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the Montrose Mirror

Fresh News for Busy People-Weekly on Mondays!

Issue No. 322 April 29, 2019

MONTROSE COUPLE TRAVELS TO DC TO FOR HOMEOPATHY

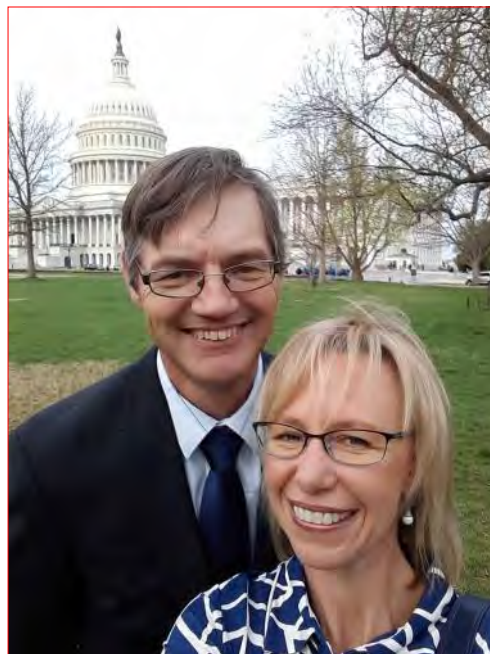
By Caitlin Switzer

MONTROSE-Since she first learned of homeopathy, Montrose resident Andrea Vijverberg has used it to cure both people and pets, with positive results. So when Andrea and her husband Harvey had the opportunity to take part in a visit to Washington, DC to share their experiences and offer comments on a proposed change to the Food & Drug Administration (FDA) regulation of homeopathy, her response was immediate. "Sign me up."

At the moment, homeopathy is a hot topic. According to the [FDA](#), homeopathy is an alternative medical practice that has its historical basis in theory and practice first systematized in the late 1700's, and is based on the idea that a substance which causes symptoms in a healthy person can be used in diluted form to treat symptoms and illnesses, and the more diluted the substance, the more potent it is.

Since May of 1988, homeopathic drugs in the United States have been regulated by Compliance Policy 25 Guide (CPG) 400.400, "Conditions Under Which Homeopathic Drugs May be Marketed." However, In December of 2017, the FDA announced that it would withdraw Compliance Policy 25 Guide (CPG) 400.400, and proposed a [new, risk-based enforcement approach](#) for drug products labeled

[Continued pg 18](#)



Montrose residents and homeopathy advocates Andrea and Harvey Vijverberg traveled to Washington, DC earlier this month.

RE-1J CONSIDERS DROPPING 2 BOARD SEATS; HEARS SAFETY UPDATE



MHS Navy Junior Reserve Officer Training Corps (NJROTC) cadets prepare to present to RE-1J officials April 23; From left to right, front row Brielle Hickert; Shayla Logan; back row Gene Kelley; Mykal McClure.

By Caitlin Switzer

MONTROSE-The Montrose County RE-1J Board of Education heard a school safety update and discussed the possibility of decreasing the number of seats on the school board at the special meeting/work session/visitation meeting at Montrose High School April 23. After the special meeting/work session, directors welcomed a tandem drill and presentation of colors by the Navy Junior Reserve Officer Training Corps (NJROTC); presentations by the school's Geek Squad and Student Council; and an [ALICE](#) (active shooter response training) demonstration. District F Director Phoebe Benziger was not present for the work session.

SPECIAL MEETING/WORK SESSION
Safety update

[Continued pg 17](#)

in this
issue

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

[Reader photo spotlight:
Deb Reimann!](#)

[Ridgway Mayor tight-lipped
on Marshal's resignation!](#)

[Crime victim seeks
help to relocate!](#)



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REGIONAL NEWS BRIEFS

GMUG ANNOUNCES SPRING BURNING FOR GUNNISON RANGER DISTRICT

Special to the Mirror

GUNNISON- Fire Management Officials from the Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests' Gunnison Ranger District are planning to conduct prescribed burns this spring. Most of the burns will occur between early May and into June, depending upon weather and appropriate ground and vegetation conditions.

Los Pinos Burn: located 35 miles south of Gunnison in the Cochetopa Park area on National Forest System lands. The objectives for this burn are to reduce vegetation (fuels) and improve wildlife habitat improvement. Approximately 1000 acres are planned to burn.

West Elk Burn: located 14 miles west of Gunnison and about 4-6 miles north of Blue Mesa Reservoir on National Forest System lands. Approximately 600 acres are planned to be burned to improve wildlife habitat and reduce accumulated vegetation in the area.

For information on prescribed burns, wildfires and fire restrictions on National Forest System lands and other areas, call the Grand Mesa, Uncompahgre and Gunnison National Forests Fire Information line at 970.874.6602, visit the GMUG Forest website (www.fs.usda.gov/gmug), or Twitter: https://twitter.com/GMUG_NF.



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For full consideration, all materials must be RECEIVED no later than 11:59 PM Mountain Time on Tuesday, May 7, 2019.

We are committed to increasing the diversity of our staff and providing culturally responsive programs and services.

Therefore, we encourage responses from people of all backgrounds and abilities. We invite you to review Colorado State University's Principles of Community (<http://diversity.colostate.edu/principles-of-community/>) that guide our mission and vision of access, teaching, service and engagement. CSU is an EO/EA/AA employer and conducts background checks on all final candidates.

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MONTROSE MEMORIAL HOSPITAL FREE COMMUNITY LECTURE

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Ben Cort
Author of

"Weed, Inc."

Wednesday, May 8th 6:30 p.m.
MMH Conference Rooms A & B

Ben is active in the discussion around marijuana, assisting several states in their efforts to hold back Big Marijuana and always advocating for recovery.

His direct and honest approach makes him a sought after speaker and respected voice in this national conversation.



REGIONAL NEWS BRIEFS

ALPINE PHOTOGRAPHY CLUB MEETING

Special to the Mirror

MONTROSE-Alpine Photography Club Meeting

Tuesday, May 14, 2019, 7pm

Colorado Mesa University, 245 S. Cascade Ave., Room 100

Presentation: Photographing the Aurora Borealis


By: Austin Ray

Sharing Topic: Night Sky (3-5 images)


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REGIONAL NEWS BRIEFS

GRAND AVENUE ROUNDAABOUT CLOSURE

Special to the Mirror

MONTROSE-The City of Montrose Public Works Department will begin re-striping the roundabout at Grand Avenue and North 9th Street on Wednesday, May 1 at 7 a.m. The intersection will be closed for the duration of the project, which is expected to be completed by 6 p.m. the same day. If you have any questions or concerns, please contact John Cain, Streets Superintendent at 970.240.1482 or jcain@ci.montrose.co.us

**ALL WELCOME @ CITIZENS'
CLIMATE LOBBY MEETING MAY 8**

Special to the Mirror

MONTROSE-Wednesday May 8 at 6:30 at Montrose library meeting rm :Citizens' Climate Lobby monthly meeting. Progress on Energy Innovation and Carbon Dividend Act US HR763.Other Colorado bills HB 1261 Nonpartisan network to influence legislators. All Welcome. Citizensclimatelobby.org. 240-9146

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REGIONAL NEWS BRIEFS

FLEMING RUNNING FOR DMEA BOARD, PLANS TO HELP DMEA BECOME INDEPENDENT

Special to the Mirror

MONTROSE-Local attorney and mediator Jock Fleming is running for DMEA's South Region board seat. He has been informed that his petition has been accepted and he will appear on the ballot.

"Tri-state is taking \$15 Million a year from our pockets", Fleming said, "They are costing us higher rates and hurting our local economy. We must get away from Tri-state so we can keep rates low and generate our electricity locally. My background will help us in our efforts to get away from them."

Fleming has practiced law in Montrose for 33 years. He spent 10 years working on issues in front of the Public Utilities Commission as a member of the Colorado Utility Consumers Board. DMEA is currently involved in a lawsuit in front of the Public Utilities Commission to break away

from Tri-state. Tri-state provides DMEA with electricity through a cooperative contract, which requires DMEA to pay rates that have increased 30 percent more than the consumer price index over the last 10 years.

"Once we've left Tri-state, we'll be able to generate more electricity locally, which will help keep rates down as well as boosting our local economy," said Fleming.

In addition to the Colorado Utility Consumers Board, Fleming has previously served on the Montrose-Olathe School Board for 12 years, serving as President for three of those, and has served on the Montrose City Planning Commission. He also coached basketball at Montrose High School for 13 years.

The DMEA ballots will be sent out to members on May 28. They will be counted at the annual meeting on June 20.



