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# THE MONTROSE MIRROR

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## NATURAL GROCERS OF MONTROSE MOVING TO NEW, EXPANDED LOCATION AFTER THE HOLIDAYS



*Natural Grocers of Montrose is on the move to a new location, pictured above, shortly after the Holidays. A grand re-opening is set for Jan. 17, 2019.*

By Caitlin Switzer

MONTROSE-A popular Montrose market is about to move to a new, expanded location, with 3,000 more square feet of floor space and a dedicated area for lectures. Natural Grocers of Montrose will move two doors down after the Holidays and will host a grand re-opening Jan. 17.

Though Natural Grocers will be closed for two days prior to the move, the space will be brand new and beautiful once re-opened, Market Manager Rhea Flora said.

"We will have more space on the sales floor, a lot more produce, more dairy, and frozen space," she said. "The aisles will be wider and more comfortable. There will be ten additional freezer doors, which is what our community is looking for."

Natural Grocers will also be adding beer at its new location, including organic

[Continued pg 8](#)

## STUDENTS BECAME THE TEACHERS @ RE-1J SCHOOL BOARD MEETING DEC. 11

By Caitlin Switzer

MONTROSE-Students became the teachers, turning the tables on the Montrose County School District RE-1J Board of Education at the well-attended [regular school board meeting](#) of Tuesday, Dec. 11.

Students from Clara Pena's multimedia class at Montrose High School showed samples of their work, and students from Chris Braaten's class at Columbine Middle School provided an active and exciting demonstration of coding and technology.

District G Board Member Stephen Bush was absent from the meeting.

[Continued pg 18](#)



*Columbine Middle School Teacher Chris Braaten (center) and 6th grade students Levi Blair (orange shirt) and Aerion Maestas (center) gave a high energy demonstration of technology and coding to RE-1J Board of Education directors at the regular meeting Dec. 11.*

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# THE MOOVING COMPANY WELCOMES A NEW HERD OF COWS

By Caitlin Switzer

MONTROSE- With a product so practical it could start a stampede, Cows Mobile Storage is coming to Montrose. The moveable, brightly painted storage units will soon be available through the Mooving Company, where the local "Cows" dealership will be officially launched in the next few weeks.

"We started talking to the company about a year ago," Mooving Company owner David White said. "The units are great for people who are remodeling or moving, or who just want to de-clutter while their homes are for sale."

"If you are moving and just want to take your time about it, we'll drop off the container—and if you don't have a spot for it you can store it at our facility."

When it comes time to move the units, the Mooving Company will pick them up using a customized, specially built trailer, he said.

"We will pick up the units and take them—you can load them yourself, or we can have our guys come and load them up."

Cows Mobile Storage units have been used during a hotel remodel in Telluride, White said, allowing the hotel owners to focus on two three rooms at a time. They were also used by a couple who wanted to downsize while giving each of their three children the chance to come and claim favorite items. The parents simply placed three Cows on site, and told the kids, "Put what you want in the Cow."

Cows Mobile Storage units come in two sizes, six-foot and eight-foot, and are on wheels. For those who want to stage a home, or who just want to pack the place up prior to moving, the units offer not only convenience but security; they are insured through Lloyd's of London, which



**The Mooving Company of Montrose will officially launch the local "Cows" Container on Wheels dealership in the next few weeks.**

picks up where your homeowners' insurance leaves off, White said.

Also, "These are steel boxes with secure, locking doors."

Unlike traditional storage facilities, which often are closed at night, Cows can be accessed at any time.

The Mooving Company will be the 77<sup>th</sup> dealer in the nation to offer the Cows Mobile Storage units, but only the second in the state of Colorado. The Mooving Company was a natural choice when it came to dealers, said David Nathan, business development director for Cows Mobile Storage. "They are the only full service local, intrastate and interstate moving company in Montrose," Nathan said. "We can provide the containers, and they can load the containers. We make it very easy to send things anywhere in the country in a locked, steel box."

The growing community of senior citizens also makes Montrose a key location for Cows Mobile Storage.

"We have a senior moving program unlike any other," Nathan said. "You can send things you would not want to send by Fedex or van--family heirlooms, antiques, etc."

The items will remain locked until the owner opens them, unlike typical van line companies which often "palletize" items while they are in transit.

"The beauty of our system is security and speed," Nathan said. "We can move anyone anywhere in the country in seven to ten days, regardless of the season."

Expect the new program to roll out in the next four to six weeks, White said, with a special 800 number set up to make ordering simple. "The long and short of it is, these things are cool," he said.



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## CITY COUNCIL TO MAKE APPOINTMENTS TO PUBLIC SAFETY CITIZENS' ADVISORY COMMITTEE



*Montrose City Council meets for a work session and regular meeting this week. Mirror file photo.*

### Mirror staff report

MONTROSE-Montrose City Council will host a [work session on Dec. 17](#), and a regular [Council meeting](#) on Dec. 18.

### WORK SESSION

Four new City employees will be introduced at the Montrose City Council Work Session of Dec. 17.

New staffers include Montrose Wastewater Treatment Plant Utilities Worker Dawson Harris; Marketing and Tourism Coordinator Kailey Rivenburgh; Police Commander Tim Cox; and Police Commander Matt Smith.

Discussion items will include the Hazard Mitigation Plan; 2019 Plan of Annexation and Three Mile Plan; a bid recommendation for a refuse truck; 2018/2019 Snow and Ice Removal Procedures; and the designation of official posting places.

Items to be considered by City Council in future include a Save the Sculptures Funding discussion on Jan. 14.

Designation of Official Posting Places, Ordinance to Address Vaping, and Hazard Mitigation Plan Resolution will Jan. 15.

On Feb. 4, Council will consider a project path forward for the Riverbottom Drive and Holly Park Reconstruction Project.

On Feb. 5, Council will consider the Annual Plan of Annexation.

Items not yet scheduled include a workforce housing discussion and revisions to the City's Municipal Animal Code.

### COUNCIL MEETING

At the [regular meeting of Dec. 17](#), Council will present a key citizen award to David DeVinny, longtime owner of Devinny Jewelers, which is going out of business.

Council will consider a tavern liquor license renewal for Sam's Tavern.

David Fishering, Chad Huffman, Anthony Russo, and Karen R. Vacca will be appointed to seats on the City's Planning Commission, with Greg Easton to serve as alternate. Council will appoint 18 to the Public Safety Citizens Advisory Committee, selecting from the following candidates: Charles O. Barton, Phoebe Benziger, John Boyko, Sharon K. Burnett, Nathan O. Compton, Kristal D. Cooper, Kirstin Copeland, Mark W. Dreher, David M. Frank, Greg R. Fulks, James R. Haugsness, Julia Horn, Rebeqah C. Love, Nancy A.

Medlock, Valery M. Morris, Robert H. Parish, J. David Reed, David A. Stockton, Jay Thoe, J. Donald Vacca.

A new 3.2 fermented malt beverage license will be considered for Carniceria Sonora Montrose LLC.

Montrose Police Commanders Tim Cox and Matt Smith will take the oath of office.

The Supplemental Budget for 2018, as stated in Ordinance 2462 (which amends Ordinance 2438), will be considered on second reading. To be considered on second reading is Ordinance 2463, vacating a portion of North Cascade Avenue.

Council will consider a Sole Source Waiver for the purchase of a replacement Spillman Server from Spillman Technologies, Inc., in the total amount of \$155,400.

Also to be considered are the award of construction and survey/engineering support contracts totaling \$3,007,879.95 for construction of the Montrose Connect Initiative Recreation Trail Construction Project, and the award of a contract change order to RJH consultants in the amount of \$72,100 for the Cerro Reservoir Outlet Works Replacement Project.

Council will consider approving Colorado Outdoors Filing No. 1 Final Plat of 164.33 acres, final plat 31 lots, open space, common areas, and street dedication areas.

Following staff reports, Council will adjourn.



## CSP TROOPER TIPS: HIDDEN SCARS

By Trooper Gary Cutler

COLORADO-Each month I usually write about topics to help you and your families stay safe on the roadways. This month I would like to touch on why that is so important. There is a hidden scar that goes on under the radar of public perception. So this time, I would like to help everyone understand the effect bad driving has on everyone else not directly involved in traffic crashes.

Any time there is an injury or fatal crash there is a ripple effect that happens. Those directly involved of course are the victims, but have you ever thought of what effect the trauma has on the witnesses, families, friends, police, fire, paramedics, and hospital staff from that point on? The list is so large it's hard to make sure everyone is listed when there is a serious crash. Each one of these people affected has to deal with what they have seen and experienced long after the incident. Sometimes they never get over

what they have experienced.

The Colorado State Patrol has produced a series of videos aimed at explaining the lasting impacts after the crash is over. The videos are entitled, "Hidden Scars." The short videos touch on the emotional hurt people endure from crashes caused by texting, driving under the influence, and distracted driving, to name just a few. At the time I was writing this, there have been 561 fatal crashes covered this year by just the Colorado State Patrol alone. With the increase of people coming to the state and the continuing challenges to keep people from driving impaired or being distracted with cell phones, we need to make a change so we are not losing so many lives to crashes.

This means we need to look at things differently. We change perceptions. Help people to put the phone down when driving, get that ride after drinking or smoking marijuana, or to just slow down on the roadway. These are small steps that can



Still from the hidden scars series. Courtesy image.

have huge impacts, so others don't have to have their own hidden scars. Please take a moment and watch the videos with your family and friends. Hopefully these videos will help to change behavior. You can find our videos on any of our social media outlets.

Colorado State Patrol YouTube channel:

[https://www.youtube.com/watch?v=9sg\\_AQIKj6U&t=4s](https://www.youtube.com/watch?v=9sg_AQIKj6U&t=4s)

Facebook: Colorado State Patrol

Twitter: CSP Public Affairs@CSP\_News #Hiddenscars

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### Thought for The Week:

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## A FRESH POINT OF VIEW...WELCOME TO FINALS WEEK!



