine females, to graduate from the Management Internship Program this year. Courtesy photo.*

*Special to the Mirror*

MADISON, WI-Carla Reams, Manager of Administration & Human Resources for

San Miguel Power Association (SMPA) has completed an intensive program in electric utility management with the University of Wisconsin, - Madison.

The Robert I. Kabat Management Internship Program (MIP) is a series of workshops offered by the National Rural Electric Cooperative Association in conjunction with the University of Wisconsin. The program guides participants through all facets of the electric utility industry, including the many changes occurring around the nation.

Reams is one of only a few electric utility CEO's or Management Staff, and one of only nine females to graduate from the Management Internship Program this year.

MIP participants go through three, 11-day sessions designed to challenge and educate participants in new, innovative management techniques. Participants leave with a better understanding of what consumers want and how to ensure they get it.

By also covering the unique principles that govern the operations of electric co-operatives, the program helps the co-op analyze other business ventures it may want to enter as well as enhancing the core organization.

Only rural electric cooperative CEOs and top-level management participate in the program. This allows greater emphasis of study, on management challenges and the aspects of consumer-ownership that cooperatives enjoy. Participants learn to focus on member value as part of day-to-day decision making.

Carla Reams has worked for SMPA for 21 years, serving in an executive level role for the past 13 years. She is one of three females to ever hold a Management position in the history of SMPA.

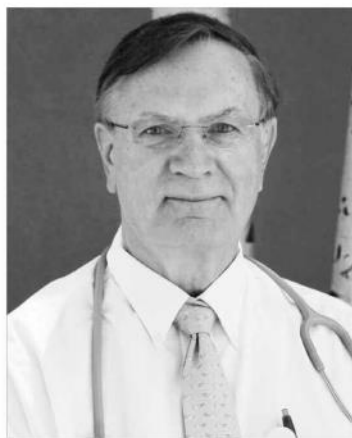
"It [MIP] was a large time commitment," Reams stated. "Having young children and juggling a career along with continuing education is not always easy, but my family is very supportive. I think it's important for me to show my kids that ladders can be climbed, no matter the distance between the rungs, so long as you look up. I appreciate that the opportunity was presented to me."

When asked how this will impact her career, "The knowledge I've gained will most definitely prove to assist SMPA with achieving strategic goals, I've also gained some life-long friends/colleagues from around the nation. I have contemplated being a CEO since I began employment with SMPA and have had some great mentors along the way; so who knows what the future may hold."

Congratulations, Carla, on completing one of the most exclusive educational programs in the nation for electric cooperative management!

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## OPINION/EDITORIAL: LETTERS

### ADAM MURDIE: A SHERIFF THE CITIZENS OF MONTROSE CAN BE PROUD OF

*Editor:*

I never would have thought I would be writing a letter encouraging people to vote for a sheriff's candidate in a neighboring county, I can say that I am totally onboard with the candidacy of ADAM MURDIE for Sheriff of Montrose County.

My name is Richard L. Murdie and yes, Adam is my Son. I have watched this man develop into the leader of men beginning many, many years ago. He began his venture into law enforcement as a reserve officer with the Gunnison County Sheriff's office and has evolved through the years to be who he is today.

Adam is knowledgeable in the operations of the statutory Office of Sheriff. His long tenure with the Montrose Sheriff's office with three sheriffs as his mentors has placed him well to be the next sheriff of Montrose County.

Adam is very confident in himself and his ability to manage the sheriff's office. He has experience in EVERY facet of the operation. Some would try to make you think that just because an individual has forty plus years as a Police officer that this alone would qualify you to be Sheriff. Not So.

Police Officers are qualified to enforce the laws of the Cities they are sworn to protect and many are promoted thru the ranks to administration, those who qualify, to the rank of Chief. When they reach this level they should be very well acquainted with the City Council/Mayoral form of government and all city ordinances.

I spent my first thirteen years as a city Police officer, I moved my family to the West Slope of Colorado (Gunnison) where I began a career as a Sheriff's Officer. My years on the street brought a great deal of experience to the office but with the many varied requirements of the sheriff's office, I found out quickly that I was behind the curve. Many late nights and various assignments later, Law enforcement, same as a city Police Officer, but add on the Detention Center, fire fighting, Civil Process, Sheriffs Sales, Court room security, Airport Security, budget, personnel, and the list goes on. I felt rather inadequate at times, but I too had great mentors.

I ran for the office of Sheriff and was elected not once but six times, and spent twenty four years as an elected Sheriff. It was during this time I had the pleasure of watching Adam grow, not only into adult hood but into his chosen profession, that being a law enforcement officer where he could use his considerable background and make a difference, he chose the Montrose County Sheriff's Office.

Ladies and gentlemen, this is a man who has dedicated his life's career to Montrose County, 21 years in all aspects of the office with the last six being the Undersheriff. You could not find a more competent, dedicated individual to be your next Sheriff. I can assure you, his moral compass is very strong and INTEGRITY is not a buzz word with this man.

We have, as you can imagine, talked all aspects of the job, a good sounding board is really nice to have, and in our instance, it worked both ways. I look at Adam and catch myself saying WOW if only I could have been that well versed, well rounded, grounded and ready, perhaps I would have been up for seven terms.

If I could again work as a Sheriffs Officer, I would be proud to work for Adam, he is confident, knowledgeable and the consummate professional, he will be a Sheriff the citizens of Montrose can and will be proud of.

*Sheriff Richard L. Murdie, Retired  
Gunnison*

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## REGIONAL NEWS BRIEFS

### FOREST SERVICE MAKES DECISION ON MARY E AND PRIEST LAKE CAMPING

*Special to the Mirror*

NORWOOD-The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests Norwood District Ranger, Matt Zumstein, has made a decision to approve changes to dispersed camping in the Telluride area.

The Mary E recreation site is located approximately five miles west of Telluride, Colorado. This area is currently open for day use activities only. Under the decision, dispersed camping will be allowed at designated campsites marked with a site post and picnic table. Approximately 15 campsites will be designated within the area by July 1, 2018. All sites will be offered free of charge. The Forest Service will also provide portable toilets and a dumpster at the Mary E site. Additional changes at Mary E include: Campfires will be strictly prohibited. Dogs will be required to be on leash at all times. Quiet hours will be set from 10 pm to 6 am. Maximum stay limit will be 7 days in a 30-day period.

The Priest Lake recreation site is located about eleven miles south of Telluride. The site currently offers dispersed camping and a restroom. Under the decision, camping at the site will only be allowed in designated campsites. These designated sites will be marked with a site post and a metal fire ring. Approximately 8-15 campsites will be designated in the area. In 2018, all sites will be offered free of charge and the current 7-day stay limit will be enforced. These changes will be implemented by July 1, 2018.

The decision document and associated maps for these proposals are posted online on the GMUG Forest website: <https://www.fs.usda.gov/gmug>.

## OPINION/EDITORIAL: LETTERS

### ADAM MURDIE HAS THE EXPERIENCE, LIVES UP TO MCSO CODE OF 'HONOR, INTEGRITY, RESPECT'

*Editor:*

I am writing this letter in support of Adam Murdie for Montrose County Sheriff. Yes, Adam is firm, fair and friendly. Sounds a bit simple, however, what honorable characteristics to have in a leader as our Sheriff. Adam is accountable, straightforward, and wouldn't expect more of anyone else that he does not expect of himself. His dedication to the Sheriff's Office is genuine, with only the best interest for the community and the continued growth of the Sheriff's Office which he has served for 21 years. He is a good guy, lives up to the MCSO's code of "Honor, Integrity, Respect." He does right in the public view and for his wife, family, friends and those that he is responsible to lead.

One issue that is raised repeatedly is the splitting of the dispatch centers and now going forward the need to go back to one center. Adam worked hard to come to an agreement and meet the terms and dispatch model proposed by a few of the agencies that were provided services by the Sheriff's dispatch center, MRDC, yet they decided to go the direction of a new center. Adam did not want the centers to

split, made every effort to come to an agreement and in the best interest of the citizens, responders and user agencies, he started the inquiry and planning process of going to one center last year.

Why is Adam Murdie the best choice as the Sheriff to make this very important and critical decision that can impact our Law Enforcement, Fire and EMS services? He has 21 years of experience at the Montrose County Sheriff's Office which has operated MRDC for 20 years. The last 6 years Adam has had oversight of the Communications budget and operations. In 2014, MRDC moved into a new building that was equipped using grants, emergency telephone service authority awards and county match for the grants. No costs were charged back to the user agencies or included in the users dispatch budget. Keeping the cost of dispatch and the fees as low as possible and services high have been a foremost priority for Adam. He has been very involved in the current budget, planning for future capital improvements or replacement and is the Chairperson for the MRDC Communication Board.

How can it be a good business decision

and responsible use of financial resources to pay well over 1.5 million dollars for a 2<sup>nd</sup> new dispatch center, increase fees from what those agencies would have paid at MRDC and meet the challenges of a crucial component of dispatch, finding and maintaining qualified staffing. All agencies going to one center will have additional costs to expand or move, combine systems and may require additional staffing.

There were many avenues that were not explored and a very big rush to go their own way; the costs keep adding up. I do not have confidence that responsible and well thought out decisions will be made unless Adam Murdie is involved.

I encourage you to vote for Adam Murdie, who has hands on knowledge of dispatch operations, budget and services, in addition to all aspects of the Montrose County Sheriff's Office.

Adam will make the important and difficult decisions for the future; he already has a proven track record of leading a successful dispatch center and Sheriff's Office.

*Susan Byrne*

*Resident of Montrose County*

## REGIONAL NEWS BRIEFS

### COLORADO PARKS AND WILDLIFE COMMISSION TO MEET JUNE 7 IN CORTEZ

*Special to the Mirror*

DENVER - The Colorado Parks and Wildlife Commission will discuss finalizing regulations to freeze hunting and fishing license fees currently in place through the remainder of 2018, options for annual license setting timing, and CPW's use of drones. The commission will also hear final herd management plans for the West Elk Mountains and Buffalo Peaks at its June meeting in Cortez.

The meeting is scheduled to begin at 11:15 a.m. and adjourn at 5 p.m. on June 7 at the Cortez Conference Center, 2121 E.

Main St., in Cortez.

Additional agenda items include:

GOCO Update

Department of Natural Resources Update

Department of Agriculture Update

Ute Mountain Ute Tribal Remarks

Southern Ute Tribal Remarks

The science behind big game management recommendations

Non-motorized recreational trail grant

application process comments

Executive session

A [complete agenda](#) for this meeting can

be found on the [CPW website](#).

The commission meets regularly and travels to communities around the state to facilitate public participation. Anyone can listen to commission meetings through the CPW [website](#). This opportunity keeps constituents informed about the development of regulations and how the commission works with Colorado Parks and Wildlife staff to manage the parks, wildlife and outdoor recreation programs administered by the agency. Find out more about the commission on the [CPW website](#).

The next commission meeting will take place July 10 and 11 in Crested Butte.



## REGIONAL NEWS BRIEFS

### CREWS REPAIR GUARDRAIL ALONG US 160 BETWEEN DURANGO AND BAYFIELD *Motorists urged to slow down and watch for workers*



*Special to the Mirror*

REGIONAL— The Colorado Department of Transportation will be working along a one-mile stretch of US Highway 160, between Durango and Bayfield next week. Crews will be repairing guardrail near La Plata County Road 223, (mile points 97-98) approximately five miles west of Bayfield. The guardrail was damaged in a two-vehicle crash on May 24. TRAVEL IMPACTS: Beginning Monday through Thursday, June 4 -7, 9 a.m. to 5:00 p.m., motorists will encounter brief delays. Motorists should be prepared for stops, no longer than 15 minutes and one-lane alternating traffic guided by flaggers. The speed limit will be reduced to 40 MPH in the work zone, and strictly enforced. CDOT urges the traveling public to slow down and be aware of workers and equipment on the roadway. *At left courtesy photo.*

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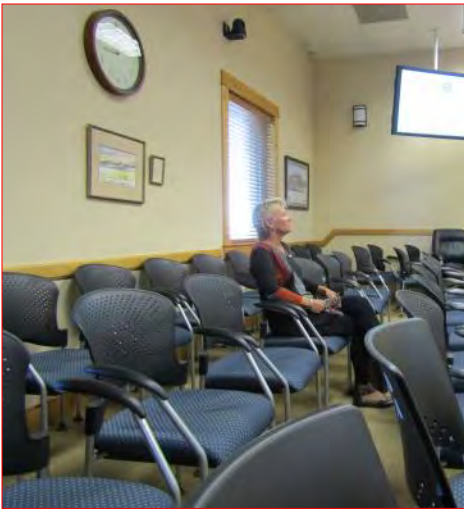
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## BOCC APPROVES WEST END HEALTH CARE STUDY, DECLARES LASALLE ROAD STRUCTURES AS SURPLUS AND ASKS FOR BIDS



**Citizen and BOCC hopeful Sue Hansen was one of two citizens who attended the special meeting of the BOCC May 30.**

By Caitlin Switzer

MONTROSE-The May 30 special meeting of the Montrose Board of County Commissioners was brief, with all three commissioners, several county staffers, and citizens Sue Hansen and Dennis Olmstead in attendance. There were no comments from the public.