JUNCTION AVENUE ROADWORK UNDERWAY THROUGH MAY 6

Special to the Mirror

MONTROSE-Workers with the City of Montrose's Public Works Department are working on turning a portion of Junction Avenue between Main Street and South First Street into a one-way street. The work is expected to last until May 6.

The work area, located directly south of the Horsefly Brewing Company, encompasses about 100 feet of roadway that will be closed each day from 7 a.m. to 5 p.m.

Workers will place striping for angle-in parking, install new fencing, and repair asphalt work as part of the effort to convert this portion of Junction Avenue into a one-way street.

For more information contact John Cain, Streets Superintendent at jcain@ci.montrose.co.us or 970.240.1482.

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REGIONAL NEWS BRIEFS

CALAMITY HILLS PRESCRIBED BURN PLANNED FOR UNCOMPAGHRE PLATEAU

Special to the Mirror

GRAND JUNCTION-Fire officials for the Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests' Grand Valley Ranger District plan to conduct the Calamity Hills prescribed burn, beginning Monday, April 29. The project area is located eight miles northeast of Gateway and will burn approximately 1700 acres of overgrown and decaying vegetation.

Only a single day of ignition is planned with monitoring through the next several days pending forecasted precipitation for mid-week. The purpose for the prescribed burn is to improve vegetation regeneration, wildlife habitat, reduce hazardous vegetation (fuels) build-up and to promote a wildfire resiliency landscape.

Fire Management Officers and Fuels Specialists spend countless hours developing detailed prescribed fire plans that dictate weather conditions, staffing and safety requirements. Ignitions only occur if conditions are conducive to a safe, effective operation and within appropriate smoke dispersal parameters set by the State of Colorado.

Prescribed fire smoke may affect your health, for more information see: www.colorado.gov/cdphe/wood-smoke-and-health

For information on prescribed burns, wildfires and fire restrictions on National Forest System lands and other areas, call the Grand Mesa, Uncompahgre and Gunnison National Forests Fire Information

line at 970.874.6602, visit the GMUG National Forests website (www.fs.usda.gov/gmug), Facebook (<https://www.facebook.com/GMUG.NF>) or Twitter (https://twitter.com/GMUG_NF).



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REGIONAL NEWS BRIEFS

PRESCRIBED BURNS PLANNED SOUTH OF MONTROSE

Special to the Mirror

MONTROSE – The Bureau of Land Management Uncompahgre Field Office plans to conduct prescribed fires on public lands along Government Springs Road south of Montrose this week or when conditions warrant.

The 200-acre Sims Mesa Prescribed Fire is planned to improve big game habitat and maintain ecosystem health by reducing hazardous fuels, thereby reducing wildfire risks in the area. A detailed burn plan outlines the parameters for pre-

scribed burns.

“Public safety is critical and we will move forward only if conditions are ideal for a safe and effective burn project,” said BLM Fire Management Specialist Rusty Stark.

These prescribed fires may take several days to complete once initiated, and will be monitored throughout the process to ensure public safety. While smoke may be visible, most of the smoke will lift and dissipate during the warmest parts of the day.

Prescribed fire smoke may affect your

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

For information on wildfires and restrictions in the area, call the Southwest Colorado Fire and Aviation Management Information line at 970-240-1070, visit the Montrose Interagency Dispatch online at https://gacc.nifc.gov/rmcc/dispatch_centers/r2mtc, or follow us on Twitter at https://twitter.com/SWD_Fire and Facebook at <http://www.facebook.com/>

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REGIONAL NEWS BRIEFS

BLM EVALUATES ROADS, TRAILS IN ARCHULETA, LA PLATA AND MONTEZUMA COUNTIES

Special to the Mirror

DOLORES-The Bureau of Land Management Tres Rios Field Office announced a 30-day public scoping period to initiate travel management planning efforts across approximately 100,000 acres in Archuleta, La Plata and Montezuma Counties.

“We are working very closely with our communities and partners to provide a network of roads and trails that everyone can use to access and enjoy their public lands,” said Acting Tres Rios Field Manager Elijah Waters.

The BLM has worked with community members, partners and other agencies to identify a sustainable transportation system with various trail designations accessing public lands in Archuleta, La Plata and Montezuma counties. The BLM is also seeking input from the public to address current and future transportation needs.

The BLM is accepting comments through May 22, 2019. Comments must be submitted through the BLM ePlanning site at <https://go.usa.gov/xE6ZU>. The BLM proposed action and associated maps are also available on the ePlanning site and available for review at the Tres Rios Field Office, 29211 Highway 184 in Dolores.

In 2017, recreation activities on BLM-managed lands generated \$618 million and supported 5,043 jobs in Colorado.

Before including your address, phone number, e-mail address, or any other personal identifying information in your comments, please be aware that your entire comment, including personal identifying information, may be made publicly available at any time. While individuals may request BLM to withhold personal identifying information from public view, the BLM cannot guarantee it will be able to do so.

Community Block Party

A casual night out for the whole family



May 2, 2019

4-7:30 pm

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OPINION/EDITORIAL: LETTERS

APPRECIATES EFFORTS TO KEEP MONTROSE ENVIRONMENT SAFE & HEALTHY

Editor:

I would like to offer recognition of our recent Earth Week and in appreciation of many of our local efforts to make this an environmentally safe and healthy community. Some of these efforts include the City Council's recent Earth Week and Arbor Day proclamations, the former mayor's water challenge, some of the city ordinances – such as river set-back, and dark sky –, the river master plan, the position of Director of Innovation and Citizen Engagement, and the electric charging stations for hybrid vehicles. Other environmental efforts include the county's CPACE

program, DMEA's hydroelectric generation and solar array field, Solarize Montrose, recycle programs, and the Uncompahgre Valley Alliance – a local citizen

action group. As you can see, Montrose can be an environmental leader for our area.

Wayne Quade, Montrose

CRIME STOPPERS ALERT

Montrose Regional Crime Stoppers

MONTROSE-Montrose Regional Crime Stoppers, Inc. and the Montrose Police Department are seeking the help of citizens to identify and locate the suspect who assaulted and robbed a victim near S. 1st and Selig Ave. in Montrose Co.

On March 28, 2019 between the hours of 6:50 pm and 8:22 pm at S. 1st /Selig Ave., a short thin male (possibly white), wearing dark clothing robbed and assaulted the victim in the 38 block of S. Selig Avenue. The suspect was possibly wearing a leather type jacket with a hoody and wore a mask. He also had a dark colored backpack in his possession during the incident.

Anyone with information about this crime or the identity of the perpetrator 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. All suspects and individuals of interest, are presumed innocent until proven guilty in a Court of Law. 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. Crime prevention and crime solution are everyone's responsibility.



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Tuesday 8am-6pm
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Thursday 8am-6pm
Friday 8am - 12pm



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RE-1J CONSIDERS DROPPING 2 BOARD SEATS; HEARS SAFETY UPDATE

From pg 1

A comprehensive radio system upgrade is in progress and expected to be complete by the first quarter of the 2019-2020 school year, RE-1J Board President Tom West said. RE-1J Superintendent Stephen Schiell said that the new radios will allow a building principal to connect to the school intercom at the push of a button. The system will use 800 MHz, even on school busses, and will be able to connect to first responders.

RE-1J Safety Director James Pavlich said that the District's leadership team has been trained on the radios. Updates to building access controls should begin in 2020. Eight direct threat assessments have been conducted since February, Pavlich said. He noted that Montrose Police Chief Blaine Hall has assigned a patrol officer and detective to all serious threats immediately.

"Everything is moving along," Pavlich said. "We have a lot of work to do to make it better; I am feeling confident that we are making progress."

Board Election Discussion

The board of directors continued a discussion that began at the meeting of March 12, at which time Administrative Assistant Laurie Laird had facilitated a discussion about the 2019 school board election. With four seats coming open, Laird brought up the possibility of changing the board of education from a seven-seat board with designated districts to a five seat, at-large board. "I went to a conference in Cherry Creek," Laird said. "They are a massive district and they have a five-person board."

She noted that it has been difficult to field board of education candidates in the past. "We could not get anyone to run."

At the April 23 work session directors expressed opposition to the proposed change, including Benziger who had shared her concerns with a fellow board member prior to the work session.

"We've already lost our County Commissioner," said District B Director Jacob Suppes, who lives in Olathe. "There's no representative down near Olathe. Olathe City Council is very concerned; if we go down to five board members, there's no way Olathe voters could overcome Montrose voters."

"It's a big concern in Olathe."

"I favor seven seats," District E Director Sarah Fishing said. "I have read the Colorado Revised Statute that deals with this exact question."