**Jack Switzer, MHS Sophomore.**

*By Jack Switzer*

MONTROSE-Sleep. Time off. And vacation. These are the three beacons of hope that exist far in the distance, with only one force to stop me from embracing them. Finals week...the massive cloud of dark looming over me, and grinning while I

tremble. With giant hands, the cloud will obscure the bright beam of light from my view and I will have to force them aside in an attempt to feel freedom.

Over the past few weeks, MHS has been preparing for the yearly fight at the end of the first semester, finals week. This fight is drawing near, with its claws sharpened and teeth gleaming. And the only weapons that can save us are 1,000 page textbooks and their pages of potentially useful information.

And while this is a super stressful period of time for everyone, it's good to remember to enjoy yourself as well.

Even taking a five minute break to say hey to someone or listen to a song can help while you're working hard. And another really good idea would be to go to

bed early instead of staying up super late to study, when you've already put lots of time in.

Getting a good night's sleep is important even when you feel like you don't need it. Your body needs to be taken care of every day; you can't neglect it for long periods of time. I tried doing that, and my health as well as overall mood went to an all time low.

Finals can bring out the best in us as well though, with a huge grade boost that could make anyone happy. You learn new things while you crunch, and learning those things can help you pave your way to the best future for you.

School may not always be fun, but it's something we need to succeed in life, it's important to remember that.

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## REGIONAL NEWS BRIEFS

### SNOW SPORTS SAFETY WORKSHOPS OFFERED

#### *Special to the Mirror*

COLORADO-These Snow Sports Safety Workshops are offered on Pro Bono basis, by the Ski Safety Associates Team. The recipient organizations are most easily accommodated in Colorado and Utah, in particular the Colorado Western Slope. Other locations may be accommodated too, however recipients will need to cover travel and accommodation expenses, typically one or two overnight stays, meals and air/car travel. Home hosting by recipient families is welcomed, as we desire to form productive relationships, expand our network of followers, and enlarge our Advocates Influence.

The Workshops can be delivered to

school Ski Clubs, Race Clubs, extended families, and selected ski area employees\*. The workshops generally run 60-120 minutes in duration, and can be tailored to suit audience needs, young to old, experienced to 'rookies'. This is NOT your typical 'dog n pony show'. Rather highly interactive, multi media, with on the spot physical demos, and participant engagement. Facilitators are experienced in group management techniques to insure the 'shy wallflowers' engage and the 'dominators' are gently coached. See a sample of a recent [Workshop Promotion Video](#) for Montrose Colorado.

**Ski Safety Advocates**

[skisafetyadvocates@icloud.com](mailto:skisafetyadvocates@icloud.com)

<https://www.facebook.com/GPASS.CA/@TellurideInstr>

\* Ski Area employees are welcomed participants too, however a 'qualifying process' is required in their case. More on that via email exchange.

Somewhere in America at this moment there are little children playing in the backyard that will be skiing this season. They may not all live through this season and like [Elise](#) and Jessica, become casualties to an Industry & System that is allowing preventable accidents and injuries to continue.

This matter needs to be approached with a sense of urgency and determination to impact this season



## ***NATURAL GROCERS OF MONTROSE MOVING From pg 1***

and gluten-free options.

With the new lecture space, "We will be able to have guest lecturers, and our full-time nutritional health coach will have a space to present," Flora said.

The move has been in the works since summer, and staff from the company's

home office will be coming in to help.

Meanwhile, expect great discounts as staff gears up for the move, and plenty of amazing demos and giveaways once the move is complete.

Right now, Natural Grocers has a wide selection of Holiday treats and gifts, in-

cluding delicious fresh produce, great deals on diffusers and other gift items, beautiful baskets, and jewelry made by women in other countries, so be sure to stop by the current location at 3451 Rio Grande. Natural Grocers can also be reached by phone at 970-249-2724.

## **MONTROSE REGIONAL CRIME STOPPERS ALERT**



*Crime Stoppers courtesy photo.*

### **Montrose Regional Crimestoppers**

MONTROSE-Montrose Regional Crime Stoppers, Inc. and the Montrose Police Department are seeking the help of citizens to identify and locate the suspect(s) in the theft of and damage to a Case loader and an ATM machine at Alpine Bank, 2770 Alpine Drive, Montrose, Colorado.

At 4:00 a.m. on Friday, December 7, 2018, using a Case loader owned by Ridgeway Valley Enterprises, stolen from a nearby construction site, the suspect(s) attempted to steal or enter an ATM machine located at the drive-through area of Alpine Bank, causing extensive damage to the ATM before fleeing when the Bank's alarms sounded.

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. Crime Stoppers wants your information, not your identity. If the Tip results in an arrest, the Tipster will receive a cash award of

\$1,000. For additional information, please view our Facebook page, [www.facebook.com/](http://www.facebook.com/montroseregionalcrimestoppers)

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## CLASSIFIED / EMPLOYMENT ADS FOR THE WEEK OF 12/17/18:

### PROFESSIONAL/ADMINISTRATIVE:

Seeking **Bookkeeper and HR Administrative Assistant** for a full-time, permanent position paying \$14-18/hour DOE. Hours are Monday-Friday from 8 am-5 pm. Must have 3 years related experience. Knowledge of Quick Books, Excel and Outlook skills are required. Apply today at [expresspros.com/montroseco](http://expresspros.com/montroseco) or call 970-249-5202.

Our client is hiring a **Production Scheduler**. This will be a full-time, permanent temp-to-hire position paying \$14/hour DOE. Hours are Monday-Friday from 8 am-5 pm. Responsible for assisting in administrative and customer focused tasks related to plant production. Excel and Outlook skills required. Apply today at [expresspros.com/montroseco](http://expresspros.com/montroseco) or call 970-249-5202.

### GENERAL LABOR:

Seeking **General Labor Workers** for full and part-time job opportunities in Montrose, Delta and Gunnison. Hours and length of assignment vary. Apply today at [expresspros.com/montroseco](http://expresspros.com/montroseco) or call 970-249-5202.

### MANAGEMENT:

Our client is seeking an experienced **Project Manager** for a full-time, long-term position. Hours are Monday-Friday 8 am-5 pm. Pay is \$14-\$18/hour depending on experience. The successful candidate will work with customers to accurately submit production orders, and assist with producing submittal packaging. Must have high school diploma or GED plus an associate's degree or equivalent from two year college or technical school. Education can be substituted for three years related experience and/or training; or equivalent combination of education and experience. Microsoft Excel and Outlook skills are required, CAD experience helpful. Apply today at [expresspros.com/montroseco](http://expresspros.com/montroseco) or call 970-249-5202.

### DRIVERS:

Seeking **CDL Class A Driver** for an established, local drywall company. This team member will also help with load and yard when available. Must have a current CDL Class A license and the ability to drive in all environments and lift as needed. Wage begins at \$18/hour DOE. Apply today at [expresspros.com/montroseco](http://expresspros.com/montroseco) or call 970-249-5202.

## CLASSIFIEDS/FOR SALE

### FURNITURE

**For Sale—an all solid wood, 8-shelf bookcase, 33" wide, 80" high with open back. A small, walnut, light blue upholstered barrel chair. Both \$200. Call 970.240.4772 until 9:30 p.m.**

## COLORADO NEWS BRIEFS

# 15 MORE COLORADO STATE PARKS TO JOIN RESERVATION-ONLY CAMPING IN JANUARY

### Special to the Mirror

DENVER- Starting in 2019, it will be easier than ever for campers to reserve a campsite at 20 of Colorado's state parks. Effective Jan. 1, 15 state parks will convert to a "reservation-only" system after it was tested successfully by five parks in 2018. Under the new system, campers can reserve a site, 24/7, anywhere from six months in advance up until the day of their arrival. It will be as easy as logging into [cpwshop.com](http://cpwshop.com) from your computer or smartphone, or by calling 800-244-5613.

Park managers in the pilot program reported success with eliminating the three-day reservation window and switching to a system where campers reserved their own spots via phone or online the day they plan to arrive at the park or up to six months in advance.

The ability to reserve a site on the same day eliminates the need for campers to gamble on a first-come, first-served spot,

only to arrive at the park and find that there aren't any spots available.

### What if someone occupies a site they haven't reserved?

Campers who occupy a reservation-only campsite without a reservation will be subject to a citation. All campers must reserve a campsite prior to occupying the site. This can be done 24/7 at [cpwshop.com](http://cpwshop.com) or by calling 1-800-244-5613.

Also beginning Jan. 1, CPW is eliminating its \$10 reservation-only camping fee when calling or using the website to reserve a site. It's never been easier to book a campsite at a Colorado state park!

Please note: Cellular coverage at some state parks (like Arkansas Headwaters Recreation Area, State Forest and Highline) can range from spotty to non-existent. CPW is advising those interested in camping at these parks to make their reservations online or by phone before



CPW courtesy photo.

arrival.

**State parks currently participating in this program are:**

[Cheyenne Mountain](#)

[Eleven Mile](#)

[Staunton](#)

[St. Vrain](#)

[Trinidad Lake](#)

**State parks joining the program on January 1, 2019 are:**

[Arkansas Headwaters Recreation Area](#)

[Boyd Lake](#)

[Cherry Creek](#)

[Golden Gate Canyon](#)

[Highline Lake](#)

[Jackson Lake](#)

[John Martin Reservoir](#)

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**Monday, December 17, 2018**

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

Learn the ways to protect what is important to you so you can breathe easier! At this free workshop you'll learn about different options and steps that you can take now to protect your family and assets later and help eliminate uncertainties. At this workshop, we'll cover the differences between will and trust estate plans as well as in-depth information about how to protect your assets and heirs from creditors and possible divorce conflict; how to protect your special needs beneficiaries and even your pets through specialized trusts. You'll also learn how a will or trust can be used with powers of attorney to ensure your wishes and plans are followed. Sign up today!

