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Fresh News for Busy People-Weekly on Mondays!

Issue No. 318 April 1, 2019

BY COACHING TEACHERS, PYRAMID MODEL PROMOTES STUDENT SOCIAL AND EMOTIONAL DEVELOPMENT



Montrose ECC Director Penny Harris (left) and Pyramid Trainer Virginia Kile presented information to the RE-1J Board of Education March 26.

By Caitlin Switzer

MONTROSE-At the regular [work session of March 26](#), the Montrose County School District Re-1J Board of Education heard a presentation on the Pyramid Coaching Project. District B Director Jacob Suppes and District E Director Sarah Fishing were not present for the work session.

Montrose Early Childhood Center Director Penny Harris introduced Early Childhood Special Education Consultant and Pyramid Trainer Virginia Kile, who shared information on the Coaching Project.

The [Bright Futures Early Childhood Council](#) has included Pyramid Model presentations in their strategic plan for the six counties served by Region 10 (Montrose, Delta,

[Continued pg 17](#)

BPETERSONDESIGN OPENS 2ND OFFICE TO SERVE NATIONWIDE CLIENTELE: 'THERE IS A BETTER WAY TO DO THINGS'

By Caitlin Switzer

MONTROSE-Montrose entrepreneurs Ben and Janae Peterson have proven time and again that they have what it takes to successfully compete in today's fast-paced, constantly changing business climate.

The Petersons' high touch, digital marketing agency, [BPeter-sonDesign](#), has achieved growth of 418 percent over the past two years, and now employs a total of eight. To meet the needs of its growing, nationwide clientele, BPeter-sonDesign will open a second location in Anthem, Arizona in June.

Said Ben Peterson, "With our second location, we are making a very specific push to take over the world, to offer our services to the nation.

"There is a better way to do things."



Montrose's high touch, digital marketing agency, [BPeter-sonDesign](#), has achieved growth of 418 percent over the past two years, and now employs a total of eight. Courtesy photo Malachi Lewis.

[Continued pg 9](#)

in this
issue

[Art Goodtimes'
Up Bear Creek!](#)

[Reeder retires from
Montrose County after 26 years!](#)

[Center for Mental Health Hosts
open House for Crisis Center!](#)

[Reader Photo Spotlight:
Deb Reimann!](#)

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CRIME STOPPERS ALERT: HELP CATCH THIEF WHO STOLE EQUIPMENT FROM MONTROSE HIGH SCHOOL

Montrose Regional Crime Stoppers
REGIONAL-Montrose Regional Crime Stoppers, Inc. and the Montrose Police Department are seeking the help of citizens to identify and locate the suspect (s) who stole equipment from Montrose High School.

This case is just over a month old, but on 02/23/19 suspect (s) broke into the baseball field equipment storage room sometime overnight and stole items totaling over \$13,000. Stolen items include sports equipment and other types of equipment. No suspect information is available at this time.

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 free 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 may receive a cash award. For additional information, please view our Facebook page, www.facebook.com/montroseregionalcrimestoppers.

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Movie at 11am • Free Snacks

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CITIZEN OBJECTS TO NO-MAINTENANCE CALL MADE BY CITY PLANNER, MAYOR REFUSES FURTHER COMMUNICATIONS



A local property owner has asked the City to continue maintenance of the 1300 Block of North Second Street east of San Juan Ave, above. Photo by Gail Marvel.

Mirror staff report

MONTROSE—Montrose resident Charles Ramsey has owned multiple lots in the 1300 block of North Second Street in Montrose since 1990. So Ramsey was surprised to learn recently that the City no longer considers the 1300 Block of North Second Street to be a street at all, but “a stub.”

“I just want them to call it a street, and maintain it as they always have,” said Ramsey, who owns 16 lots as well as a rental house on North Second east of the San Juan Bypass.

Ramsey said that though his next-door neighbor’s address is 1301 North Second Street, his own rental house is addressed as 130 North San Juan Avenue. “The mailman has to stop on the highway,” he noted.

However, the lots do not front San Juan Avenue, Ramsey said.

According to Ramsey, this portion of North Second Street has been in continual use since 1890. “I have used the street for 30 years to access our 16 lots that abut that street,” he said, noting that North Second offers the only access to his garage and to his neighbor’s house, and is recognized as a street by the Colorado Department of Transportation (CDOT) and in the City’s own [Access Control Plan for the San Juan Bypass](#).

“There is a City sewer line under it,” Ramsey said, noting that the City main-

tained the 1300 block of North Second upon request in past years.

“I have had to call for maintenance on this street until City Planner Garry Baker ordered (Public Works Director) Jim Scheid not to maintain the street at all last year,” he said.

Baker addressed the issue in a memo dated Oct. 10, 2018.

“City has never performed regular maintenance of the North 2nd Street right-of-way; North 2nd Street right-of-way is not used for City utilities.

“The City holds many right-of-way stubs in all areas of town,” Baker wrote. “Some are even being actively farmed. These right-of-way stubs are similar to North 2nd, in that they are not currently being used for the transportation network in the City,

and therefore have no improvements and minimal to no maintenance.”

A letter dated Jan. 15 from Mayor Roy Anderson to Ramsey states that the City no longer intends to communicate regarding the issue. “Many explanations have been provided to you by both elected and staff officials—the latter with professional knowledge of your situation,” Anderson wrote. “You have exhausted your remedies and neither City staff nor City elected officials will expend more time revisiting an issue where the decision has been made, and explained multiple times...we will no longer communicate with you on this issue.”

Still, no decision has actually been made in open Council meeting, Ramsey said. “I haven’t gone before them (City Council) yet, but they have told me through their lawyer that they would fix the street up if I paid \$5,000,” he said.

MONTROSE MEMORIAL HOSPITAL

Adult Diabetes Support Group

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38 LOCATIONS FROM DENVER TO DURANGO

BPETERSONDESIGN OPENS 2ND OFFICE TO SERVE NATIONWIDE CLIENTELE

From pg 1

"We want to see people grow and succeed," Janae Peterson said.

Here in Montrose, the company will relocate to a more spacious location at South Fifth and Mesa this summer.

"The move will allow us more room for growth, allowing us to better serve our clients," Janae said. "We are beginning the remodel on the building now and are planning to relocate to the new office in the next couple of months."

An all-inclusive approach to services sets BPetersonDesign apart, Ben said.

"Everything is based on strategy," he said. "Your web site, your logo, and everything else should reflect your target demographic, an age range, who your clients are, and what you want your logo to do."

"We build everything to accomplish what

our client is requesting," he said, and compared the company's digital marketing approach to "Driving with your eyes open."

"Everything must be based on strategy," Ben said. "With analytics that you can see."

BPetersonDesign has invested in a client dashboard system that pulls data directly from social media platforms in real time, Janae said. "It shows you what you have spent, and what you have gotten from it," she said. "You can see direct, one-to-one correlations."

As always, the ideal client for BPetersonDesign is a driven business owner who knows what they want and what they want their marketing professionals to accomplish.

"We work with clients who are a good fit," Janae said. "It is a partnership; it's your business and we just want to help take you where you want to go."

Among the many benefits of a high-performing web site are a higher Google ranking and stronger web presence, she said.

"We work hand in hand with Google," Ben said.

BPetersonDesign Clients can now access Pay-per-click advertising services as well. "So many people have requested this," Janae said.

"Now, we have the manpower and the time to implement pay-for-click services for our clients."

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REGIONAL NEWS BRIEFS

ALPINE BANK IS PROUD TO SUPPORT MONTROSE REGIONAL CRIME STOPPERS INC

Special to the Mirror

MONTROSE-Alpine Bank is proud to support the Montrose Regional Crime Stoppers by providing a \$3,000 donation to Montrose Regional Crime Stoppers Inc. Alpine Bank has supported the Crime Stoppers program since its inception to make the community safer and more secure for its people and their property. "Alpine Bank is grateful for the good work that Crime Stoppers provides, and the difference it makes in our community," says Tyler Dahl, President of Alpine Bank Montrose.

Pictured at right are Alpine Bank President Tyler Dahl, Montrose Regional Crime Stoppers and Crime Stoppers USA President John W. Nelson, and Alpine Bank Staffer Nancie Rotherham.



COLORADO SECRETARY OF STATE RELEASES PRECINCT-LEVEL DATA FOR 2018 GENERAL ELECTION

Special to the Mirror

COLORADO-Precinct-level data for the 2018 General Election is now available for download on the Colorado Secretary of State's website.

[2018 General Election precinct-level turnout results in Excel format:](#) This spreadsheet shows the turnout percent for each precinct in the state for the 2018 election.

[2018 General Election precinct-level results in Excel format:](#) This spreadsheet shows the precinct-level results for all the ballot items the Secretary of State certified to the ballot, including federal and state candidates, judicial retention races, and statewide ballot issues.

The Colorado Secretary of State's office releases this data every 2 years following a General Election. This data and election results archives are available [here](#).



