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the Montrose Mirror

Fresh News for Busy People-Weekly on Mondays!

Issue No. 325 May 20 2019

LOANS MADE FROM DDA LOAN FUND WITHOUT DDA KNOWLEDGE

By Caitlin Switzer

MONTROSE-Imagine this high-anxiety scenario--shortly after taking on a leadership role with a community organization, you learn that USDA Rural Development re-lending funds for which your organization is accountable are being handed out freely by a different entity, with no follow-up reporting.

Until a United States Department of Agriculture (USDA) Rural Development Rep finally showed up at one of your meetings, you had not been aware of the loan fund's existence.

It reads like a film noir movie plot; in reality, this is the situation in which Montrose Downtown Development Authority (DDA) Board Chair Scott Riba recently found himself.

Although a small business loan fund using USDA dollars

[Continued pg 8](#)



DDA Board Chair Scott Riba, above, at a recent Montrose City Council meeting. Mirror file photo.

OES PBL STUDENTS PRESENT ON CLIMATE CHANGE; RE-1J APPROVES AGREEMENT WITH SODEXO



On May 14, the RE-1J Board of Education heard a presentation on climate change by Olathe Elementary students Chyanne Kuikendall and Christina Alvidrez .

By Caitlin Switzer

MONTROSE-At the regular school board meeting of May 14, the Montrose County School District RE-1J Board of Education heard a presentation on climate change by Olathe Elementary School students Christina Alvidrez and Chyanne Kuikendall.

The Board of Education also approved an agreement with Sodexo America, LLC as a district-wide food service management company. Representatives of Sodexo were in attendance at the meeting. Though Montrose will be the first K-12 school district to hire Sodexo, the company provides services to several higher education campuses in the region, RE-1J Finance Director Adam Rogers said. Sodexo was not the only company that responded to the district's Request for Proposals (RFP), however, "At the end of the day, it was about the quality of the food," Rogers said.

[Continued pg 11](#)

in this
issue

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

[Top Tier Salary
Survey 2019!](#)

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

[Montrose Peace Officers
Memorial photos 2019!](#)

MONTROSE PEACE OFFICERS' MEMORIAL 2019



Mirror staff report

MONTROSE-As community members and law enforcement professionals gathered in Centennial Plaza on May 15 for the 2019 Peace Officers' Memorial, Montrose Police Chief Blaine Hall gave a moving address, and spoke of the importance of suicide awareness. In 2018, 159 officers took their own lives, Hall said. "Asking for help is one of the bravest things an officer can do."



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REGIONAL NEWS BRIEFS

DMEA HOSTS CANDIDATE FORUMS

Special to the Mirror

REGIONAL-DMEA's annual candidate forums will be held next week. Members are encouraged to attend and get to know the five candidates running for their co-op board before ballots arrive at the end of the month.

Forums will take place on Monday, May 20, at the DMEA Montrose Office (11925 6300 Rd., Montrose), 5:30 – 7:30PM; and on Tuesday, May 21 at Blue Sage Center for the Arts (228 Grand Ave., Paonia), 5:30 – 7:30PM

District 3

Brad Harding – *This candidate is running unopposed and will be deemed elected at the DMEA Annual Meeting on June 20.*

District 4:

Ken Watson - *incumbent*

David White

South Region:

Jock Fleming

Ken Otto

Community members are encouraged to attend the forums, which will be hosted by the League of Women Voters.

Mail-in ballots will be sent to DMEA members in late May. Members can cast their vote by mail; vote in person at the Annual Meeting on June 20 at Hotchkiss High School (438 Bulldog Street) or bring their completed ballot to either DMEA office and place it in the secure ballot drop box located in the lobbies.

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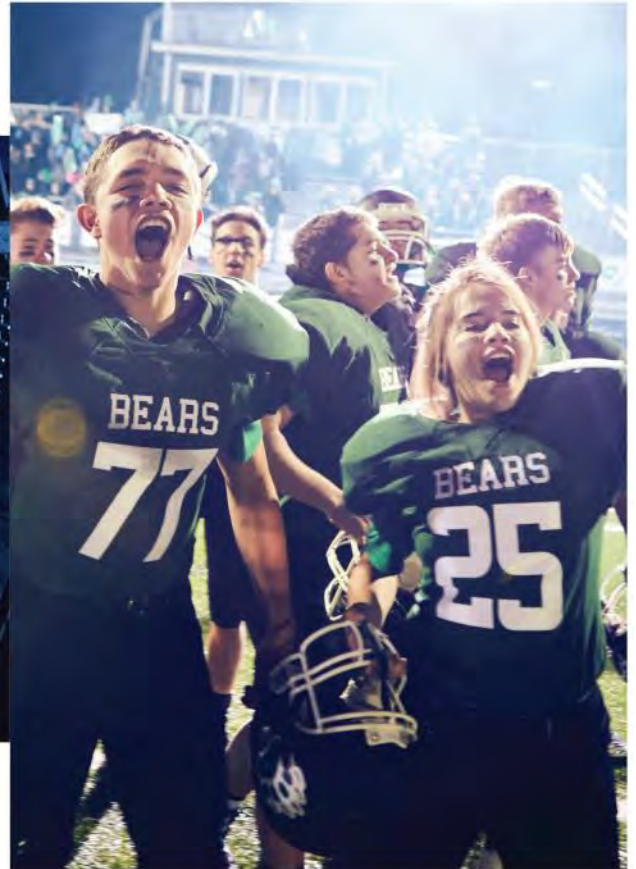
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CITY COUNCIL TO CONSIDER LETTER TO PUC IN SUPPORT OF 2018 DMEA FILING TO EXIT TRI-STATE G&T



At the regular meeting of May 21, Montrose City Council will consider approving a letter to the Colorado Public Utilities Commission supporting the Dec. 2018 filing by Delta Montrose Electric Association (DMEA) to exit from Tri-State Generation & Transmission. Mirror file photo.

Mirror staff report

MONTROSE-Montrose City Council will convene for a [work session](#) on Monday, May 20 and a [Council meeting](#) Tuesday, May 21.

WORK SESSION

Six new staff members will be officially introduced at the City [work session of Monday, May 20](#).

Joining the City team are Montrose Police Department Patrol Officers Jamie Kent, Marcina Sarmiento, Mariah Smith, and Dakotah Shea-Shelley; as well as Stormwater Inspector Stephen Taylor and Planner I Tallmadge Richmond.

Discussion items will include job creation and housing incentives, continuing a conversation that began at the May 6 work session.

Also to be considered are an extension of the 2019 Sanitary Sewer Cured in Place Pipe Contract, and assignment of private activity Bond (PAB) bonding authority. Background: According to the work session packet, the IRS allocates a per capita

bonding authority annually for housing to each state, also known as PAB Volume Capacity or Cap. Colorado in turn allocates this authority to statewide authorities and local governments; in 2019 the allocation for the City of Montrose is \$1,032,83.

Last year the city assigned its allocation to Colorado Housing and Finance Authority (CHFA). This year CHFA has requested the City of Montrose to again assign 2019 Private Activity Bond (PAB) allocation to CHFA to support the new construction of The Park at Colorado Outdoors, a 72-unit family housing project in the City of Montrose.

Included in the work session packet is a report from the Montrose County Housing Authority.

Items scheduled for upcoming work sessions and meetings include:

June 3-Fireworks display permit.

June 4- Executive session for Municipal Court judge evaluation; Public Safety Citizens' Advisory Committee report to City Council; a new retail liquor store applica-

tion for Wines for Life; and a proclamation in support of Bike to Work Day.

June 17-Downtown Development Authority (DDA) board applicant interviews; Historic Preservation Commission applicant interviews.

July 2-Horsefly Addition Annexation hearing; DDA board appointments; Historic Preservation Commission appointment.

As yet unscheduled are business incentives for a hotel developer and a Housing Needs Analysis report.

COUNCIL MEETING

Daniel Wittenberg will conduct an Eagle Scout Presentation for City Council at the regular meeting of Tuesday, May 21.

Council will consider approving a letter to the Colorado Public Utilities Commission supporting the Dec. 2018 filing by Delta Montrose Electric Association (DMEA) to exit from Tri-State Generation & Transmission.

Council will consider approving the transfer of a Hotel and Restaurant liquor license at 1135 E. Main Street from Daisy Pallares, doing business as Payares Grill and Cantina, to JMJ Ventures LLC, doing business as Fly'n Roosters, for consumption on the licensed premises.

Amended Ordinance 2477 will be considered on second reading, repealing and replacing Title 6 Chapter 2 of the Official Code of the City of Montrose regarding animal control regulations.