"You can have five director districts," Laird said, "...but we have as hard a time filling Montrose seats as Olathe." Directors on a five-member board must all be at-large, she said.

Fishing said, "I can't find that in the Statute anywhere...we could also go to a seven-seat board with five districted members and two at large directors."

"If there are five directors, they have to be all district representatives or all at-large," Laird said.

"I didn't see that anywhere in the statute," Fishing said. "I just want to be clear."

Superintendent Schiell said that it took some time to fill the seat currently held by District G Director Stephen Bush. "Seven seats is great. If we have an empty seat for a year, that's the way it is."

"There were several people who applied (for District G)," District A Director Jeff Bachman said. "But we knew they wouldn't be a good fit...this group is so different, so diverse, so plugged into so many differ-



RE-1J Superintendent Stephen Schiell at the special meeting/work session at Montrose High School April 23.

ent avenues of Montrose County, we bring a lot to the table."

Fishing said that in other states, the trend is moving away from at-large directors to districted board members, "to ensure representation across the community."

"If we have one person who represents Olathe, they feel like they have a voice," Suppes said.

Laird said that 2019 is a redistricting year; Montrose County will use GIS to determine the new district boundaries. Fishing said that the general population will be able to review and vote upon re-districted lines.

West expressed appreciation that political parties are not involved in school board elections.

He also noted that asbestos has been found in the climbing room and weight room at Montrose High School, and that the Olathe Track Project is progressing nicely.

"It's going to be top notch...it's going to be a blue track."

MONTROSE COUPLE TRAVELS TO DC TO FOR HOMEOPATHY

From pg 1

as homeopathic.

The change is being promoted in the name of consumer safety. "Some products labeled as homeopathic may contain substantial amounts of active ingredients and could cause side effects and drug interactions," the National Institutes for Health [web site warns](#).

National Public Radio (NPR) has consistently sounded the alarm in recent years, with a [series of stories](#) that challenge the efficacy and science behind homeopathy. The FDA has issued [warnings and recalls](#) of certain homeopathic products.

However, the homeopathic community is also sounding the alarm, with organized opposition to the FDA's proposal.

The American Institute of Homeopathy sent a lengthy letter with concerns to the FDA on May 7, 2018. The letter concludes: "The AIH would like to see the FDA take positive steps toward fully integrating the practice of homeopathy into the healthcare system of the United States including:

"Empowering an expert advisory panel of homeopathic medical professionals to assist the FDA in the process of reviewing homeopathic medicines, as promised in 1972.

"Not rescinding CPG 400.400 until an expert review of homeopathic drug products is complete, and a more comprehensive guidance, that addresses labeling and conditions for marketing homeopathic products, is issued.

"Homeopathy is beneficial, safe and cost effective. Integrating it more broadly into the U.S. healthcare system will contribute generously toward the resolution of many pressing social and public health crises affecting our society."

In [recent comments](#) to the FDA, officials from a consumer group, the National Center For Homeopathy, argued, "...Removal of the CPG 400.400, which specifically identifies homeopathy medicines within the HPUS protocols, opens the door for hybrid products to be sold improperly as homeopathic medicines."

Also protesting the FDA proposal are consumers, some of whom have banded together as [Americans for Homeopathy Choice](#), a non-partisan non-profit organization. Andrea and Harvey Vijverberg joined a group of 150 volunteers who traveled to Washington, DC earlier this month to share their concerns with lawmakers.

"We met with staff members of Representative Tipton, Senator Gardner and Senator Bennet on April 9 on Capitol Hill," Andrea said. "I was pleased that Senator Bennet chose to attend the meeting. We found that people were receptive to our concerns and wanted to learn more about how homeopathy might help address major health problems such as opioid addiction, pain management, and overuse of antibiotics, all while lowering health care costs."

Andrea discovered homeopathy in 2016, while helping her son's dog recover after extensive surgery; a Montrose veterinarian changed the dog's diet and found a homeopathic remedy that helped break up scar tissue.

"I started learning then," Andrea said. "This is medicine that's good for people and good for animals." She went on to treat her own seasonal allergies homeopathically. Now, not only has she found relief, "Every season my allergies are less," Andrea said. "To me, it's miraculous."

Taking part in the visit to Washington, DC



Homeopathic medicine is affordable, proponents say. Advocate Andrea Vijverberg said her own kit, above, cost less than \$300.

was intimidating, but an "amazing experience," Andrea said. "We want them to listen to consumers and realize that homeopathy is inherently safe. Their new guideline does not address manufacturing at all, so that what is on the bottle is in the bottle."

"In essence, CPG 400.400 actually works," Harvey Vijverberg said.

As consumers, the Vijverbergs believe that it is important for citizens to speak up. "There is so much depth and breadth to what homeopathy has to offer," Andrea said. "It's a very personal form of health care, and very cost-effective and safe.

"We want to have options," she said.

"I was brave and went to DC, because they cannot take this away."

Because your voice carries a lot of weight.



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RIDGWAY MAYOR TIGHT-LIPPED ON TOWN MARSHAL'S RESIGNATION



Ridgway Mayor John Clark.
Courtesy photo.

By Caitlin Switzer
RIDGWAY- Ridgway Town Marshal Tammy Stroup has resigned from her position as Ridgway Marshal, telling the *Ouray County Plaindealer* last week that her approach to law enforcement differed from that of Ridgway Town Manager Jen Coates and that the department needed additional staffing. Serving as [Interim Marshal](#) is Shane Schmalz.

In an interview with the *Montrose Mirror* in November 2018, Ridgway Mayor John Clark professed ignorance as to whether the Ridgway Marshal's office issued a regular arrest blotter, though in recent years the community has been rocked by a number of high-profile sexual assault cases, including three that involved public figures. "I was under the impression that (a blotter) was done automatically by other organizations," Clark said.

At the time, Clark praised the efforts of Stroup, who was hired in 2017 to replace former Marshall David Scott. Scott took medical retirement in 2016, reportedly after an on-the-job incident in which his knee was injured by his own vehicle. Scott had lasted more than 16 years in the job, despite costing the town \$3.56M in [a jury award to an injured firefighter](#) after Scott's unattended vehicle rolled 90 feet down a hill during a 2006 fire call at Ridgway High School, pinning a firefighter to his truck and causing extensive injuries.

Coates was unable to comment on personnel matters. [Ridgway Mayor John Clark](#) was tight-lipped, saying only, "Yes, Tammy resigned. There's an article in last week's *Plaindealer* about it. I can't comment about who will be the new Marshal, because it hasn't been decided yet."

However, Clark acknowledged that the Town Manager does not set policy and as staff, answers to Town Council and the Mayor. In response to a *Mirror* reporter's comment, "Jen works for you," Clark responded, "Yes she does."

Former Ridgway business owner Sue Williamson has become a vocal advocate for greater transparency in the Ridgway Marshal's office after a well-publicized case involving charges of sexual assault with a ten-year age difference against a former Ridgway Fire Department Assistant Chief, a married man in his mid 30's, and Williamson's young, teenage daughter. "I have taken allegations of violations of civil and criminal restraining orders to two of Ridgway's Marshals over the last three years and have been denied protection by both," Williamson said. "The only two common denominators are, number one, the town manager who answers to number two, Mayor John Clark."

According to [his bio information](#), Clark was appointed to fill a vacancy on the Ridgway Town Council in 2000 and was elected mayor in April 2012. Ridgway's mayor is an elected position; the mayor pro tem is selected by Council. The [town web site](#) has a job posting about the position of Deputy Marshal, noting that the position will remain open until filled.

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OPINION/EDITORIAL: LETTERS

VALLEY FORGE: A TURNING POINT IN AMERICA'S WAR FOR INDEPENDENCE

Editor:

I grew up just a canon-ball shot from Valley Forge National Park in southeastern Pennsylvania. Valley Forge loomed large in my imagination as a boy because of a significant piece of American history that took place there. There was no battle fought at Valley Forge, although there was significant loss of life. Valley Forge is famous in American folklore for what was endured there by the Continental army serving under Gen. George Washington. Having suffered a string of defeats in the fall of 1777, including losing the capital of Philadelphia to the British, Washington made camp for his roughly 11,000 soldiers at a site along the Schuylkill River just 20 miles northwest of the city. It was a position that allowed Washington to maintain pressure on the British. The location on the Schuylkill also helped facilitate the movement of much needed supplies. Stories in my youth of severe suffering among the soldiers at Valley Forge in the winter of 1777-1778 were a bit exaggerated. The images we were given of half-naked, shoeless, starving soldiers making bloody footprints in the snow are unsupported by the historical record. While it *was* a winter encampment and *there* was a scarcity of supplies and provision, the conditions of the encampment were generally on a par with the Continental soldier's routine experience of previous winter encampments. It wasn't the harsh winter at Valley Forge that killed off a fifth of Washington's army, it was the early Spring

season. With the arrival of warmer weather in March of 1778, disease began to take its toll. Over the next three months, influenza, typhus, and dysentery all broke out within the camp. Of the 2,000 men who died, over two-thirds were killed by disease.