REGIONAL NEWS BRIEFS

POLICE REPORT OF THREAT TO COLUMBINE MIDDLE SCHOOL

Special to the Mirror

MONTROSE-Following a report from a concerned parent this weekend, Montrose Police Department investigated an indirect threat made to Columbine Middle School by one of its students. Montrose PD contacted the student and his family, an investigation ensued, and charges are pending in the case. Montrose County School District will be taking appropriate action.

"The Montrose Police Department and Montrose County School District are once

again encouraged and are proud of our students and families who continue to report their concerns to school officials and law enforcement," said Police Chief Blaine Hall. "Montrose County School District takes all threats seriously. The safety and security of our students, staff and community is paramount. We thank the Montrose Police Department for their quick response and thorough investigation," said Superintendent Stephen Schiell. District officials are asking everyone to


refrain from spreading speculation and rumors especially using social media. These situations are of serious concern to our community, and we continue to encourage students and parents to report potential threats of violence.

As always, if you are aware of a threat to the safety of any school, call 911, or if you prefer to remain anonymous, report to Safe2Tell at safe2tell.org, or by calling 1-877-542-7233 or you can download the Safe2Tell app.

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AFTER 26 YEARS WITH MONTROSE COUNTY, WEST END ASST. ROAD & BRIDGE SUPERINTENDENT BOBBY REEDER SAYS GOODBYE

By Caitlin Switzer

MONTROSE-In a brief but busy special meeting March 27, the Montrose County Board of Commissioners (BOCC) said goodbye to a longtime staffer, West End Assistant Road & Bridge Superintendent Bobby Reeder; approved Consent Agenda items; and authorized the closeout of a contract and release of final retainage in the amount of \$118,758.90 to Indoor Arena and Event Center contractor Ridgway Valley Enterprises.

PUBLIC COMMENT PERIOD

Reeder addressed the BOCC. "Twenty-six years with this outfit," he said. "It's been a hell of a ride. Thank you.

"People will forget what I said, people will probably forget what I did, but hopefully they won't forget the way I made 'em feel. I hope I have been a good steward for the county and its citizens," he said.

"...Leaders come in all sorts of different packages," BOCC Chair Sue Hansen said.

"...You're the real deal; you've made a huge impact...I want to thank you."

Said BOCC Vice Chair Roger Rash, "I want to thank you as well for your leadership. We won't forget you brother, not one bit. We won't forget the things that you've done or the accomplishments you've made over on the West End and the sacrifice you've given to your family on snowy nights, dealing with traffic accidents, all those things ...we're going to keep you in our prayers and keep you in our minds and thoughts."

County Manager Ken Norris thanked Reeder for being a team player. "You just look at the West End and that's Bobby



(L-R) Montrose County Manager Ken Norris; BOCC Vice Chair Roger Rash; West End Assistant Road & Bridge Superintendent Bobby Reeder; Commissioner Keith Caddy; and BOCC Chair Sue Hansen pose for a photo March 27. Reeder is retiring after 26 years with Montrose County.

Reeder territory," Norris said. "...Your job performance makes the County proud."

COUNTY MANAGER

Norris had no changes to the agenda.

CONSENT AGENDA

The BOCC unanimously approved Consent Agenda items, including a Memorandum of Understanding (MOU) between Montrose County and the Denver Division of the Drug Enforcement Administration (DEA), for the use of office space at 1845 S Townsend Ave.

Also approved as part of the Consent Agenda was the multi-agency 2019 Montrose County Annual Operations Plan (AOP), created between local, state, and

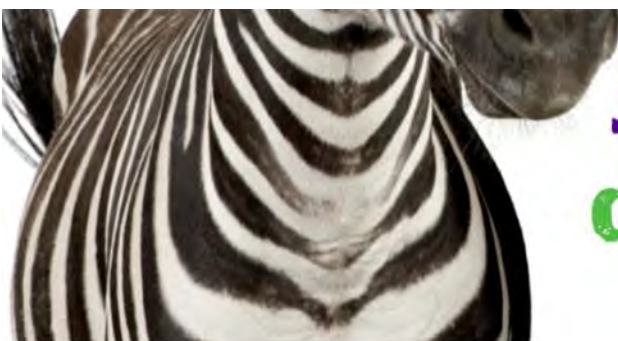
federal entities involved in fire response in Montrose County to provide a framework and basis for the County's management of and response to wildfire.

GENERAL BUSINESS & ADMINISTRATIVE ITEMS

Facilities Coordinator Jennifer DeTonto presented the contract closeout in the final retainage amount of \$118,758.90 to Ridgway Valley Enterprises, Inc, for completion of the Indoor Arena & Event Center Project.

The contract closeout was approved unanimously.

With no further business, the special meeting was adjourned.



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CITY TO APPOINT NEW MAYOR, MAYOR PRO TEM



City Council meets for a work session April 1 and a regular meeting April 2.

Mirror staff report

MONTROSE-Montrose City Council will host a work session on [Monday, April 1](#) and a [regular meeting](#) on Tuesday, April 2.

CITY COUNCIL WORK SESSION

At the [work session of Monday, April 1](#), City Council will discuss existing short-term rental regulations and possible additional short-term rental compliance processes.

Also to be considered: the annual grant report presented by Grants Coordinator Kendall Cramer; Historic Preservation Committee Bylaws; emergency repairs to the City's batch plant; and a special events liquor permit for a community block party scheduled for May 2 between Main and South Second streets on Cascade Avenue.

To be discussed in future work sessions and Council meetings are the following:

Revisions to municipal animal control regulations and the First Quarter Police Department Report will be April 15.

On April 16, Council will discuss Earth Week and Arbor Day proclamations; the J&L Jones Addition annexation hearing; the liquor license renewal and transfer for Sam's Tavern; the liquor license transfer for Divot's at Black Canyon Golf Course; a new liquor license application for Froggy's Tacos; and a First Quarter Budget Review.

On May 6, Council will discuss job creation incentives and housing incentives; and consider the job creation incentives requested by River Valley Health Center.

The Klippert Addition annexation; Fly'n Rooster Liquor License Transfer Application; and a new liquor license application for Be Well will be May 7.

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

CITY COUNCIL MEETING

Following the Call for Public Comment, Council will name a new Mayor and new Mayor Pro Tem at the [regular meeting](#) of Tuesday, April 2. Mayor Pro Tem Bowman will make a presentation to outgoing Mayor Roy Anderson.

Following a brief recess, the new Council will reconvene.

Following approval of Minutes and Consent Agenda items, Council will consider

approving Ordinance 2470 on second reading, repealing Title 6 Chapter 1 Section 27 dated February 15, 2011, Title 8 Chapter 2 dated April 4, 2001, and Title 6 Chapter 1 Section 6 dated February 15, 2011, of the Official Code of the City of Montrose.

Council will consider approving Ordinance 2471 on first reading, amending the zoning district designation of lots 1 and 2 of the Atwood Minor Subdivision from "B-4," Neighborhood Shopping District to "R-3A," Medium High-Density District.

Also to be considered is Resolution 2019-10, authorizing the filing of a Community Development Block Grant application "in order to fund economic development opportunities for persons of low and moderate incomes within the City of Montrose." As discussed previously in work session, the Center for Mental Health is seeking help to replace HVAC and the roof at the new Drop-in Crisis Center, located at 300 North Cascade Avenue.

The Center for Mental Health obtained an estimate of \$237,449 for the project, which will be competitively bid.

Council will consider renewal of the Intergovernmental Agreement (IGA) between the City of Montrose and the Montrose Recreation District for shared services. Following staff reports, Council will adjourn.

REGIONAL NEWS BRIEFS

STATE BROADBAND DEPLOYMENT BOARD REVERSES DMEA GRANT AWARD IN FAVOR OF TDS

Special to the Mirror

REGIONAL-Earlier this year, the state's Broadband Deployment Board awarded \$4 million in state grant funds to bring high-speed internet to citizens near Crawford, Hotchkiss, Northeast Delta, and West Montrose. The funding was awarded to Delta-Montrose Electric Association (DMEA) to build the fiber network that Elevate would use to deliver high-speed internet service. However, on March 8, the Broadband Deployment Board agreed with local provider TDS that the grant for the West Hotchkiss area should be reversed because TDS already serves that area with high-speed internet. TDS is the long-time internet service provider in much of Delta County.

Recent activity in the area...

The real estate market in your area is alive and well. Increasing home values and low interest rates are creating a vibrant atmosphere for both sellers and buyers. Here are a few properties that may be of interest to you.



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JUST SOLD!

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JUST SOLD!

**67345 Leadville Ct
Montrose**
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JUST SOLD!

**2770 Niagara Rd
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Recent activity in your neighborhood...

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BY COACHING TEACHERS, PYRAMID MODEL BUILDS STUDENT SOCIAL AND EMOTIONAL DEVELOPMENT From pg 1

Ouray, Hinsdale, Gunnison and San Miguel); Montrose ECC teachers are being trained and coached in use of the Pyramid model.

According to Bright Futures, the Pyramid Model is an evidence-based education framework that increases social-emotional development and decreases challenging behavior in young children.

"Kids need social and emotional development," said Kile, who spent 16 years in the public schools. "That is the foundation of learning. And yet we started to see more and more pre-school aged kids getting kicked out of programs for challenging behavior.