Also on second reading, Council will consider Ordinances 2478, 2479, and 2480 (Klippert Addition Annexation Nos. One, Two, and Three) as well as Ordinance 2481 on first reading, zoning Klippert Addition Nos. One, Two and Three as a Rural Living District.

Following staff reports and comments, Council will adjourn.



LOANS MADE FROM DDA LOAN FUND WITHOUT DDA KNOWLEDGE From pg 1

was established for the DDA in 2012, by the time Riba became board chair in late 2018, documentation had vanished and so had institutional memory of the loan fund.

"In my entire time on the board, I had never heard of [the loan fund](#) until the USDA representative came to a DDA board meeting two months ago," Riba said. "He told us that there were issues with reporting, and with records being kept up to date."

The USDA representative acknowledged his own failure to follow up but said that no loan reports had been completed by the DDA in two years.

[Minutes of the March 20, 2019 DDA meeting](#) reflect the visit from USDA staffer P.J. Howe concerning the loan grant de-

tails.

According to the minutes of the meeting, Howe informed the DDA Board that the loan fund must be operated by the DDA, not the City of Montrose, which has been controlling DDA financials.

City of Montrose Finance Director Shani Wittenberg, who has been managing the DDA's finances for years at the request of City Manager Bill Bell, was present at the March 20 DDA meeting. According to the minutes, Wittenberg commented that it would be difficult for the DDA to do the required paperwork for the loan fund, that the USDA computer system is unfriendly, that she was unsure where monies that have been repaid are, but that the DDA could use those funds for more lending.

ing conflicts. "Melissa finally went around her," Riba said. Now, the DDA will once again control the revolving loan fund as it was intended to. A loan committee will be formed, per program requirements, with DDA board members and other individuals who possess solid banking and lending expertise.

Also, "We were made aware that three or four loans have recently been made that we have absolutely no record of," Riba said. "We have no knowledge of the process or paperwork—we do have paperwork on all of the other loans that were made up through Lance (former DDA Executive Director Lance Michaels, who stepped down in 2016)."


"Moving forward, we will get things corrected," Riba said. "We will find out who made those new loans, and under whose authority."

Sonia Dumas, who served as DDA Director in the interim between Michaels and the hiring of current Director Melissa Lowe, was also unaware of the revolving loan program, Riba said.

According to USDA outreach professional Amy Mund, "in Fiscal Year 2012, USDA Rural Development awarded the Montrose Downtown Development Authority (DDA) a Rural Business Enterprise Grant for \$61,321. The funding was awarded for a revolving loan fund in the Downtown Development Authority's District. Since the award, there have been 11 loans made to eligible entities in the area. Of those loans, four have been paid back in full, one was delinquent, and the others remain active. The organization currently has funding available to lend out to eligible parties. Staff has been in contact with the DDA board to discuss the grant and they are current on their reporting requirements to the agency." Mund also noted, "USDA Rural Development funds that were awarded to the DDA were used for three loans since 2016." [City of Montrose Business Incentives](#) currently include "Downtown Opportunity Fund," serving applicants located within the DDA boundaries; the program is being operated through the City's [Downtown Area Revitalization Team \(DART\)](#).


Once they were made aware of the situation, the DDA board took decisive action. "We made a request to the City to get the loan documents for our files," Riba said. "This is a DDA program; we are responsible for it...based on what we saw, the City Finance Director had not been able to get into the USDA system for two years and had not completed any updates."

Riba and DDA Executive Director Melissa Lowe had attempted to coordinate with Wittenberg to gain access to the USDA system, he said, but were unable to do so due to repeated schedul-



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OES PBL STUDENTS PRESENT ON CLIMATE CHANGE From pg 1



Representatives of Sodexo, America LLC were present at the school board meeting of May 14. Sodexo will provide food service management services to RE-1J schools.

Board President Tom West, District A Director Jeff Bachman, and District B Director Jacob Suppes were not in attendance at the meeting.

PRESIDENTS REPORT

The **Student Spotlight** featured Alvidrez and Kuikendall; fellow Problem Based Learning (PBL) student Angel Suarez was unable to attend. Said OES Fifth Grade Teacher Shelly Keefer, "I am really proud of the girls for stepping up." The PBL students have also presented to the Olathe Town Council and to the Montrose Board of County Commissioners (BOCC).

"Sea levels are rising all over the world," Alvidrez informed the board of education. "...it could cost people millions of dollars to fix the damage...San Francisco Bay could be underwater."

The students hope to raise awareness and change behavior. Celebrate Earth Day every day or every other day, they advised.

District F Director Phoebe Benziger said, "Your graphics are amazing...nice job."

"I love that you are concerned," Board Vice President Gayle Johnson said. "Everybody needs to be concerned."

"Did you get to pick your topic or was it given to you?" District G Director Stephen Bush asked.

"We got to pick it," was the reply.

Said Kuikendall, "A guy told us it doesn't concern us here in Colorado, but people just think about themselves. When something happens he might not be saying that; he might be under water."

Staff Appreciation Week was a major success this year, with **donations** pouring in all week long, Administrative Assistant Deann Balash said. "Dr. Beller (Director of Instructional Services Jessica Beller) went out and asked for donations—staff really appreciated it," Balash said.

Among the items donated were sheet cakes from Nu Vista Credit Union, snack trays from Montrose Memorial Hospital,

12 \$100 gift certificates from Alpine Bank, breakfast from DMEA/Elevate Broadband, and salsa from Qdoba.

Olathe Elementary School Principal Joe Brummitt recognized two staff members, Librarian Valerie Hartzel and Special Education Teacher Theresa Sidor.

Hartzel has been with the school for 21 years, he said, starting as a literature paraprofessional. "Our kids have access to wonderful materials, our library is warm, exciting and welcoming," Brummitt said.

Sidor does whatever needs to be done, Brummitt said. "We are proud she is a part of our school...she makes Olathe Elementary School better for everyone."

District E Director Sarah Fishing provided an update on the curriculum committee, and shared feedback she had received on the district's Kindergarten Carnival event, noting, "...It really does seem to be making an impact; people really do love it."

Finance Director Adam Rogers presented a **May enrollment update**. The district has lost two elementary students and 19 middle/high school students since last month. Overall for the year, the district has lost 97 students, Rogers said. Vista Charter School has picked up 17 students.

Rogers provided an **investments report**; the district has \$32.7M in various bank funds. The number is down from last year's \$45M because of the Columbine Middle School project, Rogers said.

Fund balances are where they are pro-

jected to be, he said. When it comes to fiscal health, "We're holding our own with other districts of our size," Rogers said.

Rogers discussed the **proposed agreement with Sodexo America, LLC**. He introduced nutritional staffers Jeri Main and Sandra Toumbs, who assisted in vetting the companies that had responded to the District's RFP for a food service management provider. "The director left in October," Roger said, and thanked Main and Toumbs for their perseverance and assistance. "They have been totally involved in the process," he said. "I have sent them to Denver twice—they have burned more miles in the Subaru than I have."

The search for a food service management company was driven by three goals, he noted; "...to be in the black...our students deserve good food...and our employees do a good job, they work hard, and we need to take care of them."

In the end, the choice came down to two providers. Sodexo America won the contract by serving the tastiest food, Rogers said. "The quality of food for our customers will be impressive."

Said Benziger, "We were losing money. Something had to be done."

Sodexo is willing to work with local farmers to bring high quality fresh foods to the table, Rogers said. Parents can use the Sodexo "So Happy" app to find and share information on food allergies.

Fishing asked about the impacts to current nutritional services staff. District nutrition staff will remain on the job, Rogers said. "Our employees are ours and will remain ours so long as they remain in the job," Rogers said. "When a position opens, it will go to Sodexo...eventually the employees will be 100-percent Sodexo; any new hires are automatically Sodexo's...this will benefit everybody involved."

Benziger asked if meals prices will go down. "I don't see them going up," Rogers said, adding that profits are guaranteed under the new agreement, a five-year contract that must be renewed on an annual basis.

"I appreciate that you chose them because of the quality of the food," Johnson said. "Our most valuable resource is our students."

Continued next pg

OES PBL STUDENTS PRESENT TO RE-1J ON CLIMATE CHANGE

From previous pg

Administrative Assistant Laurie Laird presented an **elections update**. Because 2020 is a Census year, no redistricting will be done until 2021, she said. Only open board of education seats will be up for election this year.

Early Childhood Center (ECC) Director Penny Harris was not in attendance, and there was no ECC update.