Following unanimous approval of the Consent Agenda, consisting of authorization of an entertainment agreement with William Morris Agency/Claire Dunn to provide family entertainment including a concert at the 2018 Montrose County Fair at a cost to the Fair Board of \$11K, the BOCC

reconvened as the Montrose County Board of Health.

General Business items included a joint resolution (01-2018) of the Board of Health and the BOCC, to authorize spending \$15K to retain a qualified and experienced health care consultant for a review and analysis of health care services and management in the mainly western areas of Montrose County, an area that has been designated medically underserved.

Assistant County Attorney Carolyn Clawson presented the joint resolution, noting that it was a result of the recent settlement agreement between the two Montrose Memorial Hospital boards (The MMH Board of Trustees and the board of directors of Montrose Memorial Hospital Inc.

"...the purpose of this resolution is to obtain funds to have a study done," she said, "to serve and benefit the population in the West End of Montrose County."

"I think it's critical that we have good medical services in the West End, for the towns of Nucla and Naturita and the people who live within that vicinity, including Paradox," BOCC Chair Keith Caddy said, "and I think this is something the County should be looking at very closely."

Said BOCC Vice Chair Roger Rash, "Absolutely, we know that clinic is highly important to the citizens over there, and if you are in medical distress you need immediate attention...this will kind of put all the pieces together...in trying to find out what do we really need.

"We are doing this study to determine that."

The Montrose County Board of Health unanimously approved Resolution 1-2018, and reconvened as the Montrose Board of County Commissioners.

The BOCC also unanimously approved Joint Resolution 1-2018.

In other business, Commissioners unanimously approved resolution 34-2018, a surplus property declaration of a residential structure and other structures to be disposed of through sale (the residential structure and accessory buildings located at 12780 LaSalle Road) and directing Staff to advertise the structures to be published and invite bidders for disposal.

Only the structures will be sold, and buyers will need to remove them.

Asked BOCC Vice Chair Roger Rash, "Is there a time date certain on this?"

County Attorney Marti Whitmore said, "There is no specific deadline but we intend to get this done forthwith."

BOCC Chair Caddy recalled that when the County declared some property as surplus at the new Road & Bridge Facility site a year ago, "There were concerns from the public that didn't know about it."

Commissioner Glen Davis noted that this time the structures are not at the Road & Bridge Facility but at a gravel pit, and "We are desirous of giving the public a chance to bid on them."

With no further business, the meeting was adjourned.





## COLORADO NEWS BRIEFS

### NEW RECORDING EQUIPMENT A 'GAME CHANGER' FOR CUSTOMER SERVICE

*Special to the Mirror*

DENVER—Colorado's county clerks run elections, but they also perform a variety of other duties, including storing all sorts of documents relating to land transactions.

A number of clerks were trying to get the job done with obsolete equipment until the Colorado Legislature came to the rescue. The result is the creation of the Electronic Recording Technology Board, which so far has awarded \$900,000 in grants to 15 counties: Alamosa, Archuleta, Bent, Chaffee, Cheyenne, Conejos, Costilla, Eagle, Hinsdale, Lincoln, Mineral, Montrose, Rio Grande and Saguache.

The board's mission is to develop, maintain, improve, replace or preserve land records systems in Colorado. Colorado Secretary of State Wayne Wil-

liams will be in Hugo at 10 a.m. Friday June 1 to visit with Lincoln County Clerk Corinne Lengel and Cheyenne County Clerk Pat Daughtery to talk about the impact of their grants.

In Lincoln County, Lengel used the money to pay for a new system that records and digitizes records, replacing outdated equipment purchased in 2006. The office also indexed and digitized recorded documents that predated the use of an electronic system.

"This has been a game changer when it comes to customer service," Williams said. "Before the digitization was complete, many documents in Lincoln County were only available on microfiche cards or in large bound books. Someone looking for a property document from the 1950s, for example, might spend hours looking for

what they needed. Now all of their recorded documents are available in their recording system as well as online."

Williams will visit Eagle County Clerk Regina O'Brien on Monday about her grant, and then later this summer talk to the other clerks who received money from the board.

The board is a result of work in the spring of 2014, when a group of real estate, lending and legal professionals, as well as counties, conducted a statewide needs assessment and a request for information to evaluate the state of recording systems in Colorado.

That led to [Senate Bill 115](#) by Sen. Beth Martinez Humenik, R-Thornton, and Reps. Dominick Moreno, D-Commerce City, and Kathleen Conti, R-Centennial. The 2016 measure created the Electronic Recording Technology Board as an enterprise, extended a dollar-a-document fee the legislature approved in 2002 through 2026, and gave the board the authority to allow clerks to collect an additional \$2 on certain documents through 2021.

So far, clerks have collected \$3.2 million. The board reviews grant requests from the clerks and decides how to spend it. Previously, counties kept their fees. The state's nine largest counties collected enough in fees to cover recording expenses, but the other 55 counties fell short and could not update their equipment. Michelle Batey serves as the executive director of the ERTB. The county clerk and recorders who serve on the board are Arapahoe's Matt Crane, board chair, Kit Carson's Susan Corliss, Adams' Stan Martin, Pueblo's Gil Ortiz and Routt's Kim Bonner.

The vice chairman is Sam Starritt, of Dufford, Waldeck, Milburn & Krohn, who is the Colorado Bar Association's representative on the board. Gary Zimmerman, chief of staff for the Secretary of State's office, is the treasurer.

Also on the board is Gary Leece with Heritage Title Co., who represents the title industry, and Scott Stucky, who represents the mortgage industry.

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## ***MONTROSE DDA HEARS FROM STATEWIDE DOWNTOWN EXPERT, WILL DRAFT GUIDELINES FOR FUTURE TIF REQUESTS From pg 1***

Because of the request for \$50K in TIF (tax increment financing) funding for the Main Street Montrose LLC project, the DDA is now developing guidelines so that future funding requests can be considered objectively and fairly.

"It all comes back to making sure that the DDA has sustainable guidelines that anyone can access...based on best practices," Dumas said.

Ashby said that his work "puts me into a lot of downtowns." He noted that he was in Montrose to assist the City to develop a strategic plan for a Main Street program here.

In Windsor, he is helping to grow the sustainability of the DDA program, with strong support from the town.

"What was super helpful in Windsor was an intergovernmental agreement between the town and the DDA," Ashby said.

"For the first five years all of the base sales tax within the district comes to the DDA—not just the TIF—to help us get started," he said. "That helped us build a little bit of a nest egg which we could then deploy."

He outlined specific programs that have been implemented in Windsor, such as a façade improvement program that property owners can tap into to defray costs of improving their building facades. "The majority of funds are not provided as a reimbursement until a certificate of occupancy is issued."

Potential DDA projects are evaluated on actual analysis of the developer's business plan, and on the projected sales tax based on square footage that the business expects to generate, Ashby said, as well as on other businesses in the area.

"The main point is to, through a grant program, invest in improvements that ultimately add to the tax base of the district," Ashby said. "That investment will be coming back to us over time through increased sales tax revenue."

And having an established set of guidelines and specific programs has had another benefit.

"It has been good...to be able to go before the public and show that we are not

just giving this money away," Ashby said. A recent project that he called a "quick process" took five months to put together, with two to three years of due diligence prior to that.

Montrose DDA directors asked Ashby questions about the Main Street Montrose LLC project, such as how to recoup costs when the project includes a component that does not generate sales tax revenue, such as the residential housing units included in the proposal. "How do you square that? Half of nothing is still nothing," Franz asked.

Ashby said that those who live Downtown are more likely to spend Downtown. "Living in an area with mixed-use spaces reduces the need to go elsewhere."

Parker responded as well, by telephone. "There's a lot of data out there on anticipated economic impacts of a residential area...there are baselines out there that can be used for forecasting...with the numbers, you can start to quantify that pretty quick."

With regard to guidelines, "The benefit to setting up a program is that you can legitimately say it is a benefit available to anyone in the District," Ashby said.

The Montrose Main Street LLC proposal includes \$48K for asbestos mitigation, which Ashby advised against funding. "If that's what you want to do, more power to you—you'll get lots of requests...there are so many other things you can invest in, you may not want to get into asbestos."

The project also seeks \$115K for a Fire Code required sprinkler system. "That's a public safety issue...it can have a determined impact on property value and on the value of other, nearby properties."

Ashby also discussed the Windsor DDA's efforts to partner with the Town of Windsor to buy and restore an overhead garage door business that will become part of a new three-block development with frontage on Lake Windsor. "The details are still to be worked out; we are not the Fort Collins market," he said. He suggested that Montrose DDA would be better off providing an incentive package to devel-



***Owners of Montrose Main Street LLC, pictured above, seek \$50K in DDA grant funds.***

opers rather than purchasing and restoring decrepit properties on its own, "But sometimes it can be hard to make that happen."

DDA directors thanked Ashby, and discussed the preparation of a response to the City's request for TIF funding, to be drafted by Hartman and Dumas.

Blanchard pointed out that without guidelines in place, to approve the project would be "a leap of faith."

"Personally, I am against doing a leap of faith," she said. "We would be slaughtered. So slaughtered."

Said Parker, "I think there need to be metrics and standards, not a feel-good leap of faith."

DDA Chair Riba suggested a response to the Montrose Main Street LLC applicants.

"At this time we cannot approve, but you are welcome to re-apply once the guidelines are rolled out to the entire DDA community so everyone can have the opportunity."

Dumas suggested the DDA establish a grant window for applications as well, "It sets expectations—it's just business at the end of the day," and said that a rough draft of guidelines could be prepared for the next DDA board meeting, with input from the Assessor.

Montrose DDA board meetings are held on the third Tuesday of the month, beginning at 4:30 p.m., in the Montrose County boardroom at 317 South Second Street.





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A photograph of a person riding a bicycle through a sun-dappled forest. The person is wearing a brown long-sleeved shirt and dark pants. A wicker basket is attached to the handlebars, containing some small white flowers. The bicycle has a light blue frame and white wheels. The background is a lush green forest with many trees.

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## REGIONAL NEWS BRIEFS

### JOE STEELE BENEFIT ACCOUNT SET UP @ NUVISTA

*Special to the Mirror*

MONTROSE-Joe Steele is in Presbyterian St. Luke's Hospital in Denver and has Acute Myeloid Leukemia (a form of cancer). Joe will undergo Chemo and will require a bone marrow transplant. Joe's wife, Debbie has had MS since 1990 and is unable to be with him in Denver.

Joe, a native of Montrose, is the owner of

Steele Electric. As a sole proprietor, he has no business income at this time.

AN ACCOUNT has been set up at NuVista Credit Union in Montrose, Colorado and donations of any amount are very welcome. Also, a Go Fund Me account has been set up for those who prefer to use the computer.

Again, DONATIONS are appreciated and

will help Joe and Debbie in Joe's struggle to get well.

Joe is in great shape and his chances of beating this are very good.

DONATIONS can be sent to:

NUVISTA CREDIT UNION  
JOE STEELE BENEFIT ACCOUNT  
2711 COMMERCIAL WAY  
MONTROSE, COLORADO 81401

### SVETLA WEED GRADUATES FROM ENMU

*Special to the Mirror*

PORTALES, NM-Svetla Weed of Montrose, CO (81401), graduated from Eastern New Mexico University on May 12, 2018. ENMU is a state institution offering associate, bachelor's and master's degree options.

For more information, contact the Office of Communication Services at 575-562-2154.