"I learned about the Pyramid Model and I became interested," she said. "I had no answers when children behaved in a challenging manner. So I attended a six-day training in Denver—they had all of the answers."

In a classroom setting, challenging behavior often results from simple things that the teacher is not doing, Kile said. For example, "She may have a schedule at the front of the room, but she has not explained it to the students."

As part of the training process, teachers receive a standardized observation that highlights strengths and lists any elements that are missing.

"The teacher chooses a goal and we coach them on that goal," Kile said. "It really is about changing teacher practice."

It is more important to tell children what you want them to do than tell them what not to do, she said.

Said Kile, "I have to thank the customers who taught me the most; they are mostly three to five years old...there are no mean children and there are no bad children. There are children who are missing skills."

[A professionally-made video](#) has been posted on the Bright Futures site, portraying the local effort to incorporate Pyramid Coaching into preschool classrooms. Response to the video has been immediate and strong, Kile said.

"Within 11 minutes of the video being posted we got a response...we are representing Colorado at the Pyramid Conference."

Harris said, "Through the Pyramid Model our teachers are developing skills and strategies they can use right then and there...it seems to be a natural fit."

Bright Futures cites the results of a [19-](#)

[year study published in the American Journal of Public Health in 2015](#), showing that children who develop social-emotional skills in early childhood are more likely to obtain a college degree, achieve stable employment, and stay out of jail.

The next meeting of the Montrose County RE-1J Board of Education will be Tuesday, April 9.



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OPINION/EDITORIAL: LETTERS

IT'S REFRESHING TO HAVE A PRESIDENT WHO LOVES HIS COUNTRY

Editor:

Many don't know because of the hateful anti-Trump news networks who won't tell you that President Trump does not take all his salary. Instead, he donates to numerous charity causes. Once again, showing he is not just the usual politician, part of his latest check was donated to Homeland Security. Previously he has donated part of his salary to the National Institute on Alcohol Abuse and Alcoholism. In the past he has also donated to government departments including Education, Health and Human Services, Transportation, and Veterans Affairs. Part of his salary went to the National Park Service and was used to help repair buildings and fences at the Antietam National Battlefield in Maryland. In addition, daughter, Ivanka and husband, Jared, also forgo their six-figure White House salary. Last year President Trump donated part of his salary to the Small Business Administration, which will be used to help veterans. This, in turn, helps their spouses, their families, and the caregivers of our wounded in battle. It's refreshing to have a President who loves his Country!

So, while President Trump donates his salary to charity, and Ivanka and Jared donate theirs back to the government, AOC, who wants to tax Americans at 70%, keeps her entire paycheck while costing taxpayers millions of dollars running around the Country espousing her extremist, progressive vision of the new Democrat Party. What is she giving to America? Only criticism and condemnation! She has even attacked President Reagan who was re-elected in a landslide before she was even born!. She knows nothing about him, but Reagan would say, "The trouble with our liberal friends is not that they're ignorant, it's just that they know so much that isn't so." Well said by a wise man.

"We have a society in which there are an awful lot of people who have no idea that Stalin, Hitler, and Mao Tse-Tung all came into power promising the same kinds of things that Ocasio-Cortez and her Democrats are promising and they led to mass murder, dictatorship, and genocide"--Ben Stein

Trump's 2017 annual report to congress on White House employees showed 110

fewer employees than under Obama saving taxpayers \$5.1 million. Currently, Melania has five staffers vs Michelle had 24. Then there were the lavish \$ multi-million vacations to luxurious vacation spots Michelle took to Mexico, Spain, China, Vail, Co., etc. on her own, but included her daughters, mother, and dogs which required a special plane complete with the usual crew. Then there were vacations they took as a family to ritzy locations such as Martha's Vineyard, and Christmas in Hawaii. The list and the \$millions go on and on! They disrespectfully fleeced the American taxpayer without remorse.

And then we have freshman Democrat Congresswoman Rashida Tlaib who shouts out in public she wants to "impeach that mother f....." (Trump). After all the positive things Trump has done for the America he loves. And of course she wasn't censored or condemned in any way by the Democrat leadership.

But Fox's judge Jeanne gets censored from Fox news for mentioning a head dress. Disgraceful, disrespectful, and shameful!

Diane Bartholome, Montrose



8500

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/ MONTROSE REGIONAL
 CRIME STOPPERS

see something, say something

COLORADO NEWS BRIEFS

MAKE APRIL VOLUNTEER MONTH: EARN CHANCE TO WIN \$1,000 FOR A NONPROFIT!

Special to the Mirror

GLENWOOD SPRINGS-While Alpine Bank

traditionally celebrates National Volunteer Week, this year bank employees are ex-

tending their community volunteering for the full month of April to allow more employees to participate and to increase their support for nonprofits in the 28 Colorado communities the bank serves.

"At Alpine Bank, we understand the bank is only as strong as the communities we serve," said Alpine Bank Chairman Bob Young. "Our staff's commitment to neighborhood programs and nonprofits is something we are proud of and have always encouraged."

Alpine Bank pays its staff to volunteer at the nonprofit organizations of their choosing up to three full days or 24 hours throughout the year. In 2018, bank employees volunteered more than 14,000 hours to help address diverse community needs. To focus attention on the importance of giving back, this year Alpine Bank is encouraging all staff to volunteer at least one hour during the month of April.

Alpine Bank is also giving you a chance to #GiveBack to Colorado nonprofits. You could win \$1,000 for your organization of choice through a Facebook Challenge. Anyone can nominate a nonprofit organization to be eligible to win. Find the video on Alpine Bank's Facebook, like the video and tag your favorite Colorado nonprofit in the comments section to be entered to win. Deadline to enter is Tuesday, April 30, 2019 at 10pm MDT. For sweepstake rules and more details, visit alpinebank.com.

In addition to thousands of hours of volunteering spurred and funded by the bank, Alpine also donated \$4.2 million to nonprofits in Colorado communities.



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REGIONAL NEWS BRIEFS

NATIONAL HEALTH CARE DECISIONS DAY: HAVE YOU SIGNED YOUR 5 WISHES?

Special to the Mirror

REGIONAL-National Healthcare Decisions Day is observed annually on April 16 and is aimed at increasing the number of Americans who have completed an advance directive or "living will", in which they name the person who will make medical decisions in the event they are seriously ill and can't speak for themselves. National Healthcare Decisions Day exists to inspire, educate and empower the public and providers about the importance of advance care planning. It's essential to have this family conversation in advance. It's a discussion that should take place in the living

room, not in the hospital waiting room when it may be too late. Volunteers of America will be offering free Aging with Dignity's *Five Wishes*, a 12-page planning booklet that is easy to use and deals with personal, family and spiritual matters in addition to medical and legal concerns. On April 16, between 1 and 4 pm, stop by one of our two AdvantAge Health Resource Cen-

ters to get your copy of the Five Wishes booklet. Montrose office: 121 N Park Ave | Delta office: 350 Stafford Lane. Contact one of our care navigators for assistance at 1-844-862-4968 or email advantage@voa.org.

GUNNISON HIGH SCHOOL EARNS NATIONAL SPEECH & DEBATE ASSOCIATION CHARTER STATUS

Special to the Mirror

DES MOINES, IOWA— The National Speech & Debate Association is proud to recognize Gunnison High School for earning charter membership in the organization!

Over the past three years, Gunnison High School has earned more than 50 degrees for outstanding participation in speech and debate activities.

Degrees are earned by students and coaches through speech and debate competition, community service, and leadership activities.

Charter school membership is the highest school honor you can achieve as a part of the National Speech & Association.

"Participation in speech and debate changes lives," said J. Scott Wunn, Executive Director of the National Speech & Debate Association. "We are extremely proud of our charter schools, coaches, and students for their hard work and dedication to this transformative activity."

From building confidence, improving communication, and increasing critical thinking skills, to better preparing students for college, speech and debate activities provide life skills vital to a young person's success in the future. Schools that provide speech and debate programs report increased attendance, higher test scores, rise in college acceptance, and reduced drop-out rates.

Charter schools reflect a sustained commitment to these values.

MONTROSE MEMORIAL HOSPITAL

CONGRATULATES



Dr. Robert Kilbourn

On His Retirement

The San Juan Cancer Center at Montrose Memorial Hospital acknowledges and thanks Dr. Kilbourn for 11 years of dedicated service to the patients of Montrose and the surrounding communities.

We Wish You All the Best

SAN JUAN
CANCER CENTER
AT MONTROSE MEMORIAL HOSPITAL

MONTROSE
MEMORIAL HOSPITAL
800 South Third Street, Montrose, CO 81401
970-249-2211
MontroseHospital.com

CENTER FOR MENTAL HEALTH HOSTS OPEN HOUSE, RIBBON CUTTING FOR STATE-OF-THE-ART WALK-IN CRISIS CENTER



On Friday, March 29, the Center for Mental Health held an all-day open house and ribbon cutting at the new Crisis Walk-In Center. The Crisis Center, located at 300 N. Cascade Ave. in Montrose, can be reached at 970-252-6220. Photo by Gail Marvel.