**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.browncandbrownpc.com](http://www.browncandbrownpc.com)



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## REGIONAL NEWS BRIEFS

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### BLM SOUTHWEST RESOURCE ADVISORY COUNCIL TO MEET IN MONTROSE

*Special to the Mirror*

MONTROSE— The Bureau of Land Management has announced it will hold a meeting of the Southwest Resource Advisory Council (RAC), demonstrating that partnerships and inclusion are vital to managing sustainable, working public lands. The public is welcome to attend the meeting which will occur on Friday, Jan. 11, 2019, at the Montrose Public Lands Center, 2465 S. Townsend Ave., from 9 a.m. to 4:30 p.m.

Planned agenda items at the meeting include training for member participation on the Recreation RAC, recreation fee proposals for Ruby Horsethief Canyon within the McInnis Canyons National Conservation Area, close-out of the Dominguez-Escalante Advisory Council and a discussion about forming a subcommittee dedicated to partnership-based trail building.

"The Southwest Resource Advisory Council is made up of valuable partners who are dedicated to providing valuable insight into public lands management" said Stephanie Connolly, BLM Southwest District Manager. "We look forward to gaining their perspectives during a robust discussion on a variety of topics at the meeting."

A half-hour comment period, during which the public may address the RAC, will begin at 11:30 a.m. Individuals who want to make a statement during the public comment period should register with the BLM by sending an email to [sconnolly@blm.gov](mailto:sconnolly@blm.gov) by Tuesday, January 8, 2019. Speakers should also submit a written copy of their statement at the meeting for the administrative record. Depending on the number of people wishing to comment and time available, the amount of time for individual oral comments may be limited. Resource Advisory Councils are critical in assisting the BLM in continuing to be a good neighbor in the communities we serve. The 15-member RAC provides advice and recommendations to the BLM on resource and land management issues within the BLM Southwest District Office. RAC members are citizens who represent public land interests associated with the three Field Office.

For more information about the upcoming RAC meeting, please contact Stephanie Connolly, District Manager, at [sconnolly@blm.gov](mailto:sconnolly@blm.gov) or 970-240-5315, or visit <https://www.blm.gov/get-involved/resource-advisory-council/near-you/colorado/southwest-rac>.

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# ARE YOU MAKING IT WORK, OR MAKING IT *HAPPEN*?

---

It's easy to feel attached to your first home, but moving on is often life changing. If you're only making it work, let's chat. Moving could be easier than you think.

**#GoodToAsk**

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## REGIONAL NEWS BRIEFS

### CAREFLIGHT CELEBRATES FIRST ALL FEMALE FLIGHT CREW

*Special to the Mirror*

MONTROSE—Thirty-eight years after CareFlight put its first helicopter into service, it has another first: the first all-female flight crew.

"It's super exciting – for girls to actually think they can do this," says Elisabeth Abel, Flight Nurse on the first all-female flight crew in the region's history. The crew includes a pilot, flight nurse and flight medic.

"Women make up about 5% of the aviation industry, and only 2% of helicopter pilots," says Esther Babcock, pilot and newest member of the CareFlight crew. Having grown up in Pagosa Springs, Esther is a Colorado native and says being in Montrose is a dream come true for her. Previously, she was one of two helicopter pilots on the entire big island of Hawaii.

All three women are highly trained in their field. "We're held to a really high standard," says Becky Sproul, Flight Paramedic. "That's what makes this an awesome place to work. It's not a job for anyone to take lightly." Becky's background before coming to CareFlight was working for a different air transport service that was city-oriented and had high patient volumes. For the pre-hospital setting she operates in, being in a rural area like Western Colorado means her patients



*From left to right: Elisabeth Abel, Becky Sproul, Esther Babcock. The first all-female flight crew for CareFlight began in Montrose on Dec. 7, 2018. Courtesy photo.*

generally are higher acuity, making it incredibly challenging – in a good way. "It's a very competitive field." The crew – who have named themselves *The Broad Squad* – say there are advantages to an all-female flight crew. "When you're flying three girls, that means your flight load is lighter!" jokes Elisabeth. According to Esther, there's something special about

"that female vibe" – especially being with other women used to working in a male dominated industry. With different backgrounds and a mutual respect for one another, they describe each other with respect and as trail blazers in their industry. One thing is for certain: Montrose and the Western Slope has an inspirational group of role models for women everywhere.



### 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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GIVE BOOKS



## Season's Readings

is an annual project by Altrusa International of Montrose. We ask our community to donate new or gently-used children's books.

Donated books, along with new books purchased by Altrusa, will be wrapped and given to children within the Health and Human Services network.

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

### Drop-off Locations:

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





## PACE/Homestead Holiday Art Show and Gift Sale

**DECEMBER 19 FROM 1:00-4:00**  
**HOMESTEAD ACTIVITY ROOM**  
**1819 PAVILION DRIVE, MONTROSE**

Enjoy local art, refreshments,  
and music and do a little  
holiday shopping

Do a little Christmas Shopping with our special vendors:

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Hand Crafted Cards - Sharon Miles

Can't Have Enough Purses and Bags - Katrina Brown

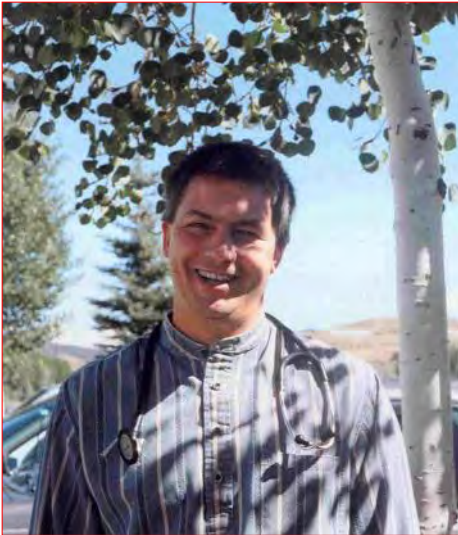
DoTerra Essential Oils - Ashley Dawes



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## LONGTIME RIDGWAY DOCTOR, PHARMACIST COUPLE LOSES LICENSES TO PRACTICE



**David Sherwood. Mirror file photo.**

By Caitlin Switzer

RIDGWAY—More questions than answers remain after two longtime Ridgway medical professionals, Dr. David Loran Sherwood and his wife, Pharmacist Donna Marie Sherwood, have both lost their licenses to practice in recent months. The story was initially reported last week by Sue Williamson, on her 7<sup>th</sup> Judicial Enforcer Facebook page.

### Dr. David Loran Sherwood

On Oct. 11, Dr. Sherwood's license to practice medicine, which was first issued on June 26, 1996, and which had been suspended on Feb. 16, was formally revoked, according to the [Department of Regulatory Agencies \(DORA\)](#), which issued "A Final Board Order whereby Respondent's license to practice medicine is revoked, effective October 11, 2018. This Order is open for public inspection and has been reported as required by law."



**Donna Sherwood. Mirror file photo.**

Formerly with the Mountain Medical Center in Ridgway, Dr. Sherwood had moved his practice to the Ridgway Pharmacy Building occupied by his wife Donna and her business six years ago. In February of this year, the [Ouray Plaindealer](#) reported that Sherwood had closed his practice, and that his license had expired. The Pharmacy, which opened in April of 2004, had closed its doors a month earlier.

The Colorado Medical Board states that Sherwood had allowed his license to practice medicine to expire on April 30, 2017 and had never renewed it. Still, Sherwood continued to practice medicine, the board found. "Despite having an expired license, Respondent continued to write prescriptions for patients...between July 10, 2017 and Nov. 16, 2017, pharmacies filled more than 900 prescriptions written by respondent while his license was expired... Respondent continued to see patients and schedule appointments...Respondent continued to operate his practice on a cash-

only basis."

On Feb. 16, 2018, the Colorado Medical Board found that "the public health, safety or welfare imperatively required emergency action and/or Respondent deliberately and willfully violated the Colorado Medical Practice Act."

On March 19, according to the final order by the Colorado Medical Board, Sherwood was served with a notice of charges, but did not file a written answer to the formal complaint.

Sherwood failed to respond to a 30-day letter, formal complaint, and Motion for Entry by Default, the board found. Calls to his medical practice are now greeted with a message from Sherwood stating, "The practice is now closed; I am sorry for that," and providing instructions for obtaining patient medical records.

### Donna Sherwood

Donna Marie Sherwood was initially licensed as a pharmacist on May 22, 1996, [according to a Stipulation and Final Agency Order](#) of the State Pharmacy Board dated Nov. 21, 2018.

The stipulation states that the Ridgway Pharmacy, of which Donna Sherwood was the pharmacist manager, had ceased to maintain minimum hours of operation as of Jan. 17, 2018.

Though she completed state-required pharmacy closure forms on March 7 and May 15, Sherwood failed to deliver pharmacy records as attested, the Stipulation states. It goes on to say that once delivered, the records "demonstrated that Respondent had dispensed numerous controlled substances on over 900 orders issued by a physician whose license to practice medicine had expired."

CELEBRATING LOCAL BEAUTY.



# ***STUDENTS BECAME THE TEACHERS @ RE-1J BOARD MEETING***

## ***From pg 1***

Also announced at the meeting was that the Engagement Center would be moved from Vista Charter to be "in-house" at Montrose High School. Several new job descriptions were approved at the meeting as well as a new policy for tobacco-free schools.

### **MHS STAFF RECOGNITION**

The board of education took time to recognize the students, teachers and staff who swung into action when a student fell to the ground and stopped breathing recently.

"They showed tremendous dedication to the well-being of all those affected," Board President and District D Director Tom West said.

### **STUDENT SPOTLIGHT**

Four of **MHS Teacher Clara Pena's** Multimedia students, Noemi Amaya, Axel Eudave, Emily Alcaraz, and Leslie Munoz, showed samples of their excellent video work, including sporting events, the recent winter choir concert, and an interview with MHS Coach Shane Forrest. The MHS Media Crew recently received a Jared Polis Foundation grant to build a new computer.

"We have live-streamed football, volleyball and wrestling," Amaya said. "We have also streamed choir and band events."