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## OPINION/EDITORIAL: LETTERS

### JUST ANOTHER DAY ON THE JOB!

*Editor:*

Wednesday, May 30th, was not a holiday, no special events going on, and it was not a weekend. Sadly, in the grand scheme of things, it was not even remarkable for the Montrose Police Department. As recorded on the Police Daily Blotter, there were 78 individual entries of specific activities.

They included thefts, traffic incidents, VIN inspections, stray animals, weapons offenses, fraud, trespassing, intoxication, disturbance, welfare check, noise complaint, civil standby, citizen's assist, found property, and the list goes on.

That was also the day of the neighborhood shooting and two vehicle escapes. The four officers on patrol, overwhelmed, called in the Police Chief, the Patrol Commander, five Sheriff's deputies, one state trooper and a couple of off-duty officers for assistance. Drugs were recovered and one suspect was charged with eight individual crimes, including attempted murder.

In another recent 24 hour period, the Department had 200 calls for service.

Google "Crime in Montrose Colorado" and you will find a dismal description of our wonderful community.

Five separate statistical reviews from different organizations describe the crime problem in Montrose.

Property crime and theft are the culprits while violent crime is below the national average. Montrose is only safer than 8 percent of U.S. cities. Property crime in Montrose is 60 percent higher than the Colorado average and 79 percent higher than the national average. (Area Vibes) 90 percent of Colorado communities have a lower crime rate than Montrose. (Neighborhood Scout)

The District Attorney described the rising regional crime rate to the Ouray County Commissioners recently, noting that in 2017, felonies, misdemeanors, juvenile offenses and DUIs increased 19 percent

over 2016. The Montrose Police Department is highly-trained, outstandingly professional and extremely dedicated but it is woefully underfunded and understaffed. Their physical office is inadequate and their staff is regularly putting in excessive hours on the job, a condition dangerous to themselves and to the community.

While our Crime Stoppers program is highly successful and is helping, at best, it is only of minor assistance when considered with the overall problem of inadequate staffing.

Montrose is a wonderful small community but it is changing, just as it is growing. An immediate enhancement and expansion of the Montrose Police Department is necessary if Montrose is to recover its prior peace and safety in an ever-changing world.

*John W. Nelson*

*President, Montrose*

*Regional Crime Stoppers, Inc.*

### PLEASE JOIN ME IN VOTING ADAM MURDIE FOR MONTROSE COUNTY SHERIFF

*Dear Editor:*

I am writing this letter in support of Adam Murdie as the next Montrose County Sheriff.

First, a little history...I have proudly served as the Montrose County Sheriff for nearly 12 years. I am proud of how the Sheriff's Office has evolved to the law enforcement agency it is today. But understand, I did not accomplish this on my own. I shared my vision with the many great professionals who proudly serve this county every day and together through teamwork, WE made it happen.

I have had the pleasure to work with Adam for most his 21 years of employment at the Sheriff's office. I watched him grow as a young man in the jail to my second in command. As Adam climbed each rung of his career ladder, he never disappointed. In each of the positions he has held, Adam has far exceeded the expectations set before him. When it came time for me to

select a new undersheriff, the choice was abundantly clear.

There was a candidate forum held on May 29th, where Adam and Candidate Gene Lillard were asked a series of questions by the attendees. If you have not seen this forum, please take the time to watch. It is available for viewing on Facebook and YouTube. It is overwhelmingly clear who is the most qualified candidate to serve as your next Montrose County Sheriff.

Some say the forum was "dirty politics" and "the gloves are off." There was nothing dirty about the forum, watch it for yourself. Adam and Gene were asked the same questions and were both given an opportunity to respond.

A better example of "dirty politics" is Gene violating the Hatch Act, a Federal Law that prohibits certain campaign practices.

Despite the Hatch Act violations being

pointed out, the violations continued. In a March 20 Montrose Daily Press article, Gene denied campaigning while on the clock or using City time and resources to further his campaign. His comment at the time was, allegations to the contrary "are false."

Yet on April 2, he was photographed by a citizen retrieving a campaign yard sign from his police cruiser and handing it to a woman while on City time.

Fast forward to a May 31 Daily Press article and Gene admits through half truths that he violated the Hatch Act. Not only is this type of behavior "dirty politics," it's dishonest and misleading.

Adam is a sound decision maker, a logistical thinker, a strong leader, and man who possesses the highest degrees of honesty and integrity.

Please join me in voting Adam Murdie for Montrose County Sheriff.

*Sincerely, Rick Dunlap, Montrose*

## REGIONAL NEWS BRIEFS

### **SAN MIGUEL COUNTY STAGE 2 FIRE RESTRICTIONS TO TAKE EFFECT MONDAY** *Sheriff Says This is Most Severe Drought in His 38 years as Sheriff*

*Special to the Mirror*

SAN MIGUEL COUNTY-Sheriff Bill Masters is ordering "Stage 2" fire restrictions to begin Monday, June 4 at 6am. The county is currently under less restricted "Stage 1" restrictions.

The Bureau of Land Management (BLM) are also implementing Stage 2 restrictions to take effect Monday within the BLM Tres Rios Field Office and Canyons of the Ancients National Monument including BLM managed lands in Archuleta, Dolores, La Plata, Montezuma, Montrose, and San Miguel counties.

The following acts are prohibited under **Stage 2 Fire Restrictions on BLM lands and private land** but do not (yet) affect US Forest Service Land:

- Building, maintaining, attending or using an OPEN FLAME, including fire, campfire, stove fire, charcoal grills and barbecues, coal and wood burning stoves, and devices (stoves, grills or lanterns) using liquid fuel such as white gas or kerosene. This prohibition applies to all public lands within the Tres Rios Field Office and Canyon of the Ancients National Monument, including Wilderness Study Areas and developed

camping and picnic grounds in Archuleta, Dolores, La Plata, Montezuma, Montrose, and San Miguel Counties.

- Exception: Operating a stove, lantern, or other device using pressurized gas canisters (isobutene or propane) equipped with a valve that allows the operator to immediately turn the flame on and off.

- SMOKING.

- Exception: Within an enclosed vehicle, trailer or building.

- WELDING or operating acetylene or other torch with open flame.

Using an EXPLOSIVE. This includes but is not limited to fuses or blasting caps, fireworks, rockets, exploding targets, and tracers or incendiary ammunition.

Operating a CHAINSAW without an approved spark arresting device, a chemical pressurized fire extinguisher (8 oz. capacity by weight or larger and kept with the operator) and a round point shovel with an overall length of at least 35 inches readily available for use, or outside of the restricted hours of 5am – 1pm.

All TARGET SHOOTING – To include Discharging a FIREARM, air rifle, or gas gun.

Possessing or using a MOTOR VEHICLE

OFF ESTABLISHED ROADS, motorized trails or established parking areas, except when parking in an area devoid of vegetation within 10 feet of the vehicle.

Except for parking overnight in developed campgrounds and trailheads.

The use of fireworks, flares, or other incendiary devices, including exploding targets, are always prohibited on federal lands.

Exemptions to the Stage 2 Fire Restrictions include authorized activities of any Federal, State or local officer, or member of an organized rescue or firefighting effort in the performance of an official duty. Additionally, holders of valid BLM permits, leases and authorizations are allowed to conduct approved activities, but are advised to take extra precautions to prevent fire starts.

Sheriff Masters said this is a necessary step to help prevent a wildfire. "In my 38 years as Sheriff, this is the most severe droughts I've seen in our county. People need to be vigilant and take fire risk seriously."

The restrictions will be in effect for 14 days and could be extended.

### **LIFE CHOICES CENTER TO HOST FIRST-EVER BOYS' PROGRAM**

*Special to the Mirror*

MONTROSE-Life Choices Center is excited to announce our first ever boys program. A stellar group of young adult men, headed up by Shane Daly have stepped forward to help us expand our program to middle school boys. The 'I Am MAN Enough: Built for Life EXPO' will team students up in groups for a competitive day revolving around construction themed activities. Each group will have timed challenges and succeeding in those challenges will gain advantages in the production of their project.

Each stage of construction will relate to a

specific area of a young man's life. ie: foundation=beliefs, lies, mindsets, walls= character and goal setting, roof= authority and your response, paint and siding= hygiene. After completing the project, we will discuss boundaries, protecting your inner space and girls. That is a lot of ground to cover in one day!

While our classes target the younger teens a group of 15 -18 year old's serve as 'Interns' to help facilitate small group activities. Interns learn leadership skills and the joy of mentoring younger students; all of their volunteer hours can be used towards community service hours required

for High School graduation. (High school guys are welcome to sign up to Intern by logging on to

[www.lifechoicesmontrose.org/high-school-opportunities](http://www.lifechoicesmontrose.org/high-school-opportunities) )

This EXPO will be held on Tuesday, July 31 from 9 am - 5: pm at Montrose Christian church, 2351 Sunny side Road.

The cost is \$35 and partial scholarships may be available and dad is always welcome to attend. Snacks and lunch are provided. To register log on to [www.lifechoices.org/middle-school-activities](http://www.lifechoices.org/middle-school-activities) or call Anita at 249-4302 for more information.



## COLORFUL COLORADO CAR, TRUCK & ROD SHOW



*Above, At the Black Canyon Classics car club show Saturday, the surprises were often in the details.*



*Jamie Christian, 30, left, showed off her period "pin-up girl" outfit at Saturday's 23rd Annual Colorful Colorado Car, Truck & Rod Show at Cerise Park in Montrose. Also vying for the pin-up girl prize among about six young women were (center) Stephanie Treat, 30, and Kamie Newman, 37.*



*At left, Tom Randolph of Montrose showed off his 1968 Dodge Coronet truck at the June 2 car show put on by the Black Canyon Classics car club.*

*Below, An array of antique pickups were lined up at Cerise Park Saturday for the Black Canyon Classics 23rd Annual Colorful Colorado Car, Truck & Rod Show.*

*All photos By Michael Lawton*







## MUSEUM OPEN FOR SEASON; MONTROSE COUNTY HISTORICAL SOCIETY CELEBRATES 50TH ANNIVERSARY



*Above, the Montrose County Historical Society celebrates its 50th Anniversary this year, with weekly displays of important artifacts; at right, One of the authentic cabins on the museum site has been converted into a miner's cabin, with a cart, buckets, helmets and lamps. Photos by Michael Lawton.*



By Carole Ann McKelvey  
Mirror Feature Writer

MONTROSE – Now open for the season, the Montrose County Historical Society celebrates its 50<sup>th</sup> anniversary this year. Historical Society Executive Director Sally Johnson encourages citizens to come to the Historical Museum this summer to learn more about the people, places and events of early day Montrose.

Each week of this year will have a featured collection, and Johnson said she hopes to host an event with area artists drawing and painting at the museum, along with a Plein Air event featuring the historical stagecoach, a very important artifact at the museum. No date has been set yet. Among the 50 artifacts to be featured

this year at the museum are the Thacher Cylindrical Slide Rule used to map the Gunnison Tunnel, along with a collection of tunnel photos, stories and artifacts; a collection of the Denver & Rio Grande Railroad paperwork, photos and items; Allison, Frank and Musgrave saddle makers

*Continued next pg*



## **MUSEUM OPEN FOR SEASON; MONTROSE COUNTY HISTORICAL SOCIETY CELEBRATES 50TH ANNIVERSARY** *From previous pg*

saddle collection; a Holly Sugar exhibit of the stages to processing sugar beets to sugar; a brand new School Exhibit with school record, class photos and yearbooks, plus old time desks and artifacts. One of the authentic cabins on the museum site has been converted into a miner's cabin, with a cart, buckets, helmets and lamps.

Upcoming events include a series of *Legends and True Tales Walking Tours*, with "Unknown Stories of Downtown Montrose" on June 5. Johnson's entertaining alley walks will also take place on June 22,

July 3 and July 20, all at 7 pm.

The Montrose County Historical Society will also continue to present its special series, beginning on June 6, at 7 pm in the Pioneer Room at the Fairgrounds where Joel Evans will be featured in "Into the Black and Back," program about going through the Black Canyon.

On Sept. 22 there will be an open house celebration at the museum for the 50<sup>th</sup> Anniversary of the Montrose County Historical Society. Watch for a time announcement in July on the museum web-

site, [www.montrosehistory.org](http://www.montrosehistory.org).