(L to R) The Center for Mental Health Chief Executive Officer Shelly Spalding and Board of Directors President Kjersten Davis cut a ribbon to open the new Crisis Walk-In Center in Montrose. The day-long open house was held on Friday, March 29, and had an estimated attendance of 350 people. Photo by Gail Marvel.

By Gail Marvel

MONTROSE—On Friday, March 29, the Center for Mental Health (CMH) hosted an open house and ribbon cutting for Phase I of the new state-of-the-art Crisis Walk-In Center. It is anticipated that Phases Two and Three will be completed within the next three to five years.

The Center, located in Montrose, will serve the communities in the 7th Judicial District — Delta, Gunnison, Hinsdale, Montrose, Ouray, and San Miguel counties.

The official date to accept patients has yet to be determined, but once operational the urgent behavioral health services will be available 24 hours a day, seven days a week. Depending on the needs of clients, the facility can accommodate 12-16 patients at any given time.

Services offered include:

- A Walk-In Mental Health Clinic (no appointments necessary).
- A Crisis Stabilization Unit (voluntary or involuntary stabilization in a safe environment).
- Withdrawal Management (non-hospital detox).
- A Regional 24/7 Mobile Crisis Team (travel to location of the crisis).
- Crisis Respite Services (short-term, home-based support).

-Emergency

Peer

Transport (partner with law enforcement for mental health transports).

Chief Clinical Officer Amanda Jones said, "We will serve adults and adolescents, 12 years old and up. Adults and adolescents will be separated at all times." The center has 30 different professions available to serve clients and at any given time there will be five to six personnel at the facility.

There are two entry points to the walk-in center. Jones said, "In the entry for the general public we triage the needs of the individuals. A separate entry is for first responders. It's a way to keep [law enforcement] things private and separate from the general walk-in patients. Our level of care is a secured setting, we are not a lockdown facility. If a patient needed a lockdown level of care they would go to the hospital."

The day-long open house, which had an estimated attendance of 350, included local officials. Montrose County Sheriff Gene Lillard attended the tour given to first responders. He said, "The tour was outstanding as were the tour guides. It is very exciting to see such a much-needed crisis center open up in our community. Congrats to the Center for Mental Health for making this happen."

Montrose Chief of Police Blaine Hall said, "The new Crisis Walk-In Center is a needed addition to the Montrose community. This facility will give members of our community who are experiencing a mental health crisis immediate access to mental health care. Montrose Police officers will now have the ability to transport citizens in crisis directly to the Walk-In Center, expanding the treatment options. In the past we were forced to transport mental health patients directly to Montrose Memorial Hospital. This new facility will lessen the strain on hospital services."

According to Jones, the funding mechanism for the Crisis Walk-In Center is a blended funding-model. She said, "Some funding comes from the State. We'll utilize insurance and also a self-pay component. We want to try to serve anyone in a crisis without turning them away."

Montrose County Commissioner Keith Caddy said, "For dealing with mental health and detox issues it's been a long time in coming. I'm very pleased to see they will also be serving the juvenile community. It takes the pressure off the hospital and will help law enforcement address crisis needs immediately."

REGIONAL NEWS BRIEFS

TELLURIDE SKI RESORT CONFIRMS APRIL 7 CLOSING DAY

Special to the Mirror

TELLURIDE-Telluride Ski Resort's opening and closing dates for each winter season are set a year in advance based on our historical traveler demand, to help facilitate vacation and travel planning for our visitors. The seasonal air schedule is also based on this, and ramps down during these final weeks. Despite an outstanding snow year without air service Telluride is

not proximate to a regional population center that would provide sufficient skier volume to generate enough revenues to offset operating expenses in an extended season scenario. In addition, the Telluride community has a tradition of a two-week Spring Break that is scheduled the two weeks immediately following the pre-announced closing date of the ski resort. Last year, the ski resort did increase the

length of its historical operating season by a week from closing the first Sunday in April to closing the second Sunday in April due to the timing of the Easter holiday.

For planning purposes, Telluride Ski & Golf has already set its winter season operating dates for 2019/2020. Opening day is scheduled for Thursday, Nov. 28, 2019 and closing day is scheduled for Sunday, April 5, 2020.

VOLUNTEERS OF AMERICA NATIONAL SERVICES HONORED WITH "GREAT PLACES TO WORK" CERTIFICATION

Special to the Mirror

MONTROSE-Great Place to Work Institute has honored Volunteers of America National Services, a national housing and senior care provider, with certification as a "Great Place to Work." Volunteers of America manages seven different health care programs and five affordable housing communities in Montrose and Delta Counties.

"Volunteers of America is an organization founded on the mission of helping people live the best lives possible. This principle extends not only to the people we serve, but our employees, as well," said National President and CEO Mike King. "We try to maintain a culture that ensures our employees enjoy a positive work-life balance while also serving the needs of those who

depend on our programs. I'm proud that the Great Place to Work Institute has recognized these efforts throughout VOANS."

The certification process considered more than 1,000 employee surveys from across Volunteers of America National Services' employees who operate housing and senior care programs in 42 states and Puerto Rico. Great Place to Work, an independent research and consulting firm, evaluated more than 60 elements of team members' experience on the job.

These included employee pride in the organization's community impact, belief that their work makes a difference, and feeling their work has special meaning. Rankings are based on employees' experiences, no matter who they are or what they do.

"We applaud Volunteers of America for seeking certification and releasing its employees' feedback," said Dr. Jacquelyn Kung, of Great Place to Work's senior care affiliate Activated Insights.

"These ratings measure its capacity to earn its own employees' trust and create a great workplace for high performance."

Volunteers of America National Services' programs in Western Colorado employ approximately 600 individuals and offer services including home health care, independent living, assisted living, long term skilled nursing care, physical and occupational rehabilitation therapy, memory care, meals on wheels and community dining sites, Program of All-Inclusive Care for the Elderly (PACE), and health resource and options counseling centers.



FRESH, LOCALLY PRODUCED NEWS
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THE MIRROR,

COULD YOU ASK FOR IT TO GET ANY BETTER?



BLM CELEBRATES 10TH ANNIVERSARY OF DOMINGUEZ-ESCALANTE NATIONAL CONSERVATION AREA DESIGNATION

Special to Art & Sol

GRAND JUNCTION—On March 30, the Bureau of Land Management (BLM) celebrated the ten-year anniversary of the designation of the Dominguez-Escalante National Conservation Area (NCA), honoring the NCA's positive impact on the local community and visitors.

The Omnibus Public Land Management Act of 2009 designated the Dominguez-Escalante NCA. The NCA includes about 210,000 acres of BLM-managed lands, including about 66,200 acres set aside as the Dominguez Canyon Wilderness. The NCA and wilderness span across Mesa, Delta and Montrose counties. Local, regional, and national interests for the outstanding geologic, historic, and cultural resources in the area supported the designation. The BLM estimates that recreation within the NCA will provide \$3.4 million in annual labor income to the local economy and a net benefit of almost \$6 million to recreation users.

"The designation of the Dominguez-Escalante National Conservation Area is a great example of grass roots collaboration and local stewardship," said BLM Colorado State Director Jamie Connell. "The BLM is honored to be entrusted with this special place and takes seriously our responsibility to continue the vision the communities



Dominguez-Escalante National Conservation Area (NCA). Courtesy photo.

of Western Colorado had for its stewardship and multiple use."

The Dominguez-Escalante NCA is part of the BLM's National Conservation Lands and contain some of the West's most spectacular landscapes. In Colorado, the BLM manages three NCAs and two National Monuments encompassing more than 570,000 acres. National Conservation Areas are managed through local support and reflect the best aspects of the BLM's multiple use mission.

"The Dominguez-Escalante National Conservation Area encompasses many unique and diverse resources and attributes," said Katie Steele, Southwest Resource Advisory Council member. "This place was too precious not to receive the time and energy spent by so many to put together a com-

prehensive plan for its future use and protection."

Located in the canyon country of the Uncompaghre Plateau, the Dominguez-Escalante NCA is a special place for visitors, featuring scenic red-rock canyons and mesas carved in sandstone, streams, waterfalls, archaeological and paleontological sites, views of the desert landscape, desert bighorn sheep, and more. Recreation is an important part of the NCA, including hunting, boating, hiking, horseback riding, camping, biking and ATV riding. Livestock grazing is also a permitted use in the NCA. The Dominguez Canyon Wilderness has spectacular resources including Native American rock art, waterfalls in Big Dominguez Canyon and amazing geology.

Mountain Resilience

Western Colorado University

April 1-2, 2019



Alberto Pascual
UN Mountain
Partnership



Arjun Gupta
UN Mountain
Partnership

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Alumni Panels



MONDAY, APRIL 1ST

3-5pm **MASTER IN ENVIRONMENTAL MANAGEMENT ALUMNI PANELS** (ICELab)

- *Life After Western: Putting the MEM to Work*
- *Community-Based Work: How the Local Affects the Global*

7pm **KEYNOTE** (UC Ballroom)

What can Mountain Movements Learn from the Silicon Valley?

