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© Issue No. 301 Dec. 3 2018

SUNRISE COMES TO THE NORTH SIDE WITH TO-GO BURRITOS

By Caitlin Switzer

MONTROSE--For a growing number of locals, the best way to start the morning is at Sunrise-- Sunrise Burritos, that is. Since opening in the kiosk at Camelot Gardens (16612 South Townsend Ave.) in 2017, the team at Sunrise Burritos has turned out simple but delicious food, with an emphasis on breakfast burritos. And with the company's recent move into wholesaling, it won't matter whether you live on the South side or the North End of town.

That's because now, you can also find Sunrise Burritos "to-go" in several locations owned by Parish Oil, including Humdingers at 2020 North Townsend and the Shell Plaza at Main Street and the San Juan Bypass. "Parish Oil has been great to work with," said Erin Hutt,

[Continued pg10](#)



The family behind Sunrise Burritos includes (left to right) Erin Hutt, Levi Trembly, and their daughter Maggie. The company has added a chicken burrito to the menu, and has branched into wholesale, with Sunrise Burritos made "to-go" now available at several locations owned by Parish Oil.

CITY COUNCIL TO PROCLAIM INTERNATIONAL DAY OF THE MIGRANT, SET 2019 DDA TAX LEVY



Montrose City Council will interview applicants for the Planning Commission and will discuss applicants to the Public Safety Citizens Advisory Commission at the work session of Monday, Dec. 3. Mirror file photo.

Mirror staff report

MONTROSE--Montrose City Council will host a [work session on Monday, Dec. 3](#) and a [regular meeting](#) on Tuesday, Dec. 4.

CITY COUNCIL WORK SESSION

City Council will interview applicants for the Planning Commission and will discuss applicants to the Public Safety Citizens Advisory Commission at [the work session of Monday, Dec. 3.](#)

PLANNING COMMISSION INTERVIEWS

Planning Commission applicants include Greg Easton, David Fishing, Chad Huffman, Anthony Russo, and Karen R. Vacca.

DISCUSSION ITEMS

Council will discuss applications to the City's Public Safety Citizens Advisory Committee. Applicants include Charles Barton; Phoebe Benziger; John Boyko; Sharon Burnett; Nathan Compton; Kristal

[Continued pg 8](#)

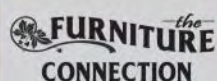
in this
issue

*Art Goodtimes
Up Bear Creek!*

*Free Cuppings Planned @
Cimarron Coffee Roasters!*

*Mobile Home Park, resident
@ odds over trapping of outdoor cats!*

*Letters to the Editor,
Regional news briefs!*



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MONTROSE CENTER FOR THE ARTS

OPINION/EDITORIAL:LETTERS

DON'T BE GUIDED BY FEAR; LET'S GO FORWARD UNITED

Editor:

What did Roosevelt mean by "the only thing we have to fear is fear itself"? By saying this, FDR was telling the American people that their fear was making things worse. We see fear being used as a common practice in today's American politics.

We also are seeing fear being used here in Montrose. In the November 26th edition of The Montrose Mirror, John W. Nelson of Regional Crime Stoppers tries to paint a dire picture of the crime taking place in Montrose. He highlighted some data as presented to City Council by Tom Chinn our former Chief of Police. But Mr. Nelson did not point out everything. He did not point out there was a reduction in crime in the following areas: Robbery (-17%), Sexual Assault (-10%), Residential Burglary (-19%), Motor Vehicle Theft (-27%). In his commentary, Mr. Nelson goes on to say we need an additional 15 police officers. Where did that number come from?

It's my understanding Mr. Nelson was instrumental in the Montrose Sheriff's Department being able to increase their workforce size. He used the same tactics to try and get City Council to get a tax initiative on the ballot in order to "right size" the MPD. To their credit, our City Council thought it might be premature to do so. City Council authorized the formation of a Public Safety Citizens Advisory Committee. That committee will be comprised of a group of local volunteers to review a variety of data points to determine if the Montrose Police Department is adequately staffed to provide for the safety and welfare of the citizens of Montrose as well as her visitors.

Candidates for the advisory committee will be interviewed during a City Council work session in the near future. The committee will attend a version of the Citizens Police Academy as a group in order to have a common understanding of the workings of the MPD. They will then meet over the next several months and come to a consensus on what the needs of the MPD might be. The committee will then make recommendations to City Council.

Don't be guided by fear, misleading data or make knee jerk reactions. Let's go forward as a city united. Only then will we be successful as a community.

Dave Stockton, Montrose

CITY COUNCIL MUST SAVE ON 'WANTS' TO FUND REAL NEEDS

Editor:

How did it happen that the needs of our Law Enforcement & First responders was kept a secret for the past several years?

We were badgered into a tax increase to build a Recreation Center. We were guilted into a tax increase to support the Library. Some how there was money for a Water Park, an Events Center and Flowers, Trees & Christmas Lights in our Roundabouts. A Hike & Bike trail will be completed at a cost of about \$1 million per mile. Then there is the Half Million Dollar Rest Room building.

It will be hard to vote against the Police Department & other First Responders. But it may be easy to say "Enough is Enough" & vote against yet Another Tax Increase.

I ask our City Council to look for savings among their many "wants" to support our real "Needs."

Thank you,

Lester M Sendekki, Montrose



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and smell the ~~coffee~~ NEWS!

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Tri-State G&T Montrose Employees Clubs' 3rd Annual

Montrose Motorcycle Holiday Toy Run



Donate and ride! Dec. 8, 2018

Help us brighten the holidays
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By Dec. 6, drop off a new, unwrapped gift
for boys and girls, toddlers to teens:

Tri-State Montrose Maintenance Center
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Donate and Ride

On Dec. 8, bring a new, unwrapped gift
for boys and girls, toddlers to teens and
ride with us:

10:30 a.m.

Tri-State Montrose Maintenance Center
2200 S. Rio Grande Ave., Montrose
meet in the south parking lot

11 a.m.

Kickstands up! Ride and deliver gifts to
Olathe. If there is snow on the ground,
we will deliver gifts by car.

QUESTIONS? Contact volunteer toy run coordinator Izale Kruse at 970-382-1325 or ikruse@tristategt.org

www.tristate.coop/montrosetoyrun

OPINION/EDITORIAL:LETTERS

COUNCIL'S ACTIONS WILL AFFECT THE ENTIRE AREA

Editor:

While you, your friends and neighbors may not always be interested in the activities of the Montrose City Council, I strongly suggest that you read the Agendas and Packets for the Council's Work Session at 11:00 a.m. on Monday, December 3rd, 2018, and the Council's regular meeting at 6:00 p.m. on Tuesday, December 4th, 2018, at 6:00 p.m.

The Work Session discussion Item 2 A is a discussion to Develop Public Safety Committee Goals and Objectives to deal with a critically under-funded and under-staffed

Montrose Police Dept.

Please note item 2 D on the Work Session Agenda, yet another city recreational expenditure, the Connect Initiative Recreation Trail Construction Contract (\$3,007,872, with a GOCO grant of two million dollars and \$450,000 from other community partners). This is set out on attached pages 29-32.

Item 5 on the Council Meeting Agenda is the International Day of the Migrant Proclamation, attached as page 3 to the Agenda.

In light of caravans of non-U.S. citizens

threatening the U.S. borders, this carefully worded Proclamation is wholly political, deceptive and is horrendously divisive.

You might want to attend these sessions since the Council's actions will affect the entire area and its residents.

John W. Nelson, Montrose

Please see the following links to agendas and packets for the next Montrose City Council meetings.

[City Council Agenda](#)

[City Council Packet](#)

[City Council Work Session Agenda](#)

[City Council Work Session Packet](#)

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Thought for The Week:

The next time your wife is angry, drape a towel over her shoulders (like a cape), then smile and say :

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FOR MONTROSE COUNTY

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Also collecting Cash Donations to be used to purchase additional toys and gift certificates.

HAPPY NEW MERRY THANKSMAS

The toy drive will begin with this event, November 16 & 17 (drop off at the event itself), and will continue through December 10.

DROP-OFF POINTS

Montrose Alpine Bank locations during Banking hours:
2770 Alpine Drive and 1400 East Main Street.
Coffee Trader 845 E Main St and 311 S 5th Street.
Cherry Creek Radio at 106 Rose Lane.
Montrose Recreation Center.

COLLECTION DATES

November 16 – December 10



Alpine Bank
Member FDIC

COUNCIL TO PROCLAIM INTERNATIONAL DAY OF THE MIGRANT

From pg 1

Cooper; Kirstin Copeland; Mark Dreher; David Frank; Greg Fulks; James Haugsness; Julia Horn; Rebeqah Love; Nancy Medlock; Valery Morris; Robert Parish; J. David Reed; David Stockton; Jay Thoe; and J. Donald Vacca.

Council will discuss the Ellsworth Addition Annexation; a sole source justification for the Spillman server replacement; a construction contract for the Connect Initiative Trail Project; and a supplemental budget update.

Items scheduled for future City Council discussions include the designation of offi-

cial posting places on Dec. 17. Public Safety Citizens Advisory Commission Appointments and Planning Commission Appointments, a liquor license renewal for Sam's Tavern, and a new 3.2 beer license for Carneceria Sonora will be Dec. 18. On Jan. 14 Council will discuss funding for Save the Sculptures. On Jan. 15 Council will designate official posting places and consider an Ordinance to Address Vaping.

As yet unscheduled are discussions of workforce housing and revisions to Animal Control Municipal Code.

CITY COUNCIL MEETING

Council will [proclaim Dec. 18, 2018 the International Day of the Migrant](#) at the regular Council meeting on Dec. 4.