The real story of Valley Forge was not so much the adversity that was endured there but the transformation of Washington's men that took place. With the arrival of Baron Friedrich Wilhelm von Steuben of Prussia on February 23, 1778, a training program was implemented for the army. Starting with a company of 100 chosen men, von Steuben instructed the young soldiers in drill, maneuver, and a simplified manual of arms. That first company of 100 men were then sent out to other units to repeat the process until the entire army was trained. The training von Steuben provided was immediately tested on two fields of battle; at Barren Hill on May 20 and at the Battle of Monmouth on June 28. In both contests, the Continental soldiers held their own against their British counterparts.

The winter encampment at Valley Forge was a turning point in the War of Independence. Our generation is in the midst of its own turning point if we would preserve the liberties that were won for us and codified in our Constitution. Would the Framers of our Constitution even recognize the America of the 21st century as a constitutional republic? America today is a centralized and consolidated govern-

ment with a ubiquitous network of laws and rules that actively suppresses individual initiative. Not only are our freedoms being progressively diluted but unelected bureaucrats have stripped states of their rightful decision-making authority, regulations crush free enterprise and our national debt is totally out of control.

It's a big problem, but we have a solution as big as the problem. Article V of the Constitution allows the states to call a Convention of States to propose constitutional amendments to limit federal spending, debt, and regulations. Amendments can put big government back in its constitutional box and restore power to the states and the people.

Join the grassroots movement to check Federal overreach, restore fiscal responsibility and establish term limits for all elected officials.

"The reflection upon my situation and that of this army produces many an uneasy hour when all around me are wrapped in sleep. Few people know the predicament we are in."

General George Washington
January 14, 1776

Respectfully,
Joe Fockler

Article V Perspectives

Colorado Convention of States Action

To schedule a Convention of States presentation for your group,

contact Joe at jfockler53@gmail.com

Sign the Petition! at <https://>

conventionofstates.com/event_petitions



**The Mirror:
many views,
one newspaper.**

CRIME VICTIM SEEKS AN 'OUNCE OF PEACE,' FAMILY TIME



Cheryl Boren hopes to raise enough money to relocate before her violent stalker is freed. Courtesy photo.

By Caitlin Switzer

MONTROSE- Cheryl Boren is sure that she will die at the hands of her stalker; she just doesn't know when or how it will happen. But before his most recent sentencing, Michael

"Rocket" McCullough, made her a promise.

"He promised me he will kill me one day," said Boren, who is currently living in her car and trying to come up with money to permanently relocate.

McCullough has a lengthy arrest record and a [history](#) of brutal violence; though he is now incarcerated with a sentence of three to eight years, Boren fears that he will be released all too soon.

"He will be back out in less than four years. I will have to find a way to leave the state I'm in now before he gets out," she

said. "I can't risk him finding me and hurting my children and grandchildren."

She continues to seek victims' compensation for repairs to her car after McCullough broke the back window and slashed the tires.

"My car is run down and breaking down and I have no way to fix it," Boren said. "The Hilltop services has promised to relocate me...I've been living in my car this whole time, with busted out windows. I've had pneumonia for a month."

Though she has tried to live with her daughter, "I keep my stuff packed up and in my car at all times in case I have to run," Boren said. "From the moment I open my eyes every morning, when I do actually sleep, I immediately put on my coat and shoes and I'm ready to leave at any given moment."

"This has put such a strain on my relationship with her and my grandkids," Boren said. "I make her nervous and give her anxiety because I'm always looking and acting like I'm ready to leave. My grandkids were so worried and always asking me 'Grandma, where you going?'"

So Boren has been living on the streets.

"I can't even begin to start a new life," she said. "Because I know that he will be spending the time in prison planning my death. Just like the last time he did two years for almost killing me."

Boren said, "I know one day I will die by the hands of Michael. I only wish that I could have an ounce of peace and some time with my family before that day comes."

She recalled a conversation the two once had. "This one conversation keeps me living in fear every day and keeps me awake at night," she said. "I said Rocket, you are the type of person who could rape me (which he threatens all the time) kill me, cut me into little pieces, grind me up into ashes, and dispose of me down your kitchen sink. And then pull out the condiments to make a sandwich, sit down and eat, and never have any remorse or have another thought about what you just did."

"He laughed and looked into my eyes and said, 'God, Cheryl you know me so well.'"

To help with gas and relocation assistance while she waits for victims' compensation funds and relocation assistance, Cheryl Boren has set up a [GoFundMe site](#).



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**MONTROSE REGIONAL
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REGIONAL NEWS BRIEFS

MONTROSE MEMORIAL HOSPITAL BRINGS ROBOTIC UVC DISINFECTION TECHNOLOGY TO MONTROSE



Courtesy image.

room ultraviolet disinfection,” a UVC disinfection robot that helps keep patients and staff safe from harmful germs.

“Montrose Memorial Hospital is the first in the region to offer Tru-D, this state-of-the-art technology, in our facility to help keep our patients and staff safe from harmful germs,” said James Kiser, CEO of Montrose Memorial Hospital. “We are committed to providing the safest and cleanest environment possible through manual cleaning, hand hygiene, antibiotic stewardship and now with innovative dis-

Special to the Mirror
MONTROSE-
Montrose Memorial Hospital (MMH) has added a new member to its Environmental Services team. The facility has invested in Tru-D, short for “total

infection technology. We continue to remain on the leading edge of technology and provide innovative care for our Friends & Family.”

The first UVC disinfection robot on the market, Tru-D is a portable system that administers one automated, measured dose of UVC energy to disinfect an entire space during one cycle. Operating from one placement in the room, Tru-D provides significant pathogen reduction in direct and shadowed areas and reduces the threat of human error in the process. With cloud-based data-tracking technology, the robot transfers usage data to a portal to provide real-time, exportable results through concise graphics and analytics.

Tru-D will not replace MMH’s award-winning Environmental Services staff but supplement them – adding an extra layer of protection against infections. Four staff are trained to take Tru-D to patient rooms and initiate the disinfection process, which is completed in all four operating rooms. After Tru-D has completed a job (usually

20-25 minutes), the device automatically shuts down and notifies the operator via text message that the disinfection cycle is complete.

UVC is a type of energy that is invisible to the human eye. Its wavelengths are between 200 and 300 nanometers, making them germicidal – meaning they are capable of inactivating microorganisms, such as bacteria, viruses and protozoa. Validated by multiple studies including the only randomized clinical trial on UVC disinfection, Tru-D’s advanced technology is expected to assist the hospital’s already-low infection rates.

“Tru-D continues to become a standard of care throughout hundreds of hospitals in the U.S,” said Chuck Dunn, CEO of Tru-D SmartUVC. “Tru-D is on a mission to help hospitals eliminate HAIs and improve patient outcomes through innovative technology.”

For more information on Tru-D’s technology and/or to watch a video on the power of one placement and one cycle, visit trudpowerofone.com.

CELEBRATE WITH A SPECIAL GIFT FROM BOSOM BUDDIES AND MMH



The Best Gift You Can Give a Mother

FREE MAMMOGRAPHY AT MMH

Get a FREE MAMMOGRAM - Week of May 6-10
Paid for by Bosom Buddies regardless of age or insurance status
For residents of Montrose, Ouray and San Miguel Counties
Appointments are limited - Deadline to register is May 1, 2019
Call 970-252-2540 to make an appointment today!

Bosom Buddies
Breast Cancer Support Group
of Southwestern Colorado

MONTROSE
MEMORIAL HOSPITAL

REGIONAL NEWS BRIEFS

FREE 3D MAMMOGRAMS MAY 6-10 @ MONTROSE MEMORIAL HOSPITAL *Deadline to Register is May 1*

Special to the Mirror

REGIONAL-Bosom Buddies and Montrose Memorial Hospital are celebrating Mother's Day by giving FREE 3D mammograms the week of May 6-10 to residents of Montrose, Ouray and San Miguel Counties.

Regardless of insurance status or age, anyone who registers by calling 970-252-2540 will receive the procedure free that week courtesy of Bosom Buddies. MMH has reserved 150 appointments for this week so those interested are encouraged to call early.