Arjun Gupta, UN Mountain Partnership Goodwill Ambassador

TUESDAY, APRIL 2ND

12:30-2pm **MOUNTAIN RESILIENCE PANEL** (UC Ballroom)

Strategies for Building Mountain Resilience

Karinjo Devore, President, Aspen International Mountain Foundation

Jim Gelwicks, Mayor, City of Gunnison

Art Goodtimes, Program Director, Telluride Institute

Pam Lifton-Zoline, Founder and Vice President, Telluride Institute

Alberto Pascual, Alternate Chair, UN Mountain Partnership

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2019 EARTH DAY COLORING CONTEST GRADES K-2



Colorado Fruits & Vegetables



Name: _____

Teacher: _____ Grade: _____

School: _____

Parent/Guardian: _____

Phone: _____

Return to **Montrose Visitor Center**
107 S Cascade Ave, Montrose, CO 81401
PH: 970-497-8558

Due: April 8, 2019

By returning your entry, you are giving NRCS, Shavano Conservation District and City of Montrose your consent to use your name and photo in our internal publications as a means of announcing the winners of the contest. Please fill out this entry form completely and legibly.



2019 EARTH DAY COLORING CONTEST GRADES 3-5



Colorado Fruits & Vegetables



Name: _____

Teacher: _____ Grade: _____

School: _____

Parent/Guardian: _____

Phone: _____

Return to **Montrose Visitor Center**
107 S Cascade Ave, Montrose, CO 81401
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Up Bear Creek by Art Goodtimes

Western Colorado University in Gunnison hosts mountain conference, poetry reading April 1 & 2



UNION OF MOUNTAIN POETS ...

With Western's Mountain Resilience Coalition ("Defending Headwaters and Mountain Communities") hosting a free conference Monday April 1 and Tuesday April 2 at the campus's ICELab and UC Ballroom, several luminaries will be in attendance, including Mountain Partnership goodwill ambassador Arjun Gupta of San Francisco and MP alternate chairperson Alberto Pascual of Panama city in Panama ... Mountain Partnership is an international voluntary UN-sanctioned alliance of governments and organizations committed to working together towards sustainable mountain development by stimulating concrete initiatives through the diversity of knowledge, information and experience of their global membership ... Joining Gupta and Pascual on a Tuesday afternoon panel, regarding strategies for building mountain resilience, will be Gunnison Mayor Jim Gelwicks, president of the Aspen International Mountain Foundation Karinjo Devore, and from the Telluride Institute, Pamela Zoline and myself ... In conjunction with this mountain event, the Union of Mountain Poets facebook group will host a reading of mountain poetry with Tore Miner from Fruita, Peter Waldor of Telluride, Mark Todd of Doyleville, Tyson Hausdoerffer of Gunnison, plus me and other friends at 4 p.m. Tuesday April 2 at Kelley Hall Room 116.

GOT THEM JAVA JITTERS? ... Dr. Andrew Weil always warned us, for all the 25 years he came to the Telluride Mushroom Festival, to avoid coffee. When a recent popular press article recently suggested five/six cups of coffee per day could be beneficial

mentally and physically, I asked Andy if his opinion had changed. He said that **IF** coffee doesn't upset your stomach, **IF** it doesn't make you anxious or jittery, and **IF** it doesn't give you withdrawal headaches, then maybe having a cup of day might be okay. But he pointed out the scientific study cited in the press for its surprising results was associative, not causal. He still recommended avoiding coffee ... Four Sigmatic's Mushroom Coffee -- that a friend sent me -- looks better as a coffee substitute than some others I have seen, since it's (supposedly) completely organic. However, as I told my friend, I would be concerned where they sourced their ingredients ... Organo Gold "Café Mocha" with Ganoderma extract that vendors sold at the Mushroom Fest a couple years ago was not organic and had lots of preservatives and questionable ingredients -- although its Ganoderma extract was supposedly "organic." It was a product of Malaysia, sold to a Canadian "global network marketing" company and distributed by an American subsidiary in Ferndale, Washington ... I drink my own hot drink each morning. And yes I use mushroom tincture and powder, since they don't degrade with heat and have known immuno-supportive and anti-carcinogenic properties. I've been doing this for a half-dozen years now.

My "Not Coffee" Recipe:

Four teaspoons of *Dandy Blend* (extracts of roasted barley, rye, chicory root, dandelion root and sugar beet).
Two and a half teaspoons of Pyure -- Organic Stevia Blend (organic erythritol, organic stevia leaf extract Reb A, natural flavor).
One tablespoon of Valrhona unsweetened cocoa powder.
One capsule of Fungi Perfecti's Host Defense "Stamets Seven" opened and the powder added to the other powders in a 16 oz. cup.

Then into the cup I pour boiling water half full and stir the mixture thoroughly. (Sometimes I pour the hot water through a loose leaf English tea strainer filled with Lapsong Souchong from the Boulder Tea Company -- I love the smoky flavor).

Then I add a dollop of organic heavy (whipping) cream.

Two dropperfuls of Catskill Fungi's "Chaga", "Reishi" or "Lion's Mane" liquid extract.

One half dropperful of Sweet Leaf's Sweet Drops "SteviaClear" liquid (purified water, organic stevia leaf extract, natural flavors, quillaja extract).

(Sometimes I use their "Chocolate" which has cocoa instead of quillaja extract).

(Sometimes I add a bag of organic green tea and steep just a minute or two).

Then I fill the cup to the top with hot water. Stir and drink slowly.

ODDITEMS ... According to *Scientific American* (April, 2019 CE), several specimens of bacteria found in a soil sample in Northern Ireland have apparently proven to effectively halt the growth of four types of antibiotic resistant superbugs, included MRSA (*Staphylococcus aureus*) ... In the same issue, Rainforest Alliance CEO Hans de Groot writes that "recent research confirms that forests are absolutely essential in mitigating climate change." He says that the conservation and restoration of forests worldwide can help us achieve 37 percent of our climate target in limiting warming to a maximum of two degrees above pre-industrial levels. Each tree in a forest, it turns out, can store on average 48 pounds of carbon dioxide a year. The Bonn Challenge of bringing 150 million hectares of degraded lands into restoration has been signed by 57 countries. Other restoration projects include the New York Declaration on Forests and the Cocoa and Forests Initiative of Côte d'Ivoire, Ghana and Colombia ... Finally, the English word (1836) "kyebosk" has become, in American, part of

Up Bear Creek by Art Goodtimes

the phrase “to put the kibosh on something,” meaning to shut it down completely. The reason it’s now a popular idiom, I think, is in no small part to a post-war brand name for commercial DDT insecticide, released in 1945 as “Kybosh,” before the toxin was banned in 1972. “To put the kibosh on something” was to kill it dead.

THE TALKING GOURD

Foundation frame

Even bowling
works better when
you breathe out
close your eyes
and see your success
unfold.

-Leigh Robertsnon
Ridgway

The Telluride Institute, the Graduate Program in Creative Writing & the School of Environment & Sustainability present

a Union of Mountain Poets reading

in association with the
Mountain Resilience Conference
in Gunnison

with Art Goodtimes & friends

at Western Colorado University
Kelley 116

4 pm Tuesday April 2nd

Photo by Vero Lopez

Free for all

COMMUNITY NEWS BRIEFS

VSA ORCHESTRA SPRING CONCERT-BROADWAY: FROM 'HAIR' TO 'HAMILTON'

Special to Art & Sol

MONTROSE-The Valley Symphony Association (VSA) orchestra presents, "Broadway: From 'Hair' to 'Hamilton,'" on Sunday, April 14 at 3pm at the Montrose Pavilion. The VSA is an all-volunteer arts organization in its 48th season. Montrose Memorial Hospital is the concert partner for the spring orchestra concert.

"Our final concert of season 48 highlights some of the best-known Broadway music of the last 60 years, including toe tapping, sing-along melodies from West Side Story, Jesus Christ Superstar, Grease, Wicked, and more," director Mike Kern said. The concert will feature the brilliant work of iconic composers—old and new—like Leonard Bernstein, Andrew Lloyd Webber, and Lin-Manuel Miranda.

The concert partner for the spring choral concert is Montrose Memorial Hospital. "The hospital has been a long-time supporter of the VSA, and we're so pleased they've increased their support to become a concert partner this year," VSA Board Member Priscilla Fry said.

"Montrose Memorial Hospital believes in the power of music to bring joy and even help aid in healing," says James Kiser, CEO of Montrose Memorial Hospital. "Our up-



Valley Symphony Association Orchestra (2018-2019). Courtesy photo.

start music therapy program has already touched many patients' lives. We hope our community comes out and is lifted up by a great show from the Valley Symphony Association."

Tickets for students 17 and under are \$5, adults are \$17, and seniors (60+) are \$16. Tickets are available for \$20 at the door

on event days.

Tickets are available at ValleySymphony.net, in Delta at Clubb's, and in Montrose at the Montrose Pavilion.

For information, upcoming concerts, tickets, and the audition process, visit ValleySymphony.net and on Facebook @ValleySymphonyAssociation.