ORDINANCE 2462

Council will consider Ordinance 2462 on first reading, amending Ordinance 2438 which appropriated funds for defraying the expenses and liabilities of the City of Montrose during the fiscal year beginning Jan. 1, 2018; said expenditures of the City of Montrose over and above those anticipated at the time of the adoption of the original budget for the fiscal year beginning Jan. 1, 2018.

RESOLUTION 2018-35

Council will consider approving Resolution 2018-35, fixing the tax levy for the Montrose Downtown Development Authority (DDA) for the fiscal year beginning Jan. 1, 2019 and ending Dec. 31, 2019.

STAFF REPORTS

City Manager Bill Bell will present a public information officer report.

Following staff reports, Council will adjourn.

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REGIONAL NEWS BRIEFS

MONTROSE FARMERS MARKET WINTER MARKET DATES ANNOUNCED

Special to the Mirror

MONTROSE-The Montrose Farmers Market Winter Market will be open the following Saturdays 10am-1pm. Holiday Market: Nov. 3, 10th & 17th – Dec. 1, 8, 15 & 22. Beginning Jan. 5, 2019, open every other Saturday through April 27, 2019. We are located at Centennial Plaza - Indoor Market in the Centennial Meeting Room, 421 S. 1st Street, Building #1.

CLASSIFIED / EMPLOYMENT ADS FOR THE WEEK OF 12/3/18:

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ADMINISTRATIVE/CUSTOMER SERVICE oriented individuals needed for full and part-time job opportunities in Montrose, Delta and Gunnison areas. Hours and length of assignment vary. Apply today at expresspros.com/montroseco or call 970-249-5202.

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OTHER:

PACKAGE HANDLER AND RUNNER needed for 12/10 - 12/24. For full job description please to expresspros.com/montroseco or call 970-249-5202 for more information.

SUNRISE COMES TO THE NORTH SIDE WITH TO-GO BURRITOS

From pg 1

who owns Sunrise Burritos with her husband Levi Trembly.

Parish Oil Retail Supervisor Robert Parish said that his company likes to work with local businesses that have a superior product to sell. "It's cool to be able to support businesses that are trying to put out a good product," Parish said. "People go berserk over those burritos."

Sunrise Burritos has found a definite niche in a community that values fresh cooked food and chili of all kinds, and in which many residents are commuters.

"Ninety percent of our customers order a bacon or sausage breakfast burrito, either hot, half and half, or mild," Hutt said. "Our mission is simple, affordable food made fresh."

In addition to breakfast and regular burritos with bacon, sausage and beef, Sunrise Burrito customers can also enjoy a new addition to the menu, the chicken burrito, she said.

With ties to both Mexico and New Mexi-

co, Sunrise Burritos offers both traditional red and New Mexico style green chili, from mild to hot and hotter than hot.

"I fiddled with our green chili recipe to get it right," Hutt said, "to get that consistency that is right for burritos. It's easy, simple, and not too complicated. And the ground beef recipe we thought up in Mexico, based on my friend's mom's recipe."

Erin and Levi met as school kids in Montrose, but lost touch until they met again in Arizona in 2010, "When he crashed my friend's wedding," Hutt recalled. "We came back here in 2016 to start a family, and because we both have parents here."

Today, the family includes daughter Maggie and another child on the way—and the growing family business that Erin and Levi have built together.

"We had been wanting a good breakfast burrito place, and we had been talking about opening a business since we were in Mexico," Hutt said. "When this kiosk came open, Levi looked into renting it."

Both Erin and Levi had backgrounds in food service, though Erin is also a massage therapist.

"I worked as a line cook at Silver Jack when I was in high school," she said. "Levi was a waiter in Mexico, and he had always wanted to run his own business. Sunrise Burrito is family-owned, a mom and pop store."

Their home town has been very welcoming to the startup company.

"We have had a good response from everyone; we love talking to our customers—we have people who come here every day," Hutt said.

One interesting trend that she has noticed over the past two years; "Business seems to be better on the days that we serve more of the hotter chili."

Sunrise Burrito is located at 16612 South Townsend Avenue, and is open from 6:30 a.m. to 1:30 p.m. Monday through Friday, and from 7:30 to Noon on Saturdays. They are closed on Sundays.

REGIONAL NEWS BRIEFS

MOTOR VEHICLE FATALITY ON HWY 50 IDENTIFIED



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Montrose County Coroner's Office

MONTROSE—The fatality from a motor vehicle collision north of Montrose on Hwy. 50 on the afternoon of Nov. 26, has been identified as Maxine June Keller, 75, of Olathe, Colo.

The incident is being investigated by the Montrose County Coroner's Office of Medical Investigation and the Montrose Police Department with the assistance of the Colorado State Patrol. The cause and manner of death are pending that investigation and the scheduled autopsy.



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



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PREVENT WINTER FIRES CAUSED BY HOME HEATING, COOKING

Mirror staff report

MONTROSE—Along with the seasonal drop in temperatures comes an increased risk of fires related to home heating and cooking.

According to [Federal Emergency Management Association \(FEMA\)](#), 890 people die in the U.S. from winter home fires each year; and a heat source too close to combustibles is the leading factor contributing to the start of a winter home fire (15 percent).

"This time of year we see an increase in the use of space heaters and heat lamps," Montrose Fire Protection District (MFPD) Chief Tad Rowan said.

"Chimney fires are also a risk."

He urged citizens to follow manufacturers' instructions when it comes to home heating devices such as space heaters. "Get one that has been verified by an independent laboratory," Rowan said.

"And don't use anything to heat your

home that is not an approved device for that purpose—do not use your stove.

"If you have a wood stove, be sure your chimney is clean, functioning, and free of creosote."

And for those who have not already checked and changed the batteries in smoke and carbon monoxide detectors, now is a great time to do so, Rowan said.

On Nov. 30, the Montrose Fire Protection District, an all-hazards department, tweeted that Montrose Fire had responded to 44 incidents that week, of which 30 were EMS related and 14 were fire related.

On Nov. 26, MFPD tweeted that Montrose Fire had responded to 39 incidents over the Thanksgiving holiday weekend. 28 were EMS related and 11 were fire related.

More FEMA statistics on fires:

\$2 billion in property loss occurs each year from winter home fires.

Winter home fires account for only 8 per-



Structure fires can be a danger even in winter; be sure to check smoke detectors and change batteries if needed. Courtesy image.

cent of the total number of fires in the U.S. but result in 30 percent of all fire deaths.

Cooking is the leading cause of all winter home fires.

5 p.m. to 8 p.m. is the most common time for winter home fires.

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IT'S NOT TOO LATE TO GET THAT FLU SHOT



The flu typically hits Montrose in December, HHS Director Stephen Tullos said, but there is still time to get a flu shot. Courtesy image.

Mirror staff report

MONTROSE-Though there appear to be plenty of colds and other viruses to go around, no cases of influenza have been officially reported in Montrose since flu

season began on Sept. 30, though 37 cases have been reported statewide.

That's not unusual, Montrose County Health & Human Services Director Stephen Tullos said. "We typically don't start seeing the flu here until December," Tullos said, "and there have been no hospital admissions confirmed."

Only cases in which a flu test has been conducted will be officially counted, he noted. Montrose residents have been reporting flu-like symptoms in recent

weeks, though the illness has been shorter-lived than influenza.

Because flu season officially lasts through March 18, it's not too late to get that flu shot, Tullos said.

"Go ahead and get it," he advised. "The worst months of flu season are January and February; even if they didn't get the vaccine quite right and you do get the flu, the shot will help it make less impact."

This is also the time of year when colds are common. Tullos advises staying ahead of the common cold by using common sense. "If you are sick, better just stay home until you are feeling better," he said. "Cover a cough—not with your hand but with your elbow. Because many illnesses are passed from hand to hand, "Make sure you wash your hands."

REGIONAL NEWS BRIEFS

CCI FOUNDATION'S WINTER CONFERENCE BRINGS TOGETHER 400 COUNTY LEADERS

Special to the Mirror

COLORADO-Colorado's largest annual gathering of county government leaders took place Nov. 26-28, 2018 in El Paso County as more than 400 delegates participated in the Winter Conference of Colorado Counties, Inc. (CCI) Foundation in Colorado Springs. Colorado Governor-elect Jared Polis spoke at a special general session on the first day of the conference, outlining his vision for the state, including looking at all possible ways (except those ballot measures rejected by voters in the November election) to fix the state's chronic transportation problems. State demographer Elizabeth Garner provided insights into Colorado's changing demographics, with special emphasis on the

aging population and the importance of the 2020 Census; and political insiders Mary Kay Hogan (The Fulcrum Group) and Joey Bunch (Colorado Politics) addressed the impacts on counties of the recent elections, noting that voters generally favored local control over state mandates, citing the defeat of a statewide ballot measure that would have restricted oil and gas development. CCI honored individual achievement during the conference, including naming Ben Tisdell of Ouray County as its 2018 Commissioner of the Year; presenting its 2018 Distinguished Service Award to Rio Blanco Commissioner Shawn Bolton; and honoring Pitkin County Commissioner Rachel Richards with a special Dedication Award. Delta County Com-

missioner Mark Roeber succeeded Teller County Commissioner Dave Paul as President of CCI, a non-profit, membership association whose purpose is to offer assistance to county commissioners and to encourage counties to work together on common issues. Governed by a Board of Directors consisting of eight commissioners from across the state, CCI's focus is on information, education and legislative representation. CCI strives to keep members up-to-date on issues that directly impact county operations. At the same time, CCI works to present a united voice to the Colorado General Assembly and other government and regulatory bodies to help shape a bright future for Colorado and its citizens.