Superintendent Stephen Schiell welcomed department heads and principals to share [building/department updates](#). Presenting were Technology Department Director Robert McEwin; Olathe Elementary School Principal Joe Brummitt; Pomona Elementary School Principal Christopher Lehman; Peak Academy Principal Thomas Godfrey; and Centennial Middle School Principal Joe Simo. Schiell presented for Cottonwood Elementary School; also presenting was Instructional Services Director Jessica Beller.

A goal to implement 1,000 iPads and 400 laptops to staff by October has been deployed; 100 percent of fourth and fifth

grade teachers have integrated technology into the classroom this year, McEwin said.

"We have had a lot of help from our schools," he noted.

Simo said that Centennial Middle School has had a great, great year. Despite new rules that forbid incentives for students who participate in the Colorado Measure of Academic Success (CMAS) test, Centennial achieved 98 percent participation, he said.

Brummitt noted during his update that PBL projects such as the one on climate change are what he is most excited about. "All of our kids will complete one this year," he said. "It is interesting to the kids...they're making a difference in their community; they're making a difference in the world."

He thanked the district for training received earlier that day, a theme that recurred through each of the building updates.

Said Lehman, "...overall it's been a great

year...I am confident we are on the right track...snailed it!"

Godfrey said, "We are really proud that only one Peak student didn't take the test this year...Hopefully I just snailed it."

Benziger asked, "What does 'snail it' mean?"

Godfrey said, "It is from the training we had today...the training was phenomenal." (In popular slang, striving for a goal and "nailing it" after a long, arduous effort can also be termed "snailing it.")

Beller said that the building principals had undergone [Kagan](#) Equity Training earlier in the day, a type of training that helps educators more fully engage students of all learning styles and personality types. "Every teacher deserves this training," she said. "Next year we will be bringing it to the administration and to the high schools...we've had lots of great feedback." Following approval of Consent Agenda items and prior to adjournment, the Board moved into executive session to discuss the Superintendent's evaluation.

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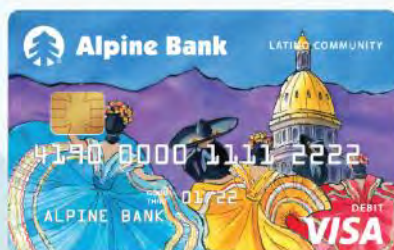
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REGIONAL NEWS BRIEFS

LOCAL VETERANS GROUPS PLAN MEMORIAL DAY CEREMONIES

Special to the Mirror

MONTROSE- The Disabled American Veterans (DAV) Montrose Chapter will host a Memorial Day Ceremony on May 27 at 9 a.m. at Cedar Creek Cemetery. The Veterans of Foreign Wars (VFW) will host a Memorial Day ceremony on May 27 at 11 a.m. at Sunset Mesa Cemetery.

TRAVELING? CHECK MEASLES VACCINATION/IMMUNITY STATUS

Special to the Mirror

DENVER--The Colorado Department of Public Health and Environment advises people who are traveling abroad, or to areas in the U.S. with ongoing measles outbreaks, to ensure they are protected against this highly contagious illness. With measles outbreaks across the country, it's a good idea to check vaccination records to ensure protection. "It's essential to know your vaccination or immunity status if you are planning to travel to areas where measles outbreaks have been reported," said Dr. Rachel Herlihy, state communicable disease epidemiologist. "Measles, once considered eliminated in the U.S., has made a comeback. As you make your plans for travel, ensure checking vaccination records is on your list. We encourage everyone, regardless of travel, to be up to date on all recommended vaccines."

Measles-mumps-rubella (MMR) vaccine is available at doctor's offices and many retail pharmacies. People can check vaccinefinder.org to find a retail location. People who need help paying for vaccinations should contact their [local public health department](#).

More information

The CDC has [travel notices](#) for people traveling abroad. To find out where outbreaks (three or more cases) are occurring in the U.S., visit the [CDC measles outbreak web page](#).

REGIONAL NEWS BRIEFS

SELF-SERVE SANDBAG FILLING STATION AVAILABLE AT FAIRGROUNDS

Special to the Mirror

MONTROSE — Montrose County Emergency Management, Public Works, and Fairgrounds and Event Center have teamed up to install a self-serve sandbag filling station at the fairgrounds available to local residents. The goal of the station is to help homeowners reinforce their property due to high water and flooding potential. The sandbags and sand available at the station are provided free of charge by the county.

The sandbag filling station is located on the south side of the beef barn—directly across from the Pythian Avenue entrance to the fairgrounds. It will be open from dawn to dusk. Residents need to bring their own shovels to fill the bags. "Floods are among the most common weather

hazards in the United States. Flooding has already occurred across the county and we are approaching a higher than normal run-off season due to snow accumulations," said Emergency Manager Greg Fisher. "While there is no immediate danger at this time, we want to plan ahead and offer this service to residents. This sandbag filling station helps provide another tool for homeowners to protect their property."

Montrose County urges residents to determine if they live in a flood plain and purchase flood insurance as needed. To find out if your house is in a flood plain, please visit <https://msc.fema.gov/portal/search> and enter your address.

Residents are also encouraged to be prepared and plan ahead for emergen-

cies. The first step is to create an emergency plan and 72-hour kit. Your plan should include the five P's: people, pets, prescriptions, photos, and personal computer(s).

Including the five P's is essential to five things will have provide a solid foundation for a plan. Visit ready.gov for plan examples and other preparedness tips. Having a 72-hour kit and resources readily available improves response to emergencies. Please sign-up for CodeRED, the county's emergency notification system for wireless phones, at montrosecountysheriffsoffice.com.

Official updates and preparedness tips are available on the county's emergency management Facebook page at fb.com/montrosecountyOEM.

MONTROSE COUNTY HEALTH AND HUMAN SERVICES WORKS ON CONTROLLING NOROVIRUS LIKE ILLNESS OUTBREAK

Special to the Mirror

MONTROSE- Montrose County Health and Human Services is working to help control norovirus-like illness outbreak that has increased in the past few weeks.

The majority of the reported cases are occurring in a local elementary school. Norovirus is highly contagious and can spread quickly in settings where people come in close contact with each other such as schools, childcare centers, and summer camps.

"One of the most effective tools against spreading illness is washing your hands," said Linda Vandehey, Montrose County Public Health Nurse and Communicable Disease Specialist. "While the exact cause of this outbreak is still unknown, at this time the best protection is proper hand washing and food preparation."

Most norovirus cases do not require medical care and may go undiagnosed. The Centers for Disease Control and Prevention (CDC) estimates that there are 19-21 million norovirus cases each year in the

U.S. Additionally, CDC estimates that norovirus contributes to 56,000-71,000 hospitalizations and 570-800 deaths each year in the U.S. Fortunately, norovirus illnesses are usually self-limiting and resolve with supportive care. If an individual is exhibiting vomiting and/or diarrhea symptoms, please stay home from work or school 48 hours after the symptoms have stopped.

Norovirus causes acute vomiting, diarrhea, nausea, and stomach cramps. While most people with norovirus get better within 1 to 3 days, the virus can make a person feel extremely ill with vomiting and diarrhea many times a day.

This can lead to dehydration, especially in young children, older adults and people with other illnesses. Symptoms of dehydration include decreased urination, dry mouth and throat, and feeling dizzy when standing up. Children who are dehydrated may cry with few or no tears and be unusually sleepy or fussy. It is important that children with norovirus stay well-hydrat-

ed.

The best ways to stop the spread of norovirus is to properly wash hands and handle food safely.

Infected people should stay at home and avoid caring for or preparing food for other people until at least 48 hours after symptoms have ended. Surfaces and objects in contact with vomit or diarrhea should be washed with soap and hot water, and disinfected with a bleach solution or washed in a washing machine with detergent. Wear gloves and wash hands carefully after any contact with contaminated objects.

For more information on norovirus, please visit the [CDPHE infectious disease guidelines](https://www.cdphe.infectious-disease-guidelines) or the [CDC norovirus website](https://www.cdc.gov/norovirus/).

For questions or to report a case, please contact Montrose County Health and Human Services at 970-252-5000.

(<https://www.colorado.gov/pacific/cdphe/infectious-disease-guidelines>) (<https://www.cdc.gov/norovirus/index.html>)



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2019 TOP TIER SALARY SURVEY

By Gail Marvel

Editor's note: As we did in 2018, the Mirror has asked public organizations for top tier salary information.

Those asked were quick to comply, with the exception of the Montrose Recreation District, which did not respond, and Delta-Montrose Electric Association (DMEA), which referred our reporter to a two-year-old Form 990 on the DMEA website.