"We show up two hours early...to get prepped," Eudave said. "We rotate through the positions so everybody will get a chance to work on everything."

Two of Columbine Middle School **Sixth Grade Teacher Chris Braaten's** Exceptional Student Services technology students, Levi Blair and Aerion Maestas, gave a very active demonstration of their coding skills.

As Blair demonstrated the use of a merge cube for members of the school board, Maestas set up a "crooked bowling" demonstration to showcase coding skills.

"I programmed it," Maestas said.

"Basically, I learned from this. I am very excited!"

"...Always make sure to aim your robot," he said.

Braaten noted that the tools can be used for both learning and play. He high-fived both of the students when the demonstra-

tion was complete.

### **COMMUNITY PARTNERSHIPS**

There were no donations or community partnerships this month.

### **CELEBRATIONS**

Columbine Middle School Principal Ben Stephenson honored two staff members, Language Arts Teacher Shay Freeburg and Custodian Todd Booth.

"Shay is on Columbine's Leadership Team, she is a STEM Coordinator, she runs yearbook and has coached middle school and high school volleyball," Stephenson said. "She is always willing to help out when asked. She is creative, innovative, and always has a positive attitude. "She is a great asset to Columbine."

"When the new building opened, our day custodian was injured and Todd did a great job filling in," Stephenson said. "He does a great job with the students, the staff and the community. He is always willing to help and always has a great attitude."

"The kids love him, and the staff loves him and respects him."

### **PRESIDENT'S REPORT/ADVISORY COMMITTEE UPDATES**

District E Director Sarah Fishing provided an update on the Curriculum Committee, including a presentation on drug safety, new classes starting at the high school level, pre-K continuum and Kindergarten readiness, and a transition plan for students moving from fifth grade to sixth. The committee will meet again Jan. 9 and will focus on implementation of Bridges Math.

West reported on the Safety Committee. "We're on the cutting edge now...it's good we have a safety director hired...Mr. Pavlich is right on top of everything."

Superintendent Stephen Schiell informed the board that there are job descriptions to approve for [Engagement Center Coordi-](#)



***Columbine Middle School 6th grader Aerion Maestas demonstrates coding skills during the school board meeting Dec. 11.***

[nator](#); [Family and Student Liaison](#); [Alternative Curriculum Developer](#); and [Credit Recovery Manager](#) (see Personnel Report).

The Engagement Center was previously located at Vista Charter School, Schiell said. "We're bringing the program back in-house, to Montrose High School," he said, adding that there is the potential to have an in-house program at Olathe High School as well. "Previously \$100,000 was paid to Vista," he noted, "We'll be bringing that in-house."

A three-year grant will fund three positions; one coordinator will oversee the program, the other three will work with students. There will be an interim program to transition students back to MHS. "That really hasn't been happening."

The District will hold a Summer School program in July, he said, with a focus on literacy and STEM.

"Things are happening quickly," Schiell said. "We haven't had summer school in a long time...it will be very different than in past years."

### **ENROLLMENT REPORT**

RE-1J Director of Finance Adam Rogers presented an enrollment report, including information on where departing students are going, which was requested by Fishing at a previous meeting. Information included the district's [current enrollment](#), a [four-year trend report](#), and [exit-entry summary](#).



## ***STUDENTS BECAME THE TEACHERS @ RE-1J BOARD MEETING***

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

"We have only lost three students since November," Rogers said. "Three hundred and fifty-one students came from other parts of Colorado and from different states; one hundred and forty-nine left the state."

Twenty-five students have dropped out of school since the start of the school year; 13 have transferred to schools in other countries. Only one student has been expelled, Rogers noted.

"If the local economy would pick up...we would see a lot more coming in and fewer going out."

Board Vice President and District C Director Gail Johnson took note of the fact that 35 students re-entered district schools after dropping out of a local school last year. "That's good news...really great to see."

Fishing thanked Rogers for providing the information. "I appreciate it...it's a way for us to keep an eye on it from our end of things."

#### **EARLY CHILDHOOD CENTER UPDATE**

In the absence of ECE Director Penny Harris, Administrative Assistant to the Board of Education Laurie Laird presented the update, including a data dashboard for November, personnel background checks, and a [Fiscal Year 2019 Funding Increase for Headstart](#).

#### **CONSENT AGENDA**

Prior to approval of Consent Agenda items, Fishing asked that Item 2 (including [policies on tobacco-free schools](#) and [staff personal security and safety](#)) be pulled, noting, "I would like to highlight our new tobacco-free school policy." The Board approved Fishing's request.

Calling the policy a "fairly minor but really important change," Fishing noted that the policy now includes vaping.

"I want everyone to see the importance we place on student health and safety," she said. "...We have included vaping in the tobacco use policy...this policy can encompass everything we need to cover right now."

Board Secretary/Treasurer and District F Director Phoebe Benziger said that the change coincides with the City of Montrose's revised smoking ordinance, which now prohibits vaping as well. "It's great



***The board of education took time to recognize the students, teachers and staff, above, who swung into action when a student fell to the ground and stopped breathing recently.***

that we are doing this concurrently."

Consent Agenda items were approved unanimously.

#### **NEW BUSINESS**

The items pulled from the Consent Agenda were approved unanimously.

#### **Revised Board Policies**

The board reviewed [revised policies](#) recommended by the Colorado Association of School Boards (CASB).

Said Fishing of Policy GBGE (concerning staff maternity, paternity, and parental leave), "We are adopting a policy we have not adopted in the past...this is new for us." The policy is in addition to the Federal [Family and Medical Leave Act](#).

Fishing called the abundance of new policies, "Quite exciting," and noted that she would enjoy reading them.

#### **Vista Charter School application to renew charter**

Vista Charter School Principal *Emily MacNiven* presented the school's [application to renew](#) its charter, and said she would be attending the next board of education work session to discuss the application.

West said that in the past the charter renewal has been "a rubber stamp...now we are more involved."

MacNiven said that with a variety of needs in the community, "Vista definitely has a niche." She invited board members

to "come on over anytime...come see us in action."

She noted that a current community survey will be used to enhance and refine work-based learning at Vista.

Fishing said she had visited the charter school earlier that day. "I really enjoyed my visit...it was really cool to have Mrs. Mac explain how the program works there...to get every student through."

"I was excited to see that."

#### **Approval and Certification of mill levy for property tax year 2018**

Rogers presented the board with a recommendation to approve and certify the [mill levy for property tax year 2018](#). He noted that there was a slight uptick, and that total gross assessed valuation had risen by about \$1M over last year. He noted the State's funding contribution to the District of \$35,295, 436.

The board voted unanimously to approve and certify the mill levy.

#### **PERSONNEL REPORT**

In the absence of Personnel Director Michelle Pottorff, [the Personnel Report](#) was presented "as is" by Superintendent Schiell and approved unanimously by the board. With no further business, the meeting was adjourned. The next meeting of the RE-1J Board of Education will be Jan. 8, 2019.

## REGIONAL NEWS BRIEFS

### **MONTROSE COUNTY SHERIFF'S OFFICE RECOGNIZES UNDERSHERIFF MURDIE FOR 21 YEARS OF SERVICE**

*Special to the Mirror*

MONTROSE— The Montrose County Sheriff's Office (MCSO) would like to recognize and honor Undersheriff Adam Murdie for more than 21 years of service to the MCSO. Undersheriff Murdie resigned effective Dec. 14 to pursue other opportunities.

"Adam has been a critical piece of the MCSO," said Sheriff Rick Dunlap. "His leadership, dedication, and commitment to integrity will be missed. Adam was instrumental in upgrading MCSO technology from paper to online systems, enhancing training standards, creating new policies and procedures, and helping procure state-of-the-art equipment to enhance safety of the deputies and the public. I wish him the best of luck in the future."

"I have enjoyed serving the citizens of Montrose as a whole," said Undersheriff Murdie. "My time at the Sheriff's Office has been a blessing and my family there will be greatly missed. Thank you to everyone."

Undersheriff Murdie began his career at the MCSO in the jail and was ultimately promoted to undersheriff in 2012.

His duties as undersheriff included preparing a balanced budget, managing nearly 100 employees, and overseeing jail operations.

For more information on the MCSO, please visit [montrosecountysheriffsoffice.com](http://montrosecountysheriffsoffice.com).



**Longtime Montrose County Undersheriff Adam Murdie stepped down last week.**  
*Mirror file photo by Gail Marvel.*

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## WHERE TO 'MEAT UP' IN MONTROSE, DELTA...



**At Montrose's Natural Grocers, Store Manager Rhea Flora recommends Beeler's ham for the Holidays.**

### *Mirror staff report*

MONTROSE-Looking for something special to put on the table over the Holidays? For the carnivorous, Montrose and Delta have some great local choices, in addition to mainstream grocery chains.

A favorite Montrose spot to "Meat Up" is

[Kinikin Processing](#), located at 1032 6450 Road, just off Hwy 50 and the San Juan bypass. Fresh is the theme here; customers can place orders for smoked or regular turkeys or prime ribs, or indulge in an Australian wagyu striploin—a special type of beef with excellent marbling. Try a black pepper

smoked beef tenderloin, or go wild--

"There is always a lot of elk available over the Holiday Season," Kinikin staffer Shauna Livingston said.

Kinikin Processing can be reached at 970-240-4329.

Another popular option in Montrose is

Natural Grocers, presently located 3451 Rio Grande Avenue (though the market will move two doors down in January). Here, the focus is on Ham for the Holidays—Beeler's Hams are spiral-sliced, antibiotic-free, with no preservatives, uncured hams.

"They are delicious," Market Manager Rhea Flora said. "Fantastic stuff; we bring them in every year year." Natural Grocers can be reached at 970-249-2724.

At Delta's [Homestead Meats](#), the product comes from a group of six family ranches that raise high quality cattle without antibiotics, added hormones, or animal by-products. It's hard to go wrong here—choose from a sampler of fresh meat, or buy a fresh prime rib, cut to order.