UPCOMING MEMORIAL SERVICES

IN MEMORY OF MAXINE JUNE GILCHRIST KELLER

Dear Family and Friends,

Thank you all so much for the loving messages, prayers, gifts, flowers, food and kind thoughts. Your support has been overwhelming and appreciated.

Our beloved mother and mentor, Maxine June Gilchrist Keller, known to friends as Micki, passed away on Monday, November 26, 2018, at age 75.

Micki was a devoted member of the Olathe community where she taught elementary education for 30 years. and spent much time beyond the classroom organizing educational events and fundraisers. She spent her time advocating for what she believed in, and her passion for seeing students pursue higher education was evident in her retirement when she established a local scholarship program awarding an OHS graduate a scholarship for the past 20 years. She funded this scholarship through proceeds from the Friday OES Store, where she became known as the Store Lady.

Now that she is no longer with us, we

will continue her legacy in honor of the life she lived. Donations to Maxine Keller Memorial Scholarship can be made at San Juan Credit Union or online

at www.gofundme.com/maxine-keller-memorial-scholarship.

Upon retirement, she wrote, "In my thirty years of teaching, I have met and become friends with many fine teachers and employees. I dedicated my life to helping children and found that I could not have chosen a better career... I have thoroughly enjoyed the experience and have always found MCSD to be supportive and fair. In the end, I have given this district my best through my children who now teach for you."

We would love to have you join us in celebrating her.

Memorial services and reception will begin at 10 a.m. in the Olathe Elementary



Maxine June Gilchrist Keller, known to friends as Micki.
Courtesy photos.

Gymnasium on Saturday, December 8, 2018.

Sincerely,
Micki's children: MHS Teacher Kathy Gaber, OHS Teacher Kari Keller, Kim Keller, Cedaredge Teachers Kris and Jill Keller, Columbine Middle School Teachers Steve Gaber and Greg Solseth



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Please drop off your donations at one of the locations listed below starting **November 14 through December 17, 2018.**

Drop-off Locations:

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Coffee Trader - E Main & S Townsend
CMU - Library entrance
Chamber of Commerce
Genesis Marketplace
Looney Bean Coffee
Maggie's Book Store
Natural Grocers
Starbucks





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Enjoy local art, refreshments,
and music and do a little
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MOBILE HOME PARK, RESIDENT AT ODDS OVER TRAPPING OF OUTDOOR CATS

Elderly homeowner 78, receives eviction notice for feeding TNR strays

By Caitlin Switzer

MONTROSE-A mobile home park that set traps for outdoor cats last week has officially called off the contractor who was hired to trap the felines. However, the hard feelings that resulted for those on both sides of the issue may not be so easy to resolve.

For River Meadows Mobile Home Park resident Lois Holland, 78, the “four or five” fixed cats that she has been feeding have become like pets, though they were not hers to begin with. Originally strays, the cats were spayed or neutered several years ago by the non-profit [Snip and Tip Cat project](#), which provides trap-neuter-return (TNR) services in Montrose and surrounding communities in an effort to prevent feline overpopulation.

Still, Holland said she has been served an eviction notice because she had not been able to re-home the cats, which she has come to love. The same cats have lived at the park since 2013, she said,

For the park, which recently hired a new manager, the stray cats were a nuisance, and local trapper Rich Tunget was hired to capture and remove them. “It is a zero outside pet community,” Tunget said. “It states on the lease agreement that pets must be on a leash, or you can have them indoors.”

The trapping, which resulted in the capture of four cats, was done humanely, with the cats taken to local farms or ranches, he said, saying that TNR efforts like Snip and Tip Cat project are “illegal,” and can be classified as animal abandonment.

“They’re not pets,” Tunget said. “We started trapping to help the animals; they could get inside the insulation of a trailer—then you’ve got a dead animal under

the house and a giant litter box.”

Still, “We have ceased operations for the time being.”

Joan Hewitt of Gunnison’s [Snip and Tip Cat Project](#), which has spayed or neutered more than 2,000 cats in Montrose, said that the small cat colony at River Meadows Mobile Home Park was healthy, stable, has had their shots, and had been living at the park for some time. “Lois had been taking care of those cats for five years,” Hewitt said. “If anything, they are a little overweight.”

Because TNR involves returning cats to the area where they were trapped, the cats’ ears are tipped to show that they are “fixed.” And while a former River Meadows Manager welcomed the spay-neuter and vet check efforts, that manager is now gone. “The trouble is trailer parks change managers so often,” Hewitt said, noting that in some cases, park managers in other parks have trapped and killed residents’ pet cats that happened to be outdoors.

In the case of River Meadows Mobile Home Park, “I can understand they might have complaints,” Hewitt said. “But people can deter cats from coming on their property. There are other ways to solve this problem.

“It has been too cold to leave traps out overnight,” she said. “And where did the cats that they trapped go? You can’t just take a cat and dump it someplace else.”

With no other programs that work to alleviate the exploding stray and feral cat population in Montrose County through



A TNR cat looks out from a trap at the River Meadows Mobile Home park just before Thanksgiving. Submitted photo.

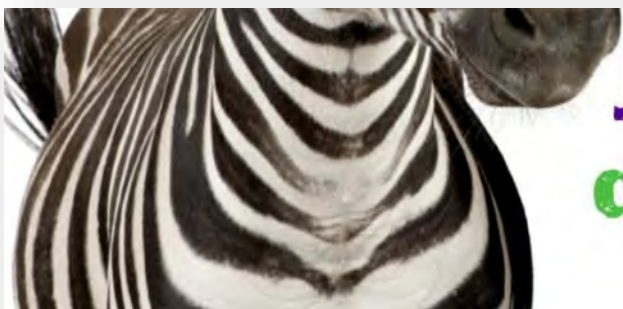
TNR, the Snip and Tip Cat Project already has a waiting list for its January spay neuter clinic, Hewitt said.

“We have doubled our capacity, with no advertising,” she said. “It’s overwhelming.”

What nobody disputes is that stray and feral cats are a major issue in Montrose and elsewhere, having been named the 13th most invasive species in the west earlier this year by the Western Governors’ Association.

Montrose County Undersheriff Adam Murdie said the situation at River Meadows stems from the park not upholding all of its own regulations over a period of time. “People bring cats in, and then they leave and leave the cats behind,” Murdie said.

“There’s such an abundance of cats everywhere; they are doing a lot of damage. The theory behind trap-neuter-return is great, but it doesn’t handle the overabundance of animals...the only real answer is for people to take care of their animals.”



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REGIONAL NEWS BRIEFS

CDOT STILL SEEKING MAINTENANCE PERSONNEL

100+ permanent and temporary positions available to maintain highways

Special to the Mirror

DENVER – The Colorado Department of Transportation (CDOT) continues to look for additional permanent and seasonal full-time and part-time highway maintenance workers and snowplow drivers as fall moves towards winter.

“Nationwide, there’s a shortage of drivers that have a commercial driver’s license (CDL) and it’s impacting how many people we have out maintaining our roadways,” said CDOT Human Resources Director Susan Rafferty. “As we continue our push to hire more drivers, we’re doing what we can to better attract additional personnel.”

For temporary highway maintenance employees, CDOT is offering a number of incentives, including:

Increasing the pay rate from \$19 an hour to \$22 an hour

Allowing retired CDOT maintenance personnel (due to their extensive experience) to drive plow trucks for \$25 an hour or

their hourly rate, if it was higher, when they retired

Temporary seasonal positions generally last up to nine months.

In addition, hiring managers also have been given more flexibility to hire either a full-time temporary employee or an on-call temporary employee.

CDOT also is hiring permanent positions, with full benefits and promotional opportunities. A housing stipend is available for some locations.

Additionally, the state Department of Personnel and Administration is providing CDOT with a six-month residency waiver, allowing beginning temporary and permanent highway maintenance employees to be hired from out-of-state. The waiver ends in May 2019. Previously, most per-

manent positions required Colorado residency, with the only exception being for those positions within 30 miles of the state border.

Interested individuals should apply now at: <http://bit.ly/CDOTcareers2018>.

Hiring is taking place to serve the following locations:

Metropolitan Denver
Interstate 70 mountain corridor (Idaho Springs, Empire, Vail Pass, Wolcott)
Northern Front Range (Loveland)
Northwest Colorado (Granby, Rabbit Ears Pass, Walden)
West-Central/Southwest Colorado (Fairplay, Gunnison, Silverton, Telluride)
Eastern Plains/Northeast Colorado (Limon, Hugo, New Raymer, Anton, Sterling)
South-Central (La Veta).

GARDEN OF LIGHTS @ MONTROSE BOTANIC GARDENS


Special to the Mirror

MONTROSE-The Montrose Botanical Gardens announce the 2018 Garden of Lights in Montrose. Join us Saturday & Sunday, Dec. 15 & 16; Saturday & Sunday, Dec. 22 & 23; Wednesday & Thursday, Dec. 26 & 27, 5:30pm to 8:30pm. Illuminated garden paths and displays, horse drawn wagon rides, music. Check the website for details. www.montrosegardens.org. Adults - \$5, Children 5 to 18 - \$3, Children under 4 - free, Family up to 4 people - \$12.

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REGIONAL NEWS BRIEFS

FREE MEDICARE ANNUAL WELLNESS VISIT @DCMH

Special to the Mirror

DELTA-Medicare patients are being offered a free, value-added benefit called a Medicare Annual Wellness Visit. There is no cost, no deductible and no co-pay for Medicare patients. Delta County Memorial Hospital offers free Medicare Annual Wellness Visits at each of its primary care clinics, including Internal Medicine Associates, DCMH Family Medicine in Delta and West Elk Clinic in Hotchkiss.