Though we have included that 2017 information here, we are also including information from a more recent DMEA Form 990 which was obtained for last year's salary survey.

MONTROSE-Every two years the City of Montrose does a market analysis and attempts to adjust salaries accordingly. Market comparables include Cortez, Delta, Durango, Erie, Evans, Glenwood Springs, Golden, Grand Junction, Greenwood Village, Gunnison, Lafayette, Louisville, Steamboat Springs and Montrose County.

Montrose City Manager Bill Bell said, "The dollar amount alone makes it sound like we are being paid extravagant amounts, but we are all consistently 10 to 25 percent under market for our positions."

Job titles and current salary for the top five City of Montrose positions:

City Manager \$170,000

City Attorney \$153,000

Finance Director \$103,192

Police Chief \$98,035

Assistant City Manager \$98,000

Job titles and current salary for the top five Montrose County positions are:

Airport Director \$135,000.06

Public Works Director \$124,472

Deputy County Manager \$121,800.12

County Manager \$120,200

Director of HHS \$115,879

Job titles and current salary for the top five RE-1J School District positions are:

Superintendent \$152,900.35

Principal \$103,409

Director of Technology \$98,467

Director of Instructional Service \$98,467

Principal \$96,198

Job titles and current salary for the top five Region 10 positions are:

Executive Director \$94,760

Broadband Project Manager \$78,795

Community Living Svc. Director \$66,950

Business Loan Fund Director \$64,272

Small Business Resources Director \$64,272

Executive Director Michelle Haynes said, "Much of the Region 10 budget is invested directly into community services. The salaries represent less than 25 percent of our overall budget."

Delta Montrose Electric Association (DMEA)

DMEA does not disclose current salaries, but rather makes IRS Form 990 (Return of

Organization

Exempt from Income Tax) publicly available on their web site.

The most recent IRS Form 990 posted on the DMEA web site is for November 2017.

Job titles and salary in 2017 for the top five DMEA positions were:

CEO \$241,381

VP Power Supply \$159,040

VP Engineering \$154,351

VP Member Services \$140,942

VP Operations \$136,899

Individual DMEA Board of Director's compensation for 2017 ranged from \$16,275 to \$6,000.

Job titles and salary in 2018 for the top five DMEA positions were:

Chief Executive Officer \$337,954

VP Power Supply \$260,235

VP Operations \$234,052

VP Member Services & HR \$172,588

System Design Supervisor \$170,463

The Montrose Recreation District did not respond to the Mirror's salary survey request.



For the second year in a row, DMEA CEO Jasen Bronec tops the list when it comes to high executive salaries in the Montrose area. Courtesy photo.



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REGIONAL NEWS BRIEFS

1708 DRIVERS CITED DURING SPRING EVENTS DUI ENFORCEMENT

Memorial Day DUI Enforcement Starts May 24

Special to Art & Sol

STATEWIDE – Colorado State Patrol (CSP) and statewide law enforcement agencies cited 1708 impaired drivers during the Colorado Department of Transportation's (CDOT's) five-week Spring Events DUI enforcement period. The effort showcased CDOT's *Whole System Whole Safety* approach by leveraging partnerships with law enforcement across the state to conduct increased patrols and DUI checkpoints from April 5 to May 13. The campaign also encouraged people to make smart decisions and avoid impaired driving.

"Enforcement is a critical component to our *Whole System Whole Safety* program in Colorado," said Shoshana Lew, Executive Director of CDOT. "Roadways are de-

signed to minimize crash severity but removing at-risk drivers before they crash is a top priority, which underscores the importance of DUI enforcement in the state."

106 agencies participated in the enforcement period, citing 1708 individuals for driving under the influence of alcohol, marijuana or other drugs during the enforcement, a decrease from the 1932 citations given during last year's Spring Events enforcement. Colorado Springs Police Department (174), Denver Police Department (170) and Aurora Police Department (91) recorded the highest arrest totals. CSP troops made 210 arrests.

"Drugs and alcohol reduce the function of the brain, impairing thinking, reasoning and muscle coordination – all of which are

essential to safely operating a vehicle," said Col. Matthew Packard, Chief of the CSP. "The CSP hopes that drivers will always choose designated drivers or alternative modes of transportation and watch out for friends and family who should not be driving. We want everyone to get home safely and not endanger themselves or those around them."

The next *Heat Is On* enforcement period begins on Friday, May 24 and will continue through Memorial Day weekend to Tuesday, May 28.

More than 100 law enforcement agencies throughout the state are likely to participate in the enforcement period. CDOT encourages drivers to plan for a sober ride home if they intend to participate in the holiday's festivities.

COLORADO EMPLOYMENT SNAPSHOT: APRIL 2019



Colorado Workforce Center

COLORADO-Employers in Colorado added 9,500 nonfarm payroll jobs from March to April for a total of 2,765,200 jobs, according to the survey of business establishments. Private sector payroll jobs increased 8,300 and government increased 1,200. March estimates were revised up to 2,755,700, and the over the month change from February to March was an increase of 6,500 rather than the originally

estimated increase of 6,100.

According to the survey of households, the unemployment rate decreased one-tenth of a percentage point from March to April to 3.4 percent. The number of people actively participating in the labor force decreased 800 over the month to 3,138,800 and the number of people reporting themselves as employed increased 4,600 to 3,033,700.

The increase in total employment combined with the de-

crease in the labor force caused the number of unemployed to decrease 5,400 and the unemployment rate to decline to 3.4 percent. The national unemployment rate decreased two-tenths of a percentage point in April to 3.6 percent.

Over the year, the average workweek for all employees on private nonfarm payrolls decreased from 33.9 to 32.6 hours and average hourly earnings increased from \$28.79 to \$30.34.

The largest over the month private sector job gains were in leisure and hospitality, professional and business services, and financial activities. The largest over the month decline was in trade, transportation, and utilities.

Over the year, nonfarm payroll jobs increased 49,100, with an increase of 45,900 in the private sector and an increase of 3,200 in government. The largest private sector job gains were in professional and business services, educational and health services, and leisure and hospitality. Financial activities declined over the year.

Over the year, the unemployment rate is up four-tenths of a percentage point from 3.0 percent. The number of Coloradans participating in the labor force increased 65,500, total employment increased 52,000 and the number of unemployed increased 13,400.

The national unemployment rate declined from 3.9 percent in April 2018 to 3.6 percent in April 2019.

OPINION/EDITORIAL: LETTERS

A PARTISAN DMEA BOARD DOES NOT SERVE THE MEMBERSHIP

Editor:

As a member of the Delta-Montrose Electric Association (DMEA) and candidate for the DMEA Board of Directors for District 4, I can tell you that there are many things going on at DMEA that we, the members and public hear about on a regular basis such as the current Board's desire to end their 40 year contract with Tri-State Generation & Transmission from whom DMEA purchases power; Elevate (the DMEA fiber based broadband business); electric service issues; management salaries, etc.

However, there is one issue that is not spoken of in public circles on a regular basis and that is the politicization of the DMEA Board and the DMEA organization itself.

Regardless of your political party affiliation, it is very disconcerting to see that the DMEA Board and its elected seats as well as other boards that govern entities such as the Montrose Recreation District, Montrose City Council and many others, have been turned into political footballs with the express purpose of pushing a progressive agenda onto the citizens over which the Boards of Directors or non-partisan City Councils of these entities govern through decisions that affect our lives and wallets on a daily basis.

As evidence of what is going on with DMEA, I offer the following information: In the Montrose Mirror, July 23, 2018 - Page 7 - Connie Pittenger (then Chair of the Montrose Democratic Party) is quoted as saying: ***"We have progressives on the board of Delta-Montrose Electric Association, the Rec District, on City Council, and on a lot of other boards around town that are critical-and they are being successful."***

Ms. Pittenger went on to say in the same Montrose Mirror article that ***"...for those who want to work behind the scenes, volunteering can be a way to gain experience."***

More recently, the Montrose County Democrat Party sent out an invitation flyer advertising a "meet and greet" for U.S. Senatorial Candidate Mike Johnston that was held on April 29, 2019 at the home of current Montrose Democratic Party Chair Kevin Kuns, wherein it states: ***"Also, Ken Watson and Jock Fleming are both running for the DMEA board - Democratic representation that we need. They will talk briefly about their candidacy prior to Mike Johnston's presentation."*** You can find the invitation/flyer here: <http://montrosedemocrats.org/2019-04-mike-johnston/>

While all political parties clearly attempt to influence the outcome of elections, it is very disconcerting to find that a progressive agenda is being pushed strongly by the local Democrat Party in what should be an apolitical position on a board that should be governing a utility that we all rely upon for virtually every facet of our lives vs. pushing political agendas such as New Green Deals and the like as suggested by the phrase "Democratic representation that we need."