Though there is usually plenty to choose from, if you call ahead you can have the holiday roast cut to the size you prefer, staffer Carrie said.

Reach Homestead Meats Retail outlet, located at 741 West Fifth Street in Delta, at 970-874-1145.

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## REGIONAL NEWS BRIEFS

### US 550 RED MOUNTAIN PASS WILL BE CLOSED MONDAY FOR ELECTRICAL LINE WORK

#### *Special to the Mirror*

SOUTHWEST COLORADO — US Highway 550 Red Mountain Pass just south of Ouray will be closed for the entire day, next Monday, Dec. 17. Northbound travelers from Durango will be stopped at Iron-ton, mile point (MP) 87, but can reach Silverton. Southbound travelers from Ridgway will be stopped at the “Switzerland of America” pullout, MP 92, but can reach Ouray. However, motorists who had intended to travel through from Durango to Ouray (or Ouray to Durango)

should consider the alternate, more west-erly route via CO Highway 145 through Lizard Head Pass and Telluride. *See map below.*

#### **US 550, RED MT. PASS — TRAVEL IMPACTS EXPECTED NEXT WEEK:**

Monday, Dec. 17

Full Day Closure 7:30 a.m. to 5 p.m.

No mid-day hour opening San Miguel Power Company will reattach electrical lines, which had been removed to accommodate the emergency Ruby Walls

rock mitigation emergency work.

A large crane is needed for the line rein-stallation. The oversized equipment will take up both northbound and southbound lanes, requiring a full closure of the high-way for the entire day. Although the weather forecast appears promising, with no storms predicted, the Monday work date is subject to change should in-clement weather move in, and work would be postponed to the next available clear weather day.

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## **MONTROSE COUNTY EVENT CENTER ANNOUNCES NED LEDOUX IN CONCERT FEB. 23**



*Montrose County Event Center is proud to announce Ned LeDoux in concert on Feb. 23, 2019. Courtesy photo.*

### *Special to Art & Sol*

MONTROSE-In country music, a last name like LeDoux casts a big, storied and bitter-sweet shadow, but it's one Ned LeDoux doesn't mind standing in one bit. Montrose County Event Center is proud to an-

nounce LeDoux in concert on Feb. 23, 2019.

"A concert of this caliber has been a long time coming," said Fairgrounds and Event Center Director Emily Sanchez. "Ned LeDoux has multi-generational appeal, un-

disputed talent, and carries one of country music's most recognizable last names."

Having been a drummer in his dad Chris' band Western Underground since 1998, Ned knew from an early age that he had "no plan b" but to play music, "Once I got the taste of the road, and being in front of a crowd and just the sound of it, it was...freedom."

At the concert, you're guaranteed to hear "This Cowboy's Hat" - the song most requested by his fans and a request Ned is honored to oblige.

His personal favorite song to sing though is one called "We Ain't Got It All."

It's the first original song Ned co-wrote with his dad and seems to pick up right where Chris left off.

And thankfully there is more to come as there is a new voice to carry on the LeDoux sound.

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

Ticket sales begin December 14 at noon at <https://monumentaltix.com/events/23-feb-2019-ned-ledoux>.



# COMMUNITY NEWS BRIEFS: AGRICULTURE & EDUCATION

## MENTOR, AGRABILITY 101 WORKSHOP ANNOUNCED

*Special to Art & Sol*

GRAND JUNCTION-Western Slope rancher, Robert Andrews, a Marine Corps veteran, who, in his own words, 'has been blown up three times' and suffers from some physical impairments due to his combat-related injuries wanted to find a way to continue his service after he retired from the Corps. As a United States Marine Senior NCO, Robert Andrews was used to mentoring his Marines. Now retired from the Corps but still having a servant's heart, he has a desire to assist others after dealing with his own adversity. Robert wanted to use a sheep farm to help other small wool growers succeed. Robert has used AgrAbility and it's 2017 Veterans grant to transition from military life to sheep

ranching in the tiny town of Mack, Colorado. He found CAP through a media ad and attendance at a CAP Winter Workshop. Colorado AgrAbility Project (CAP) is a service created by a grant from the US Department of Agriculture in partnership with Goodwill Industries of Denver and Colorado State University Extension. Reaching out to the staff, he set an appointment for an on-site farm/ranch assessment. The CAP staff made recommendations that would aid Robert in completing work tasks that he could not accomplish without assistance or that he would just do but suffer the consequences of pain and fatigue.

But Andrews is not a quitter and he pressed forward. Now his ranch is off the

ground and functioning well and Robert is reaching out to others and offering them a helping hand as a mentor.

*Winter Workshops 2019*

"AgrAbility 101; Mental Wellness for Rural Farm Families"; Aging in Place/Home-Fit; and Financial Issues Affecting Farmers. If you want to participate, please call or email Candiss Leathers (720-539-4435); cleathers@goodwilldenver.org, or Norm Dalsted (970 222 5657); [Norm.Dalsted@ColoState.EDU](mailto:Norm.Dalsted@ColoState.EDU) or the Extension Office listed below for more information no later than one week prior to the workshop.

GRAND JUNCTION-Jan. 25, 2019 8 a.m. to Noon. Mesa County Fairgrounds Community Bldg Sagebrush Rm

## MICHAEL LAWTON

NATIONAL GEOGRAPHIC MAGAZINE 1974 / 1986

*I'm creating a book on Machu Picchu which is more than half done . . . . Now I need a Patron to fund the book, and additional travel to Peru so I can finish it.*

*And come along, of course.*



*If interested:*

*Send me an email.*

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637 S Second Street, Montrose, Colorado 81401

## COMMUNITY NEWS BRIEFS: ARTS & ENTERTAINMENT

### LOCAL HIGH SCHOOL STRING QUARTET TO JOIN BEATLES VS. STONES SHOW AT THE AVALON



*Pictured left to right are Fruita Monument String Quartet players Cody Bailey, Seth Brinton, Katlynn Nelson and Brooklyn Belnap. Courtesy photo.*

#### *Special to Art & Soul*

GRAND JUNCTION-When the touring show *Beatles vs. Stones – A Musical Showdown* comes to the Avalon Theatre on Jan. 10, the Fruita Monument High School String Quartet will join the professional musicians on stage to lend some local talent to this homage to the British Invasion.

The show pits Rolling Stones tribute band *Satisfaction* against rival Brit boys *Abbey Road* in an all-out musical showdown for rock dominance. The string quartet will perform seven songs with the bands.

**The show:** The two greatest rock 'n' roll bands of all time face off in *Beatles vs. Stones – A Musical Showdown*.

Taking the side of the Fab Four is *Abbey Road*, one of the nation's top Beatles tribute bands. With brilliant musicianship and authentic costumes and gear, *Abbey Road* plays beloved songs spanning the Beatles'

career. They engage in a "showdown" of the hits with Stones tribute band *Satisfaction – The International Rolling Stones Show*, who offer a faithful rendition of the music and style of Mick Jagger, Keith Richards and the bad boys of the British Invasion. The production includes multimedia, period costumes and vintage instruments.

It has toured for years, with a critic for the Los Angeles Times at one point declaring: "this is the most unique tribute show in decades." The Grand Junction show is part of a 125-city tour of the U.S., Canada and Australia.

**The string quartet:** Fruita Monument High School senior Seth Brinton, junior Katlynn Nelson, sophomore Brooklyn Belnap and freshman Cody Bailey will join the bands for the songs "Eleanor Rigby," "Yesterday," "A Day in the Life," "Hello Goodbye," "Hey Jude," "As Tears Go By," and "Ruby Tuesday."

Quartet members belong to prestigious area ensembles, including the District-wide Honors Orchestra. Members compete in Solo and Ensemble festivals and have received superior ratings.

**How the "Beatles" and "Stones" connection was started:** The producers of *Beatles vs. Stones* approached FMHS Orchestra Director Rachel Lavadie looking for a talented ensemble that could hold their own with a rock band in front of an audience. The show commonly hires a local quartet to augment the production while on tour.

**The quartet's Beatles or Stones fans:** Seth Rigby and Brooklyn Belnap are the quartet's Beatles fans.

"Of course, there's the childhood memories with 'Yellow Submarine', but 'Eleanor Rigby' is always a good one to play," said Seth.

"'Hey Jude' is one of my favorites to play and I'm excited we get to perform the song in this show. 'Paperback Writer' is my all-time favorite," said Brooklyn.

**The details:** Two of the greatest bands of all time face off in a high-energy, adrenaline-pumping musical showdown.

The Fab Four, represented by tribute band *Abbey Road*, will engage in a barrage of hits against premier Rolling Stones tribute band *Satisfaction*.

*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.avalontheatrejg.com](http://www.avalontheatrejg.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.



## COMMUNITY NEWS BRIEFS

### LOCAL ARTIST RESTORES MEANINGFUL SCULPTURE



*A sculpture portraying a wildland firefighter, hand-carved by local artist Ken Davis, stands outside of the Montrose Interagency Dispatch Center. Courtesy photo.*

#### *Special to Art & Sol*

MONTROSE – A prominent sculpture remains standing outside of the Montrose Interagency Dispatch Center after receiving much-needed maintenance thanks to local sculptor, Ken Davis.

After nearly 15 years, the graying wood and partially-rotten base of the cottonwood chainsaw carving now boasts a fresh coat of varnish and a revamped foundation.

“On behalf of the fire program, I’d like to extend our deepest gratitude to Ken Davis for his generosity, skilled craftsmanship, and continued support of our organization,” said Brandon Lewis, Fire Management Officer for the BLM Southwest Colorado Fire and Aviation Management Unit.

The sculpture, entitled “The Sawyer”, was originally carved and donated by Davis in 2004 in support of the wildland fire pro-

gram, and depicts a wildland firefighter casually leaning on a chainsaw, with one foot resting atop a fresh-cut tree stump. The return of the refurbished sculpture was a welcomed sight for employees and firefighters who have become accustomed to daily visits beside the sculpture as they enjoy lunch or pause for a stretch before a morning workout.