What is the Annual Wellness Visit?

The Annual Wellness Visit is designed to help keep patients healthy and provide the support needed to have a healthy

quality of life. This visit includes a review of a patient's medical and social history related to their health and education and counseling about preventive services, including certain screenings, immunizations, and referrals for other care, if needed.

What can you expect at the Annual Wellness Visit?

You will see a Registered Nurse who works with your provider. Blood pressure, weight, and body measurements will be taken. There will be questions about the patient's health, including medications, vaccines, mood, memory, mobility, family and living situation. Patients will leave the

visit with a wellness plan and list of helpful local resources. The Annual Wellness Visit is not intended to replace any part of your current medical care and is not the same thing as a head-to-toe physical exam.

To schedule a free Medicare wellness visit, please call for an appointment through the DCMH clinic where you see your provider at one of the DCMH clinics: Internal Medicine Associates – 874-7668; DCMH Family Medicine in Delta – 874-5777 and West Elk Clinic in Hotchkiss – 872-1400. For additional questions about the free Medicare wellness visit call 399-2601.



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ROY ANDERSON (CURRENTLY SERVES AS MAYOR)

Phone: (970) 615-7823

Email: randerson@ci.montrose.co.us

District III/Term: April 2016 - April 2020

DAVE BOWMAN (CURRENTLY SERVES AS MAYOR PRO TEM)

Phone: (970) 275-4183

Email: dbowman@ci.montrose.co.us

District II/Term: April 2018 - April 2022

BARBARA BYNUM

Phone: (970) 901-9191

Email: bbynum@ci.montrose.co.us

At-Large/Term: April 2018 - April 2020

JUDY ANN FILES

Phone: (970) 249-9355

Email: jfiles@ci.montrose.co.us

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District I/Term: April 2018 - April 2022

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OPINION/EDITORIAL: LETTERS

SPEEDING ON NEW HILLCREST EXTENSION

Editor:

Congratulations to all on the opening of the newest quarter-mile, race track aka the Hillcrest Extension between Niagara & Oak Grove. I have observed vehicular speeds well in excess of posted limits including the more pedestrian active area near the Sunrise Assisted Living Center neighborhood. This specific block north to Niagara allows 30 MPH increased from the prior 20 MPH speed limit which makes no sense given the pedestrians at risk of meeting the front end of a speeding vehicle. To further exacerbate the problem, there is a glaring lack of pedestrian, cross-walk painted surfaces at any of the crossing intersections and curb cuts for same. By the way, this is a feeder to Vista San Juan traffic.

This isn't rocket science as Vista San Juan has experienced and driving behaviors are not altered until financial consequences and license points are levied by the policing authorities. What a great place to go drag racing or air out your engine on your to and from work. At least until you approach the cross walks where seniors, deer and the occasional child are crossing the arterial. Sadly, that's when the coroner's office gets more business and city officials may proffer alternative ideas beyond 'we should look into that' anti-dotes.

R. L. Michaels, Montrose



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Tbd Wildcat Canyon Road
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Horsefly Tracts

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Lot 63 Barnes Point Drive
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3169 Silver Fox Drive
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REGIONAL NEWS BRIEFS

OLATHE STUDENTS PARTICIPATE, LEARN IN MOCK ELECTION

By Kari Keller

OLATHE—Olathe students participated in a mock election on Nov. 6th. The results included: 46% elected Bill Hammons (republican) for Governor, 52% Scott Tipton (Republican) for Dist. 3 U. S. House, Amendment 73 85% Yes, Colorado Secretary of State 53% Wayne Williams (republican), Colorado Treasurer Brian Watson (republican and OHS graduate) 53%, Constitutional Amendment V 54% Yes, Town of Olathe Ballot Question 2A 81% yes, Town of Olathe Ballot Question 2B 70% Yes.

Marisa Mitchell and Dominic Gonzales organized the kids for program for the elementary school. Mr. Hamm's government classes manned the polling booths and counted the votes. Ms. Keller's Senior Seminar class collected the elementary students votes. The program was a success. Olathe Middle High School students researched the candidates, amendments, and proposals in their social studies classes participating in a school wide PBL.



Karsen Henwood and Solidade Almanza running a polling booth at OHS. Courtesy photo.

ANNUAL PARADE OF LIGHTS BRINGS MONTROSE DOWNTOWN

Special to the Mirror

MONTROSE — Spectators donned winter coats, gloves, and hats, sipped hot chocolate and warmed themselves with holiday spirit during the 2018 Parade of Lights Dec. 1 on historic Main Street.

More than 60 floats participated in this year's parade organized around the theme "Illuminate." The parade featured various light displays, music, dancers, classic cars, a performance by the Montrose High School marching band, various floats built by local clubs and organizations, followed with an appearance by Santa. Tri-State Generation and Transmission took first place in the float competition followed by Agrupacion Clave 5 in second, and Northside Elementary taking third place. The City of Montrose would like to thank all the downtown businesses that participated in the evening festivities, and all the local organizations and community members that took time to participate in the parade.



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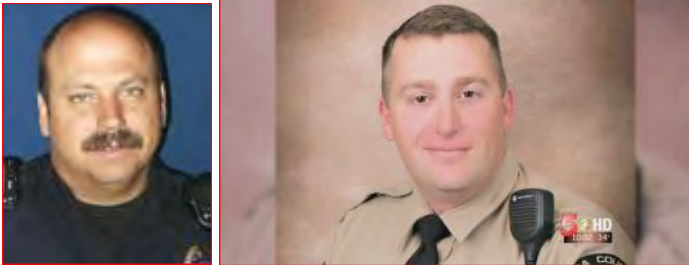
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REGIONAL NEWS BRIEFS

HOUSE PASSES BILLS TO RENAME POST OFFICES AFTER FALLEN WESTERN COLORADO LAW ENFORCEMENT OFFICERS



Sergeant David Kinterknecht, left, and Deputy Sheriff Derek Geer, right. Courtesy photos.

Special to the Mirror

WASHINGTON, D.C. – The House passed two of Congressman Scott Tipton's (CO-03) bills which would rename post offices after fallen law enforcement officers from Colorado's Third District.

[H.R. 6216](#), to rename a Montrose post office as the "Sergeant David Kinterknecht

Post Office" and [H.R. 6217](#), to rename a Grand Junction post office as the "Deputy Sheriff Derek Geer Post Office Building" passed the House by unanimous consent.

"Sergeant David Kinterknecht and Deputy Sheriff Derek Geer embodied heroism and

service. They put their lives on the line every day for their communities. Tragically, they were both taken far too soon, giving all in the line of duty," said Tipton.

"While we will never be able to repay either of these men for their selfless acts or fill the void left by their loss, naming post offices in their respective communities will

honor their lives and ensure that their memories live on."

Click [HERE](#) to watch Tipton honor Sergeant David Kinterknecht and Deputy Sheriff Derek Geer on the House Floor.

Sergeant David Kinterknecht of the Montrose Police Department was killed in the line of duty in 2009. Sergeant Kinterknecht served with the Montrose Police Department for ten years.

He is survived by his wife, two daughters and three stepsons.

Deputy Sheriff Derek Geer of the Mesa County Sheriff's Office was killed in the line of duty in 2016.

Deputy Geer was a U.S. Navy veteran and had served with the Mesa County Sheriff's Office for 15 years.

He is survived by his wife and two children.

CITY OF MONTROSE EARNS 2018 GOVERNOR'S HEALTHY COMMUNITY AWARD

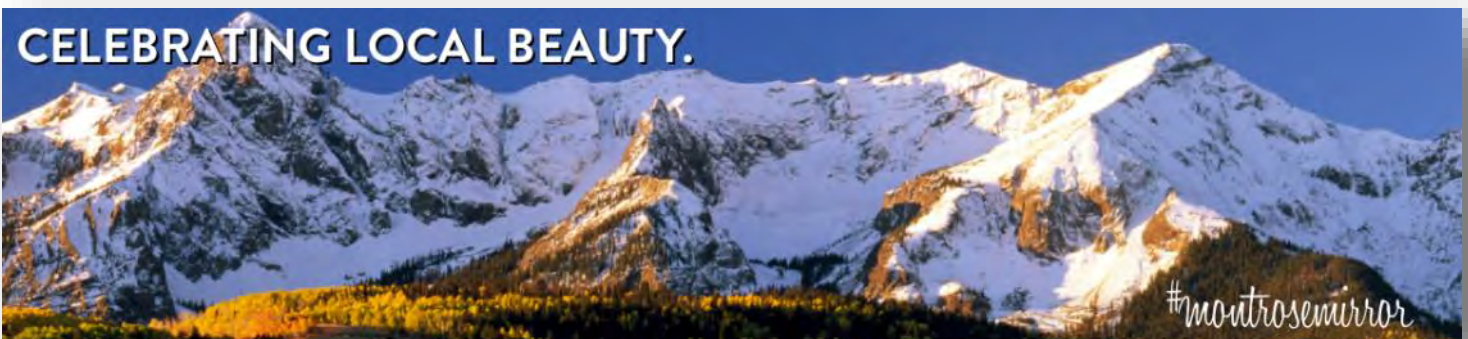
Special to the Mirror

MONTROSE – The City of Montrose has been awarded the 2018 Governor's Healthy Community Award for its continued dedication to healthy living on a community-wide scale. City officials were honored recently at LiveWell's Healthy Eating Active Living (HEAL) Summit, hosted by the Colorado Office of Economic Develop-

ment and International Trade (OEDIT) and LiveWell Colorado. Montrose was selected because "community input and involvement combined with city leadership has led to momentous success for various projects including the Montrose Recreation Center, Sharing Ministries Food Bank, Montrose Urban Renewal Authority Project and PIC Place, each creating opportu-

nities for all citizens despite economic standing."