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

According to Wiesner, one out of every eight women will be diagnosed with breast cancer. "Tell your mother, grandmother, aunt, sister and daughter – tell all the women you know that they can receive a free mammogram the week of May 6-10 by calling 970-252-2540."

Montrose Memorial Hospital offers 3D mammography, which gives your provider a wider view that allows them to see tissue with greater clarity and depth as never before. This gives you the greatest advantage in the war on breast cancer. Because the image clarity of 3D mammography leads to more accurate breast cancer detection, women are diagnosed with fewer false positives and don't experience the worry of follow-up tests.

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

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

do.

The results will be sent to the woman's primary care provider. If the doctor recommends further diagnostic procedures, the woman can apply to Bosom Buddies and receive financial assistance if she qualifies.

In addition to financial medical assistance, Bosom Buddies helps those dealing with breast cancer with weekly support meetings, prosthesis supplies and counseling. To find out more about what the group has to offer, go to their website at www.bosombuddiesSWC.org



Magical Musical Mystery Dance

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FREE BBQ

Magic Show & Live Music

MAY 20TH, 4:00PM AT THE SENIOR CENTER

For info or to donate, please contact Marilynn Huseby, 970-901-9914

COLORADO NEWS BRIEFS

RMGO MAGAZINE BAN CASE TO GO BEFORE COLORADO SUPREME COURT

Special to the Mirror

LOVELAND—Last week the Colorado Supreme Court granted cert to Rocky Mountain Gun Owners and the National Association for Gun Rights in their lawsuit against Governor Jared Polis and the State of Colorado concerning Colorado's standard capacity magazine ban.

In 2013, the Colorado Legislature passed, and then Governor John Hickenlooper signed, a law banning Coloradans from

purchasing or possessing rifle and pistol magazines that can hold more than 15 cartridges. Persons who had the magazines could keep them, but could not lawfully sell them.

Now the Colorado Supreme Court will decide.

"There's no doubt in our minds that the magazine ban is unconstitutional and that's why we've been fighting against the law in the legislature and the courts," said

Dudley Brown, Executive Director of Rocky Mountain Gun Owners. RMGO and NAGR filed suit in Denver District Court, challenging the validity of the magazine ban. RMGO contended the ban was unconstitutional under the Colorado Constitution's right to keep and bear arms clause, Article 2 Section 13. Rocky Mountain Gun Owners is Colorado's largest pro-gun organization, with more than 200,000 members and supporters statewide.

PUC TO TAKE PUBLIC COMMENT ON PROPOSED CHANGES TO ELECTRIC RULES

Special to the Mirror

DENVER – The Public Utilities Commission (PUC) will take general public comment on Wednesday, May 1, on a comprehensive proposal to amend its rules regulating electric utilities. General public comment will be from 4-6 p.m. in Hearing Room A at the PUC, 1560 Broadway, Suite 250.

The proposed amendments revise the electric rules in six areas: Electric Resource Planning (ERP), Renewable Energy Standard (RES), Net Metering, Community Solar Gardens, Qualifying Facilities, and Inter-

connection Standards and Procedures.

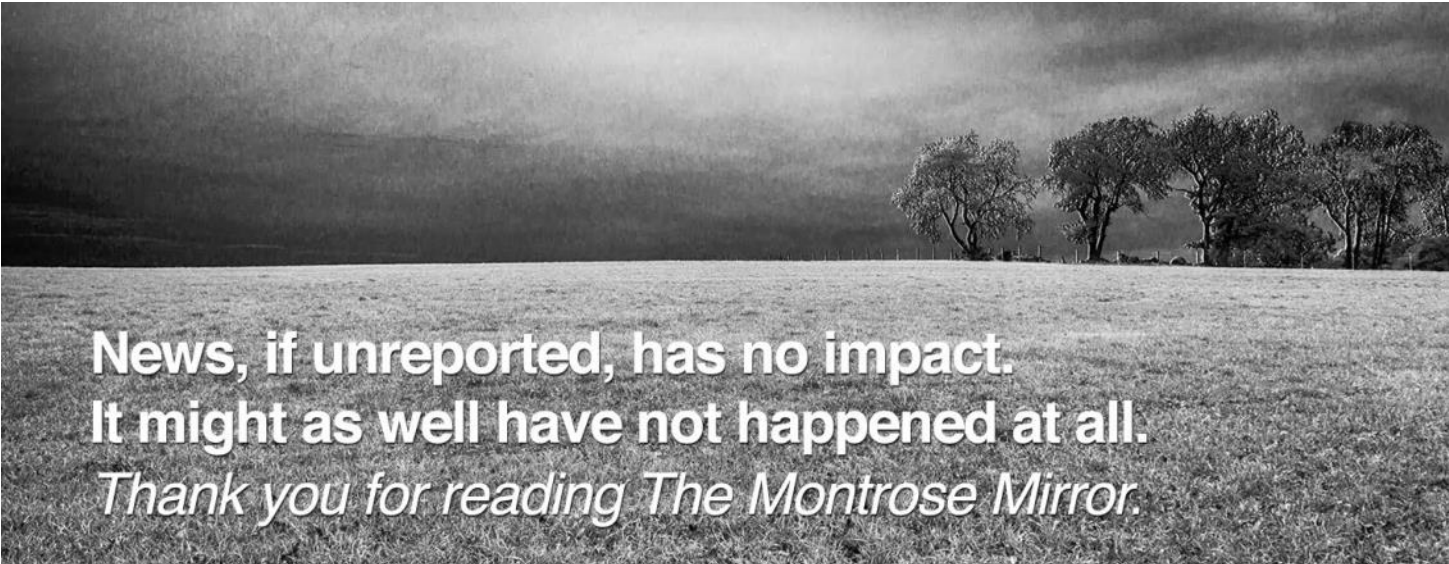
The proposed rule changes are based on the outreach with stakeholders conducted by PUC staff for more than a year.

The rulemaking also satisfies the requirements of legislation passed in 2018 that requires the PUC to adopt rules allowing the installation, interconnection and use of energy storage systems.

The PUC will take oral comment on the proposed rule changes at hearings starting on Monday, April 29, and continuing throughout the week, with various topics

being addressed on different days. The time set aside Wednesday afternoon is for general comment on any topic concerning the electric rules.

Customers who are unable to attend the public hearings may submit written comments about the rule changes to the PUC at 1560 Broadway, Suite 250, Denver, CO 80202. Customers also may use the online comment form at www.dora.state.co.us/pacific/puc/puccomments under proceeding number 19R-0096E.



News, if unreported, has no impact.
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Thank you for reading The Montrose Mirror.

SPOTLIGHT ON BUSINESS...BY JEN MCCLANAHAN



Photographer Jen McClanahan paid a visit to the new Divot's Restaurant at Black Canyon Golf Course, where Eric Beck is doing the cooking.



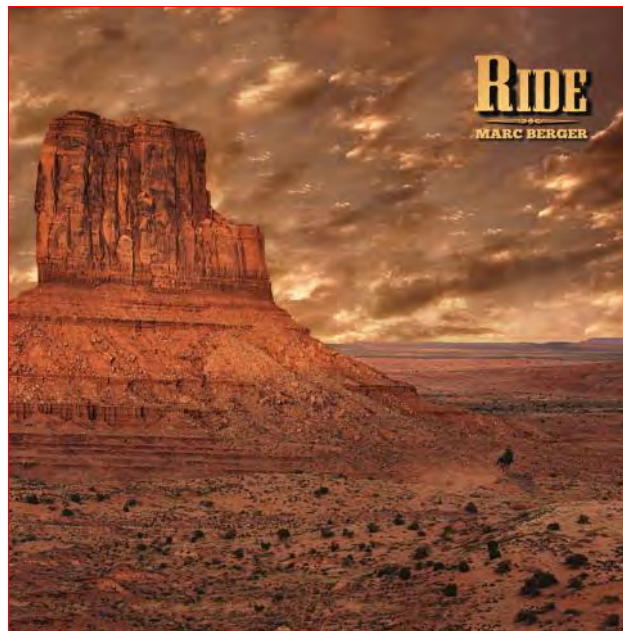


CATCH MARC BERGER & THE RIDE IN RIDGWAY MAY 4



Marc Berger. Courtesy photo.

"What I was hoping to find in the new Springsteen album and didn't, I instead have found in this album by Marc Berger." —SPACECITY.COM



Special to Art & Sol

MONTROSE-With a voice like a lonely back road, artist Marc Berger promises to take listeners "on a dusty tour of the Great American Frontier," with [his latest release, RIDE](#).

Hear a classic American artist in an intimate setting on May 4, when Berger and the RIDE Band rock the Sherbino Theater

in Ridgway.