The sculpture’s intricate detail, rugged finish, and stoic demeanor embodies the spirit of the wildland firefighting community, where many hard-working and intelligent individuals are often found covered in dirt, ash, and sweat.

For many long-time employees, the sculpture has developed sentimental value as they reflect on memories of past fire seasons, colleagues, and accomplish-

ments. “The Sawyer” continues to be a meaningful reminder of the local community support that motivates past, present and future firefighters.

The fire organization is honored to be the recipient of such a meaningful piece of art – one that will be proudly displayed for years to come.

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 Interagency Dispatch website ([http://gacc.nifc.gov/rmcc/dispatch\\_centers/r2mtc](http://gacc.nifc.gov/rmcc/dispatch_centers/r2mtc)), or follow us on Twitter ([https://twitter.com/SWD\\_Fire](https://twitter.com/SWD_Fire)) and Facebook (<http://www.facebook.com/BLMMontroseFireUnit>).

MONTROSE MEMORIAL HOSPITAL

# Welcomes



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Internal Medicine and Medical Oncology  
Board Certified

#### Medical School

University of Colorado School of Medicine  
Aurora, CO

#### Internship/Residency

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Aurora, CO

#### Fellowship (Hematology/Oncology)

University of Colorado School of Medicine  
Aurora, CO

#### Office

San Juan Cancer Center  
600 South 5th Street  
Montrose, CO 81401  
970.497.8001



800 South Third Street, Montrose, CO 81401 970.249.2211 MontroseHospital.com



By Carole Ann McKelvey  
Mirror Feature Writer

*Editor's Note: This is the first in a four-part series on safe skiing that will run in the Montrose Mirror. The series is prompted by the news that there are more than 600,000 ski-related deaths annually. Colorado and the Western Slope are world-renowned for skiing. The Mirror serves the region that skis at Telluride, Crested Butte and Powderhorn.*

REGIONAL-Montrose: Shockingly, law enforcement is not present on Colorado ski slopes 80 percent of the time. This can lead to out-of-control skiers or snow boarders endangering others on the slopes. In fact, more than 600,000 ski-related deaths are reported annually.

A confidential group of participants in snow sports have formed the group Ski Safety Advocates (SSA) with local Randall White heading the effort to create safer ski environments for skiers.

Recent area ski deaths have prompted this effort, White says. Yes, ski areas do have members of ski patrols who are not law enforcement officers; in many cases these patrols simply respond to accidents and do not actually "patrol" the slopes for safety, says the SSA.

The group took its "urgent concerns" Nov. 15/16 to State Parks and Wildlife Commission members, presenting a letter of "views or arguments" at the commission's monthly meeting.

Recently the group interviewed multiple organizations associated with enforcement of the Colorado Ski Safety Act. From those interviews, says White, they deduced that an "enforcement gap" exists compromising public safety. SSA is concerned and is seeking to shine a light on the matter and spur safety advancements.

SSA reports law enforcement is not present 80 percent of the time on ski slopes. Basically, stakeholders continue to point fingers at each other:

## NO POLICE 80% OF THE TIME VIOLATIONS UNCHECKED ON THE MOUNTAIN

Colorado Parks and Wildlife (CPW) points to United States Forest Service (USFS) as having this duty.

Then, USFS points to ski areas, and ski areas say 'it's not our job - we are not law officers'.

SSA says the ski areas "are right." However, when the ski areas claim, 'there are no problems needing enforcement efforts' SSA insists "...they are wrong"

### Who, then, is left to Serve and Protect?

This leaves us, our children, and our grandchildren not 'Served and Protected' on ski slopes. Bottom line as SSA sees it – this enforcement gap compromises public safety. The enforcement gap could also potentially undermine the vitality of this vital Colorado industry. White points out, "The ski industry has been in a 'mature and declining' stage of business cycle for years now."

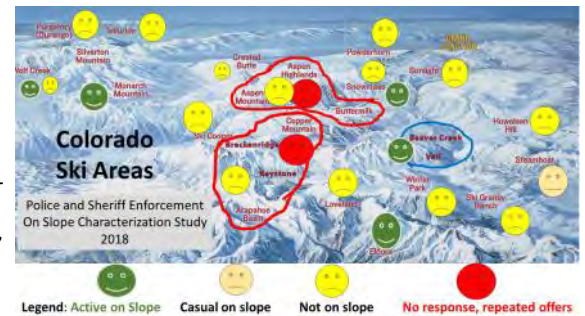
Ski Safety Advocates say examples of recent finger pointing include:

Telluride: Police say "...Telluride Mountain Village Police are in a passive 'call in as required' posture regarding on-slope public safety enforcement and react to specific requests from the ski area, rather than taking an active enforcement role. And "As far as 'on snow' enforcement, we defer to the ski area to monitor and when needed they will call us for a response." -- Chief Chris Broady to SSA in an August 20 email.

San Miguel CO. Sheriff's: "...Telski has responsibility [for enforcement] as during the ski season the property is not like public and instead like private land" San Miguel Sheriff's officer, Dec 30, 2017.

Mt Crested Butte Police: "...we respond if called in by ski patrol, but not patrolling on the slopes..."

Mesa County Sheriff: "...we have a deputy assigned to Grand Mesa, and available



for call-ins, but not on slope..."

Pot shop in Telluride: "...about half of the vape users are loaded with THC..." This despite it being illegal to use pot on USFS lands.

The Colorado Ski Safety Act involves many Colorado-wide agencies, as indicated above.

SSA has called for "A Summit Conference that is desperately needed involving all agencies."

SSA's White states "the Summit Conference would address, in 'time is of the essence' fashion, joint cooperation and actions to close the existing 'enforcement gap' including a Memorandum of Agreement to formalize and activate advancements.

"The group believes that with the enforcement gap closed it would promote better 'Serve and Protect' activity on the slopes. Further, a safer, more family-friendly experience would be possible that could in turn advance/sustain participation and potentially grow the sport, leading to stronger economic vitality for Colorado." The Founder of SSA adds, "Had this gap been closed, little Elise Johnson (a five-year-old child killed at a small Wyoming resort) would be a teenager today."

*Dangerous out-of-control skiers aren't the only hazard of skiing in Colorado's high country. In future safe skiing series watch for information on High Altitude Pulmonary Edema (HAPE) and Subdermal Hematoma injuries in the Mirror.*



# COMMUNITY NEWS BRIEFS: OUTDOOR RECREATION

## CELEBRATE 2019 WITH FIRST DAY HIKES

### Special to Art & Sol

DENVER - Colorado Parks and Wildlife is pleased to welcome a new year by once again participating in First Day Hikes. Over 30 events are scheduled in state parks across Colorado on New Year's Day as part of America's State Parks First Day Hikes initiative. CPW invites you to ring in 2019 by spending your day outside at a Colorado state park.

"Since 2012, state parks across Colorado and the nation have offered hikes on January 1st to encourage individuals and families to begin the New Year with a rejuvenating and healthy hike at their local state park," says Crystal Dreiling, Trinidad Lake State Park Manager. "Led by park staff or volunteers, First Day Hikes encourage outdoor exploration and enjoyment as a healthy lifestyle choice, while at the same time remind the public that outdoor recreation can be enjoyed year-round!"

Coloradans can find a nearby First Day Hike by visiting the Colorado Parks and Wildlife [First Day Hikes web page](#), or by locating an event on the [stateparks.org](#) website. First Day Hikes was created to offer everyone an opportunity to begin the new year rejuvenating and connecting with the outdoors at a state park close to home.

After joining the national program in 2012,

each new year has seen growth in the number of Colorado state parks participating in the program. This year, visitors can look forward to enjoying hikes and walks at more than 25 participating state parks. Visitors participating in First Day Hikes will be able to start the year off on the right foot by spending the day in some of Colorado's most spectacular nature.

Hikers can expect to enjoy winter landscapes with striking views, and in some parks, benefit from the company of a knowledgeable state park guide. Hikes will range from fun walks to more challenging 6-mile hikes throughout the park, and even an 11-mile hike if you are feeling up to the challenge. Many parks will also be providing light refreshments to warm up after your winter adventure. All hikes are free of charge, but visitors must possess a valid annual or daily parks pass to participate.

In 2018, nearly 55,000 people rang in the New Year with First Day Hikes, collectively hiking over 133,000 miles throughout the country on the guided hikes. Many others hiked state park trails throughout the day, taking advantage of the resources America's state parks have to offer.

This year, begin your New Year by creating a connection to nature in a Colorado state park. Spending time outdoors is good for the body



and mind, and has the ability to lift moods and leave us feeling more creative. With a variety of hikes in ability level and length, First Day Hikes are the perfect activity to begin your year on the right note. Remember to dress for the winter weather with lots of layers, and to bring water and snacks for the journey!

Whether planning to participate in a First Day Hike, reserving a spring campsite or scheduling hunter education courses, you can start your 2019 outdoor adventures by visiting [cpw.state.co.us](http://cpw.state.co.us)



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NEW YEARS EVE PARTY  
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**(76 DAYS TO ST. PATRICKS DAY!)**





## COLORADO NEWS BRIEFS

### COLORADO SKI AREAS: HOME TO MORE THAN SKIING OR SNOWBOARDING

#### *Special to Art & Sol*

DENVER – For those who don't ski or snowboard or haven't hit the slopes in a long time, Colorado Ski Country USA (CSCUSA) member resorts are a great place for a winter vacation to enjoy the mountain environment. Colorado ski areas offer numerous non-skiing activities including winter sight-seeing, guided and non-guided snowshoeing, snow tubing, ice skating, dining experiences, mountain coasters and much more.

The base area of a ski area is a great place to pull up an Adirondack chair, enjoy a coffee or drink and take in the mountain ambiance, especially on warm bluebird days later in the season. From the hardcore skiers to the non-skiing members of the group, all are welcome at CSCUSA resorts.