HOPEWEST TO HOST HOSPICE FOUNDATION OF AMERICA'S 26TH ANNUAL LIVING WITH GRIEF® PROGRAM

Special to Art & Sol

MONTROSE-- Hospice Foundation of America (HFA), in partnership with HopeWest will host the 26th annual Living with Grief® Program: *Aging America: Coping with Loss, Dying, and Death in Later Life* on April 2. Each year, in partnership with community-based organizations nationwide, HFA presents the Living with Grief® Program, an award-winning series on issues surrounding death, dying and grief.

Aging America: Coping with Loss, Dying, and Death in Later Life is moderated by Frank Sesno, Director of the School of Me-

dia and Public Affairs at The George Washington University. Sesno is an Emmy-award winning journalist and former CNN anchor. The program features an expert panel discussion, interviews, and a discussion at the viewing site.

America is aging at a rapid rate with 10,000 people in the U.S. turning 65 every day. By 2040, Medicare is expected to include 80 million enrollees, more than double its current number. Advanced age can bring a range of losses from a spouse or partner to independence and identity. Along with experiencing multiple losses, older people are more likely to suffer from

multiple chronic conditions requiring complex medical care. *Aging America: Coping with Loss, Dying, and Death in Later Life* discusses how mental health professionals, healthcare providers, and the wider community can support the growing number of aging Americans. For more than two decades, the Living with Grief® series has been instrumental in educating healthcare professionals and families on issues affecting end-of-life care. See HFA's website at www.hospicefoundation.org for full program details. To attend the HopeWest program, contact mwatson@hopewestco.org.



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COMMUNITY NEWS BRIEFS

NATIONAL PARK WEEK 2019: CELEBRATING AMERICA'S NATIONAL PARKS

Special to Art & Sol

WASHINGTON - National Park Week, running from April 20 through 28, has something for everyone! Join the National Park Service and the National Park Foundation for nine days of fun, including National Junior Ranger Day and National BARK Ranger Day. Visit www.NationalParkWeek.org for more information and a list of special events.

"National parks are sources of inspiration, recreation, and education for everyone," said National Park Service Deputy Director P. Daniel Smith. "During National Park Week, a wide variety of creative programs and events across the country will showcase these amazing places and encourage everyone to visit a park."

Park visitors can go on ranger-led hikes through hoodoos, prairies, caves, redwoods, wetlands, and sand dunes. There will be free guided tours of lighthouses, pueblos, battlefields, historic ships, forts, presidential homes, lower Manhattan, the French Quarter, and even a Nike missile site. Narrated bike, boat, train, and wagon rides are available. And it's a great time to try out a new hobby such as bird watching, star gazing, painting, yoga, basket weaving, or hula dancing.

"National parks give us more than 400 reasons to celebrate together," said National Park Foundation President Will Shaforth. "National Park Week is a great time to find your park with loved ones and to experience the stories and adventures that await in these treasured places."

To get the celebration started, there will be a lively and engaging Twitter chat on Thursday, April 18 at 1 p.m. EDT. Join the conversation and share your favorite memories, tips, and stories about national



Taking a selfie @ Yellowstone. Courtesy photo.

parks using the hashtags #FindYourPark, #EncuentraTuParque, and #NationalParkWeek. From April 18 through 28, a special limited-time park ranger emoji will appear with the use of any of these hashtags on Twitter.

[National Park Week](http://www.NationalParkWeek.org) begins with an [entrance fee-free day](#) on Saturday, April 20. One of five fee-free days scheduled in 2019, April 20 is also [National Junior Ranger Day](#). Almost every park will have booklets for kids loaded with activities that can be completed to earn a Junior Ranger badge.

On Saturday, April 27, bring your favorite furry friend to a dog-friendly park to celebrate National [BARK Ranger Day](#). Many national parks welcome dogs in developed areas, trails, and campgrounds. Learn the

where, what, and how of traveling with your pets in national parks. Be sure to employ the B.A.R.K. principles so you and your canine can enjoy a safe and fun visit to a park. BARK stands for:

Bag your pet's waste

Always wear a leash

Respect wildlife

Know where you can go

National Park Week wraps up on Sunday, April 28 with [Park Rx Day](#).

Studies show that time in parks and nature improves physical, mental, and social health.

A growing number of healthcare providers are prescribing nature as a healing tool to improve human health.

Fill your Rx with a stroll, picnic, or other relaxing activity in a park. www.nps.gov



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COMMUNITY NEWS BRIEFS

VOLUNTEERS OF AMERICA AND SENIOR COMMUNITY CARE PACE ANNOUNCES NEW HUMAN RESOURCES DIRECTOR

Special to Art & Sol

REGIONAL-Volunteers of America and Senior Community Care PACE is pleased to announce Gary Hamrick as the new Human Resources Director.

Hamrick, a native of Delta County, will serve as the main point of contact for human resources needs for Senior Community Care PACE employees in both Montrose and Delta Counties.

Hamrick said, "This position afforded me an opportunity to return to Western Colorado with my family to pursue a wonderful opportunity to begin a chapter in my human resources career with an organization that provides incredible services to the area's older adults."

His immediate goals are to provide exceptional service in meeting the needs of employees.

"I would like to ensure that I am focused on the areas that are important to our teammates that make Senior Community Care PACE an employer of choice within Delta and Montrose Counties. It is also my goal to ensure that our business objectives are met through the full life cycle of our teammates," Hamrick said.

"I believe there are many characteristics needed in this role - integrity, respect, trustworthiness, collaboration - and with all levels of the organization, knowledge of employment-related matters such as laws and compliance, knowledge of business objectives, as well as excellent communication and being a good advisor."

Prior to accepting the position at Senior Community Care PACE, Hamrick was em-

ployed in human resources in the Denver area, most recently with Air Methods and prior to that Frontier Airlines.

He holds a Bachelor of Arts degree in Music from Mesa College (now Colorado Mesa University).

Hamrick speaks of a personal connection to the organization's mission as part of his motivation for applying to the position. "Being raised in this community, I was blessed to learn about living a life of service within the community from the example of my parents," Hamrick said. "I have patterned my life, following their example and have had the opportunity to serve in volunteer roles throughout my life."

"The life experience that most connects me to the mission of Volunteers of America of loving others and transforming lives by reaching and uplifting the most vulnerable was the opportunity to provide end of life personal care to my brother Alec, who passed away from cancer at the age of 32 while living in our family home in Orchard City."

Volunteers of America was founded by Christian social reformers, the Booths, in 1896 as a movement to "reach and uplift" the American people.

The early organization nursed the sick, fed the hungry, sheltered the homeless and visited those in prison.

Cindy Simmers, executive director of Senior Community Care PACE said, "We are extremely pleased to have Gary lead our human resources department. He brings a wealth of experience, emotional intelligence, and the heart of a caregiver who

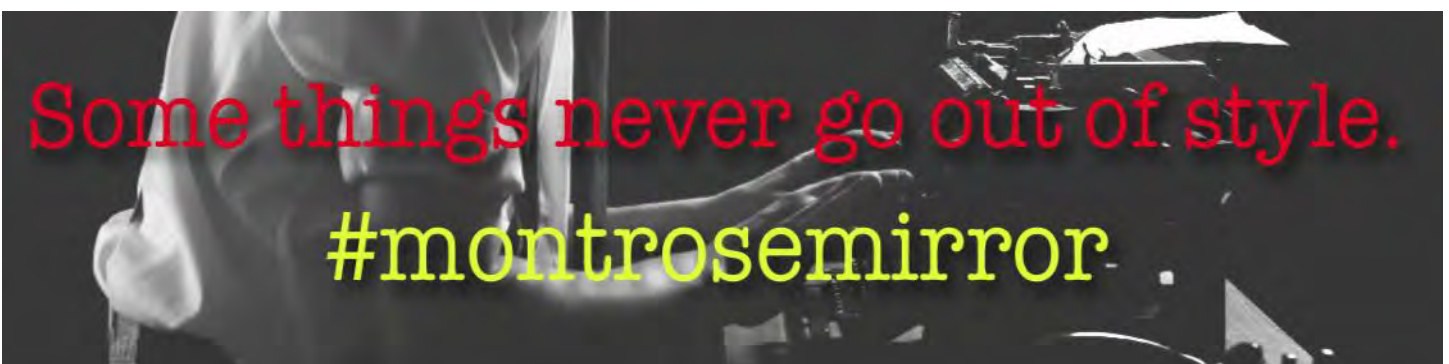
will easily relate to the day-to-day demands on our staff. We look forward to all that he has planned for the future." His long term goals for the human resources department are to contribute to creating an amazing employee culture.

"If our employee needs are met, and our teammates are engaged in their work, they will be able to focus on the needs of our community," Hamrick said.

"In order to do that, it is my goal to ensure that we are attracting the very best employees, have incredible retention of employees and operate a safe workplace for our teammates." Hamrick said family is of great importance to his life. "I cherish spending time with my wife, Kathy. Together we enjoy hiking, volunteering in the community and spending time with our family," he said. "My wife and I love the outdoors and the ability to hike and explore the great outdoors that Delta County offers. We appreciate the pace of life here, the agricultural aspects of Delta County and the wonderful people in the community."