As the 2018 award winner, the City of Montrose will receive a \$4,000 monetary award, contributed by Rocky Mountain Health Plans to further enhance community wellness efforts, and a Governor's proclamation honoring their efforts as the healthy community award winner.



COLORADO NEWS BRIEFS

Support Senior CommUnity Meals on Colorado Gives Day!



Donate!

**Tuesday,
Dec. 4th**

Give!

Senior CommUnity Meals serves nutritious meals at seven community dining sites and deliver Meals-on-Wheels to 2,600 homebound older adults in Montrose, Delta and San Miguel Counties, Colorado.

HELP SUSTAIN OUR MISSION BY DONATING ONLINE:

coloradogives.org/seniorcommunitymeals

Colorado's largest day of giving, Colorado Gives Day, takes place on Tuesday, December 4th.

Learn more about our program at SeniorCommunityMeals.org



REGIONAL NEWS BRIEFS

HOLIDAY SEASON SHIPPING DEADLINES ARE APPROACHING *Mail Call for Overseas Military, Diplomatic Service Members*

Special to the Mirror

UNITED STATES—Thousands of men and women in the nation's military and diplomatic corps and in the military are serving abroad during the holidays.

The mail is a great way to stay connected with them by sending cards, letters, presents and care packages for the festive season.

The Postal Service offers a reduced price of \$17.40 on its largest Priority Mail Flat Rate Box for mail sent to APO/FPO/DPO (Air/Army Post Office/Fleet Post Office/Diplomatic Post Office) destinations worldwide — a \$1.50 discount from the regular price.

The Postal Service is expected to process more than 16.2 million pounds of mail for

these destinations this holiday season.

To ensure timely delivery of holiday wishes by Christmas, the Postal Service recommends that cards and packages be sent to military APO/FPO/DPO addresses overseas no later than the mailing dates listed below.

OVERSEAS MILITARY DEADLINES

Dec. 11 — Cards, Letters, and Priority Mail Packages

Dec. 18 — Priority Mail Express Military Service

(* most destinations)

FREE MILITARY BOXES AND SUPPLIES

The Postal Service has created a free Military Care Kit based on the items most frequently requested by military families. The kit contains address labels, tape, boxes,

and customs forms.

[To order the kit, call 800-610-8734. Guidelines for packing, addressing and shipping items to U.S. troops can be found at \[store.usps.com/store/product/shipping-supplies/military-care-kit-P_MILITARYKIT\]\(http://store.usps.com/store/product/shipping-supplies/military-care-kit-P_MILITARYKIT\).](#)

To order Flat-Rate Boxes featuring the "America Supports You" logo, go to usps.com/freeboxes.

Postage, labels, and customs forms can be printed online anytime using Click-N-Ship at <http://www.usps.com/ship>.

While you are at usps.com, you can also print your shipping labels, pay for postage, and call for your letter carrier to pick up your Priority or Priority Express items at your home or business for free (where available.)

UPCOMING PRESCRIBED BURNING PLANNED EAST OF DELTA

Special to the Mirror

MONTROSE— The Bureau of Land Management (BLM) plans to conduct prescribed burning of approximately 50 slash piles six miles east of Delta as early as Dec. 3, or as conditions allow.

The slash piles are part of a tamarisk and Russian olive removal project within the Gunnison Gorge National Conservation Area, both of which are invasive species frequently found in riparian areas.

"The goal of this project is to restore native plant communities within the riparian zone and subsequently reduce hazardous fuels which pose a wildfire risk," said Rusty Stark, BLM Fire Management Specialist.

The prescribed pile burning may take multiple days to complete once initiated, and will be monitored throughout the process to ensure public safety.

While smoke may be visible in the area at times, most of the smoke will lift and dissipate during the warmest parts of the day.

"The burn plan for this project contains specific weather conditions and air quality criteria that must be met to help ensure control of the burn and minimize the potential smoke impacts to local communities," said Stark.

A smoke permit from the Colorado State Air Pollution Control Division, which identifies atmospheric conditions under which

the burn can be implemented, was obtained by the BLM.

Prescribed fire smoke may affect your health. For more information, visit <https://www.colorado.gov/pacific/cdphe/wood-smoke-and-health>.

For information on wildfires, prescribed burns and fire restrictions in the area, call the Southwest Colorado Fire and Aviation Management Unit Fire Information line (970-240-1070), visit the Montrose Inter-agency Dispatch website (http://gacc.nifc.gov/rmcc/dispatch_centers/r2mtc), or follow us on Twitter (https://twitter.com/SWD_Fire) and Facebook (<http://www.facebook.com/BLMMontroseFireUnit>).

OPINION/EDITORIAL: LETTERS

IN A STATE WITH MAIL-IN VOTING, WHY IS TURNOUT SO LOW?

Editor:

I would like to comment to Art Goodtimes' briefing about "Voting" in his 11/26 Up Bear Creek column. I didn't see the point of his piece since it seemed to have no point, or counterpoint. I would like to ask him, was there a point or counterpoint? I don't see how saying nothing about an important topic helps by just stating what we 'talking heads' already know and just opining that it is simply 'no surprise'. And I also don't see why he talked about some reasons for low voter turnout that don't apply to Colorado. The issue that he should have raised is, in a state with mail-in voting, why is the turnout so low. There is no reason why voting in this state with mail in voting can't achieve upwards of 80% turnout! It is so baffling that it is 50% or less since it is so easy to vote here, i.e., with the ballot sitting on one's countertop, or wherever one puts their daily mail pieces, looking at it sitting there for 2 weeks or more, how can registered voters not vote? I am not interested in citizens who don't register, they are beyond hope, but registered voters who don't vote, how lazy can one be not to be bothered to open it, fill it out, and drop it off or mail it? None of the issues raised by Mr. Goodtimes applies:

1. We don't have to vote on a particular day so you low wage workers with crappy bosses don't have that excuse of saying they can't get to the polls...
2. Weather, again, not an issue...
3. Waiting in long lines to vote, not an issue...
4. You have no voting day intimidation issues since you don't have to go to a polling place...
5. You have no voter ID issue to vote on election day...
6. You have no disenfranchisement issues...

So, my opinion is maybe (extreme solution to wake you lazy registered voters up) we should go back to the days of only privileged people allowed to vote. With (numbers are an educated guess to prove my point) only about 50% of our citizens registered to vote and only about 50% of them (on a good day) vote, that leaves only about 25% of the eligible citizens voting which means only about 12.5% of the People deciding our politicians and thus Government. Let me show that all by itself: **12.5% of the People Decide Our Government** (on a good day)! So, with those numbers, maybe we should go back to voter requirements. I vote for only advanced degree (i.e. above high school diploma) be allowed the privilege of voting. For Montrose, according to statistics I found at bestplaces.net, that would be just about right since it shows 7% having 2-year degrees and 27% with 4-year degrees. And, if you are a registered voter and don't bother to vote, maybe we should purge them for the voter rolls and they would have to re-register. Some have criticized states for doing this, but maybe they got it right, as motivation to open that piece of mail sitting on your desk, filling it out, and sending it in. Wow, that is so hard...

So, to just proclaim it is 'no surprise' about low voting turnout is not acceptable. I could write a column giving opinions of just throwing up my hands and saying 'oh well', so why do you get that job Mr. Art Goodtimes?

Douglas Crawford, Montrose

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OPINION/EDITORIAL: LETTERS

PUT A HALT TO AUTOCRACY, STOP THE PROFLIGATE SPENDING BY MONTROSE CITY COUNCIL

Editor:

As the days progress toward the new year and more and more of our community are faced with the prospect of a citizen's committee firming up the city council's desire for more revenue, contempt of our citizens by our city council and city management seems to grow and grow.

And why not?

The populace knows what the council wants. And they know that whether they object or agree, the council is going to conduct the profligate spending plan that they, the council have already agreed to, not to what the citizens need or wish to spend on.

Having given away hundreds of thousands of already collected tax dollars to various private businesses that the council wishes to see succeed, the 'frivolous five'

are seeking to find more of the shekels in our pockets to extract. To take, absorb and redirect to things that they want to support; that the council, not the citizens, wish to see succeed. This my fellow citizens is not what our representatives have been elected for.

And why should they not do as they please? Few of our stalwart citizens seem to object!

Meanwhile the 'frivolous five' have failed to fix our roadways that are in serious disrepair; failed to adequately fund our fine police department and failed to 'make due' with the funds that already have been extracted from our pockets for them to run our town.

No, my fellow citizens. It is 'they want more, more and more.'

It is time to put a halt to this autocracy.

This committee of citizens is being formed for the purpose of putting forth what the council wants. Of justifying the council's agenda. Of making legitimate the illegitimate programs of the few who sit on the council. Well not really.

The council has already spent that money but now cannot afford to support the first and most urgent purpose of government. The protection of the people. Public safety. So now they want funds (via a new tax) to support the cops.

I say NO!

I say cancel some of your illegitimate promises and fund the cops from current funds already collected and if you cannot do that, or will not, then quit and let us have some counselors who will operate our fair city with the funds they have.