The Montrose County Historical Museum is located in the old Denver & Rio Grande Railroad Depot on the corner of Main Street and Rio Grande Ave; (970) 249-2085, and is open through October, Mon-Fri 9 am-5 pm, Sat. 10 am-2 pm. Admission is adults \$6, students/active military \$2 and there are available times for research by appointment if needed. Groups are welcome and may be arranged by calling Johnson at the museum. Volunteers are needed and welcome!

## **COMMUNITY NEWS BRIEFS: VOLUNTEERS & BOARDS**

### **AMANDA F. SWAIN AND DANIEL RICHARDS JOIN RIDGWAY CHAMBER BOARD**

#### *Special to Art & Sol*

RIDGWAY-A new outdoor adventure store owner and local brewery owner are the two newest members of the Ridgway Area Chamber of Commerce (RACC) Board of Directors. Amanda F. Swain of Ridgway Adventure Sports and Daniel Richards of Colorado Boy Pub & Brewery bring their specific industry knowledge to the chamber, to help develop promotions for its five Ridgway tourism themes: Outdoor Adventure, Culinary Experiences, Arts & Entertainment, Health & Wellness, and History & Heritage.

"The Chamber Board is thrilled with the additions of Amanda and Daniel. Daniel brings the important and previously lacking perspective of a culinary business leader to the board, and Amanda will bring the unique perspective of a business owner launching a new outdoor recreation store in Ridgway.

The two of them round out a full board with a diversity of perspectives and business sector representation," Chamber Board President Colin Lacy said.

The addition of Amanda Swain and Daniel Richards to the board, brings its membership to seven — the first full slate in

several years.

Over the past two years, the chamber has been in transition with new board members, new staff and a revised, updated website and visitors guide.

"I am excited to become part of RACC. During my first meeting, it was quickly apparent that the members respect and care deeply about the community and want sustained growth in all business types, age groups and an overall vibrant economy in Ridgway. Being a new business owner, I want to understand the needs in the town and how I can best participate to meet them," said Swain, who opened Ridgway Adventure Sports with co-owner Andy Persio at 109 N Lena St. (the former Unicas Southwest store) on May 24.

"About four years ago, while living in San Francisco, I began strategizing how to move to the mountains that I fell in love with when my grandparents moved to Ouray in the '90s. I was very fortunate to have family in the area all these years and I am thrilled to live here permanently," she said.

Her past volunteer work has ranged from fostering dogs to organizing silent auc-

tions for nonprofits.

Richards, who came on the chamber board at the same time, is an avid supporter of local town events, the Sherbino Theater and Weehawken Creative Arts.

The owner of Colorado Boy Pub & Brewery at 602 Clinton St. has lived in Ridgway for three years. After his initial job with IBM, he left his corporate information technology career to start his first brewpub Echo Brewing Company in Frederick, Colo., with his twin brother Dennis in 2012. Richards bought Colorado Boy in 2015.

"I joined the RACC Board to work together with local groups in taking an active role in helping the Ridgway area business community thrive," he said.

The Ridgway Area Chamber of Commerce is organized to achieve the objectives of promoting business and community growth and development in the Town of Ridgway and the surrounding area.

The chamber also operates the Ridgway Visitors Center, which is open from May 1 to Oct. 1 and is located at 150 Racecourse Road, Ridgway, Colorado 81432.

For more information, visit [ridgwaycolorado.com](http://ridgwaycolorado.com).

## COMMUNITY NEWS BRIEFS: ARTS & EDUCATION

### IGNITE MONTROSE WILL BE JUNE 5 @ CANYON CREEK B&B

*Special to Art & Sol*

**MONTROSE**--Ignite Montrose is June 5 at 7:30 located in the backyard patio of Canyon Creek Bed and Breakfast (820 East Main St., Montrose). Enjoy a stimulating evening of fast-paced presentations on various topics.

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## COMMUNITY NEWS BRIEFS: PHILANTHROPY

# MONTROSE QUILT GROUP MAKES SIGNIFICANT IMPACT FOR BABIES, MOMS IN PAPUA NEW GUINEA



*Photos of mom and children, left, and Huggy Bunch, right, courtesy PNG Tribal Foundation.*

### Special to Art & Sol

MONTROSE-Imagine if you will, living in an area that spans the radius of the Montrose, Delta and Olathe area with no road or airport access. Also wrap your mind around the fact that there is one small clinic about 700 square feet in size, with sparse medical supplies that serves your area alone. The only way to get there is a one to two day walk over rugged moun-

tainous terrain with dense bush following a narrow footpath. Now imagine being a woman with your new born baby walking that trek with nothing to keep your baby warm.

The Kunai Health Centre is a government approved medical clinic situated in the bush mountains of the Gulf Province in Papua New Guinea. The clinic serves more than 20,000 patients, and a good portion

of that number are women and children. Even though the needs are great, any small donation by way of medical supplies or baby blankets goes a long way.

The "Huggy Bunch" Ministry out of Montrose, CO has been partnering with PNG Tribal Foundation for the last three years to supply baby blankets and knitted baby hats to the Kunai Health Centre and other remote aid posts and clinics in Papua New Guinea. They also serve the Cancer Center, Crisis Pregnancy Center and Law Enforcement to name a few.

This group has been in existence for 15 years and has 22 quilters who give of their time and resources to serve the local community. The group gathers at Crossroads Victory Church every Wednesday and one Saturday a month. The spokesperson for the group Ms. Roena Frank along with her fellow quilters, Ms. Norma Brim, Ms. Elma Ross and Ms. Sue Whalen have been instrumental in forming this group. Ms. Whalen also takes time to teach the young people in a few trailer homes to carry on this age-old skill. The beauty of this is that these young people are not only being taught a skill, but their blankets are going toward a very worthwhile cause, making a huge impact in the lives of new born babies and their mothers in Papua New Guinea.



## 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.

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Call or email Denise Swanson, Residence Director to schedule a tour.  
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# LET'S TALK KETO: WHAT IS IT AND WHY DO YOU CARE?



**Fitness Pro Gia Porter.**  
**Courtesy photo.**

by Gia Porter

Lately every time you turn around someone is talking about "Keto," extolling its miraculous virtues as it relates to weight loss without muscle wasting. Ketogenics is nothing new, body builders have done it for years, but as it hits mainstream it has broad appeal for those who have seemingly tried everything. To be clear, it is not a magic weight loss trick, nor a bizarre fad diet written by some washed up celebrity seeking public relevance. It's fairly complex, involves lots of math, and it's not necessarily for everyone. It is a really great tool. And like any other tool it works in certain situations but it won't fit them all.

If you suck at math, stop now. You will hate this nutrition plan. If you're not afraid, then by all means, read on... Ketogenic diets are based on a concept called nutritional ketosis. This basically means you train your body to reach for fat instead of glucose as a primary fuel source. It is not based on calories in, calories out. It is based on ratios of macronutrients (or "macros") per meal, not per day. Ratios are percentages, if you suck at math but

are still reading this anyway. Those ratios will be total fat to total carbs plus protein, per meal, in order to maintain nutritional ketosis. You need to calculate not only the ideal ratios of each but also the thresholds, so you know your margins. This is a complex process. Everybody is different, and hormones DO play a major role. For the purpose of this article we are looking at what Ketogenics is and roughly how it works—but this is just an overview. It is not intended as a step by step.

A Ketogenic nutrition plan can be beneficial to people with insulin resistance, hormone dysfunction, obesity or even someone looking to just lose a few pounds. It is not great for extreme or high intensity athletes since fast twitch muscle fibers still require glucose to fire. And it's not always ideal for people with health issues, except under the care and coaching of a professional. There is a lot of information out there and if you're truly interested in exploring this further then Dave Asprey wrote a book called *The Bullet-proof Diet*. That is a great resource.

So what does a Keto plan look like? Most people will be at a 3:1 ratio. People under 30 are often at about 2:1 and elderly and immune compromised are more like 4:1, but should be under the care and supervision of their MD. So what is a 3:1 ratio? Well here's the math part. You take the total carbs (not net. Do not subtract the fiber) and add that to the total protein. Multiply that result by three to get the total grams of fat you will need to have that 3:1 ratio. Per meal. Not per day.

For example, I'm hungry. Hmm. Ok, I need to eat something that puts me in a 3:1 ratio for this meal. I want chicken and broccoli. How do I do that? Well four ounces of chicken is three grams fat, 0 carbs, 25 grams protein. So  $25 + 0 = 25$ . One cup of chopped of broccoli is roughly 90 grams. It has 0.3 g fat, 6 g carbs and 2.6 g protein. Now take those two values, add them together and multiply the result by three. So  $6 + 2.6 = 8.6$  And  $25 + 8.6 = 33.6$  ( $\times 3$ ) = 100.8 grams of fat for this meal. And I've only got three in my chicken breast. Now what? How do I get more fat? Butter of

course. So one TB of grass-fed Irish Kerry-gold butter has 11g fat and 0 protein and 0 carbs. Good Gawd I need nine tablespoons! That is disgusting. Now what? Here is where creativity is important. Try adding two hard-boiled eggs and a few slices of avocado.

When I'm training hard for an event a typical meal for me would be two eggs, sliced avocado, wilted spinach, 1/2 sweet potato and lots of butter. I might add salmon depending on the day. But I probably either rode 70 miles, swam two miles or ran six to 10 miles. That day. And I'm not trying to lose at that point. I'm trying to fuel and not lose muscle. So always consider your activity level and be honest with yourself. Look up meal ideas to avoid frustration. I know people who think they're "Paleo" and drink Coke and eat cupcakes but their meals are steak and greens and they do loads of crossfit. Honesty is paramount.

Using a nutrition app or calorie tracker is invaluable here. Myfitnesspal is popular. It also allows you to set your macro goals. Use the pie graph and set your percentages for every meal. A good rule of thumb for most is that the carbs plus protein should be about 13 percent of your total intake if you're at 3:1. (the other 87% is fats) It doesn't matter too much how you get that 13 percent. You'll figure out what works for you. Is this a total pain? Absolutely, yes. Does it work? Absolutely, yes. Total calorie count isn't really a factor. Eat according to your activity level and hunger level. Just remember if you eat a 16-ounce ribeye then you're going to need a lot of fat to hit that three to one ratio.

Why does it work? Similar in concept to Atkins, Paleo or Southbeach, it embraces a very low carbohydrate model while emphasizing protein and fat. Everyone burns both glucose and ketones (byproducts of fat metabolism.) All based on the magic of supply and demand. As you increase fat and decrease carbs your body will learn to use fat rather than store glucose because that is what's readily available. Here is where difference in physiology comes in. Not everyone is built to primarily burn

**Continued next pg**



## ***LET'S TALK KETO: WHAT IS IT AND WHY DO YOU CARE?***

### ***From previous pg***

ketones. Some people's bodies will naturally prefer glucose as a primary fuel source. For this reason, it can be challenging to maintain as a lifestyle, especially if you are someone who has lots of dense, fast twitch-muscle tissue. How do you know? Ask yourself how do you feel? If you suddenly want to kill people and experience breathtaking road rage then you are probably not particularly fat adaptive. So here is my suggestion. If you choose to try this, do it in cycles. Start with a couple days. See how you feel. Eating high fat sounds great but remember that it is not an excuse to power down bacon and french fries. You can't do one cupcake to three slices of bacon. That's not how it works. Eventually high fat consumption can lead to burn out, like anything else. And you will definitely want to keep an eye on your liver and gallbladder while you do this. Drink tons of water and take a supplement like Milk Thistle or Red Clover to cleanse the blood and liver.

### **MONTROSE COMMUNITY BAND TO PLAY PATRIOTIC CONCERT JUNE 24**

*Special to Art & Sol*

MONTROSE-Join the Montrose Community Band for their annual Patriotic Concert on Sunday, June 24 at 3 pm at the Montrose Pavilion. The band will play patriotic songs and marches to honor veterans, remember the fallen and entertain all ages. The concert is free and will be held in the auditorium. For more information visit [www.montroseband.com](http://www.montroseband.com) or call 970-596-1188.