Marc has toured nationally; he has performed at Austin's SXSW Music Festival and The Kerrville and Falcon Ridge Folk Festivals, and has opened shows for Bob Dylan and other national acts.

His song, "The Last One," was a staple of Richie Havens' concerts for more than twenty years. His current release, RIDE, presents ten cinematic recordings capturing the vastness and romance of the American West.

With Berger on guitar, vocals and harmonica, the

RIDE Band consists of Bruce Hayes - Acoustic and Electric Guitar / Mandolin / Lap Steel; Evan Suiter - Bass; and Chris Goplerud - Drums.

Doors will open at 7:30 p.m., show starts at 8 p.m. Tickets are \$16 in advance [HERE](#), \$20 at the door. First Set will be a Listening Set, the second Set will be dancing. Tables will be shifted between sets.

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COMMUNITY NEWS BRIEFS: FUNDRAISING EVENTS

HELP SENIOR CENTER KEEP COMMUNITY MEALS AFFORDABLE

Special to Art & Sol

MONTROSE-The Golden Circle Senior volunteers need to bring our community's attention to the Montrose Senior Center meals program. We have had the senior community meals catered by Volunteers of America Homestead Assisted Living that have been consistently \$5 a meal. With the food cost increases, our meal contract is \$7 a meal and now they can no longer afford to send extra meals for us to offer our volunteers!

This lunch program requires six volunteers a day to set up, take tickets, serve meals and clean up. Above all, we need to honor the people that give their time with a gift of a meal. We also have the real

need to offer affordable meals at the Senior Community Lunch Program here in Montrose.

The Golden Circle volunteers are putting on a Magical, Musical, Mystery BBQ and Dance to support the 'Pay It Forward Fund.' We need to raise \$8000 to maintain the \$5 lunches and offer the volunteers lunches. Since creating the fund last year, the monthly expenses range from \$600 to \$800 a month. We are all putting a little TIME into this fun project to create the solution for the rising costs of lunches so we can continue to enjoy our community lunches on fixed incomes. Volunteers for the Montrose Hospital, the Library, Sharing Ministries and Christ Kitchen are the generous life blood of this

city. Every day the Golden Circle volunteers give of their time to care for all the details required to serve our delicious four course lunches. The lunch hour for the community Senior Center is the biggest meal of most peoples' day, but its biggest value is that it's a pivot point of most people's social connection to each other. We need to keep this an affordable benefit for our senior community.

On Monday May 20 at 4 PM the event will open with a BBQ and potluck. The Magic Show will begin at 4:30 PM and the magician will facilitate the drawing of the Door Prize winning numbers. The popular local band 'The Scones' plays from 5:30 to 7:30 p.m. www.sconesmusic.com. They are a really fun, danceable band playing acoustic country and rock with all the old and soon to become new favorites. We have volunteers to make the BBQ and would like to find people to help with the rest of the potluck. If you would like to help and donate time or money, please come to rehearsal of events on May 6 after the Golden Circle meeting at 2 o'clock.

More info call Marilyn 970 901 9914 or email to greatfull123@hotmail.com
Golden Circle Seniors Inc., PO Box 832,
Montrose Co 81401-0832

MONTROSE MEMORIAL HOSPITAL



Adult Diabetes Support Group

Tuesday, May 7 5:30 - 6:30 p.m.

Medicare Update for Diabetes

Mabel Risch, Region 10

MMH First Floor Conference Room

Questions? Call 970-240-7280

Join Us!



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MontroseHospital.com

THE NATIONAL DAY OF PRAYER | MAY 2, 2019

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LOVE ONE ANOTHER

LOVE ONE ANOTHER. JUST AS I HAVE LOVED YOU JOHN 13:34

You're invited to join in prayer for America

FRIENDSHIP HALL
MONTROSE COUNTY FAIRGROUNDS

5:30 - 7:00 P.M.

TOWN OF RIDGWAY

POSTER BY: 

Love Your Valley Festival



2019

WHEN: Saturday May 11th 1:00-6:00
WHERE: Ridgway Town Park
COST: Free Event
(Micro-brew sampling for \$20.00 per person)

- ★ Music, food and fun for everyone
- ★ Micro-Brew sampling from several regional breweries
- ★ Bring your kids, bring your dog... bring your mother-in-law

Live Music:

A-Mac & The Height

Carver Brewery • Colorado Boy Brewery - Ridgway and Montrose
Durango Brewing • Dolores River Brewery • Suds Brothers Brewery
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All proceeds raised will be used to fund the free Ridgway Concert Series in July

Up Bear Creek by Art Goodtimes

It's spring – and the new year's begun



Hatted owner Danny Rosen laughs as visiting novelist Steven Dunn perform at the Lithic bookstore and gallery in Fruita Friday April 26. (Photo by Art Goodtimes)



Chris Ransick and his partner Shannon in Oregon where they are currently living (courtesy photo).

folks say. Every community would have different rules. But maybe that's why I think I like it. In the final analysis, I trust the people. Over the media. Over the corporations. Over the politicians, wearing those party badges like rings, ready to

ed" ... "just their truck turned into a carriage" ... "she hoped she'd cast herself into the right story" ... Listening to Jennifer Hancock, we learn about the Heritage and Justice Academy in Antonito. What being skinny meant in Auschwitz. We see kids opening like lilies, elders trusting the low sky of their own anger ... We get introduced to Front Range novelist Steven Dunn talking West Virginia, coal dust, stinking ass white folks, potty chairs, grabbing mop buckets, a grandma who shoots at family members when annoyed ... There's a respectable crowd, an audience for literature in the outliers, a kind of coup that takes persistence in an Old West of rhyming ranch lore and mining tales.

ELECTIONS ... I know it's not popular to fall back on our imperfect corrective teeter-totter of political tweedledum and then tweedledee. Our American version of republican democracy, with its built-in oligarchic-protective safeguards, sometimes works to insure the hegemony of the few over the will of the many (Senate representation, Electoral college, etc.). Remember, it wasn't the first choice of those legendary "founding fathers." The Articles of Confederation formed a loose national union in which individual states made most of their own decisions. But that was too decentralized for the merchants and money classes, and instead we've ended up with a very powerful federal government. Although it's made us, through a series of twists of fate, the most powerful nation in the world right now, I wonder if we made an essential mistake ... More and more I'm becoming fixated on that Old Republican principle of "Local Control" – letting the majority in each community or region or state make their own rules, based on their own local values. It's how our school boards function. Why not all government? ... Oh, it would never work,

be led to re-election by the nose of self-interest ... But even with the system we've got. Flawed as it may be. The power ultimately resides in the people, at least that's what Lincoln believed to be the truth of our Constitution. What I appreciate as an American is that if we don't like what's happening in this country, we organize. We change horses. Endorse the swing of the pendulum. If we like what's happening, we keep things as they are. And while I've argued against term limits -- rejecting experience out of hand on the local level (where I must say, local government usually works) -- term limits on the federal and state level are looking increasingly attractive. Something people are increasingly asking all politicians to observe ... Maybe the left and right can agree on that. I think we're all tired of watching the endless cycle of uncivil tit for tat, scratched backs, nepotism & the thick of the cheap state's dismal swamp where lies, brags & scandals proliferate.

LITHIC PRESS ... Maybe the bookstore is the primordial belly button of literature on the Western Slope. Paradox starts there ... It's a Friday night after Easter, in the spring storm and drunken sunshine of Fruita, listening to T.J. Gerlach reading his double camouflage Hemingway/Faulker die-cut flash fiction: "she was a girl, newly mint-

PET PEEVE ... No, it's not that the regional *Telluride Watch* (under its current out-of-touch ownership) has managed to extinguish its impressive stable of op-ed writers and now features its pet column as its premiere op-ed offering. It's been hard watching this regional news organ become an advertising vehicle with very limited content. Sad, considering the great job Seth Cagin and Marta Tarbell once did in founding that newspaper ... What really irks me are Euro-Americans, some of them friends, who complain about reparations for African-Americans, Native-Americans or other persecuted minorities because they say they weren't responsible, their ancestors weren't slave-owners or Indian-killers, they shouldn't have to pay for reparations ... But what they ignore is the the privilege they experience in their lives (as I do in mine). That's a direct result of what happened to blacks and indigenous folks in the making of the nation. Take just this one area, from a recent Forum article in the *Scientific American* (May, 2019 [C.E.] issue) by Prof. Janice Phillips of Rush University: "Although the U.S. has experienced a 27 percent decline in cancer death rates during the last 25 years, the drop has not benefitted everyone equally: poor individuals and people of color have significantly higher mortality than this average. One reason for the disparity is that

Up Bear Creek by Art Goodtimes

people living in poverty have lower rates of routine screening, as well as lower likelihood of getting the best possible treatment, and African-American, Native American and Hispanic people are more likely to be living in poverty" ... This is exactly why we need reparations to give those disenfranchised citizens an equal opportunity in all things, health care included.