Bill Bennett, Montrose

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ISSUE 187 Dec. 3, 2018

ART & SOL

CIMARRON COFFEE ROASTERS EXPLORES THE FINE ART OF COFFEE *Free cupping events planned @ Montrose Roastery*

By Caitlin Switzer

MONTROSE-Montrose has become a coffee lover's destination, with a variety of excellent coffee shops to choose from. Among these is Cimarron Coffee Roasters' Montrose Roastery, located at 72 Grand Avenue in historic Sampler Square. You might actually be forgiven for considering this a coffee "gallery," as owner Eric Palumbo has elevated the humble beverage to something of an art form here. Cimarron Coffee Roasters consistently earns five-star, rave reviews on social media sites, and has been recognized with prestigious industry awards. It's also comfortable, relaxed, and welcoming—with superb coffee.

Though coffee today is a global commodity, traded on the commodities exchange, "Our focus here is on going deeper, all the way to the origin if possible," Palumbo said, "to a given farmer or processing plant—and giving them credit for a lot of what happens."

The flavors of Coffee beans that come from the same original source can vary widely if the beans are processed differently, he said. "The strength of the flavor comes from how you brew it," Palumbo said. "There is an optimal brew for every coffee; virtually every coffee has a 'sweet



Customers Chris and Grant Kennedy enjoy a beverage together at Cimarron Coffee Roasters Montrose Roastery on Nov. 30.

spot,' though some people prefer a savory flavor."

In the end, it's a matter of personal preference. "Just like at a brewery, everybody has a favorite."

For those who are not steeped in a knowledge of coffee growing, roasting and brewing, the sheer variety of coffees available today can intimidate. To introduce customers to a new palette of flavors in a low-stress environment, Palumbo regularly hosts free cupping events at the Montrose Roastery. Upcoming free cupping events will take place from 10 to 11 a.m. on Dec. 29, Jan. 26, 2019, and Feb. 23, 2019.

Cupping, in which coffee is ground di-



The same coffee beans can have different flavors depending on how the beans are roasted and processed.

rectly into the cup, with hot water poured over the grounds and allowed to steep and create a crust, is an efficient way to sample a number of different coffees at one time, he said. The technique spotlights the aroma and taste of each cup. "It's like a wine tasting," Palumbo said. "I treat it as a sharing opportunity; we do four different cups, two to show off how roasting affects flavor, and two to show off how the processing station does."

The event is free to the public, with an open house format that allows guests to come and go as they please. "You can come in at any time," Palumbo said, "and we will generally have four coffees to taste."

Continued next pg

CIMARRON COFFEE ROASTERS EXPLORES THE FINE ART OF COFFEE

From previous pg



Cimarron Coffee Roasters Barista Mark Souza at work on Friday, Nov. 30.

You may also want to stock up on coffee, coffee brewing equipment, or cool branded t-shirts and mugs.

Though Cimarron Coffee Roasters' popular [Ridgway location](#) has a 25-year history, [the Montrose Roastery](#) has only been open to the public for two years; still, word of mouth and a growing reputation for excellence bring new customers through the historic doors each day. For Palumbo, who previously worked in the finance industry and as a semi-professional violinist, sharing the nuances and artistry that go into each cup of the endlessly variable beverage called coffee is clearly a labor of love.

"A lot of people still think of coffee as a hot, brown liquid," he said. "We're mostly focused on providing a good time—come try our coffee. Come buy our coffee!"

Cimarron Coffee Roasters Montrose Roastery is located at 72 Grand Avenue in Lower Montrose (LoMo). The phone number is 615-7214. Hours are from 8 a.m. to 3 p.m. Monday through Saturday.

COMMUNITY NEWS BRIEFS

MOUNTAIN VILLAGE CELEBRATES HOLIDAY PRELUDE DEC. 15-16

Special to Art & Sol

MOUNTAIN VILLAGE – Mountain Village will once again be transformed into the North Pole for this year's Holiday Prelude celebration on Saturday, Dec. 15 and Sunday, Dec. 16, 2018.

This year promises a whole day of holiday movies, train rides, Santa and his workshop, live reindeer, ice skating and children's holiday surprises around every corner. Holiday Prelude is a collaborative effort between Telluride Mountain Village Owners Association, Town of Mountain Village, Telluride Ski & Golf Company and local merchants to transform Mountain Village into the regional destination for holiday fun and activities.

Throughout the weekend, children of all ages will delight in the decorations and lights galore as Santa's elves send them up the Gondola to visit Santa's workshop at the Telluride Conference Center from 1-5 p.m.

Children can share their Christmas List with Santa, make holiday crafts with the elves and enjoy holiday movies with free hot chocolate and popcorn. This year's

holiday films include "The Year Without Santa Clause," "Polar Express" and "Elf."

A parents' lounge and cash bar will be available for parents who want to put their feet up. In addition, a curling demo will be held to demonstrate how the sport is played and help folks learn to curl from 10 a.m. – 12 p.m. (Saturday only), ice skating will be available from noon to 4 p.m., and sledding (Saturday only) will be held from 4:30 – 6 p.m.

Children and adults can expect many surprises on the train ride throughout the twinkling Mountain Village. This year the train will be making some very special stops through town to visit the live reindeer petting area (Saturday only) and participating shops will be giving gifts and treats to all children.

On Saturday, the culmination of this year's event will be a Tree Lighting Ceremony with Santa and carolers in Heritage Plaza at 6 p.m. Following the lighting, head back to the ice skating rink because the Telluride Figure Skating Club will be presenting "North Pole on Ice."

Mountain Village is proud to feature lo-

cal ice skaters who are excited to show off their skills on the ice. The show is set to begin at 6:15 p.m. After our local pros leave the ice, stick around for the "coolest" ice skating party ever – all set to your favorite tunes.

For those who need to get some last-minute Christmas shopping done, Mountain Village merchants are extending discounts and specials to customers until 9 p.m. Shoppers will receive some of the best discounts of the year, along with raffles, giveaways, food and drink specials and more.

And, in the true spirit of giving, Franz Klammer Lodge will host an Angel Baskets Charity Drive for donations and will be offering complimentary treats and beverages in their lodge on Saturday from 1-5 p.m.

Lodging and ski packages are available for those who want to extend the holiday fun. For more information, visit <http://bit.ly/HolidayPrelude2018>. Activities are all free of charge; events and times are subject to change so please check back often!

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COMMUNITY NEWS BRIEFS: LOCAL LEADERS

MONTROSE VFW POST 784 HONORS ARTIST RON WRIGHT



Plaque presented to the crew of the USS Colorado. From left to right: Whit Bailey, Al Warnock, Ron Wright, Fred Schaefer. Courtesy photos.

Special to Art & Sol

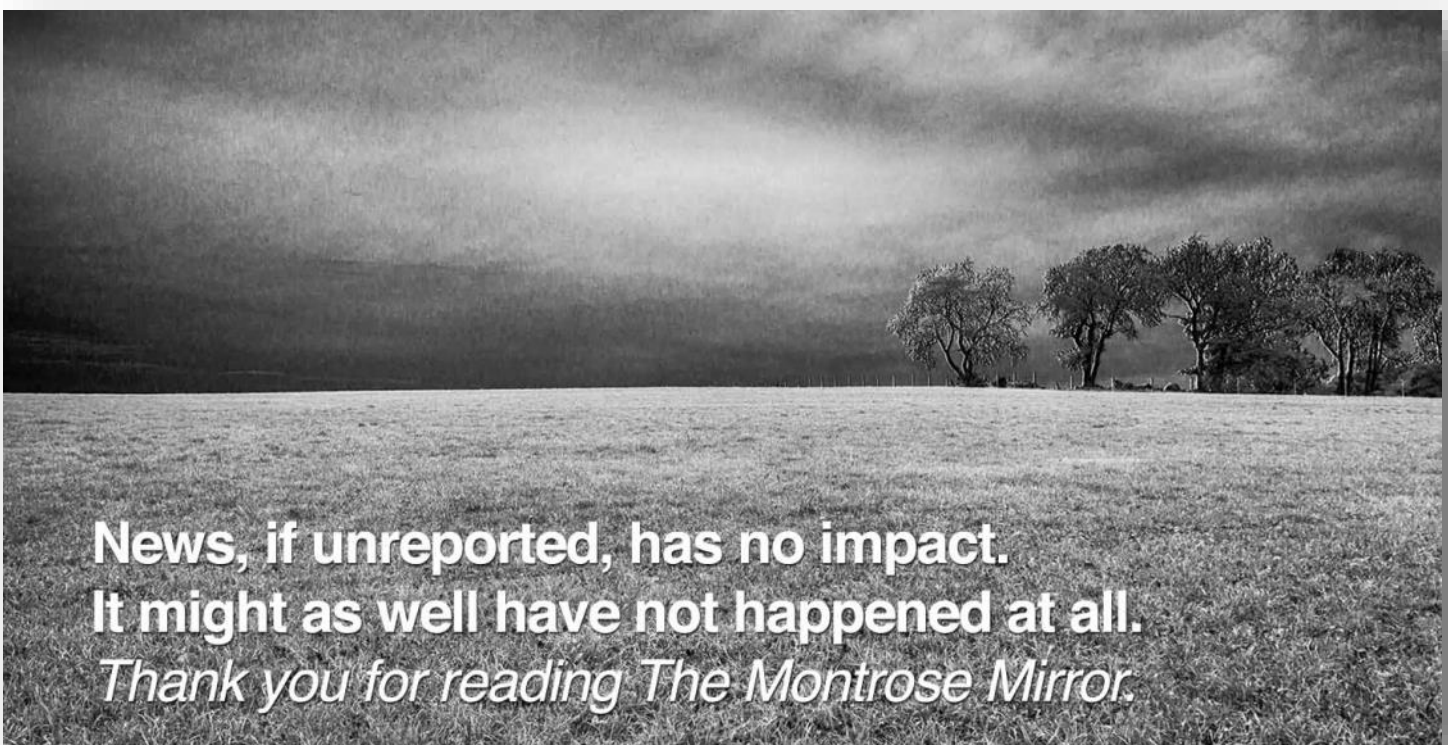
MONTROSE-During the November monthly dinner and meeting of the Montrose Post 784 Veterans of Foreign Wars, local artist Ron Wright was presented with the Veterans of Foreign Wars Bronze Citizen-

pression of sincere appreciation and full praise for patriotic service rendered to the community. Ron crafted and donated a plaque that was presented to the crew of the USS Colorado during their Commissioning Tour of the state which included a

ship Medal as an ex-

stop in Montrose. Ron is also a manager at a local home improvement store. Ron and all the leadership at the store never hesitate to help with technical support and supplies to keep the Montrose VFW Post 784 facilities and equipment up and running. Ron Wright is a true American Patriot.