All I can say is that the DMEA election process appears to be slanted in favor of a political party vs. the better good of the entire membership of the organization. Seats on boards such as DMEA, fire districts, recreation districts, school districts, etc. are where the next generation of leaders comes from.

If that generation is not diverse but rather following an ideology of "progressivism," then expect a sea change in our local culture, morals, values, etc. that may not be in keeping with the traditions and values of the majority of residents of our area.

Voting members of DMEA in Montrose and Delta Counties need to know who is pulling the strings behind the scenes!
David White, Montrose



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OPINION/EDITORIAL: LETTERS

VIRTUE WAS EXPECTED IN AMERICA'S WAR FOR INDEPENDENCE

Editor:

In his book *Washington's Secret War: The Hidden History of Valley Forge* Thomas Fleming speaks to the secret service reports that routinely came across Gen. Washington's desk. Reports like that of the world's first submarine that was used to attack a British ship in the New York Harbor in the fall of 1776. The *Turtle*, built by the engineering genius David Bushnell, failed to sink the British ship but Bushnell continued to work on another nautical device he hoped would bring havoc to the British men-of-war in the Delaware off Philadelphia.

Many of the reports Washington received came from Major John Clark, Jr. Most of the agents that Major Clark sent into Philadelphia went into the city under the guise of carrying provisions to sell to the British. In one of Clark's reports he complained vociferously about one of his spies, a woman, who was stopped by an American patrol because she apparently ignored the passes Clark gave his agents that they used to identify fellow agents. "The officer in command of the patrol told one of his men to escort her to the colonel of their regiment for questioning. On the

road the man suggested he was ready to let her go into the city with her provisions if she would "permit him to use *certain freedoms* with her (which her modesty and virtue would not admit).'" Major Clark was furious when he learned of this incident and in his report to the Commander-in-Chief wanted to know if Washington thought this was "conduct becoming freemen."

Author Fleming suggests that Major Clark's protest reveals how some Americans saw the Revolution as a kind of spiritual as well as military package, with virtuous individual conduct a part of the overall enterprise.

This little story from America's earliest struggle for independence reminds me that the "unalienable rights" of which our Declaration of Independence speaks are in full accord with the pursuit of virtue. Personal virtue is, in fact, a requirement of the American character if we wish to hold on to our Constitutional Republic.

Article V of the U.S. Constitution was provided for a virtuous people that can only be kept by a virtuous people. Citizens of a constitutional republican have not only a right but a duty to rebuke a govern-

ment that has become complicit in political corruption, mired in tyrannical overreach, and drunk on the elixir of taxation. Article V was written into the Constitution just before its ratification in 1787 to afford the states the right to call for a convention for proposing amendments.

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 submitted,

Joe Fockler

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REGIONAL NEWS BRIEFS

TRISH THIBODO JOINS REGION 10 LEAP

Special to the Mirror

REGIONAL-Trish Thibodo recently joined the Region 10 League for Economic Assistance & Planning as the new community development director. Her experiences in working with the State of Colorado's Department of Local Affairs (DOLA) and Delta County Economic Development (DCED) set the stage for the easy transition to Region 10 and will allow her to support and provide greater capacities in smaller communities. "I truly look forward to having a greater impact on these smaller communities of Region 10; it's my mission to create more vibrancy, more sustainability in economies," Thibodo said in a recent interview.

"We are so fortunate to have someone with Trish's experience and credentials at Region 10," said Region 10 Executive Director Michelle Haynes. "Not only does

she have 'best practices' knowledge from small communities from across the state, she also has the more micro view having served in rural county economic development. Her breadth of knowledge and skill-set is a real asset for Region 10."

Thibodo is thrilled to be working with Haynes. With close to two months on the job, Thibodo has realized some quick wins and has set lofty goals for the remainder of 2019. Thibodo's recent focus has been working with the West End of Montrose and Delta county teams which recently participated in the Strengthening Economies in the West Coal-Reliant Communities Challenge. Eleven teams from Colorado, Montana, New Mexico and Arizona participated with the outcome of developing strategies and action plans to further their diversification efforts. She also participated with the town of Ouray in the

Downtown Community, Inc. Community Challenge addressing strengthening the shared economies on the Million Dollar Highway (Hwy 550). Thibodo is also working on a five-year Regional Economic Development Strategy for Region 10 with a focus on specific steps to take in order to create more vibrant communities, a stronger workforce, and reliable infrastructure.

Thibodo plans on bringing more capacity and training to the Region 10 communities to support their community and economic development work.

"Moving from Delta County Economic Development, to DOLA, and now to Region 10 has really brought me full circle in my ability to further expand my relationships and utilize and promote all of the State's resources to better the communities of Region 10," Thibodo said.

CELEBRATE CITY YARD BEAUTIFICATION: MOW-TOWN SHOWDOWN

Special to the Mirror

MONTROSE-The City of Montrose has launched its inaugural Mow-Town Showdown contest to recognize Montrose city residents and businesses who go above and beyond to help beautify the community. To nominate yourself or a yard that you find admirable, simply provide a photo of the property along with your name, telephone number and address of the nominated property via email to Community Events Coordinator, Alexis Foran at aforan@ci.montrose.co.us. You may also drop off your submission to the Montrose Visitor Center at 107 South Cascade Avenue, attention: Alexis Foran.

The contest will run for five months (May 1 - September 30) and one winner will be

selected for each month. The winner will be announced on the first of each month. The rules include:

- Property must be in Montrose City Limits
 - Property may be residential or commercial
 - Area of property that is nominated must be visible from a public street or sidewalk
- Suggestions for a Winning Entry:
- Lawn
- Grass should be healthy, green, mowed and edged.
 - Grass should be trimmed around foundations and fences
 - Lawn should be free of all debris (garbage, pet feces etc.)
- Landscaping and Flower Beds
- Flowers should be healthy and dead-

headed

- Use of native and low water plants is encouraged
 - All dead plants should be removed
 - Trees and shrubs should be pruned with a neat, natural appearance
- Aesthetics
- Use of color is encouraged
 - Garden art is encouraged
 - Hanging baskets, pots and bird feeders are welcome
 - A welcoming entryway is desired

Winners announced each month will win \$50 in Montrose Bucks and will be featured in the Montrose Daily Press. For more information visit:

www.cityofmontrose.org/709/Mow-Town-Showdown

GETTING IT 'WRITE:' A GREAT SCARY MOVIE BEGINS WITH THE SCRIPT



Jack Switzer, 15.

By Jack Switzer
MONTROSE—Today's article is going to be slightly different than what I usually write about, because recently I've been binge watching a lot of horror movies. And I felt like I could talk

about what makes the difference between a good horror movie, and a bad horror movie—it's the script.

For starters, you have to have interesting characters with interesting stories. A great example of this would be a recent horror movie, based on Author Stephen King's famous novel, and directed by Andy Muschietti, IT. IT takes place in a small rural

town called Derry, in which six children have to defend themselves and their small town from an evil, otherworldly clown who eats children. Each child in the movie has character development, an interesting story, and believable motivation for doing what they do in the movie. Even the clown is interesting enough to become one of my personal favorite characters in the film. The tension in the scary scenes fits with the music, and the scares aren't all completely predictable. It's a good horror movie, and for that it has gained a place in many people's hearts.

However, an example of a BAD horror movie would be the very first Annabelle movie. The Annabelle movie is based off a real-life story that has come from two paranormal detectives known as Ed and Lorraine Warren. The movie, directed by John

R. Leonetti, is decent, and good for a laugh.

However, it is predictable and not at all scary. The story is about a girl who has been possessed by a demonic doll, which is harboring a demon within. The scares are easy to predict, as the music seems to skyrocket four or five seconds before a spooky occurrence takes place.

The ending is lackluster and none of the characters are interesting enough for me to feel sympathy for them when they're being attacked.

At one point, I forgot the main character's name. This movie is known for being not very good, and I'm certainly not the first to criticize it.

Let's face it; a horror movie without a decent script or storyline can send audiences running for cover.

REGIONAL NEWS BRIEFS

TIMBERLINE BANK RECEIVES COLORADO AWARD

Special to the Mirror

MONTROSE—The U.S. Small Business Administration honored Timberline Bank as Colorado's Community Bank Lender of the Year 2018 in a ceremony held May 10, 2019 at Front Range Community College.