NUCLEAR POWER ... In the same *Scientific American* issue with a feature piece on the new generation of uranium fuel rods for the American nuclear reactor market (safer, we promise you), there's a Quick

Hit about how the Nuclear Regulatory Commission recently shut down a research reactor in Denver after inspectors found it to be in violation of staff and training regulations.

The NRC recommended a \$7000+ fine. But it wasn't for private industry. Operating this reactor dangerously was the Trump-era U.S. Geological Survey.

TALKING GOURDS ... Telluride is special in the off-season.

The strolling chic, out-of-state loud-talkers, clumps of the mountain-awed clogging the sidewalks – all vanished. Just

the local stay-at-homes enjoying the mud & mica of the awakening giants of this on-again, off-again tourist town ... If you're a local, come celebrate National Poetry Month with poet & naturalist Kathleen Cain of the Front Range.

She will be coming to town Tuesday night, April 30, at 6 p.m. at the Telluride Arts headquarters & gallery, across the street from the Wilkinson Library (parking fees end at 6 p.m.).

She'll read her poetry, and then May 1 will lead a Library cottonwood walk, having written a popular guide to this most American of trees.

THE TALKING GOURD

When the Buzzards Return to Crestone

We'd spooked a dozen dark cruisers
off perches in a cottonwood copse
ablaze with gold leaves, and they rose

prehistoric mad black, a flapping
racket ruining the creekgully quiet
and he said, Capistrano can

keep its swallows. I'll take this flock of
turkey vultures any day. He couldn't say
what brought them back to this drainage

off Sangre de Cristo slopes, maybe
roadkill on Hwy 17, though guts
lie smeared on many other roads.

I know it's spring when they return, he said
as the carrion craft circled the grove
and one by one settled again on

limbs thick enough to hold them,
their ugly beautiful bald heads red
in October sun. They'll leave soon enough

and that means winter on the way.
Nobody ever writes poems for vultures
except to curse them or render them

symbols of wretched death awaiting.
Winged hyenas, scavengers, call them
any pejorative term but remember

they can fly and you cannot, they
clean up the mess your car leaves behind,
they see their mates as lovely in the trees.

-Chris Ransick
Denver Poet Laureate Emeritus
from *Language for the Living and the Dead*

COMMUNITY NEWS BRIEFS: ARTS& EVENTS

MONTROSE COUNTY FAIR FIDDLE CONTEST 2019 WILL BE JULY 27

Special to Art & Sol

MONTROSE-Montrose County Fair Fiddle Contest 2019 takes place Saturday July 27, 2019, Montrose County Fairgrounds Event Center. Sign in begins at Noon, Contest begins at 2 PM. Attendance Free- \$12 entry fee, members of COTFA free. Sanctioned by and Judges provided by the Colorado Old Time Fiddlers Association. Professional Sound provided by Scotty Kenton & Matt Box. For information contact Bill @ 970-901-1644 bstarnes@del-mont.com.

LEARN HISTORY OF AMERICAN BARNS

Special to Art & Sol

MONTROSE-On May 1 Montrose County Historical Society Presents "A History of American Barns", a survey of icons of the countryside from 1700's to 1930's by Robert McHugh. May 1, 2019, 7 pm, Friendship Hall, 1001 N. 2nd. Public invited, free admission. Information 323-6466.

MONTROSE CENTER FOR THE ARTS GRAND OPENING MAY 4

Special to Art & Sol

MONTROSE-Montrose Center for the Arts Grand Opening May 4 from 4 to 8 p.m. 11 S Park Ave, Montrose. Grand Opening of the New Creative Space. Currently exhibiting the artworks of local Artists in all mediums. Featuring the Montrose County School District RE-1J Student Art Exhibit.

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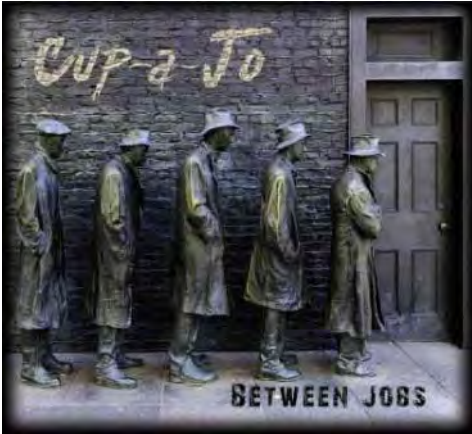


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COMMUNITY NEWS BRIEFS

CUP-A-JO AND BITTERSWEET HIGHWAY @ RADIO ROOM



Special to Art & Sol

GRAND JUNCTION-KAFM Community Radio is proud to present Cup-a-Jo LIVE in The Radio Room on Saturday, May 25, 2019 at 7:30 p.m. with opening act, Bittersweet Highway. Cup-a-Jo has been playing music in Colorado since 1996 and has

established themselves as one of the finest acts in the area through their solid musicianship and exciting live performances. Their musical stylings range from Funk, Chicago Blues, New Orleans R&B, Jazz, and early style Rock n' Roll.

Cup-a-Jo's performances feature many styles of music with the artist's creative interpretations. Cup-a-Jo is constantly growing and strives to give their audiences something different and refreshing at every show! Cup-a-Jo's album *Straight Up*, released in 2004, is described as a blues rock album that features songs by Joe Oeser such as "Angel is the Devil" and "Funky Monkey." Their most recent album, *Between Jobs*, was released in 2017 and is available on Amazon, CD Baby, iTunes, REVERBNATION, and Cup-a-Jo-band.com. Bittersweet Highway is a singer-songwriter duo based out of Ce-

daredge, Colorado comprised of Rene' Janiece and Wayne McKinzie. Their music spans across genres and they call their personal brand of music, "Borderland Americana." With poetic lyrics and smooth vocals, Bittersweet Highway creates a wonderfully interactive experience that speaks to audience members. Their album, "It All Falls Away," was a finalist for the Best Album and Best Americana Singer-Songwriter at the Southwest Independent Artist Awards in 2017. Additionally, Bittersweet Highway received an honorable mention for the Singer-Songwriter Competition at The Woodie Guthrie Folk Festival in 2015. Tickets \$18 and may be purchased by calling (970) 241-8801, or online at www.kafmradio.org. Doors open at 7:00 p.m. and the concert begins at 7:30 p.m. The Radio Room is located at 1310 Ute Avenue, Grand Junction.

RIDGWAY ANNOUNCES SUMMER CONCERT SERIES LINEUP

Special to Art & Sol

RIDGWAY-Music in the Park: Join the Ridgway community's favorite annual summer celebration, Thursdays in July, 6pm. The 12th season of the highly anticipated Ridgway Concert Series kicks off on Independence Day, Thursday, July 4 this year! There will be eight fantastic bands presented over the course of four Thursday evenings in July. The entire series is free to the public. Events are family-friendly and include a popular children's activity area for the little ones, chock full of costumes and games to play. Come early and take in the breathtaking views,

mountain bike the local RAT trails, soak at Orvis hot springs or play in the river. Expect an evening of fun, engaging and trend-setting music, and lots of dancing. Several food vendors will be on hand, cooking up a diverse selection of locally prepared meals. In addition to serving local microbrews, wine and margaritas are also available. The audience is welcome to bring lawn chairs, blankets, coolers and picnics. Please note, no glass or outside alcohol is allowed in the park. And no dogs will be allowed.

The Ridgway Concert Series is presented by the Town of Ridgway and funded en-

tirely by community sponsors, fundraisers and donations. Shows begin at 6pm and run well into the evening, with over three hours of live music.

Headliners are:

July 4th – Aaron Lee Tasjan

www.aaronleetasjan.com

July 11th – Les Poules à Colin

www.lespoulesacoln.com

July 18 – Reverend Sekou & the Freedom

Fighters www.facebook.com/revsekou/

July 25 – Shinyribs www.shinyribs.org

www.pickinproductions.com

www.ridgwayconcertseries.com

[Facebook.com/ Ridgway Concert Series](https://Facebook.com/RidgwayConcertSeries)

READER PHOTO SPOTLIGHT: DEB REIMANN



Photographer Deb Reimann shares some of her favorite faces of Storm King Mountain...see her rainbow over Storm King on the back page today!