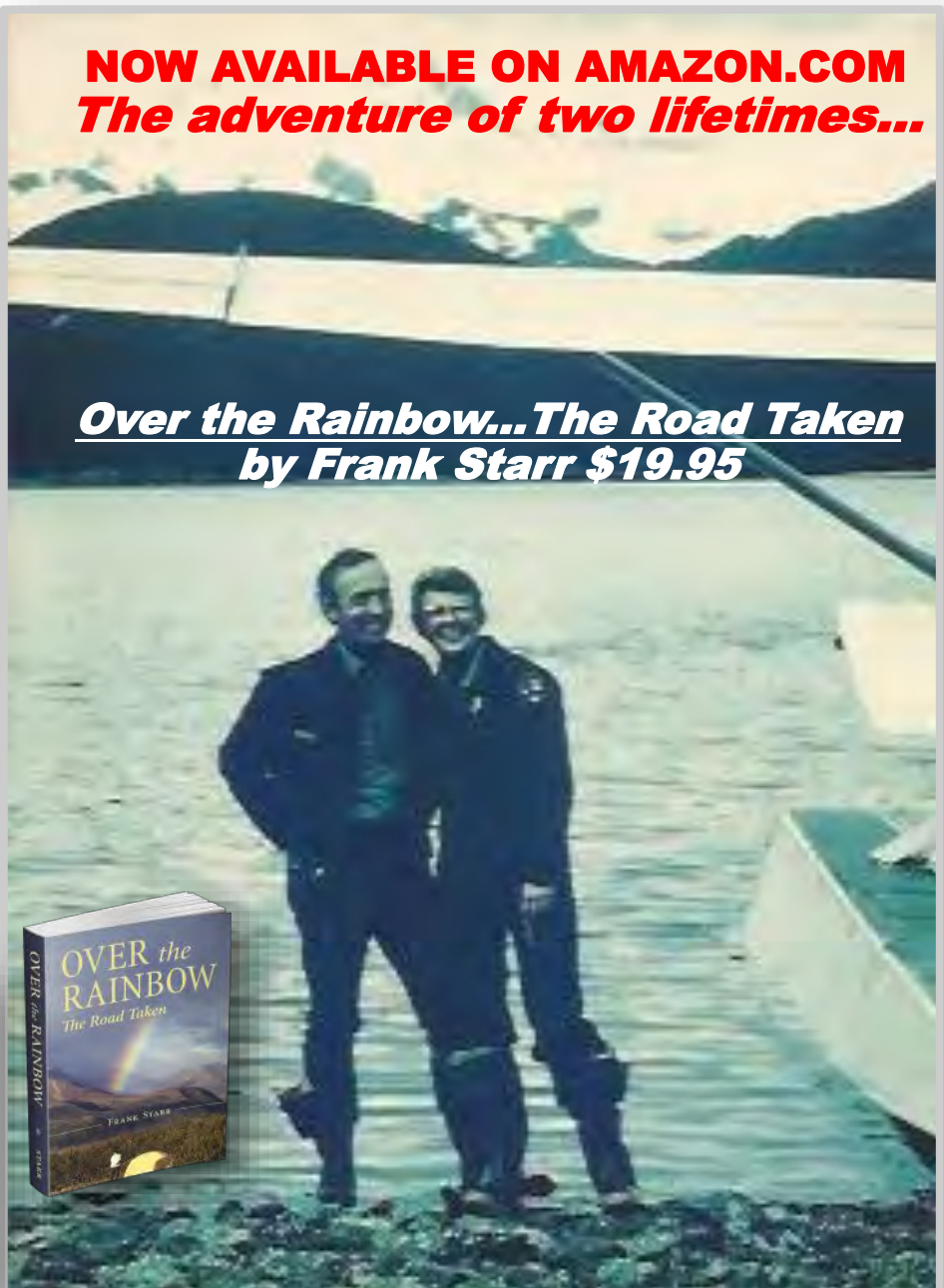


Always consult a physician before beginning any extreme nutrition changes and always do your research. What's right for one person isn't always right for another. As a side note, when Body Builders do Keto for competitions they do not do it for long periods of time. They introduce ketosis about two weeks before show. It's tough to build mass without glucose. A common approach is to "carb cycle." Eat lean and then every four days drop

carbs and boost your fat to manipulate your leptin and grehlin. Ketogenics is a science and an art. In my opinion it is not for the average person nor for someone unable to fully commit. Every single gram counts. Know your limitations and be honest with yourself. While keto is cool and it really can work it can also be difficult and disastrous when done improperly. When in doubt, moderation in all things is a mantra to live by.

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## NEW MEXICO NEWS BRIEFS

### MICHAEL FRANTI & SPEARHEAD TO PLAY KIT CARSON PARK IN TAOS JUNE 9

#### Special to Art & Sol

TAOS, NM-The Town of Taos will play host to a variety of musical performances this summer as part of a town-wide effort to promote music in northern New Mexico. The various concerts, festivals and events that are sponsored by multiple organizations throughout Taos began in May and run through September.

Michael Franti & Spearhead and The Original Wailers will perform at Kit Carson Park on Saturday, June 9 at 5 p.m. Additionally, a free 4<sup>th</sup> of July concert presented by the Town of Taos is set at Kit Carson park where Rock and Roll Hall of Fame members and R&B/funk legends The Family Stone will perform with special guests Baracutanga at 5:30 p.m. followed by a fireworks display at the end of the night.

"We're very excited for a summer full of music in Taos," said Karina Armijo, Director of Marketing and Tourism for the Town of Taos. "It's a great way to show people from near and far that Taos is a music hotspot in the Southwest," she said. "We're very grateful to the many organizations in town that are contributing to our growing music scene."

Other festivals and performances scheduled for the summer include Motet on the Mesa on July 28-29 at the Taos Mesa Brewing Mothership and the 9th Annual Dog Days of Summer Concert, which benefits Stray Hearts Animal Shelter, on August 11 at the KTAOS Solar Center Pavilion. Michael Hearne's Big Barn Dance Music Festival will take place September 6-8 followed by Voodoo Threaxdown with Trom-

bone Shorty & Orleans Avenue on September 22 at Kit Carson Park. New to Taos this year is Meow Wolf's Taos Vortex, which will include music, performance art, installations and camping, Aug. 3 and 4. The lineup includes The Flaming Lips, Thievery Corporation, Cashmere Cat, Washed Out and more. For more information on the music events happening in Taos this summer, visit <https://taos.org/events/music-festivals/>.



Michael Franti & Spearhead. Courtesy image.

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*Good to know:*



# WHAT IS TREE TOPPING, AND WHAT ARE BEST PRACTICES FOR MAINTAINING THE URBAN FOREST?

## Mirror staff report

MONTROSE-When he accepted the annual Arbor Day proclamation from Montrose City Council in April, Superintendent of Parks & Special Projects John Malloy spoke of a recent rash of tree topping in the City of Montrose.

"If you see someone topping trees please call the Parks Department," Malloy said at the time.

But what is tree topping? Malloy refused to comment for this article, but City of Montrose municipal code Chapter (9-3-3) states, "It shall be unlawful for any person to top any City-owned tree by severe cutting back of the limbs to stubs larger than three inches (3") in diameter within the tree's crown to such a degree as to remove the normal canopy and disfigure the tree, unless the City specifically authorizes such topping due to special circumstances such as storm damage or obstruction of utility lines which make normal trimming impractical."

Colorado State University (CSU) [Extension's publication](#) on pruning mature shade trees advises hiring a bonded professional for larger tree pruning jobs in any case, and notes that pruning should "maintain the tree's natural shape." CSU also offers a list of the [written specifications](#) that should go along with a bid for any tree pruning job, and advises, "Avoid topping a tree. Topping opens the tree to internal decay."

Also to be avoided, according to CSU, is



*Above, several Downtown trees show the impact of being "topped" out earlier this year. Topping is prohibited in the City unless special circumstances make normal trimming impractical.*

the practice of lion-tailing, which removes the live, small, leafy, twigs from the interior of the tree. "Lion-tailing shifts the wind loading to the outer canopy increasing the tree potential for wind damage."

Still, urban forests in densely populated communities can face challenges that do not impact shade trees in rural areas.

Forester Scott Johnson of the Colorado State Forest Service (CSFS) said that while tree topping does not promote good growth habits, "best practices for large trees in urban areas really come down to each tree...generally, natural form is desir-

able but what is around a tree also makes a difference."

General advice about the impacts of topping trees can be found in the [CSFS publication](#) on trees, which states, "Topping leads to:

- Starvation
- Shock
- Insects and diseases
- Weak limbs
- Rapid new growth
- Tree death
- Ugliness
- Increased maintenance costs."



**Journalism of a  
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## NOTES FOR THE JOURNEY...

### *Exploring Classical Music With Rob Brethouwer*

## START LISTENING TO CLASSICAL MUSIC...WHERE TO BEGIN?

A short article to start out the summer months. Some have asked about where to start listening in the genres of classical music, chamber music, and opera. To follow are a few suggestions from each area. Future articles will feature a series on Leonard Bernstein, who would have been 100 this year. Across the country and the world there are many celebrations of the man, his legacy, and his music.

In addition, there will be reviews from chamber music performances as well as thoughts on performances that will be seen at the Santa Fe Opera in July.

The process of making suggestions for listening can quickly lead to clichés. The opening movement of Beethoven's 5<sup>th</sup> Symphony (DA-DA-DA-DUM!) is fantastic and recommended but simply too easy of a suggestion.

The following classical music suggestions come from the recording issued on vinyl/LP. It is easy enough to find the same recording with the same orchestra and/or soloists on iTunes.

Symphonie espagnole op. 21 for Violine und Orchester. Itzhak Perlman, violine. Orchestre de Paris, Daniel Barenboim, conductor. Deutsche Grammophon 25232 011.

Konzert für Violine und Orchester D-dur op. 61. Christian Ferras, violin Berliner Philharmoniker, Herbert von Karajan, conductor. Deutsche Grammophon 139021.

Bach/Vivaldi Double Concertos, Violin Concertos. Midori, Pinchas Zukerman, violin. Saint Paul Chamber Orchestra, Pinchas Zukerman, conductor. Philips 416

389-1.

Technically, only Beethoven falls into the classical period of music composition.

The other two recordings are included because they are outstanding examples of how a soloist is used in an orchestral composition.

Suggestions for opera are easy and almost write themselves.

Three incredible operas that the novice can easily get through composed by three of the biggest names in opera.

Find some time and listen from beginning to end. You will not be sorry. If you are sorry, please contact me and tell me why.

Giacomo Puccini. La Bohème. Pavarotti, Freni, Ghiaurov, Harwood, Panerai. Berlin Philharmonic Orchestra. Herbert von Karajan, conductor. London OSA1299.

Giuseppe Verdi. Rigoletto. Sutherland, Pavarotti, Milnes. London Symphony Orchestra. Richard Bonynghe, conductor. London OSA13105.

Gaetano Donizetti. Lucia di Lammermoor. Sutherland, Pavarotti, Milnes Ghiaurov. Orchestra of the Royal Opera House, Covent Garden. Richard Bonynghe, conductor. London OSA13103.

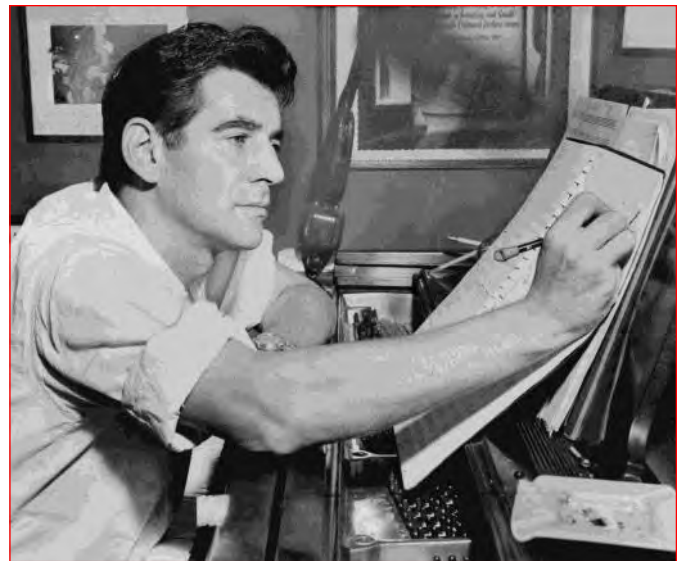
Of the three genres, chamber music is often the biggest pill to swallow for novice

listeners. With that in mind, the following selections are an excellent way to ease you and your mind into the world of chamber music.

Mozart: Four Sonatas for piano and violin. George Szell, piano, Rafael Druian, violin. Columbia MS7064.