This award recognizes a Colorado lender which is dedicated to small business lending in the community it serves. Judging criteria paid note to the number of rural SBA loans made and Timberline Bank impressed the agency with its consistent commitment to the rural population of the area, dedicating 50 percent of its SBA loan portfolio to rural lending. Lenders can provide SBA guaranteed loans for

most business needs but typically turn to SBA for new businesses with less collateral and/or smaller equity generally required for traditional business loans. SBA-backed loans are an indicator of the bank's willingness to lend to small business entrepreneurs.

"Timberline Bank is honored to be named SBA Colorado's Community Rural Lender of the year", says Scott Wittman, President of the Montrose branch. "As employee owners, we understand what it takes to run a small business.

At Timberline Bank we take pride in our ability to adapt to our customer's lending needs and always strive to provide them

with the utmost quality of service they deserve. Being a preferred lender with the SBA provides our customers with a streamlined option for accessing these very important lending options, and being named the SBA Colorado's Community Rural Lender of the year, is a testament to our ability to deliver financial solutions for our customers." Timberline Bank is an independent, community bank that was founded by its employees and Western Slope investors in 2004 and has locations in Grand Junction, Aspen, and Montrose allowing for Western Colorado convenience. A total of 61 team members are employed at the three locations.



REGIONAL NEWS BRIEFS

BLM SOUTHWEST RESOURCE ADVISORY COUNCIL TO MEET IN GRAND JUNCTION

Special to the Mirror

MONTROSE— The Bureau of Land Management's Southwest Resource Advisory Council will meet Thursday, June 13 in Grand Junction at the BLM Grand Junction Field Office, 2815 H Road, Grand Junction, CO 81506.

"The Southwest RAC represents a cross-section of the communities we serve and they provide valuable insight into public lands management," said Southwest District Manager Stephanie Connolly. "We are looking forward to having an excellent

dialogue with them in Grand Junction."

The meeting will take place from 8 a.m. to 3 p.m. and is open to the public, with a public comment period scheduled for 11 a.m. Agenda items include a campground development proposal, overview of the special recreation permit program, consideration of future agenda topics, and district and field manager updates.

The Southwest Colorado RAC meets multiple times a year in southwestern Colorado. It is one of several citizen advisory councils to BLM Colorado. Its 15

members are appointed by the Secretary of the Interior and represent a broad range of public land interests, including environmental, local government, recreation, energy, livestock grazing and commercial activity. The Southwest RAC advises the BLM Colorado Southwest District, which includes the Grand Junction, Uncompahgre, and Tres Rios field offices. For more information about the SW RAC, visit: <https://www.blm.gov/get-involved/resource-advisory-council/near-you/colorado/southwest-rac>.

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REGIONAL NEWS BRIEFS

DELTA HOSPITAL EMPLOYS TELEHEALTH & REMOTE PATIENT MONITORING TO EXTEND CARE TO RURAL PATIENTS

Special to the Mirror

DELTA- Delta County Memorial Hospital (DCMH) has partnered with Health Recovery Solutions (HRS) to launch a Remote Home Monitoring program to increase access to care for rural patients. Delta Montrose Home Health (DMHH) is the first healthcare provider to partner with HRS to provide telehealth and remote patient monitoring services on the western slope.

Delta Hospital's Home Remote Monitoring program will extend care to high-risk, chronic care patient populations such as COPD, CHF, and diabetes as well as post-surgical patients.

Delta aims to utilize HRS telehealth platform and remote patient monitoring software to not only extend care to rural communities but to enable patients to stay in their homes, safely, for as long as possible.

Delta Montrose Home Health Director, Herbert B. Grigat shared his excitement for the program stating, "this is not your traditional telehealth. This system will increase the quality of care for our patients and their families and give them access to our staff 24/7. Delta Montrose Home Health is transforming our model of care delivery and using technology in different ways, new to the whole state of Colorado, to engage and empower patients and family members."

Home Remote Monitoring patients re-

ceive a 4G tablet, pre-loaded with the HRS software, and an array of Bluetooth biometric monitoring devices. The devices connect wirelessly to the tablets and enable patients to easily track their blood pressure, oxygen saturation, heart rate, weight, and more. The HRS software also includes educational videos, daily surveys, and medication reminders to engage patients and educate them on their conditions.

Patient metrics and data are seamlessly uploaded to the Delta Home Health clinician's dashboard to provide continuous monitoring. Case Managers will be available to monitor high-risk patients and provide 24/7 support.

High-risk alerts from patient tablets will trigger an immediate call from Case Managers to determine the severity of patient status and the next steps in treatment.

As part of their commitment to serve as many patients as possible, Delta will utilize the video conferencing platform to reach patients in surrounding rural areas while reducing nurse time, in-person visits, and costs to patients. Additionally, Delta will explore the use of three-way video conferencing to engage referring physicians to take part in the patient and RN virtual appointments.

A critical part of Delta's Home Remote Monitoring program will be communication between DMHH Case Managers and Delta Hospital physicians. Physicians will

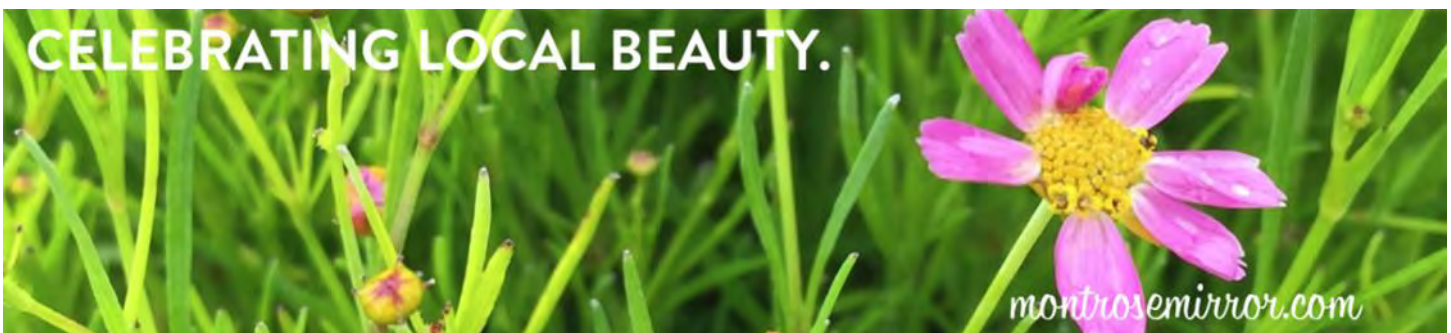
receive 30-day patient summaries including pain level information, patient compliance, and caregiver involvement. Comprehensive patient overviews from Case Managers will provide referring physicians with a comprehensive overview of a patient's status and build upon DCMH's care continuum.

"Remote monitoring offers our community a timely response to impending changes in their health at an affordable cost. Family members and patients will take comfort in knowing that they are being monitored continuously and support is always available," stated DCMH's Chief Clinical Officer, Jody Roeber.

Jarrett Bauer, CEO of HRS, added, "providing continuous, comprehensive care is essential for chronic care patients, and becomes increasingly challenging when patients live in rural areas.

Delta's innovative program will provide patients with the tools they need to be successful in their care plan and improve their quality of life. We are honored to have been selected as Delta's partner as they continue to provide exceptional care to patients across Colorado."

Delta-Montrose Home Health is hosting an Open House on June 14, from 3:30 pm - 5:30 pm for their partners and the community to meet the dedicated home health staff and see the exciting, new technology Delta-Montrose Home Health has implemented.



OPINION/EDITORIAL: LETTERS

PEOPLE WANT CITY TO PUT NEEDS FIRST; THE DEVIL WITH THE NICETIES

Editor:

Why do I consider the City of Montrose' spending plan inverted? (Inverted means upside down)

Quite simply it is because the city spends its tax revenues on million dollar outhouses, amphitheaters, private apartment house renovation, parks and playgrounds, subsidies to bring business to town and an unsupportable public golf course. It is simple! All these "wants" should be funded after "needs".

It should be noted that some of the "needs" and "wants" are funded separately by independent taxing districts such as school districts, fire districts, recreation districts and library district. Our hospital, although entitled to do so, has not taken a tax dollar in twenty years. So absolutely NO funds should ever leave the city's

coffers to go to one of those districts.

Why is it, then, that our "taxing elitists" feel the constant requirement to fund ever more "wants" instead of funding our "needs"? Is it because they are just financially ignorant? Have they forgotten that you pay your rent bill before you buy steak and lobster? Or is it just because they are of the ilk of Alexandria Olexio-Cortez and have absolutely no concept of 'pay for important things first, before the nice to have items'?