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COMMUNITY NEWS BRIEFS: OUTDOORS & RECREATION

3.1 MILLION KOKANEE FINGERLINGS SENT TO BLUE MT. RESERVOIR

Special to Art & Sol

GUNNISON— In an annual ritual conducted to provide anglers with a unique sport-fishing opportunity, Colorado Parks and Wildlife sent 3.1 million kokanee fingerlings to Blue Mountain Reservoir on the evening of April 24.

After hatching at the Roaring Judy Hatchery north of Gunnison last fall, the fingerlings were released from the hatchery raceways into the East River as they are every year.

The young kokanee move with the flowing water about three miles to the confluence of the Gunnison River; and then they travel another 20 miles into Blue Mesa Reservoir where they grow up.

"The habitat for these land-locked sockeye salmon is spot-on at Blue Mesa Reservoir," said Seth Firestone, hatchery manager at Roaring Judy.

"There's lots of deep, open water and there's abundant zooplankton for the kokanee to feed on."

Kokanee taste excellent and CPW allows a generous daily bag limit of five fish and a 10-fish possession limit per license holder. But besides anglers, kokanee salmon provide an excellent food source for lake trout, some of which grow to trophy size

of 32 inches or more.

While many people fish for kokanee, a smaller but dedicated contingent search for lake trout at the reservoir.

Kokanee fingerlings have been stocked in Blue Mesa by CPW since 1965, and the annual stocking from Roaring Judy has occurred since 1967. This year marks the 53rd consecutive year for the operation.

In late summer, kokanee that are usually 3-4 years old follow their natural instincts and start moving back up river toward the hatchery where they were released.

At the hatchery, staff spawn the fish and place the fertilized eggs in hatcheries. In 2018, CPW collected 9.2 million eggs, and sent about 5 million eggs to other hatcheries around the state. The kokanee spawn production is the largest from any reservoir in Colorado and helps supply 26 waters throughout the state.

And here's an amazing aquatic statistic: The 9.2 million eggs collected last fall came from spawning just 15,800 fish —



Colorado Parks and Wildlife sent 3.1 million kokanee fingerlings to Blue Mountain Reservoir on the evening of April 24. CPW courtesy photo.

7,800 females and 7,800 males.

"It only takes that many fish to keep our kokanee program going at Roaring Judy," Firestone said.

Water conditions at Blue Mesa should be much better than last summer when the reservoir was drawn down to just 30 percent of full pool.

Water managers are predicting that, thanks to the winter's abundant snow fall, the reservoir will fill to 70 percent.

The prime time for kokanee fishing is normally from mid-June to late-July.

For more information about Colorado's fisheries, go to: <https://cpw.state.co.us/>.

MONTROSE FARMERS MARKET HAS NEW MANAGER, GOES OUTDOORS MAY 11

Special to Art & Sol

MONTROSE — The Montrose Farmers' Market, MFM, starts its 41st season with some new energy at the table. This year Valley Food Partnership and the Market's Advisory Committee have brought on former market vendor Samantha Wynne as their new Market Manager. The MFM committee is very excited to have Samantha's energy and talent directed towards helping out our market.

Current Chair of the MFM Advisory Committee, John Mercer, will be stepping down this year. The Committee agreed that Steve Taylor of Wovoka Ranch will

take his place as the Advisory Committee Chair. Kerissa Taylor also joined the committee as Treasurer and liaison to the Valley Food Partnership board. New advisory committee members are Richard 'Grandpa' Mueller, Lynae Rogers, and Frances Baer.

"I am very excited about our new hire Samantha Wynne, she brings a lot of skills to the Market Manager position," said John Mercer. "Equally exciting is getting new members on our Advisory Committee and helping to lead this market into the future."

Montrose Farmers' Market is currently

accepting applications for vendors for the 2019 summer market. The Montrose Farmers' Market will transition from the "Winter Market" which is held inside the Centennial Room, to the "Summer Market" which is held outside, in the Centennial Plaza. The first "Summer Market" will be held on May 11, 2019, from 9 am to 1 pm. Keep your Saturday mornings open this season and stay tuned for weekly family-friendly events, music, and downtown fun all summer long! Check out the MFM Facebook page for complete information on vendors and events: www.facebook.com/MontroseFarmersMarket.



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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

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-

April 30-The Dolphin House Child Advocacy Center will be hosting an Open House and Supply Drive to recognize April as National Child Abuse Prevention Month. The Open House will be held Tuesday, April 30 from 3 to 6 PM at the Dolphin House located at 735 S 1st Street in Montrose. Supplies needed include individually packed snacks, juice boxes, and paper products. For information and to sign up to volunteer: <http://www.uncompahgrewatershed.org/event/adopt-a-park-clean-up-2019/> or call 970-325-3010.

May 1-Montrose County Historical Society Presents "A History of American Barns", a survey of icons of the countryside from 1700's to 1930's by Robert McHugh. May 1, 2019, 7 pm, Friendship Hall, 1001 N. 2nd. Public invited, free admission. Information 323-6466.

May 3-5-The Friends of the Montrose Library will hold its Spring used-book sale from Friday, May 3 through Sunday, May 5 in the library meeting room. Special members-only hours are Friday, 8 am to noon. Customers can purchase an annual membership at the door. Public open hours are noon to 6 pm Friday; 10 am until 5 pm Saturday; and 1pm until 5 pm on Sunday. On Sunday from 3 to 5 pm, customers can fill a reusable bag with books for \$5. For information, call the library at 970-249-9656.

May 4-Montrose Center for the Arts Grand Opening 4 to 8 p.m. 11 S Park Ave, Montrose. Grand Opening of the New Creative Space. Currently exhibiting the artworks of local Artists in all mediums. Featuring the Montrose County School District RE-1J Student Art Exhibit.

May 4-Adopt-A-Park Clean Up at Rollans Park, Ridgway, Saturday, May 4, 2019 @ 9 a.m. – 12 noon.

May 6-Montrose Women's Giving Club meets at Bridges of Montrose, 2500 Bridges Drive 5:30 to 7 p.m. Club meets once per quarter to select the next non-profit to receive quarterly donations. Each member pays \$100 per quarter plus a \$10 hospitality fee to participate and has the chance to nominate a non-profit. Members must be present to vote.

May 8-Wednesday May 8 at 6:30 at Montrose library meeting rm :Citizens' Climate Lobby monthly meeting. Progress on Energy Innovation and Carbon Dividend Act US HR763.Other Colorado bills HB 1261 Nonpartisan network to influence legislators.All Welcome. Citizensclimate-lobby.org. 240-9146

May 10-Volunteers of American Senior CommUnity Care presents Hazel Miller Band at the Montrose Pavilion, with special guest star Chris Daniels. Doors open at 5:30 p.m. Food by Blue Ribbon BBQ & Surfin' Salmon. Music & Silent Auction. Tickets available at ageoutloud.voa.org. Call 970-417-5670 for questions or assistance.

May 11-Yoga House, 207 East Main Street, 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.

May 18-The 16th Annual Montrose Wine & Food Festival is Saturday May 18, 2019 from 1-5 p.m. at the Bridges in Montrose. All proceeds from the Festival benefit the Black Canyon Boys & Girls Club (BCBGC). Tickets are \$50 for general admission, which includes a Festival glass, and there are a limited number of VIP tickets for \$75. Tickets and event information can be found at the Festival website www.montrosewinefestival.com. For more information on the BCBGC, check out www.bcbgc.org.

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

June 29-12th annual Ridgway RiverFest, Saturday, June 29, 2019 @ 10 a.m. – 6 p.m.,Rollans Park, Ridgway. This free, outdoor celebration of the Uncompahgre River Watershed is organized by the Uncompahgre Watershed Partnership. Come to enjoy river races, live music by Sugar & The Mint, and lots of family-friendly activities. Sponsors, silent auction donors, vendors and volunteers needed! To find out about the fun, free outdoor festival for the whole family, go to ridgwayriverfest.org or call 970-325-3010.

Aug. 3-Olathe Sweet Corn Festival is proud to announce that BBR Music Group singer-songwriter Craig Campbell will headline the 28th Annual event on Aug. 3, 2019 at the Montrose County Event Center in Montrose. Tickets are now on sale and include General Admission and VIP, with VIP including preferred seating, drinks and dinner. For more information and online ticket sales please visit www.olathesweetcornfest.com.

Contact the Montrose Mirror:

970-275-0646

Editor@montrosemirror.com

www.montrosemirror.com

READER PHOTO SPOTLIGHT: DEB REIMANN

She did not find the proverbial pot of gold, but mountain photographer Deb Reimann's image of a rainbow over Storm King is a treasure in itself.



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