Mischa Maisky and Martha Argerich in concert. Stravinsky, Prokofiev, Shostakovich. Mischa Maisky, violoncello, Martha Argerich, piano. Deutsche Grammophon B0004047-02 (compact disc).

Beethoven. Piano Trios Op. 70 and WoO. 38. Cello Sonatas Opp. 69 & 102 No. 2. Daniel Barenboim, piano. Pinchas Zukerman, violin. Jacqueline du Pre, violoncello. Stephen Kovacevich, piano. EMI Classics. 7243 5 74834 2 1 (compact disc).



*Future articles will feature a series on Leonard Bernstein, who would have been 100 this year. Courtesy photo.*

## CELEBRATING LOCAL BEAUTY.



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## COMMUNITY NEWS BRIEFS: ARTS & RECREATION

### MONTROSE COMMUNITY BAND PATRIOTIC CONCERT TO BE JUNE 24

*Special to Art & Sol*

MONTROSE-Join the Montrose Community Band for their annual Patriotic Concert on Sunday, June 24 at 3 pm at the Montrose Pavilion. The band will play patriotic songs and marches to honor veterans, remember the fallen and entertain all ages. The concert is free and will be held in the auditorium. For more information visit [www.montroseband.com](http://www.montroseband.com) or call [970-596-1188](tel:970-596-1188).

### OURAY POOL CELEBRATES GRAND OPENING JUNE 8

*Special to Art & Sol*

OURAY- -- Hot springs in Ouray have been popular for hundreds of years. Ute Chief Ouray is reported to have had a summer cabin near a hot spring in the area. The familiar oval-shaped Ouray Hot Springs Pool opened to the public July 4, 1927. A little more than 89 years later, in the autumn of 2016, the pool was closed for major renovations. On Memorial Day

weekend 2017 swimmers and soakers entered the new pool for the first time. Only the shallow and hot sections were complete at that time. All pools were open by July 4<sup>th</sup>, 2017. It wasn't until mid-August last year that the renovation was substantially completed. On June 8 the official opening ceremony will take place at the Hot Springs Pool at 1 p.m. During the entire weekend, Friday

through Sunday, there will be no additional charge for use of the slides. The Ouray Police Department will be serving ice cream in the park near the bathhouse on Friday during the Grand Opening. Rib City Grill will have food available. The city has arranged to have some people walking around in vintage swimwear. moment in Ouray history. The Pool is open from 10 am to 10 pm daily.

Thanks for reading  
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*Current, weekly pre-share circulation is 10,600.*

## COMMUNITY NEWS BRIEFS: ARTS & ENTERTAINMENT

### HOGBACK FESTIVAL TO BENEFIT THE NEW MONTROSE ROTARY AMPHITHEATER

*Special to Art & Sol*

MONTROSE- The Montrose Rotary Club is proud to partner with the City of Montrose and Montrose Summer Music Series to bring you The Hogback Festival on Saturday, June 9th, from 12pm-6pm at Cerise Park.

Entrance to this festival will be FREE to the public. This event will include: live music, an exclusive amateur BBQ contest, giveaways, activities for kids, and food/beverage and craft vendors.

First and foremost, this event is to help raise funds and generate awareness of the highly anticipated creation of The Montrose Rotary Amphitheater in Cerise Park.

Music to include local bands: All About Me, Farmer in the Sky, Neon Sky, Dave's Fault, and the Huck Experience.

For more information please visit [www.facebook.com/MontroseRotaryAmphitheater](https://www.facebook.com/MontroseRotaryAmphitheater) or contact Mark Plantz, [mplantz@dalbycpa.com](mailto:mplantz@dalbycpa.com).

#### MICHAEL LAWTON PHOTOGRAPHER

NATIONAL GEOGRAPHIC MAGAZINE 1974 / 1986


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memories  matter



# 5K/10K RUN/WALK 1 MILE SHUFFLE

**SATURDAY, JUNE 30**  
**Valley Manor Care Center**  
*1401 S Cascade Ave, Montrose*

Registration  
Starts 7:30am

Races start  
**9:00am**

Pancakes and Live Entertainment 9:30 - 12pm

**REGISTRATION AVAILABLE ONLINE: [VOA.ORG/VMRACE](http://VOA.ORG/VMRACE)**

**BUSINESS, FAMILY AND FRIEND TEAMS ENCOURAGED**

EARLY REGISTRATION (MARCH 1 - JUNE 2): \$25 PP WITHOUT SHIRT, \$30 PP WITH SHIRT

JUNE 3RD TO DAY OF RACE REGISTRATION: \$35 PP WITHOUT SHIRT, \$40 PP WITH SHIRT



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## COMMUNITY NEWS BRIEFS

### BLACK CANYON VOICES TOASTMASTERS HOST OPEN HOUSE

*Special to Art & Sol*

DELTA- Black Canyon Voices Toastmasters

<https://blackcanyonvoices.toastmastersclubs.org>,

invites the public to its open house to meet members and watch special guest speaker, Doug Speedie, MD, Medical Director at PACE, Volunteers of America talk about the importance of communication skills for today's professional.

"Black Canyon Voices Toastmasters provides a supportive and positive environment where members have the opportunity to develop their communication and leadership skills," says Edith Johnston,

Club Vice President of Public Relations.

Members and guests will enjoy a regular Toastmasters meeting that will include Doug Speedie's speech, Table Topics™ (impromptu speeches) and evaluations. Corey Rupp will serve as Toastmaster for the meeting. Peter Sullivan, who has served in various club positions, will be the Table Topics master. "Table Topics are one of my favorite parts of the meeting," says Peter Sullivan. "This is where guests and members are randomly selected to speak for one to two minutes. It helps you think and speak clearly on your feet." Black Canyon Voices Toast-

masters Open House:

Date: Thursday, June 21, 2018

Location: First Colorado National Bank, 150 Gunnison River Dr., Delta, CO

Time: 12:15 pm to 1:15 pm

For more information, email Edith Johnston at [blackcanyonvoicestm@gmail.com](mailto:blackcanyonvoicestm@gmail.com)

Toastmasters Black Canyon Voices meets first and third Thursday of the month at 12:15 pm at the First Colorado National Bank next to City Market in Delta.

For more information about this event and the club, please visit <https://blackcanyonvoices.toastmastersclubs.org/>

### LIFE CHOICES CENTER TO HOST HANDS-ON, INTERACTIVE EDUCATIONAL EXPO FOR GIRLS

*Special to Art & Sol*

MONTROSE-'I Am Enough: Be Brave

EXPO' is a hands-on, interactive, educational EXPO for 11-14 year old, middle school girls. These workshops help our young ladies gain a better understanding of who they are, where they are going in life and how to face their fears and avoid potentially harmful situations. Class topics include, re-wiring negative thoughts and emotions, recognizing shame, blame and

comparison, self-defense by 'Montrose Brazilian Jujitsu', dance lessons with 'A time to Dance', relationships, inner and outer bully prevention and much more. While our classes target the younger teens a group of 15 -18 year olds serve as 'Interns' to help facilitate small group activities. Interns learn leadership skills and the joy of mentoring younger students; all of their volunteer hours can be used towards community service hours required

for High School graduation.

This EXPO will be held on Tuesday, June 19th from 9 am - 5 pm at Montrose Christian church, 2351 Sunny side Road. The cost is \$35 and partial scholarships may be available and mom is always welcome to attend.

Snacks and lunch are provided. To register log on to [www.lifechoices.org/middle-school-activities](http://www.lifechoices.org/middle-school-activities) or call Anita at 249-4302 for more information.

#### MONTROSE MEMORIAL HOSPITAL



### 3D Mammography

THE ADVANTAGE OF A WIDER VIEW

Early detection is the key to beating breast cancer.

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





# 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.)**

June already? How time flies! There is actually a book I just picked up entitled *Why Time Flies* by Alan Burdick. According to Burdick,

“time is the most commonly used noun in the English language: it’s always on our minds and it advances through every living moment.” I am espe-

cially aware of time in June when the days are longer and there is more time to play or work outdoors. (LOL: “time” appears twice in that sentence J) I am also aware of all the things we do this time of year that leave us vulnerable to accidents and potential brain injuries. If you ride a bicycle or motorcycle, do you wear a helmet? Are you climbing a ladder to do home repairs or to get the swamp cooler ready for the blistering hot days on the horizon. Do you or your children participate in contact sports? Do you drive or ride in a vehicle? Of course, you do!

Traumatic brain injury (TBI) also known as intracranial injury or craniocerebral trauma, occurs when an external force [injures](#) the brain. The external physical force may produce a diminished or altered state of consciousness, which results in an impairment of cognitive abilities or physical functioning. Brain trauma occurs as a consequence of a sudden acceleration or deceleration within the cranium or by a complex combination of both movement and sudden impact. The skull is hard and inflexible while the brain is soft with the consistency of gelatin so if the brain collides with the inside of the skull, there may be bruising of the brain, tearing of nerve fibers and bleeding. If the skull [fractures](#), a broken piece of skull could even penetrate the brain tissue. Causes include falls, sports injuries, vehicle collisions, gunshot wounds, physical aggression and traffic accidents.

In addition to the damage caused at the

moment of injury, a variety of events in the minutes to days following the injury may result in secondary injury. These processes include alterations in [cerebral blood flow](#) and the [pressure within the skull](#). Some of the imaging techniques used for diagnosis include [computed tomography](#) and [magnetic resonance imaging](#) (MRIs).

TBI can be classified based on severity, mechanism ([closed](#) or [penetrating head injury](#)), or other features (e.g., occurring in a specific location or over a widespread area). TBI can result in physical, cognitive, social, emotional, and behavioral symptoms. The severity of symptoms will depend on which part of the brain is affected, whether it is in a specific location or over a widespread area, and the extent of the damage. Symptoms include confusion, persistent headaches, convulsions, and memory loss. Anyone who receives a head injury, however mild, should consider seeking medical attention. Outcome can range from complete recovery to permanent [disability](#) or death. Did you know that it is a major cause of disability and death in the U.S. and elsewhere? There is growing evidence that a TBI or repeated TBIs can have long-term effects including an increased [risk of dementia](#) and other neurological and neurodegenerative disorders. (Football players with high scores on tests for [depression](#) have [also been found](#) to have a larger number of concussions.) Most TBI are mild and do not cause permanent or long-term disability; however, all severity levels of TBI have the potential to cause significant, long-lasting disability.

Signs and [symptoms may appear](#) at once, within 24 hours, or they may emerge days or weeks after the injury. The initial physical effects include bruising and swelling. Increased pressure in the brain can cause damage to brain tissue, as it presses against the skull or as one part of the brain pushes into another and there is pressure on blood vessels, reducing their ability to supply the brain cells with oxygen and essential nutrients. A person may notice a problem but not relate it to the injury. Some people will appear to have no

symptoms after a TBI, but their condition worsens later. Permanent disability is thought to occur in 10 percent of mild injuries, 66 percent of moderate injuries, and 100 percent of severe injuries.

Sometimes the symptoms are subtle. The effects can be physical and/or psychological. Signs may include the following: loss of consciousness, convulsions or seizures, repeated vomiting, slurred speech, weakness or numbness (in the arms, legs, hands, or feet), agitation, loss of coordination, dilated pupils, inability to wake up from sleep, severe headache. The following signs and symptoms can also indicate a need for urgent attention: confusion, changes in mood, memory problems, inability to remember what happened before or after the incident, [fatigue](#) (tiredness) and lethargy, getting lost easily, persistent headaches, persistent pain in the neck, slowness in thinking (speaking, reading or acting), moodiness (e.g. suddenly feeling sad or angry for no apparent reason), sleep pattern changes (i.e. sleeping more or less than usual, or having trouble sleeping), light headedness, dizziness, becoming more easily distracted, increased sensitivity to light or sounds, loss of sense of smell or taste, nausea, or ringing in the ears. Personality changes may occur during recovery and rehabilitation - the patient's impulse control may be altered, resulting in inappropriate behavior. Personality changes can cause [stress](#) and [anxiety](#) for family members, friends, and caregivers.

Treatment options and potential complications vary depending on the individual and severity of the injury so careful monitoring and follow-up with the appropriate healthcare providers is encouraged. Good news - the injured person will likely show many improvements and may steadily improve. The person may continue to recover between six months and two years after injury, but this varies for different people and may not happen as fast as the first six months.