NONE of the things I have listed in my second paragraph above are needed. They are all luxuries, the getting of which can be put off forever without harming our town or our kids or our adults one iota. In fact not having all of them will likely foster balancing our budget now and in the future.

Our police force must come first and foremost, not contingent on passing a new tax. We can have that improvement to Montrose with just what was blown on the 'park outhouse'. We can have our roadways fixed by doing without something else. And maybe we should ask the question of "Why are so many recently developed streets requiring so much patching so soon?" Did we not demand adequate construction of the developer?

We the people want the 'needs' of Montrose put first, and the devil with the niceties unless they can be done within the present tax structure and budget. I would suggest that if another tax is needed for the police, that the sales tax on food could be rescinded on the same ballot to keep the taxes even.

Bill Ramsey, Montrose

DEMOCRATIC AGENDA WILL ALMOST CERTAINLY DOOM THIS COUNTRY

Editor:

On June 6, the 75th anniversary of D Day will be observed, and it is certainly appropriate to honor and remember all who made the ultimate sacrifice to protect the liberty and freedom this great country affords each of us through our Constitution. Over our long history, hundreds of thousands of our young people have died to preserve and protect the ideals upon which this country was founded. In light of our current political situation, I have great concerns that all who made that sacrifice may very well have died in vain, if the Democratic party agenda is allowed to flourish.

As we have and continue to see, today's Democratic party on the national level and in many states, including Colorado, has drifted so far off course as to be brazenly espousing socialist and communist ideals. History of Mao, Stalin, Hitler, Mussolini, and the current situation in Venezuela, clearly show that path destroys hard won liberty and freedom.

Increasingly the Democratic party has shown it's propensity to espouse radical political positions that are contrary to the welfare of the American people, and the future of our country. The 22 + announced Democratic candidates along with the party have clearly showed they put the interest of illegals crossing our southern border, that cost billions in tax dollars annually, above those of American citizens and veterans. Support of other issues like increasing taxes, the Green New Deal, guaranteed free everything at taxpayer expense, reparations, rewriting history, and climate change, among many other far left proposals, would bankrupt this country.

The future of the country depends on the electorate deciding the 2020 election based on accomplishment rather than personal dislike for the President. No doubt his rhetoric and style are unlike what we have come to expect from a President, but success is hard to argue against.

In my lifetime, I have seen no President accomplish so much in just two years by putting the interests of the country above all else. The economy is booming, with the highest employment and lowest unemployment in almost 50 years.

Wages and incomes have risen significantly. Manufacturing has made a comeback. Roll back of stifling regulations have spurred business investments. Businesses are expanding and hiring. GDP is pushing 4%. The stock market is at all time high. Energy production has increased to the point that energy is now exported. Great strides have been made on the international level for a more even playing field for the country.

Following the Democratic agenda will almost certainly doom this country by destroying our economy, greatly increase an already staggering debt load, the military's ability to defend the country, gut our Constitution, and our individual liberty and freedom.

Dee Laird, Montrose



COBBLE CREEK WELCOMES PRESENTATION OF MUSIC, PHOTOGRAPHY, INTERPRETIVE MOVEMENT



C.J. Bradford, Ute Indian Museum director, presents her interpretation of a Native American song. Photo by Carole McKelvey.



Above, Michael Lawton, traveler and photographer. Photo by Carole McKelvey.

the scene of a musical/photographic presentation Thursday afternoon featuring the music of the regionally-known Spirit Brothers Native American music group and the stunning photography of Montrose photographer/traveler Michael Lawton. Also featured during the show was a musical interpretation by C.J. Bradford, director of the Ute Indian Museum in Montrose. Bradford did an interpretative movement to a Native American song about a son going out into the world.

Lawton gave a spirited talk about his career as an "international traveler who trades photographs for airline tickets"



Bobby Jimenez and John Randolph, the Spirit Brothers, present Native American music at Cobble Creek Clubhouse. Photo by Carole McKelvey.

while working for *National Geographic Magazine* and others – discussing his "10 near-death experiences" while on assignments to remote locations. The Spirit Brothers, Bobby Jimenez and John Randolph, are known for their Native American flute, guitar, and percussion "joyous, healing music." The event at Cobble Creek was presented by area resident Randy White in cooperation with the Cobble Creek Clubhouse management.

By Carole Ann McKelvey
Montrose – Cobble Creek Clubhouse was

2019 CARNIVAL PHOTOS BY JEN MCCLANAHAN



Photographer Jennifer McClanahan took her camera for a spin at the annual Lions' Club Carnival at the Montrose County Fairgrounds earlier this month...enjoy the ride!



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COMMUNITY NEWS BRIEFS: ARTS & CULTURE

TOUR MONTROSE HISTORICAL MUSEUM WITH DOCENT MAY 21

Special to Art & Sol

MONTROSE-The Montrose County Historical Museum is excited to announce on May 21st starting at 6 pm a special Docent-led tour by the Museum Coordinator, Sally Johnson. Come explore what history lies in the Museum, with the special stories of Montrose past. Limited spaces available please RSVP at 970-249-2085. Admission is \$10/person and \$5 for members.

MHS STUDENTS HOST ADVANCED CERAMICS DISPLAY

Special to Art & Sol

MONTROSE-Don't miss the Advanced Ceramics High school Students Three-Dimensional Spring Art Show, @ Healthy Rhythm Art Gallery, 68 S Grand Ave Montrose, Co from May 16-27: The students of Montrose High School's Advanced Ceramics class will have their artwork on display to the public at the Healthy Rhythm Art Gallery right next to Cimarron Coffee Roasters. This is a great chance for the community to see the work of local up and coming artists. Gallery Hours: Monday 8 a.m. to 6 p.m., Tuesday- Friday 8am to 7pm., Saturdays 8am to 3pm.

IGNITE MONTROSE JUNE 4 @ CANYON CREEK

Special to Art & Sol

MONTROSE-Ignite Montrose is happening at Canyon Creek Bed & Breakfast-backyard patio (830 east Main, Montrose) Tuesday, June 4 at 7:30 pm. Ignite is an event where community members share their ideas, passions, hobbies or adventures, but- it has to be quick-five minutes and 20 slides! Stop in for an entertaining evening of fast-paced presentations that enlighten the audience. You won't be bored - visit Ignite Montrose on Facebook to find out more.



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- Community Dining and Homebound Meal Delivery



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*Contact one of our care navigators to explore all community services
and resources or for a benefits checkup.*

REGIONAL NEWS BRIEFS

WOMEN-ONLY OUTDOOR SKILLS WEEKEND PLANNED

Special to Art & Sol

MONTROSE— Women who want to gain valuable outdoor skills, learn about wildlife and receive an introduction to hunting and fishing are invited to attend a "Cast and Blast" weekend workshop, June 21-23, sponsored by Colorado Parks and Wildlife.

The event, to be held at a state wildlife area south of Norwood, is limited to 15-20 women, 18 years and older; those interested must submit an application. The registration deadline is June 5.

At the event, women will learn the basics of fly fishing, shotgun shooting, archery, wildlife watching and camping. Participants will also learn about the basics of wildlife management.

Colorado Parks and Wildlife will supply all sporting equipment — shotguns, ammunition, bows and arrows, and fly rods and tackle. Those who have a 20-gauge shotgun, fishing or archery gear can bring their own.

"This program is designed for women

and provides a very supportive atmosphere for those who want to learn about fishing, hunting and wildlife," said Kelly Crane, district wildlife manager in Ouray. "We especially invite women who have little or no experience to join us."

Participants must have a current Colorado fishing license.

The event will be held at the Jim Olterman/Lone Cone State Wildlife Area, located about 25 miles south of Norwood. Participants will need to bring their own camping gear; they can camp in their own tents or sleep in a cabin. All food will be provided.

Those with dietary restrictions, however, should bring their own supplies. A \$40 deposit will be required from those chosen to participate; the money will be returned to participants the first day of the event. Anyone with questions should contact Crane by email



Women are invited to attend a "Cast and Blast" weekend workshop, June 21-23, sponsored by Colorado Parks and Wildlife. Courtesy photo.

at: Kelly.crane@state.co.us. To obtain an application for the workshop, please contact Darlene Trainor at 970-252-6000, or via email at darlene.trainor@state.co.us

RIDGWAY CALL FOR PUBLIC ART PROPOSALS

Special to Art & Sol

RIDGWAY Proposals will be accepted by the Town of Ridgway, Colorado until Monday, May 20, 2019 at 4 p.m., at Ridgway Town Hall, 201 North Railroad, Ridgway CO 81432, for the design, construction, delivery, and installation of outdoor public art (2-D, 3-D, or mixed media).