Thanks Ron!



COMMUNITY NEWS BRIEFS: OUTDOOR RECREATION

FEEDING WILDLIFE DURING WINTER DOES MORE HARM THAN GOOD

Special to Art & Sol

DURANGO-- As Colorado enters the depths of the winter season, Colorado Parks and Wildlife reminds citizens that feeding big game in Colorado is not only illegal but can also harm them.

"Native species are well adapted to survive the winter months on natural food sources," said J Wenum, area wildlife manager for Colorado Parks and Wildlife in Gunnison. "Feeding big game, especially deer, whether it's hay, corn, dog food or other livestock-type food, can kill them. Their digestive systems aren't designed to handle these types of rich foods."

Unfortunately, every year, people see deer in their yards or near their property and some people decide to feed them; and every year deer die as a consequence.

"People want to help. But the reality of it is that feeding generally doesn't help wildlife, it harms them," Wenum said. "Winter is a tough time of year, and it has always been how nature eliminates the sick, the weak and less-fit animals from the population. It's ironic, but the toughest time of the year is what makes wildlife populations healthy."

In some areas of Colorado bighorn sheep get close to residential areas during the winter. Bighorns, also, should not be fed.

Feeding animals can cause other prob-

lems. Deer crowding around a food source can transfer diseases or parasites from animal to animal. When animals bunch up they also become easy targets for predators, including mountain lions. While deer and mountain lions have evolved naturally together, having large predators in residential areas is not natural and is never a good idea.

Feeding big game can draw them away from their natural habitats and disturb migration patterns. In some areas, deer that have been fed during the winter haven't moved on as they should when spring arrives.

Feeding is not just a concern with big game. CPW also advises people to refrain from feeding small animals such as coyotes, foxes, squirrels, rabbits, chipmunks or turkeys. These animals also aren't equipped to eat human-provided food. And just like deer, animals can bunch up, draw in predators and create unnecessary conflicts.

Wild animals are unpredictable and can be dangerous to people who decide to get close to them. They can be particularly aggressive or defensive around food sources, during breeding seasons and when they have dependent young nearby.

"Winter in Colorado is often a great time to watch big game animals. They are more



As Colorado enters the depths of the winter season, Colorado Parks and Wildlife reminds citizens that feeding big game in Colorado is not only illegal but can also harm them. Courtesy photo CPW.

visible when they congregate on low-elevation, more open winter ranges," explained Wenum. "Please, observe them from a distance, keep your dog on a leash and don't be tempted to offer any food,"

For more information about wildlife in Colorado, see cpw.state.co.us.



COMMUNITY NEWS BRIEFS

ANNUAL SEASONAL CLOSURES BEGIN IN MONTROSE AREA TO PROTECT WILDLIFE

Special to the Mirror

MONTROSE – Annual winter closures to motorized and mechanized vehicles will go into effect Dec. 1 on select Bureau of Land Management lands in the Montrose area to reduce stress on wintering wildlife and prevent road damage.

The Dry Creek Travel Management Area roads west of Montrose, Ridgway Travel Management Area northeast of Ridgway, Burn Canyon Travel Management Area west of Norwood, Billy Creek area near Ridgway, Sims Mesa area south of Montrose, Fairview area southeast of Montrose, Jones Draw area northeast of Montrose, and Lone Cabin Road near Crawford will reopen between March 31 and April 30, 2019. Seasonal closures will occur until May 1 for Coal Canyon Road in the Little Book Cliffs Wild Horse Area, Blue Mesa, Beehive, Chalk Mountain, Grand Mesa Slopes at Horse Mountain, Sink Creek, Mesa Creek, and Lands End roads, as well as the Gibbler Gulch, Wagon Park, Sawmill Mesa areas. Roads branching from 16 Road will close at Garvey, Post and Lapham canyons. The following areas will close through May 15: C-77 (Green Mountain), Black Ridge and Red Canyon roads.

All areas continue to be open to hiking and horseback riding, except for the Ridgway Travel Management Area, which is a full closure to the public.

"These areas are important to wintering wildlife," said Greg Larson, BLM Uncompahgre field manager. "Winter conditions in southwest Colorado are severe at times and the public can help ensure wildlife populations remain healthy by respecting these temporary closures."

Users of BLM-managed lands during winter months can help wintering deer and elk by observing wildlife closures, as well as viewing wildlife from a distance and keeping dogs under control, preferably leashed.

For more information, call the BLM Uncompahgre Field Office at (970) 240-5300.

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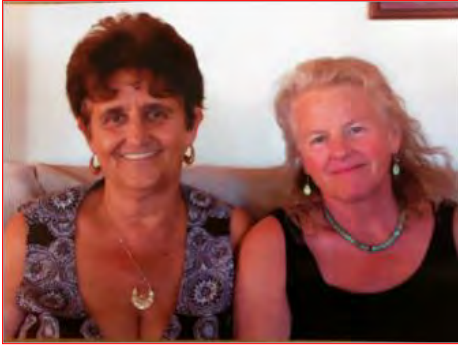
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Up Bear Creek by Art Goodtimes

Catching up with an alternative healer



Rosita Arvigo and Dr. Janneli F. Miller
(courtesy photo).

JANNELI MILLER ... A ride down to Dolores to get a load of wood from Val Truelsen's sawmill pre-snow last month gave me a chance to visit my old professor friend, Dr. Janneli F. Miller. I met her when she was teaching at Western Colorado University, before it upgraded from Western State. She had been a midwife, and got so interested in the subject she went on to get a doctorate in medical anthropology from the University of Arizona and work with the Rarámuri (those Mexican indigenous folks we call the Tarahumara) ... Her dissertation thesis fascinated me. As I understand it, she documented her belief that unassisted childbirth was the indigenous norm among the people she studied, and it was only with the entrada of European colonists that midwifery came to be the cultural standard. She recorded how pregnant Rarámuri women did not want any psychic energy not their own around the very private ritual of childbirth – not even close family, mothers, siblings or spouses. Instead, as she explained, they would go alone into the nearby forest and hang from the branch of a tree and let gravity assist with the baby's delivery. It was only with the introduction of Western ideas that midwives began to operate in Rarámuri country. And it was the narco-trafficking that made going into the forest alone a dangerous activity that has led to the cessation of old indigenous childbearing customs ... For a while, Janneli taught down at Ft. Lewis, and several times she had me come as a guest lecturer to her



Ixchel, the Mayan deity of Medicine, Child-birth & Weaving (courtesy photo).

medical anthropology class to talk about mushrooms and their healing modalities ... But a few years ago she'd left the academy and settled in Montezuma County, writing stories for the *Four Corner Free Press* and building up her own alternative medical practice based on Mayan indigenous wisdom ... For Janneli it's a return to her pre-academic life as a women's health care practitioner that began in Oregon in the '70s [C.E.], where she was active with the Oregon Midwifery Council. She began her training with Rosita Arvigo in Belize in 2008 [C.E.] and received her certification in Arvigo Techniques of Maya Abdominal Therapy (ATMAT) as a Self Care Teacher eight years later ... ATMAT are a series of non-invasive, external massage techniques to help guide internal abdominal organs into proper position for optimal health. Effective for both women and men, the techniques improve organ function by releasing physical and emotional congestion. Making use of anatomy, physiology, herbology, naprapathy and ancient Mayan healing methods, ATMAT can address common health complaints, as well as

improve the flow of chi and fluids to the circulatory, lymphatic and nervous systems to prevent the progression of chronic disease symptomology ... During her three years living with the Rarámuri, Janneli focused her attention on women's reproductive health, traditional midwifery, and indigenous healing practices, including ethnobotany. She continues her efforts to reduce maternal and infant mortality worldwide by promoting culturally appropriate reproductive health services. She is currently working on a manuscript about her experiences in the Sierra Madre and returns to the region as often as possible. Part of her practice involves preparing herbal tinctures, salves and other therapeutic remedies ... I myself have incorporated her Male Tonic tincture into my daily regimen. It contains Man Vine Root (*Securidaca diversifolia*), Balsam Bark (*Myroxylon pereira*) and Corn Silk (*Zea mays*) in a solution of brandy ... Janneli has recently moved her office to just outside Dolores. For more information, contact her at 970-275-1590 or visit her website at www.drjanneli.com

WEEKLY QUOTA ... "Most people think too much. Get them to laugh and half their troubles and sickness will go away and the blessed herbs will do the rest." –Don Eli-jito Panti, Maya healer

ODDITEMS ... According to a new *Wall Street Journal* study that looked at the country's 20 largest airports, Denver International Airport is the best airport in America. The categories considered included security line wait-times, long walks, and wifi speed. Orlando and Phoenix were runner-ups. The worst – all of New York's metro airports: LaGuardia (18), JFK (19) and Newark International (20) ... Every few years there's a diet guru touting some new exotic method for losing weight and maintaining health. But, according to the *The Week*, the author of *Food Politics* and *Unsavory Truth*, the "prominent public nutrition

Continued next page

Up Bear Creek by Art Goodtimes

watchdog, Marion Nestle, is surprisingly easygoing about her rules for eating ... 'Don't eat too much.