As Benjamin Franklin said, “an ounce of prevention is worth a pound of cure” so be proactive about taking care of your brain. I’m off to ride my bike and will be

# ***BUILD HEALTH & WELLNESS: GROW WEALTHY!***

## ***From previous pg***

wearing my new MIPS helmet (Multi-directional Impact Protection System which is a leading slip-plane technology inside the helmet designed to reduce rotational forces that can result from certain impacts).

Please feel free to contact me at [MicheleGad.FAME@aol.com](mailto:MicheleGad.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.

## **COMMUNITY NEWS BRIEFS: PHOTOGRAPHY**

### **MT. SNEFFELS AND VINTAGE TRUCK PHOTOS WIN RIDGWAY CHAMBER OF COMMERCE PHOTO CONTEST**

#### *Special to Art & Sol*

RIDGWAY-The Ridgway Area Chamber of Commerce selected photos by Ridgway residents Alyssa Austin and John Wood as winners of the 2018 "Welcome to Ridgway – Think Outside" Photo Contest.

View from Mt. Sneffels Couloir by Austin and Old Truck in Field by Wood were selected to promote Ridgway's outdoor adventure and heritage tourism opportunities on the chamber's social media. Each winner received \$100.

The contest was held at the end of April to help promote Ridgway as a destination during National Travel and Tourism Week. The winning photos were submitted to the Colorado Tourism Office as part of a promotional campaign where photos with welcome messages from around the state were posted on various online channels targeting international tourism professionals.

"I've been in Ridgway for over five years, and it's my absolute favorite place on this earth. This is a truly special place and I find so much joy in exploring all that this area has to offer. We put in hundreds of miles on the trails each year and it affords us ample opportunities to see mind-blowing places right here in our backyard," said Austin.

"I don't really consider myself a photographer but I have a great love for taking photos and sharing them with others. I started with a camera at eight years old

but living in southwest Colorado is where my hobby became a passion."

Wood said, "I am a recently retired commercial advertising photographer and digital retoucher where I specialized in food and beverage.

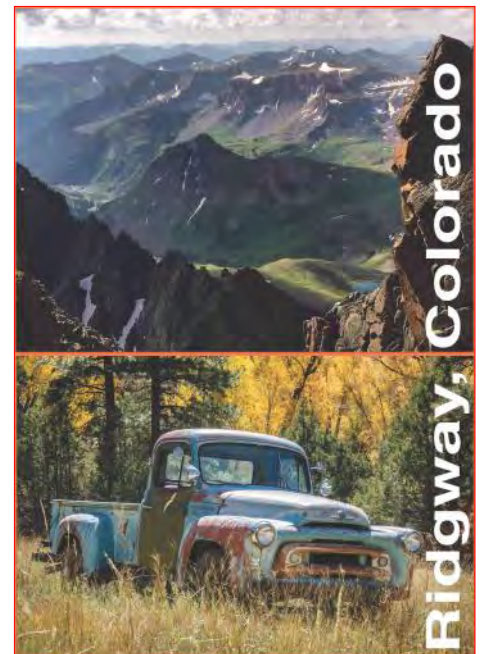
"I do a lot of jeeping and love to take scenic and wildlife images while out on the trails. Since moving to Ridgway last year, I have found an abundance of animals and beauty in the mountain ranges everywhere I look."

Three photos were also picked for honorable mention recognition: Floating above Ridgway by Lisa Kral (image 7117); Cimarron Alpenglow by Jeremy Riehle; Enchanted-Mesa-Trail by Bonnie Tasch.

The winning photos and many contest submissions will also be appearing on the chamber's website, Facebook (@RidgwayColorado) and Instagram (#ridgwaycolorado) and possibly in the 2019 Visitors Guide. See the winning photos and honorable mentions at <https://ridgwaycolorado.com/news-events/341-2018-welcome-to-ridgway-think-outside-photo-contest-winners>

The Ridgway Area Chamber of Commerce is organized to achieve the objectives of promoting business and community growth and development in the Town of Ridgway and the surrounding area.

The chamber also operates the Ridgway Visitors Center, which is open from May 1 to October 1 and is located at 150 Race-



*The Ridgway Area Chamber of Commerce selected photos by Ridgway residents Alyssa Austin and John Wood, above, as winners of the 2018 "Welcome to Ridgway – Think Outside" Photo Contest. View from Mt. Sneffels Couloir by Austin and Old Truck in Field by Wood were selected to promote Ridgway's outdoor adventure and heritage tourism opportunities on the chamber's social media. Courtesy photos Ridgway Area Chamber of Commerce.*

course Road, Ridgway, Colorado 81432. For more information, visit [ridgwaycolorado.com](http://ridgwaycolorado.com).



## COMMUNITY NEWS BRIEFS: OUTDOOR RECREATION

### COME PLAY IN THE RIVER! FOURTH ANNUAL FUNC FEST IS JULY 14

#### Special to Art & Sol

MONTROSE – Get your boats and boards and come play in the Uncompahgre River during the annual Colorado FUNC (Fun on the Uncompahgre) Festival July 14 at Riverbottom Park.

The City of Montrose Office of Business and Tourism (OBT) is currently preparing for the Fourth Annual FUNC Fest at the Montrose Water Sports Park. The event is open for boaters and whitewater enthusiasts of all skill levels and designed to educate people who wish to learn more or may be new to whitewater activities.

Last summer, the OBT welcomed more than 5,000 visitors to FUNC Fest, a nearly 100-percent increase over 2016. The OBT expects even higher attendance this year.

The 2018 FUNC Fest will feature three live bands and a live DJ in the lineup. Live bands will be performing from noon to 5:30 p.m., while DJ Scotty Kenton drops tunes along the water park from 9 a.m. to 3 p.m. Food and beverage vendors will be available along with family-centered activities. Alcoholic beverages will be available for purchase from vendors at the event; no alcohol beverages purchased outside of the event are permitted in Riverbottom Park.

Montrose band Neon Sky will perform from noon to 1:30 p.m. with The Workshy of Denver performing from 2 p.m. to 3:30 p.m. Headliner Groovement from Arkansas will play from 4 p.m. to 5:30 p.m.

Thanks to major sponsors Montrose Kayak and Surf and Cherry Creek Radio, FUNC Fest will feature water activities, crafts

and games for children, and adult boat races held inside the whitewater park. Whitewater competitions include a downriver race in the morning, while stand-up paddle boarding (SUP) competition is scheduled for the afternoon.

Mike Harvey, owner of Badfish SUP in Salida, is the race director again this year. He will also emcee and preside over pre-race registration and river competitions.

The public is encouraged to participate in the FUNC-y River Parade that is sponsored by Montrose Kayak and Surf. Participants are encouraged to arrive with their river float, helmet, and personal flotation device (PFD) to join in the fun.

Registration is on-site that day and entries are \$5 per each float. Participants are encouraged to customize a raft or boat that can safely traverse the river without breaking or falling apart.

A pet-friendly hydration station will be set up for those wanting to bring pets to the park.

The Montrose Water Sports Park consists of 1,000 feet of river channel, making it one of the largest parks in Colorado, and is one of the few in the United States built to be accessible by Americans with Disabilities Act standards. What sets the Montrose Water Sports Park above others is its sustained flows, which are aided by local irrigation water. These flows can be sustained throughout the season and into late summer, long after flows in other



**Get your boats and boards and come play in the Uncompahgre River during the annual Colorado FUNC (Fun on the Uncompahgre) Festival July 14 at Riverbottom Park. Mirror file photo.**

water parks have ebbed.

For more information about the FUNC Fest please contact the OBT at 970.497.8558 or email at: [events@visitmontrose.com](mailto:events@visitmontrose.com).

Questions about the FUNC-y River Parade can be directed to Bill Glasscock at Montrose Kayak and Surf at 970.249.8730 or via email at: [montrose-kayakandsurf@gmail.com](mailto:montrose-kayakandsurf@gmail.com).

For questions about the racing competition or to pre-register contact Mike Harvey at 719.221.1710 or via email at: [mike@badfishsup.com](mailto:mike@badfishsup.com).

More information about Montrose Water Sports Park rules can be found online at: [ColoradoFUNCFest.com](http://ColoradoFUNCFest.com).

Follow Visit Montrose on Instagram and Twitter @VisitMontrose and on Facebook at MontroseWSP.

#### CELEBRATING LOCAL BEAUTY.



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# Up Bear Creek by Art Goodtimes

## Rationing water, if you have it



Cloud Acre pond last week, now empty of all water (photo by Art Goodtimes).

**DROUGHT** ... Several big fires already. And it's barely June. Full-on San Juan summer, but still ... Been hand-watering my spuds, young trees and bushes, succulents, cacti and flowering forbs. The pond's dry bone. Third time in 40 years. And earliest ever in the spring (which this still technically is, isn't it?). I have about a thousand gallons back-up storage at Cloud Acre. Going through that like gang-busters ... I read a horrifying story in *Audubon* magazine about barely outrunning a fire up a back-country slope. Watching embers the size of refrigerators crashing into the forest around one ... Hauling water is a chore that many have to endure to live in a place of beauty. And this continuing drought, after last year's near normal, is making this beautiful place increasingly difficult ... I just wish Norwood's raw water project were already on line.

**DR. DAVID** ... "An enigma," Telluride's Michael Saftler called him, standing as we were in the brilliant late spring green of Lone Tree Cemetery, looking up at an an-



Colleen Sperati, Art Goodtimes and Jason Sperati up Bear Creek near Telluride (photo by Colleen Sperati).

gelic blue sky, Ballard Peak and Bear Creek ... "Michal" he called himself. Changing names mid-life to confuse us even more. But a fixture of the Old Telluride, that was half-outlaw misfit, half-miner oldtimer, half trust fund runaway, half-woodsie/hippie and half developer-speculator-entrepreneur. And like any hapa-rich desperadoville, the gestalt whole was more than the dirtbag sum of its private parts ... As was Michal: healer, poet, friend, fellow KOTO Dj and Rainbow brother. Blessings, you were Mr. Smith, on us.

**WEDDING REDUX** ... Had a wonderful couple from North Carolina – Jason and Colleen Sperati come to Tinseltown Telluride for a hike up Bear Creek and dinner at the Butcher & Baker. I was the celebrant at their wedding ten years ago. Street photog Scott Smith posted a pix on my Facebook page. Jason's a pediatric dentist with a practice in Charlotte and Colleen's a plant spirit healer. Great couple, and -- proud to say -- happily married.

**TRAVELING TO CHILE** ... Airports are my nemesis. I try to avoid them at all costs. Car. Train. Even, on occasion, bus ... One not only must be seriously un-inebriated to navigate the signs, crowds, cops & cacophonies of modern airline terminals (never a pleasant-sounding destination to begin with), but the opportunities for new

operations – the reverse-Piaget bane for us Social Security oldsters – abound. And that's trouble. Getting things wrong, doing things backwards, making greenhorn mistakes (even with old operations) seems to increase with age ... I once ended up at the wrong airline at LAX on my solo way to Laos, sweating with heavy luggage, having to trudge all the way across terminal (there's that ominous word again) to the right airline queue that ended when I realized I'd changed credit cards and couldn't verify my ticket purchase. But that's another story ... This time I'd teamed up with my good buddy Dr. Joel Kaufman of Alamosa. I would have a companion in queue. Somebody to bounce my not-always-so-bright ideas off of, and make sure we kept things together – passport, tickets, pesos, reservations, alarm times, hostel keys, *et cetera* ... It worked. Mostly. I left a favorite t-shirt behind. Woke up on time for all three weeks. Got warned, but not lost, on a Valparaiso mural tour where my dawdling delayed El Grupo. Didn't get hassled leaving the country. But got shunted to the wrong line in Houston where Homeland Insecurity took a couple hours to process me back into the country unscathed. However, we did miss our flight home. But that's also another story ... The day before we were scheduled to leave Colorado, I drove to Joel's on the Rio Grande levee his home abuts. Got a garden tour (his prize retirement gambit) and even of the town's community greenhouse with its gargantuan fig. We shared a lovely veggie dinner made by Joel's roommate, and early the next morning we headed for Denver. We'd left a little leeway in arrival times, which was good. I'd failed to get directions to the DIA cheapo parking lot I'd paid for, counting on my AT&T Samsung's GIS app to get me there, which stopped working just as we got close to Denver ... Snafus are endemic to traveling. It's working through them that is the process much complemented by having someone else to work on them with. Joel