A complete roundup by activity or by ski area and more information can be found at [www.coloradoski.com/non-skiing-activities](http://www.coloradoski.com/non-skiing-activities). Below are the non-skiing activities available at Colorado Ski Country member resorts:

**Arapahoe Basin Ski Area** is well-known and beloved for The Beach, a grilling and tailgating area great for celebrating with friends and family. A-Basin also offers the Moonlight Dinner Series, scenic chairlift rides, events and live music. Visit [www.arapahoebasin.com](http://www.arapahoebasin.com).

**Aspen Snowmass** offers the Breathtaker Mountain Coaster, snow tubing, snowshoe tours, free ice skating including free rentals in the Snowmass base area, snowmobiling, fat biking, sleigh rides, dog sledding, grilling, scenic gondola rides, spa offerings, shopping, a kid's play center, a climbing wall, live music and events. Visit [www.aspensnowmass.com](http://www.aspensnowmass.com).

**Cooper** invites guests to enjoy Mountain-top Yurt Dinners, scenic sightseeing tours by snowcat, a kid's play center, live music and events. For more information, visit [www.skicooper.com](http://www.skicooper.com).

**Copper Mountain** offers one of the longest mountain coasters in North America, the Rocky Mountain Coaster. Copper also

offers snow tubing, ice skating at West Lake, fat biking, Moonlight Dine & Ski events, the Copper Mountain spa, shopping, a kid's play center, events and live music. For more information, visit [www.coppercolorado.com](http://www.coppercolorado.com).

**Echo Mountain Resort** hosts non-skiers with a brand-new snow tubing hill serviced by a covered conveyor lift, plus regular events. For more information, visit [www.echomountainresort.com](http://www.echomountainresort.com).

**Eldora** has several miles of snowshoe trails for guests to enjoy in the Nordic skiing area. Visit [www.eldora.com](http://www.eldora.com).

**Granby Ranch** offers miles of Nordic trails for cross-country skiing and snowshoeing. Visit [www.granbyranch.com](http://www.granbyranch.com).

**Hesperus Ski Area** offers snow tubing for as low as \$10 per hour and as late as 9 p.m. Visit [www.ski-hesperus.com](http://www.ski-hesperus.com).

**Howelsen Hill Ski Area** entertains non-skiing guests with scenic downtown snowshoeing, ice skating and Bumper Cars on ice, and fat biking on the Nordic trails. Visit [www.steamboatsprings.net/Howelsen-Hill-Ski-Area](http://www.steamboatsprings.net/Howelsen-Hill-Ski-Area).

**Kendall Mountain** offers snow tubing, a natural pond-skating experience and a 2.5-mile snowshoeing loop in the town of Silverton. For more information, visit [www.skikendall.com](http://www.skikendall.com).

**Loveland Ski Area** rents snowshoes and poles for 10 miles of snowshoeing on the Bakerville-Loveland Trail, plus grilling and tailgating in on-mountain lodges, a kid's play center, events and live music. Visit [www.skiloveland.com](http://www.skiloveland.com).

**Monarch Mountain** has a brand-new snow tubing hill open Friday-Sunday and some holidays, plus fat biking, a kid's play center and events. For more information, visit [www.skimonarch.com](http://www.skimonarch.com).

**Powderhorn Resort**'s family-friendly tubing hill (open on weekends and holidays), events and live music will keep all members of the family entertained. Visit [www.powderhorn.com](http://www.powderhorn.com).

**Purgatory Resort** hosts non-skiers with the Inferno Mountain Coaster, snow tubing, guided and unguided snowshoeing,



*Purgatory Sleigh Ride. Courtesy photo.*

snowmobile adventures, dog sledding tours, sleigh rides, Snowcat Dinner Excursions, scenic snowcat tours, a spa, shopping, a kid's play center, events and live music. For more information, visit [www.skipurg.com](http://www.skipurg.com).

**Steamboat Resort**'s non-skiing guests can enjoy the Outlaw Mountain Coaster, a tubing hill, daily free guided snowshoe tours, snowmobiling, horse-drawn sleigh rides, unique dining experiences, scenic gondola rides, several resort spas, shopping, a kid's play center, events and live music. For more information, visit [www.steamboat.com](http://www.steamboat.com).

**Sunlight Mountain Resort** offers miles of free groomed snowshoe trails, snowmobiling tours, events and live music. For more information, visit [www.sunlightmtn.com](http://www.sunlightmtn.com).

**Telluride Ski Resort** has several off-the-slopes activities including snowshoeing, gourmet dining experiences, spa treatments, shopping, a kid's play center, events and live music. For more information, visit [www.tellurideskiresort.com](http://www.tellurideskiresort.com).

**Winter Park Resort** is home to a snow tubing hill, guided snowshoe tours, an outdoor ice rink, snowmobiling, horse-drawn sleigh rides, dog sledding, gondola-served dining experiences, scenic chairlift and snowcat rides, a spa, a kid's play center, live music and events. For more information, visit [www.winterparkresort.com](http://www.winterparkresort.com).

**Wolf Creek Ski Area** offers many non-skiing activities including cross-country trails for snowshoers, ice skating and snowmobiling. For more information, visit [www.wolfcreekski.com](http://www.wolfcreekski.com).

## COMMUNITY NEWS BRIEFS: ARTS & CULTURE

### NATIONAL PARK RADIO COMES TO THE WRIGHT DEC. 28

#### *Special to Art & Sol*

OURAY-Ouray County Performing Arts Guild welcomes rising “modern-folk” duo from National Park Radio to perform at the Wright Opera House in Ouray on Friday, Dec. 28 at 7:30 p.m. Stefan and Kerrie Szabo will delight the audience with honest lyric harmonies about life, love and adventure enhanced with strong vocals and songwriting.

Emotional, gut-wrenching, but still incredibly hopeful, National Park Radio’s music reverberates important themes about life, love and difficult choices, all while echoing the enduring beauty of the band’s deep-seated roots in the Ozark Mountains. Formed in northern Arkansas in 2012, National Park Radio, headed by singer/songwriter Stefan, has infused the surrounding region (and many others as well) with their unique brand of indie folk music. Emerging from the shadows cast by giants Mumford and Sons and The Avett Brothers, NPR offers the indie folk world something a little different: An outstanding blend of incisive songwriting and organic Americana charm alongside a heritage in genuine mountain music.

Stefan (lead vocals, acoustic guitar, 6-string Banjo and Percussion) self-produced the band’s EP back in 2013, and National Park Radio has never looked back. Initially, the music spread like mountain wildfire throughout the region, earning the band a substantial and incred-

ibly loyal following in their home region. The success of the EP led to national touring and recording a professionally-produced full-length album named “The Great Divide,” released on July 29, 2016.

Since then, National Park Radio became a featured artist in ReverbNation.com’s CONNECT program, signed with powerhouse PR company All Eyes Media (Jason Isbell, Flogging Molly, Shovels and Rope, Widespread Panic), and secured a distribution deal with SONY/RED. They have opened for national touring acts such as Kevin Fowler, LOCASH, and The Turnpike Troubadours, and have had a national radio promotion campaign with MM Music.

In early 2017, National Park Radio began recording a new album, while adding Szabo’s wife, Kerrie, for vocals/percussion. “Old Forests” was released on May 2017, and to the delight of their fans, brought a simple, song focused album with an emphasis on powerful lyrics and beautiful harmonies, with a production style closer to that of their original EP. National Park Radio’s fan base continues to grow nationally and internationally, as they tour and create new music.

Advance sale tickets are \$15 for adults (no online processing fee!), \$18 at the door and \$5 for students (18 and under).



*Stefan Szabo. Courtesy image.*

Another seating option is five café tables that each seat two people, \$40 per table, and must be reserved by December 27. Reserve tickets online

at [www.ocpag.org](http://www.ocpag.org) or purchase at the door, if still available. The Wright Opera House will provide a cash bar.

The Ouray County Performing Arts Guild is a not-for-profit organization bringing quality events in music, dance, theater and other genres to Ouray and Ridgway. Its purpose is to sponsor presentations and performers of the highest caliber in the performing arts for the enjoyment of Ouray County’s residents and visitors.

#### CELEBRATING LOCAL BEAUTY.







## ELK TRACKS



### Montrose Elks Lodge

MONTROSE-Welcome to Elk Tracks, a periodic update of what is taking place at our local Montrose Elks Lodge, located at 801 So. Hillcrest, Montrose CO 81401.

Elks Bingo on Tuesday December 18, 2019 –

Doors open at 5:30 PM

Progressive Game 2 is valued at \$427 and Progressive Game 4 is worth \$1180. Both can be won if Bingo is reached in 37 numbers or fewer, or the prize posted will be awarded. Progressive 6 is valued at \$4,293 and must be won in 53 numbers or fewer or the prize posted will be awarded. \$150 will be awarded for Game 8.

Elks Bingo is CLOSED on Tuesday December 25, 2019 (Christmas)

Elks Bingo is CLOSED on Tuesday January 1, 2019 (New Year's Day)

Double Must Go Jackpots!! On Jan. 8, 2019 Progressive Games 2 (\$500 must go!) and 4 (\$1,199 must go!) will have reached "MUST GO" status and will be awarded to the first player (s) that reach Bingo; no matter how many numbers are called.

*This is going to be a great night of fun at the Elks Lodge!*

For the best Bingo game in the area *be sure to visit Montrose Elks Lodge every Tuesday evening at 6 PM to play Bingo.* We are located at 801 South Hillcrest Drive in Montrose.



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### Two Office Locations:

Montrose: **Park Avenue Professional Building**  
121 N. Park Ave, Montrose

Delta: **Senior Community Meals office**  
350 Stafford Lane., Delta

**Call us to arrange an in-home meeting or at a location convenient for you!**



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# Up Bear Creek by Art Goodtimes

## Breakfast and lunch in style at Ridgway's new eatery



Above, Crumb Bakery and Cafe with happy customers (courtesy photo); at right, Vegan Thanksgiving plate at Crumb last month (courtesy photo).