Make sure you have vegetables, and don't eat too much junk food. I mean, really, that's all there is to it.'" Unlike

those who insist on the importance of breakfast, Nestle doesn't eat anything until 11 a.m.

"Most of the research on why breakfast matters is done by the breakfast cereal companies – big surprise."

As for diets, fads and startling research studies (pomegranates treat heart disease, chocolate milk reduces football concussions, sugar doesn't cause obesity), Nestle says, "If it's too good to be true, it probably is."

THE TALKING GOURD

Vida Barranca

-for Janneli Miller

Beyond plugged toilets
blown fuses
misplaced papers & a flat tire

there's the Sierras of the Rarámuri
High on a sunset ridge
watching Venus kissing Jupiter

No road but the moon's trail
down to Aboreachi & the flickering
cliff lights of little ranchos

Taking goats to the river
& back each day
Too much rain this year

Not much corn
But always enough to make
batari & sit

drink & laugh
Some singing. Some dancing
Happy with how much little there is

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spun to warm the people
Insulate them from affluenza

Timeless in the cold
slow realities of
una vida barranca



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Save the Date! Upcoming Regional Events

CURRENT/ONGOING-

MONTROSE FARMERS MARKET WINTER MARKET will be open the following Saturdays 10am-1pm. Holiday Market: Nov. 3, 10th & 17th – Dec. 1, 8th, 15th & 22nd. Beginning Jan. 5, 2019, open every other Saturday through April 27, 2019. We are located at Centennial Plaza - Indoor Market in the Centennial Meeting Room, 421 S. 1st Street, Building #1.

ALPINE PHOTOGRAPHY CLUB MEETING-There will be no meeting in December; regular meetings resume in January of 2019, on the second Tuesday of the month, @ 7 p.m., Place: Community Meeting Room, Montrose Library, 320 S 2nd St. Includes: Presentations, photo sharing & critiques. All are welcome to attend.

GARDEN OF LIGHTS AT THE MONTROSE BOTANIC GARDENS-5:30 pm to 8:30 pm, Saturday & Sunday, Dec. 15 & 16; Saturday & Sunday, Dec. 22 & 23; Wednesday & Thursday, Dec. 26 & 27. Illuminated garden paths and displays, horse drawn wagon rides, music. Check the website for details. www.montrosegardens.org

AMERICAN LEGION POST 24 hosts Bingo every Saturday and Sunday at 7pm, at the Bingo Connection, 2075 East Main Montrose. Its open to the Public. Doors open at 5:30 p.m.. For more info call Tom at 260-8298.

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).

MONTROSE TOASTMASTERS

Meetings every 1st & 3rd Wednesday of each month at 6:30 pm at Centennial Room, 431 South First in Montrose.

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

MONTROSE COUNTY GOP MEETING

6:30 p.m. second Thursday of each month. MC-GOP Headquarters at 242 E. Main. Information: 970-765-7406

MONTROSE COUNTY REPUBLICAN WOMEN MEETING

Noon - third Fridays. Hampton Inn, [1980 North Townsend Ave.](http://www.hamptoninn.com) Information: Dianna 970-249-0724

MONTHLY-

Dec. 4-Celestial Navigation Along the Old Spanish Trail will be the subject of a meeting of three area organizations Tuesday, Dec. 4, 6 pm, in the Mesa Room, Mesa County Library, 6th and Grand, Grand Junction. The public is invited and encouraged to attend. The Mesa County Astronomy Club will host the meeting along with members of the Old Spanish Trail Association and the Mesa County Colorado Archaeology Society. For more information, call Vicki at 245-8484.

Dec. 5-Kathryn Burke will explore the events that led to the overwhelming 1876 defeat of Lieutenant Colonel George Armstrong Custer and the 7th Cavalry at the Battle on the Little Bighorn River, Montana Territory. Also known as the Battle of the Greasy Grass, Custer's Last Stand was an overwhelming victory for the Lakota, Northern Cheyenne and Arapaho. Friendship Hall, Dec. 5, 7 pm, free admission, public welcome. Information 970-323-6466.

Dec. 7-Miracle on Main Street, Olathe, 5:30 p.m. Tree lighting, choir performance, Rebekah's Chili Dinner, Mr. and Mrs. Santa Claus, and treats for the kids, American Legion Hall. Parade lineup is 5 p.m., Hwy 50 business loop in front of El Riconcity Restaurant. No preregistration required.

Dec. 8-MCA presents the Art of Magic featuring "MIND BLOWN" the magic of Ty Gallenbeck, benefiting Montrose Center for the Arts. 11 S. Park Ave., (corner of Park & Main, Montrose), Dec. 8, at 7 p.m. Family appropriate; children age 12 and older are welcome. An Incredible, fantastic evening of fun that will defy your reason! Don't miss it! Tickets are available at www.mc4arts.net. For information 970-249-5645.

Dec. 8-Ouray's Wine, Chocolate and Cheese Festival is celebrating its 10th consecutive year with another food and wine packed weekend at the Ouray Community Center from 6-9 p.m. on Dec. 8. Tickets are \$25 in advance and \$30 at the door. Registration is required by Dec. 1 and tickets are \$75 per person or \$90 for both the wine dinner and festival. Tickets are available online at coloradowinefest.org or at the Wildflower Boutique in downtown Ouray.

Dec. 10-On Monday Dec. 10, at 6:30 p.m., Montrose Library 320 S 2nd meeting rm- Citizens' Climate Lobby monthly meeting: Be aware of renewed ways to mitigate climate change. Come network to influence legislators on nonpartisan ways to help our environment. citizensclimate-lobby.org 970-240-9146

Dec. 13-14-Dark Night returns for its 10th annual show at the Paradise Theatre in Paonia, Thursday and Friday, Dec 13 & 14. Join renowned author Craig Childs and friends for Emergent Kingdoms, a visceral experience of storytelling, spoken word, visual multimedia and live music. Family friendly! Tickets available online at BrownPaperTickets and in Paonia at The Paradise Theatre, The Cirque and Lizzy's Market.

Dec. 15-27-Montrose Botanical Gardens Garden of Lights, -5:30 pm to 8:30 pm, Saturday & Sunday, Dec. 15 & 16; Saturday & Sunday, Dec. 22 & 23; Wednesday & Thursday, Dec. 26 & 27. Illuminated garden paths and displays, horse drawn wagon rides, music. Check the website for details. www.montrosegardens.org

Dec. 16-Join the Montrose Community Band on Sunday, Dec. 16 at 3 pm for a free Christmas concert at the Montrose Pavilion. The band will be playing a variety of Christmas music sure to get you in the holiday spirit. For more information visit www.montroseband.com or call 970-596-1188.

Dec. 19-Pace Homestead Holiday Art Show & Gift sale. 1 to 4 p.m. Homestead activity room, 1819 Pavilion Drive Montrose.

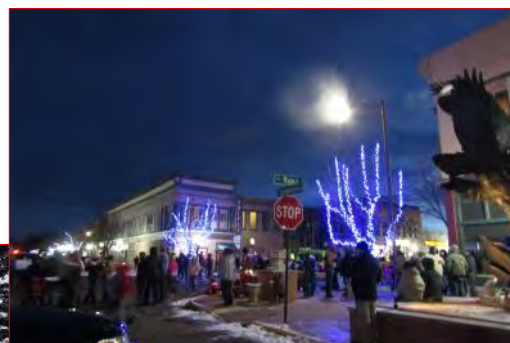
Dec. 27-[Cory Henry & The Funk Apostles](http://www.facebook.com/events/286847615290300) Doors 8 PM, Show 8:30 PM. All Ages. Tickets \$35 - \$79. Facebook Event -facebook.com/events/286847615290300 Marketing Show Assets — [Click here](#)

Dec. 29-FREE monthly coffee cupping at Cimarron Coffee Roasters, 72 S. Grand Ave, 10-11 a.m.

Jan. 10-*Beatles vs. Stones – A Musical Showdown* performs on Thursday, Jan. 10 at 7:30 pm at the Avalon Theatre. Tickets are \$35 - \$65 and may be purchased online at www.avalontheatreji.com, by phone at 800-626-TIXS (8497) or at the theatre box office. The Avalon Theatre is located at 645 Main St, Grand Junction, CO 81501. The show is appropriate for all ages. The goes on sale to the public on Nov. 9 at noon.

Jan. 17-RE-1J Schools Community Meeting, 6 p.m. on Jan. 17, 2019, RE-1J board room. Update on vaping and school safety.

MIRROR IMAGES...SIGNS OF THE SEASON!



At left, Gail Marvel captured this early morning image of snow dusting South First Street on Dec. 1. Above, crowds gather Downtown despite the cold to wait for the 2018 Montrose Parade of Lights on Dec. 1.

Need health insurance for 2019?

Walk-in and get enrolled!

No appointment necessary

Saturday, December 8th

9am – 3pm

121 North Park Avenue

*Medicaid Assistance Available

*Se habla Español

970-252-0660