Gary Hamrick. Courtesy photo.



COMMUNITY NEWS BRIEFS

MONTROSE EDUCATION FOUNDATION NAMES TEACHERS OF THE YEAR

Montrose Education Foundation

MONTROSE-The Montrose Education Foundation, Inc. hosted a breakfast for the Teacher of the Year candidates on March 28, 2019.

The Montrose Education Foundation Teacher of the Year Program recognizes licensed classroom teachers for the significant contributions they make to their schools, the district and their community.

Nominations are submitted by parents, students, colleagues, or community members and are accepted in October through mid-November.

Fifty-nine teachers were nominated and were introduced during the American Education Week Reception which was held on Nov. 13, 2018.

Eighteen outstanding educators completed the Candidate Essay Questionnaire, which is based on the Colorado Teacher of the Year Standards and were eligible for consideration.

The three level recipients, Elementary, Middle & High School Teachers, were awarded \$500 checks by Alpine Bank to use in their classrooms.

Recipients are also eligible to apply for the Montrose Education Foundation \$10,000 Impact Award.

-Elementary School Recipient – Christina Kohout - Northside Elementary – 5th Grade Teacher

-Middle School Recipient – Shay Freeburg – Columbine Middle – Language Arts Teacher



L to R: Shay Freeburg, Middle School Teacher of the Year; Christina Kohout, Elementary School Teacher of the Year; Rusty George, High School Teacher of the Year.

-High School Recipient – Rusty George – Montrose High – Science Teacher

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COMMUNITY NEWS BRIEFS

COLLECTIVE IMPACT: PLANNING TO ADDRESS COMPLEX ISSUES

Special to Art & Sol

RIDGWAY-Businesses, local government agencies and nonprofit board and staff members are invited to "Collective Impact: Planning to Address Complex Issues."

We know that to build strong and resilient communities, businesses, nonprofits and units of government need to work together. "Collective Impact" goes beyond cooperation or collaboration, and

may be the path that's needed, whether to address early childhood issues, public lands management, reducing poverty or managing an arts district.

It will take place on April 23, 10 a.m.-1 p.m. at the Sherbino Theater, 604 Clinton St. in Ridgway. The guest presenter is Ona Crow, the Western Slope officer of the OMNI research and planning institute.

The cost is \$35; there is a discount for 3 or more from the same organization. To

register, go to the link at www.cfgv.org/nonprofit-network,

This is the fourth in a series of workshops continuing the impact of Rural Philanthropy Days. It is guided by a regional team of nonprofit board and staff, and managed by the Community Foundation of the Gunnison Valley in concert with the Community Resource Center of Denver.

For more information, contact Maryo Ewell, maryo@cfgv.org, 970-641-3570.

BOOKCLIFF BARBERSHOP HARMONY CHORUS PRESENTS 007TH (A JAMES BOND PARODY)

Special to Art & Sol

GRAND JUNCTION--Don't miss 007th (A James Bond Parody) on April 13. Featuring Bookcliff Barbershop Harmony Chorus; Canyon Grand Barbershop Quartet; Grand Mesa Acapella Chorus; Steppin' Up Sweet Adelines Quartet; Colorado Mesa University Men's and Women's Choirs; Grand Junction High School Men's Choir and Leading Tones Women's Septet; Caprock Academy High School Choir. Shows are at the Historic Avalon Theatre Saturday, April 13, at 2 pm and 7 pm.

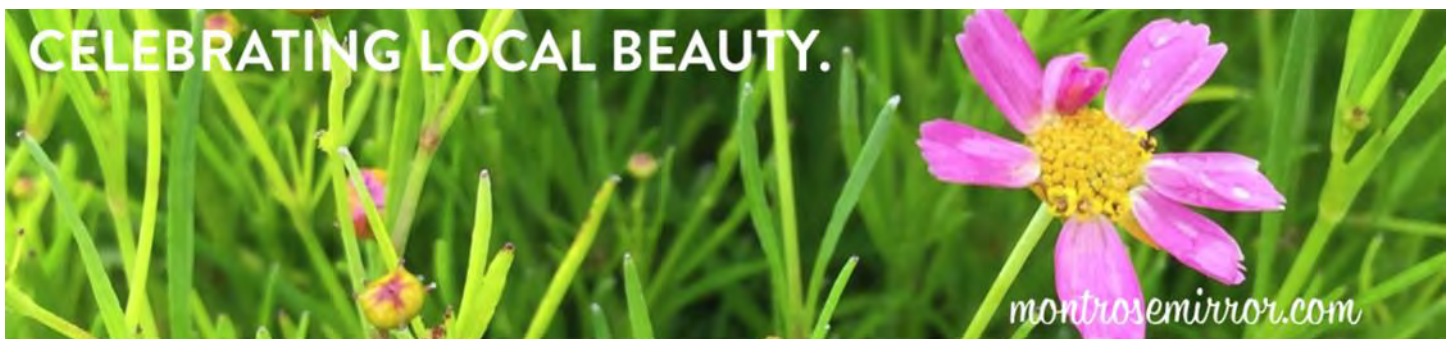
Tickets are \$18 adults / \$12 students and may be purchased at the Avalon box office (970) 263-5757 or search for our event on the Avalon's web-site: www.avalontheatrej.com. For additional information call 970-257-SONG (7664). Thank you Grand Junction Commission on the Arts & Culture for your support.

SHAUN PETER CASSIDY MEMORIAL SCHOLARSHIP

Special to Art & Sol

MONTROSE-Shaun Peter Cassidy Memorial Scholarship, applications due April 11. \$1,000 Scholarship. Must be graduating senior or former graduate of the RE-1J School District; must demonstrate financial need; must be entering an auto-mechanic field of study; can also be used for any accredited vocational/technical program. Available to MHS; OHS; Peak; Vista; Technical College of the Rockies..

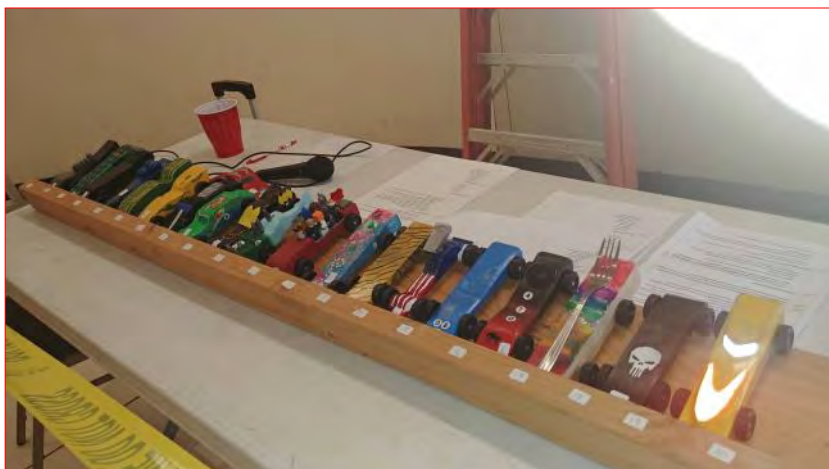
To apply, applicant must submit a completed common scholarship application plus required supplements including a transcript, resume, financial information, letter of recommendation, and essay. For questions, email Countryman@montrose.net.



MIRROR IMAGES...OUT & ABOUT!



Photographer Jennifer McClanahan snapped this photo of sunset in the trees during a walk around town last week.



Cub Scout Photos and cutline by Wayne Quade

MONTROSE-The annual Cub Scout Pinewood Derby of the Majestic Mountain District of the Western Colorado Council, Boy Scouts of America, was held Saturday at St. Mary's Church in Montrose. Grade school participants and their parents came from Gunnison, Telluride, Montrose, and Delta. The traditional Pinewood Derby consists of race heats by grade-level dens of Cub Scouts with model cars carved by the Cub Scouts with help from their parents. The events began with a flag presentation by the Cub Scouts. Some of the Boy Scouts of Troop 492 of the Montrose Elks Club assisted in running the race event and providing lunch items. The Cub Scouts at every grade-level den were awarded prizes for their participation. It was enjoyable seeing enthusiasm of the youth at this event.



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COMMUNITY NEWS BRIEFS

POET AND AUTHOR KATHLEEN CAIN COMES TO SAN MIGUEL COUNTY



Denver poet, non-fiction author and naturalist Kathleen Cain. Courtesy photo.

Special to Art & Sol

TELLURIDE – During National Poetry Month, the Telluride Institute's Talking Gourds poetry program welcomes Denver poet, non-fiction author and naturalist Kathleen Cain to its monthly Poetry Club series in Norwood and Telluride, April 29-30.

The Norwood gathering will assemble at Meadowlark House (the home of poet/teacher Ellen Metrick at 72 Greager Lane in the Norwood Gardens subdivision) at 6:30 on Monday, April 29.

The [Talking Gourds Poetry Club](#) meets at the Telluride Arts HQ at 6 p.m. on Tuesday, April 30. Club meetings start with announcements, followed by the featured

reader.

After a short intermission, there is the Passing of the Gourd where club members and guests can bring a short poem by a favorite author on the night's theme: Trees/Cottonwoods. Or individuals can share a new original work of their own.