**CRUMB** ... This new bakery and café on Ridgway's Clinton St., across the way from Kate's and just up from the Sherbino, is my new fav eatery in Ouray County. And no wonder, with a 4.7 Google rating from 21 reviews, you know it's more than just my tastebuds that have been stimulated by owner/chef Stefan Davenport. Although I will say I was delighted when one slow day he pulled out a guitar for me and my lady and did an impromptu serenade ... This is no fast food corporate knock-off. The food is made lovingly. There's take-out, coffee treats, baked goods and healthy salads & sandwiches with an emphasis on "plant-based foods." Here's a representative Yelp review from this past summer: "Excellent craftsman of flour delights. Eggplant ratatouille, flavored hummus, carrot cake and the most delicious gluten-free chocolate chip cookies I've ever had. You must grab some to go!" ... Highly recommended.

**FIRE** ... My friend Debbie Duffield of Norwood sent me a snippet of a poem by Sylvia Plath that made her think of the fiery season California had this year, and made me think of Pele, the Hawaiian goddess of fire ... "Out of the ash / I rise with my red

hair / And I eat men like air."

**SPEAKING OF POETS** ... I've been reading a marvelous collection of essays from Ursula LeGuin that my poet friend Wendy Vidlock of Palisade gifted me, *Words Are My Matter: Writing About Life and Books, 2000-2016* [C.E.] ... LeGuin has always had a soft spot in my heart – one, because her *Left Hand of Darkness*, published in 1969, was a seminal sci-fi book of my literary imagination. Her concept of *kemmer* eliminated gender as a fixed condition, which blew me away. I had never thought of humans without bisexual identity. On the planet Gethen, individuals are ambisexual, or more properly sequentially hermaphroditic, and only become male or female during a period of sexual receptiveness and high fertility -- although with no predisposition toward either. Context and relationships determine which sex they adopt ... The second reason I've had this affinity for LeGuin was because of her mother, Theodora Kroeber, author of *The Inland Whale* (Indiana Univ. Press, 1959

C.E.) and *Ishi in Two Worlds* (Univ. of California Press, 1961 C.E.) – two seminal books of my youth – and wife of the famous anthropologist, Alfred Kroeber. Theodora's maiden name was Krakow. Born in Colorado and nicknamed "Krakie," she and her two brothers were raised in Telluride. Her parents Charles and Phebe ran a general store in Sawpit for a while, and a mortuary in Telluride. In her biography of her famous husband, *Alfred Kroeber, A Person Configuration* (Univ. of California Press, 1979 C.E.) there is a marvelous account of Telluride in the early 1900s (pp. 126ff) ... Ursula died earlier this year, and reading her book of essays has been quite illuminating. I wish I had read more of her work earlier. And, to get back to the title of this item, in her essay she mentioned her poet friend, Naomi Replansky – 100 years old this year. She was a poet I had never heard of. Turns out she was a Communist and a lesbian and an amazing writer, winner of the Poetry Society of America's William Carlos Williams Award in 2013 (C.E.). Reminded me of Belle Turnbull in her finely crafted work that was thoroughly modern as well as formally metrical. Her poem, *In Syrup, In Syrup* -- originally published as an anti-war poem after WWII as *Dulce et Decorum* -- is the subject of an amazing discussion with poets Ron Silliman and Charles Bernstein from the website jacket2.org. Look for the podcast "Rise and live" (PoemTalk #111).

**WEEKLY QUOTA** ... "When my brothers try to draw a circle to exclude me, I shall draw a larger circle to include them." – Transgender activist Pauli Murray

**POLITICS** ... I know, this is not a great time to be talking politics. But like everything, even in the darkest time, there's some wonderful light ... Take Sayu Bhojwani, founder and president of New American



# Up Bear Creek by Art Goodtimes

Leaders – the only national organization focused on preparing immigrant leaders to run for public office at the local and state levels. I just got her book *People Like Us: The New Wave of Candidates Knocking at Democracy's Door* (The New Press, 2018 C.E.) ... Folks often focus on the national level, but real change starts at the grassroots level, and Bhojwani's book catalogues some of the many successes for immigrants and people of color on the local and state levels, and areas where we need to put our progressive energy ... As Howard Dean, former DNC chair says, "Sayu Bhojwani's analysis of what works and what needs urgent change serves as a road map for the future of our democracy. *People Like Us* is a must-read for this political moment" ... Highly recommended.

## THE TALKING GOURD

### Every Season Catches Me

Every season catches me by surprise.  
Will the snow ever melt?

Then suddenly leaves unfurl, trees blossom  
and volunteer lettuce from last year's seed  
patches the palest celadon on the bare brown earth.

With worry I watch the squash seedlings.  
Will they ever grow?  
Then suddenly leaves the size  
of dinner plates spread three rows over,  
and hide zucchini big as baseball bats.  
Bindweed and purslane blanket all the beds.  
Trees then bowls and jars full of cherries,  
peas by the gallon and then gone,  
morning grazing on raspberries and then gone—

Will the days always be this hot?  
Garlic uncurls graceful scapes; basil blooms.  
The garden is a patchwork quilt  
of white buckwheat flowers, purple cosmos,  
yellow calendula, blue and white potato flowers,  
accented among nineteen—count 'em—  
nineteen shades of green.  
Mushrooms fruit from the duff.  
Beans bloom and pod;  
plums and peaches ripen, then apples.

Suddenly, a few leaves turn gold—then whole forests.  
I am as shocked by the first freeze of autumn  
as I was by my first gray hairs. It's all white now,  
my hair, as white as the snow  
that will soon cover the ground and stay.

As many years as I've spiraled this sun,  
still, it catches me by surprise.

-Tara Edna Miller  
Paonia

# NUCLA DUO

IN TELLURIDE  
&  
NORWOOD

Get ready for the dynamite  
husband & wife duo from Nucla

**Ruth Duffy &  
Mike Olschewsky**  
are coming to town.



## NORWOOD

**Monday, Dec. 17th,  
at 6:30 p.m.**

**at the Meadowlark House  
in the Norwood Gardens subdivision**

## TELLURIDE

**Tuesday, Dec. 18th,  
at 6:00 p.m.**

**at the Telluride Arts HQ gallery  
across from the Wilkinson Public Library.**

Visit the Gourds website [www.tellurideinstitute.org/talking-gourds](http://www.tellurideinstitute.org/talking-gourds)





# Save the Date! Upcoming Regional Events

## CURRENT/ONGOING-

**YOGA HOUSE**-Yoga House has added HIIT Yoga on Wednesday's at 5:45p AND Hot Yoga and is held on Fridays @ 4:30p.m. and Saturday's at 10a.m.; Yoga House is holding 75-minute Inversion Workshops every Sunday in January at 9:45a.m. SUP (Stand up paddle board) Yoga is Held at Montrose Rec Ctr

\$25/class, Held the Following Thursday's at 7p.m.

Dec. 20; Jan. 10 & 17; Feb. 7 & 21; March 7 & 21.

For more info on classes and workshops: [ColoradoYogaHouse.com](http://ColoradoYogaHouse.com)

**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](http://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. 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.

## 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://1980NorthTownsendAve.com) Information: Dianna 970-249-0724

## MONTHLY-

**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](http://www.montrosegardens.org)

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

**Dec. 19**-Express Employment Professionals hiring event, Delta Work force Center, 206 Ute Street, Delta. 10 a.m. to 1:30 p.m.

**Dec. 27**-- Cory Henry & The Funk Apostles return to Telluride on Thursday, Dec. 27. The show is open to all ages, with doors opening at 8 p.m. and the show starting at 8:30 p.m. Tickets start at \$35 for general admission with preferred seating tickets available at \$50, \$60 and \$79. Limited tickets are available to purchase online at [clubredtelluride.com](http://clubredtelluride.com) and locally at Telluride Music, located at 333 West Colorado Ave.

**Dec. 28**-7:30 p.m. – Modern Folk/Bluegrass National Park Radio duo, Wright Opera House, 472 Main Street, Ouray. Advance online tickets \$15 adults and \$5 students (18 years and under) at [www.ocpag.org](http://www.ocpag.org) or \$18 at the door.

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

**Dec. 31**-Montrose Elks Lodge New Year's Even Party, 6 p.m. to 1 a.m. Singles \$10; couples \$15. Entertainment by Neon Sky.

**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](http://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.

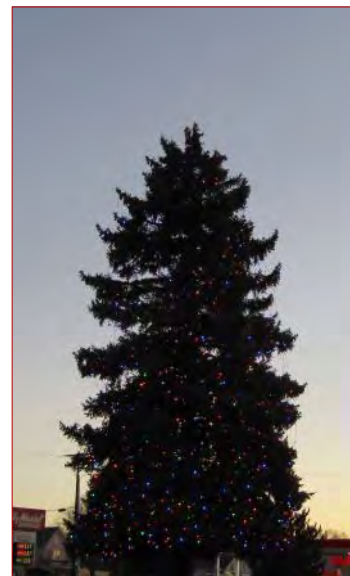
**Jan. 17**-RE-1J Schools Community Meeting, 6 p.m. on Jan. 17, 2019, RE-1J board room. Update on vaping and school safety.

**Jan. 25-26**-Local farmers and ranchers take center stage with nationally known speakers at the 7th Annual Western Colorado Food and Farm Forum, Jan 25-26, 2019 in Montrose. For a complete list of topics or to register please visit: [foodfarmforum.org](http://foodfarmforum.org) or call 970-765-6170.

**Jan. 26**--FREE monthly coffee cupping at Cimarron Coffee Roasters, 72 S. Grand Ave, 10-11 a.m.

**Feb. 23**--FREE monthly coffee cupping at Cimarron Coffee Roasters, 72 S. Grand Ave, 10-11 a.m.

## **MIRROR IMAGES: SEASONAL SIGHTINGS...**



*MONTROSE-A Sunday evening shopper hurries down Main Street at dusk; lights on at the towering Christmas tree on the Courthouse lawn.*

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