Continued next pg

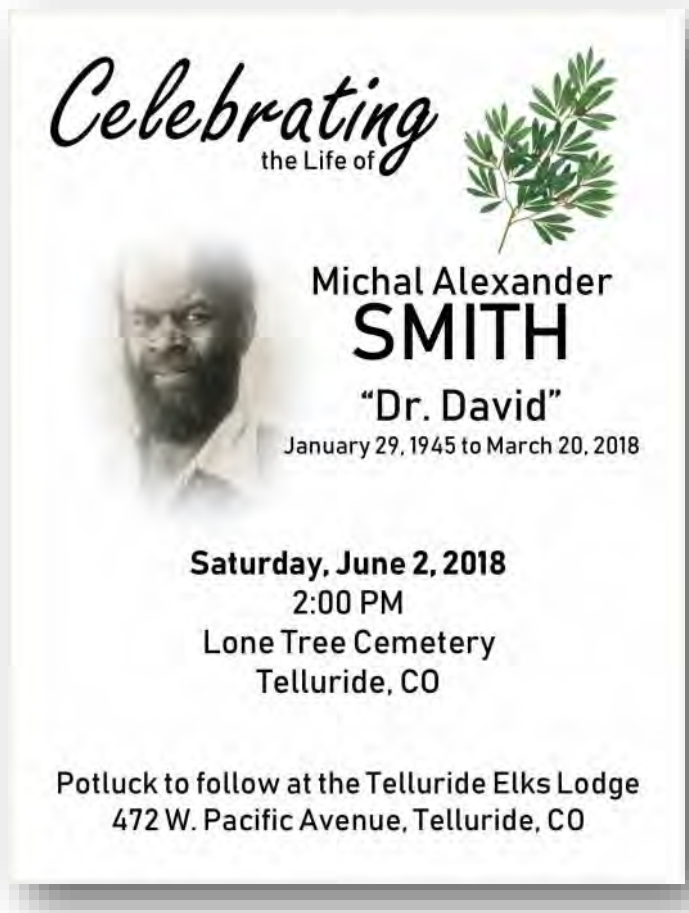


## Up Bear Creek by Art Goodtimes

and I found the lot. Got a snappy shuttle. Had a short line at United (really). Had lovely employees that found us to a quicker queue in checking our papers. And were rather quickly on our way to Houston ... I was intrigued with the film function of my sardine can window seating, and watched movies (Yojimbo 2 – a bad sequel but it turned the wing-side engine noise into tolerable drive) ... Houston was a bit of a walk to get to our international flight, but fairly quick. And then it was a long slog, trying to sleep strapped into a tight seat. Joel did, more or less. I chose movies and binged on a number of current, if collectively forgettable, titles. Getting up to pee was tricky. Mostly getting one's seatmates to move (you tried to time it when they all were awake), and then finding the right seat to return to ... As the first light of morning dawned, we cruised into Santiago. I was a bit sleep-deprived and dazed. There was a wheelchair waiting for me at the gate as we got off the plane. That took me back. I may have been wobbly, but I was ambulatory. So I declined the assistance, and stepped up the long chute to the Santiago airport lobby.

**WEEKLY QUOTA** ... "We didnt find the *Amanita galactica*, but we found much love, friendship and peace in this trip! Thank you and miss your laughter." Cauê Cauê

*At right, Celebration of Life Poster for Michael Smith ("Dr. David").  
Courtesy photo.*



## THE TALKING GOURD

### After Neruda

-from the *Heights of Macchu Picchu VI*

I see the hard clothes & the hands  
Remnants of *agua* in the echoing *sonora*  
The wall, glazed by the touch of a cheek  
worn smooth. And I have seen  
with my own eyes the land's lightworks  
Sawn timber that I oiled by hand  
The disappeared. Everything:  
rags, skins, jars, words, wine  
even breadloaves gone --  
fallen to the earth

And air's entered with orange blossom  
on its fingers, caressing all of whom sleep  
A thousand years of air, months, weeks  
Of air. Of blue sky. Of iron peaks

# Montrose County Fair Fiddle Contest



***Saturday July 28, 2018***

***Montrose County Fairgrounds, Friendship Hall***

***Sign in begins at 2:00, Contest begins at 4:00 PM***

***Attendance Free- \$12.00 entry fee, members of COTFA free***

***Sanctioned by and Judges provided by the***

***Colorado Old Time Fiddlers Association***

***Professional Sound provided by Scotty Kenton & Matt Box.***

***For information contact Bill @ 970-249-2251 [bstarnes@del-mont.com](mailto:bstarnes@del-mont.com)***

Small fry or Peewee 10 & Under	Junior - Junior 14 & Under	Junior Under 18	Open Division Any Age	Back up players
1 <sup>st</sup> Place - \$50	1 <sup>st</sup> Place - \$75	1 <sup>st</sup> Place - \$100	1 <sup>st</sup> Place - <b>\$500</b>	1 <sup>st</sup> - \$50
2 <sup>nd</sup> Place - \$25	2 <sup>nd</sup> Place - \$50	2 <sup>nd</sup> Place - \$75	2 <sup>nd</sup> Place - \$200	2 <sup>nd</sup> - \$35
3 <sup>rd</sup> Place - \$10	3 <sup>rd</sup> Place - \$25	3 <sup>rd</sup> Place - \$50	3 <sup>rd</sup> Place - \$100	3 <sup>rd</sup> - \$25
4 <sup>th</sup> place & down \$5 each incentive for non placer's	4 <sup>th</sup> place - \$15	4 <sup>th</sup> place - \$25		
	5 <sup>th</sup> place - \$10	5 <sup>th</sup> place - \$15		
	6 <sup>th</sup> place & down \$5 each incentive for non placer's	6 <sup>th</sup> place & down \$5 each incentive for non placer's		



# Hold the Date! Upcoming Business & Cultural Events

## CURRENT/ONGOING-

**DISABLED AMERICAN VETERANS** meeting every 3rd Thursday at 6 p.m. at Friendship Hall in Montrose. All veterans with at least a 10 percent service connected disability are welcome. For more information call [\(970\)964-4375](tel:9709644375).

**ALPINE PHOTOGRAPHY CLUB MEETING**, Tuesday, June 12, 7 p.m.

NEW LOCATION: Montrose Lions Club, Clubhouse, [602 N. Nevada Ave., Montrose](#), Presentation: Portraits by Sharon Brown, Bella Rose Photography; Image Sharing: "Water" (3-5 images) Photo Critiques: May remain anonymous (2-3 images). All are welcome to attend.

**June 14-DMEA Annual meeting** at the Montrose Pavilion, 4:30 to 8 p.m.

## 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](http://ourayarts.org) to learn more and register.

## MONTROSE TOASTMASTERS

*Meetings every 1st & 3rd Wednesday of each month at 6:30 pm at Proximity; 210 E Main St, Montrose, CO 81401.*

**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 3<sup>rd</sup> Thursday of the month. Meeting location - Red Cross Training Center, 5<sup>th</sup> and Gunnison in Grand Junction, 6:15 p.m.

**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. 2<sup>nd</sup> St. The public is invited to free programs based on topics of regional history. For more information please call 249-2085.

**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.; June 6, 13, & 20.

## MONTHLY-

**June 4--** 6:30 Citizens' Climate Lobby meets at Montrose Library meeting rm 320 S 2nd. National, nonpartisan networking to influence our legislators to pay attention to protecting our environment. Report from Solar Fair at Solar Energy International in Paonia. Also a solution to curtail carbon emissions. All [welcome.citizensclimatelobby.org](http://welcome.citizensclimatelobby.org), local contact- 970.240.9146.

**June 5**-Ignite Montrose- June 5 at 7:30 located in the backyard patio of Canyon Creek Bed and Breakfast (820 East Main St., Montrose). Enjoy a stimulating evening of fast-paced presentations on various topics.

**June 5**-The "Historical Legends and True Tales" walks are the Unknown stories of Montrose. You will discover what hidden stories happened behind the closed doors of our historical downtown buildings. We will uncover the locations of jails, sites of the saloons, speakeasies and the hidden secrets of our town. On June 5, 7 pm starting at the Montrose County Historical Museum (21 N. Rio Grande). There is limited space so please RSVP, and it is a \$5/person donation. For more information please call 249-2085.

**June 7**-SMPA Annual Meeting. There will be food, music, and interactive booths with a virtual reality tour of renewable generation sources. The meeting will also include an exhibition of rarely-seen lineman training exercises. There will also be gifts, prizes, and dinner will be provided for all. Attend the SMPA Annual Meeting on June 7, at the SMPA Nucla office. (170 W. 10th Ave.) Election polls are open from 4:30 pm – 5:30 pm and the meeting goes from 5:30 pm – 7 pm.

**June 7**- The Colorado Parks and Wildlife Commission will discuss finalizing regulations to freeze hunting and fishing license fees currently in place through the remainder of 2018, options for annual license setting timing, and CPW's use of drones. The commission will also hear final herd management plans for the West Elk Mountains and Buffalo Peaks at its June meeting in Cortez. The meeting is scheduled to begin at 11:15 a.m. and adjourn at 5 p.m. on June 7 at the Cortez Conference Center, 2121 E. Main St., in Cortez. A [complete agenda](#) for this meeting can be found on the [CPW website](#).

**June 8**- 7:30 p.m. – One Piano, Four Hands - Wright Opera House, 472 Main Street, Ouray. Tickets \$25 adults, \$5 students (18 years and under) available online at [www.ocpag.org](http://www.ocpag.org) or at the door.

**June 8**-On June 8 the official opening ceremony will take place at the Ouray Hot Springs Pool at 1 p.m. During the entire weekend, Friday through Sunday, there will be no additional charge for use of the slides. The Ouray Police Department will be serving ice cream in the park near the bathhouse on Friday during the Grand Opening. Rib City Grill will have food available. The city has arranged to have some people walking around in vintage swimwear.

**June 9**-Welcome Home Alliance for Veterans Golf for the Troop @ Bridges. Free clinic 7:30 to 8:15 a.m., 9 a.m. shotgun start, \$100 per person, includes golf, cart, range balls, awards & lunch. register [www.whafv.org](http://www.whafv.org).

**June 9**- Welcome Home Alliance for Veterans (WHAFV) Blue Jean Ball, \$40 per person, \$75 per couple. Montrose Pavilion 5 to 11 p.m. [www.whafv.org](http://www.whafv.org).

**June 9**-Hogback Festival, Noon to 6 p.m., Cerise Park. The Montrose Rotary Club is proud to partner with the City of Montrose and Montrose Summer Music Series to bring you The Hogback Festival. This event will include live music, an amateur BBQ contest, food and beverage vendors, giveaways, and kid's activities. Entrance to this festival will be FREE to the public.

**June 11**-BLM and Forest Service will be hosting stakeholder workshops related to the review of energy corridors in Arizona, Colorado, Nevada, New Mexico, and Utah. In this region, the workshop is Monday, June 11, 2018: DoubleTree Hotel, [743 Horizon Dr., Grand Junction, Colorado](#) from 9 a.m. to 3 p.m. local time: Please RSVP if you plan to attend a workshop so that we have enough materials available for participants. Make sure to indicate which meeting(s) you would like to attend and provide an email address as requested on the form ([click here to RSVP](#)).

**June 12-Alpine Photography Club Meeting**, Tuesday, June 12, 7 p.m.

NEW LOCATION: Montrose Lions Club, Clubhouse, [602 N. Nevada Ave., Montrose](#), Presentation: Portraits by Sharon Brown, Bella Rose Photography; Image Sharing: "Water" (3-5 images) Photo Critiques: May remain anonymous (2-3 images). All are welcome to attend.

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Contact the Montrose Mirror:  
970-275-0646

[Editor@montrosemirror.com](mailto:Editor@montrosemirror.com)

[www.montrosemirror.com](http://www.montrosemirror.com)

*Below, Sheila Shortcake, aka Angela Ferelli, strikes a pose after winning the Classic Queen Pageant at the Colorful Colorado Car, Truck & Rod Show Saturday. Mirror staff photo. At right, This 1943 Ford T-Bucket owned by Jack Heine of Montrose gleamed at the 23rd Annual Colorful Colorado Car, Truck & Rod Show June 2 put on in Montrose's Cerise Park by the Black Canyon Classics car club. The car won a prize in the competition for its class. Below right, inside a Studebaker. Photos by Michael Lawton.*



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