The Wilkinson Public Library will also host Cain at a free Walk 'n Talk about cottonwood trees Wednesday May 1 from 11 a.m. to 1 p.m.

Kathleen Cain is a poet and nonfiction writer. She was an early recipient of a poetry fellowship from the Colorado Council on the Arts. She has performed with Seth Harris's Readers' Laboratory in the Mile High City, and her poems have appeared in many literary magazines and anthologies. Two of them were included in *Nebraska Poetry: A Sesquicentennial Anthology, 1867-2017*.

Her non-fiction book, *The Cottonwood Tree: An American Champion* (Big Earth Publishing, 2007) was selected for the Nebraska 150 Book Project, in honor of 150 years of Nebraska literature. She delights in giving Cottonwood "Walk 'n Talks" with interested readers and nature enthu-

siasts.

"As a poet and naturalist, I fell in love with the cottonwood tree," explains Cain. "Regarded by many as a nuisance, a 'trash tree,' this native North American tree -- in various sizes, shapes, and subspecies, ranging from Vermont to Arizona to Alaska -- has been a sacred symbol, a shelter providing relief from both heat and cold, a signpost for the lost and weary. Underneath its branches many dreams have been born."

Next month, May 17-19, Talking Gourds will co-host with Between the Covers Bookstore the 6th annual [Telluride Literary Arts Festival](#). With David Rothman moving to Wyoming, a new Western Slope Poet Laureate will be announced.

The 2019 Fischer Prize and Cantor Award winners will also be honored, with a reading of winning poems.

Fischer Prize Judge Rafael Jesús González, Poet Laureate of Berkeley (CA), will be the featured reader at the LitFest's Friday night LitPoets reading. For a complete schedule, go [here](#).

Submissions for the \$1,000 [Fischer Prize](#) (national) and \$500 Cantor Award (Colorado) are now being accepted [here](#).

Poetry club members in good standing get a half-price discount on submission fees for those prizes.

TROUT UNLIMITED LAUNCHES SPORTSMEN FOR SAN JUAN MTNS WILDERNESS CAMPAIGN

Special to Art & Sol

DURANGO-Trout Unlimited launched a campaign to bring sportsmen together to gain wilderness additions for remarkable hunting and fishing opportunities. The San Juan Mountains Wilderness Act, included in the CORE Act, protects nearly 60,000 acres in southwest Colorado and is supported by sportsmen across the state as well as local municipalities and conservation organizations.

"Trout Unlimited is dedicated to protecting trout and wildlife habitat, access to public lands, and partnering with individu-

als, business, and organizations yearning for the same goal," said Steve Kandell, director of Trout Unlimited's Sportsmen Conservation Project.

"The bill will protect headwaters important for water quality and quantity as well as habitat for beloved Colorado big game species, and gathering sportsmen to rally support is imperative to it becoming a reality."

Under the bill, headwaters of the San Miguel, Uncompahgre, and Animas watersheds would see increased protections for native Colorado River cutthroat trout. Wil-

derness additions would focus on habitat connectivity and preservation of iconic Colorado peaks and their backcountry nature. In addition, Naturita Canyon, a major tributary to the San Miguel, would be protected from mineral development.

"These watersheds secure drinking water for communities, provide recreation opportunities, and are home to some of the best fishing in the state," said David Drago, president Mayfly Outdoors. "The San Juan Mountains Wilderness Act would protect these special places and the benefits they provide for future generations."

SAVE THE DATE! UPCOMING REGIONAL EVENTS

CURRENT/ONGOING-

ARTISTS ALPINE HOLIDAY--Artist Registration is open for Ouray County Arts Association's 59th Artists' Alpine Holiday Art Show now through June 24. Go to ourayarts.org for details and a link to register.

BOSOM BUDDIES OF SOUTHWESTERN COLORADO BREAST CANCER SUPPORT GROUP meets every Wednesday from noon till 1 pm at 645 South 5th Street in Montrose. For more info email info@bosombuddiesswc.org.

NEIGHBORHOOD WATCH GROUP meets every third Tuesday of each month at the Centennial Meeting Room at 6pm, behind City Hall. New Watch Groups are formed and guest speakers alert us to safety issues. The public is encouraged to attend. Contact Joyce Loss at 970-249-4217 or 970-275-1329 for details.

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.; SUP (Stand up paddle board) Yoga is Held at Montrose Rec Ctr \$25/class, Held the Following Thursday's at 7p.m. March 21. For more info on classes and workshops: ColoradoYogaHouse.com

MONTROSE FARMERS MARKET WINTER MARKET will be open the following Saturdays 10am-1pm. 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-second Tuesday of the month, @ 7 p.m., Community Meeting Room, Montrose Library, 320 S 2nd St. Includes: Presentations, photo sharing & critiques. All are welcome to attend.

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.

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. Information: Dianna 970-249-0724

MONTHLY-

Jan. 29-April 2- Mending Hearts GRIEF SUPPORT GROUP, Tuesdays, 1:30 – 3 p.m., Montrose HopeWest Office. supports Colorow and Black Canyon Boys & Girls Club

Tuesday March 5, 2019 at 6 p.m. at the Montrose Pavilion. Tickets are available at www.bcbgc.org/events.

April 2-The Montrose United Methodist Women will be holding a Women's Health and Wellness Fair on Tuesday, April 2, 2019.

The goal is to promote a healthy lifestyle for women of all ages and to build awareness of services that are available in the Montrose community. For more information contact: Lorie Cribbs 513-226-6006 or email at loriec01@charter.net or montroseumw@gmail.com.

April 4-Yoga House, 207 East Main Street, April 4 from 6:30p-7:30p - Gong Meditation.

April 7-Join the Montrose Community Band on Sunday, April 7 at 3 pm for a free concert at the Montrose Pavilion. The band will be playing a variety of Scottish and Irish music. For more information visit www.montroseband.com or call 970-596-1188.

April 8-On Monday, April 8 at 6:30 p.m., Montrose Library meeting room. Citizens' Climate Lobby monthly meeting to network on environmental issues, Energy Innovation and Carbon Dividend Act, Green New Deal, SB 181, Earth Week events and proclamation, All Welcome citizensclimate-lobby.org, 240-9146.

April 9-Alpine Photography Club Meeting, 7 p.m., Colorado Mesa University, 245 S. Cascade Ave., Room 100. Presentation: Smartphone Photography by: John I. Clark.Tech Tip: GPS for Nikon users by Jim Pisarowicz. Sharing Theme: Architecture (3-5 images). Photo Critiques: Open & Anonymous (up to 3 images).

April 11-The League of Women Voters invites the community attend its program "The Latest Update on the Ever-Changing Health Insurance Scene" on Thursday, April 11 in the Montrose Library Community Room from 1:30 to 2:30 p.m. Linda Gann, Western Slope Coordinator, Connect for Health Colorado, is the guest speaker.

April 13-Yoga House, 207 East Main Street, April 13, May 11 & June 8 from 12p-2p - Habits Of a Yoga Series (a 3-part series based on Ayurvedic principles) \$20/class or \$50 for all three.

April 13-007th (A James Bond Parody) on April 13. Featuring Bookcliff Barbershop Harmony Chorus; Canyon Grand Barbershop Quartet; Grand Mesa Acapella Chorus; Steppin' Up Sweet Adelines Quartet; Colorado Mesa University Men's and Women's Choirs; Grand Junction High School Men's Choir and Leading Tones Women's Septet; Caprock Academy High School Choir. Historic Avalon Theatre, 2 pm and 7 pm. Tickets are \$18 adults / \$12 students and may be purchased at the Avalon box office (970) 263-5757 or search for our event on the Avalon's web-site: www.avalontheatrej.com

April 19-April is child abuse prevention month. Montrose County will host a family movie event. Free snacks. The movie Small Foot will show at 11 a.m. at the Fox Theater, 27 South Cascade Avenue in Montrose.

April 20-Delta County Young Life and the Delta Lions Club have partnered up to present the fourth annual Taste of Spring event, April 20, 5-8 p.m., at Bill Heddles Recreation Center. Tickets for the Friday VIP dinner are \$70. This ticket gets you access to the VIP dinner, a General Admission Ticket for Saturday's event and the Rare Whiskey Tasting Add On. Tickets for Saturday are \$30 in advance or \$35 at the door; tickets for the whiskey tasting are an additional \$10. Advance tickets can be purchased online at www.TasteOfSpringDelta.com.

April 23-"Collective Impact: Planning to Address Complex Issues," 10 a.m.-1 p.m. at the Sherbino Theater, 604 Clinton St. in Ridgway. The guest presenter is Ona Crow, the Western Slope officer of the OMNI research and planning institute. The cost is \$35; there is a discount for 3 or more from the same organization. To register, go to the link at www.cfgv.org/nonprofit-network.

Contact the Montrose Mirror:

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READER PHOTO SPOTLIGHT: *Deb Reimann*



Deb Reimann

Photographer Deb Reimann snapped this photo overlooking the Gunnison River, looking toward the beautiful West Elk Mountains.

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