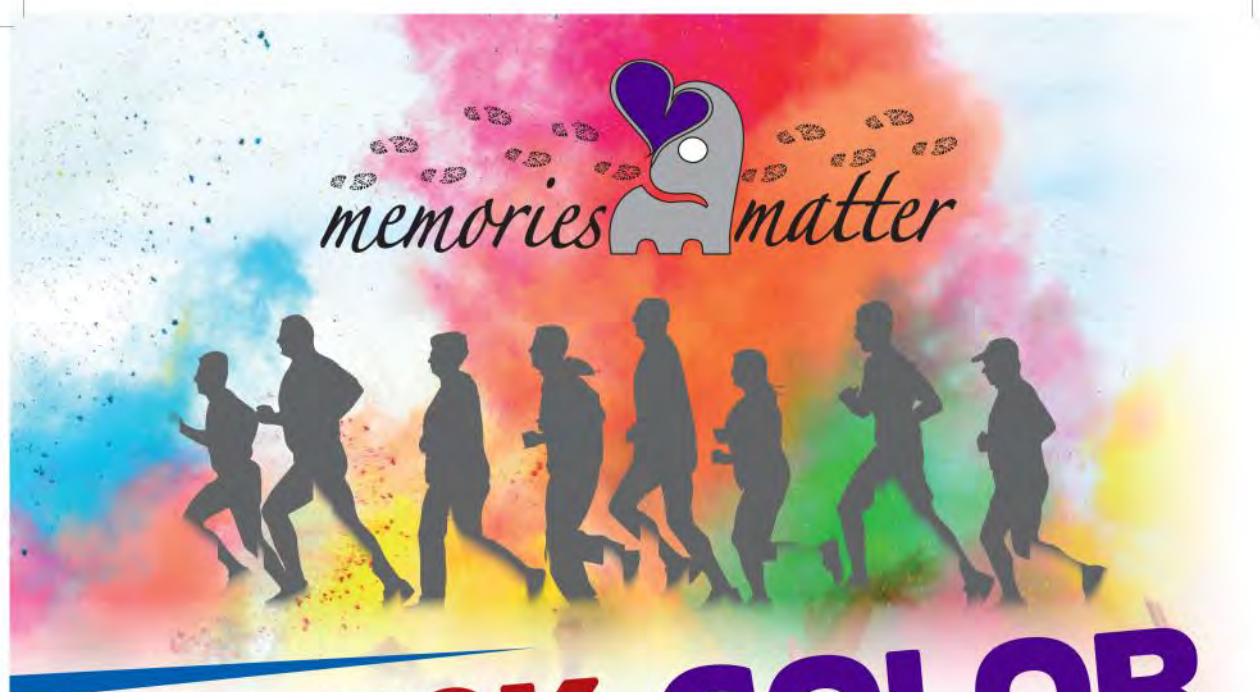
Proposals shall detail the work and process required to design, construct, and install the art, initially to be located on the Space to Create site in the 600 block of Clinton Street, and later to be incorporated into, on, or in the environs of the Ridgway Space to Create facility. The artist will complete the initial installation on the lot this summer, in conjunction with Town staff, and plan for the later disassembly and re-installation.

At the above stated time and place, proposals will be opened and tabulated but will be fully reviewed and acted upon by the Town at a later date. Proposals received after closing time and date will be returned unopened.

Proposals must be received in a sealed envelope clearly marked with the artist's name and address and labeled S2C Public Art Proposal. The Town of Ridgway reserves the right to reject any or all proposals, to reject any finalist, to waive informalities in proposals, to disregard all non-conforming, non-responsive, or conditional proposals, or to terminate the selection process for any project without prior notice. The Town of Ridgway reserves the right to terminate the project at any time.

Complete information is available online for this Call to Artists for Public Art, including project background, plans, dimensions, requirements, and Contract Documents, at www.town.ridgway.co.us or from Ridgway Town Hall at 201 North Railroad, Ridgway CO 81432, or via email request or telephone to Karen Christian: kchristian@town.ridgway.co.us or (970) 626-5308 ext. 213.

Artists are responsible for any site inspection and for reading and being thoroughly familiar with the requirements and specifications in the Call to Artists for Public Art and the Contract Documents. Failure or omission of any Artist to do any of the foregoing shall in no way relieve any Artist from any obligation in respect to its proposal.



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

SATURDAY, JUNE 29
Valley Manor Care Center
1401 S Cascade Ave, Montrose

Registration
Starts 7:00am

Races start
8:00am

REGISTRATION AVAILABLE AT VALLEY MANOR CARE CENTER

Pancakes and Live Entertainment 9:30 - 12pm

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Contact Debra Hayre dhayre@voa.org or
Brandi Garcia bgarcia@voa.org with any questions.
Phone: 970-249-9634

COMMUNITY NEWS BRIEFS

MIKE SIMPSON: AN ARTIST'S LIFE ON DISPLAY IN OURAY



Special to Art & Sol

OURAY-"An Artist's Life" an exhibit of paintings by Montrose artist Mike Simpson, will be on display at the Wright Opera House in Ouray from June 1-July 26.

Mike lives the west and uses oils and watercolor to express this life. "With my painting kit, I travel the backroads and by-ways of America, often on my motorcycle, seeking out the character of my subjects and capturing that using the effect of light, shadow, shape and value."

An opening reception for "An Artist's Life" will be held at the Wright Opera House, 472 Main St, in Ouray, on Saturday, June 1, from 4-6 pm. Everyone is welcome, admission is free and refreshments will be served.

At left, Mike Simpson, courtesy photo.

RIDGWAY FARMERS MARKET OPENS FOR 2019 SEASON MAY 24



Ridgway Farm Market, courtesy photo.

Special to Art & Sol

RIDGWAY-Ridgway Farmers Market is set to open for the 2019 season on Friday, May 24 at 10am-3pm in Ridgway's Hartwell Park. This marks the kickoff to the 19th season of the market, and it only continues to improve! Each Friday thru Oct. 11 the market will have the best of the season's offerings.

Situated in the heart of Ridgway's beauti-

ful Hartwell Park, the market is a lovely place to explore. Under the old cottonwood provides a beautiful spot with the backdrop of the mountains, it's an ideal shopping experience. Come and enjoy free music, product samplings and a chance to connect with the local community. The market welcomes our loyal local shoppers as well as those on a visit to the area.

The market brings a wide variety of local

producers together to create an excellent opportunity take full advantage of all that our region has to offer. The vendors that gather provide many opportunities to find local produce, sustainable meats, eggs, and cheeses, and wide variety of baked goods. The food offerings also reach into specialty seasonings, homemade jams, and many more artisan products.

The offerings extend well past the palette as well, and include natural bodycare, pet products and handmade arts and crafts. Examples include goats milk soaps, hand-crafted jewelry, metalwork and much more!

Other vendors provide educational information, specialty prepared foods, fresh flowers and useful services.

All products at the market are created by the artisans themselves, with no production type products allowed. Shoppers can trust they are getting quality products that are often locally sourced.

The market is proud to support the best the Western Slope has to offer! We hope you'll grab your reusable bags and come shop with us!

MIRROR IMAGES...MONTROSE HIGH SCHOOL GRADUATING CLASS OF 2019



Montrose High School Seniors, friends and loved ones gathered at the Montrose County Fairgrounds Event Center on Sunday, May 19 to celebrate the graduating class of 2019. Top left, MHS Principal James Barnhill spoke, with RE-1J board of Education members and local dignitaries in attendance.



Up Bear Creek by Art Goodtimes

Printing, Poetry, Mushrooms, Magazines

SHELLY MILLER... It's been many years since I went to Scott's Printing to get some work done in the ink-on-paper scene, but what a lovely experience it was to walk into Scott's and put my project-to-be-printed on Shelly's desk. I had first tried to get the chapbook printed in my own county, but there wasn't the capacity. And I like Office Depot for some quick printing, where rough-hewn flyers and posters can be mass-produced cheaply and quality isn't a large concern ... But I was interested in getting a small book of poetry done in time for Telluride Mountainfilm. I wanted end papers, precise printing, TLC on the presses. And I'd walked in the door with source materials that were problematic — a couple of pages reversed. Enough to disrupt any clear idea of what we were trying to do ... Shelly took the flaws in hand, made sense of things, reworked a draft copy, and took the printing under her wing. A week later, out comes the chapbook looking like what we'd best hoped for ... Miracle? Not really. More Shelly's sense of organization, and how to turn vision into reality ... I had gotten out of the habit of going to Scott's in Montrose for my fine printing needs. But as long as Shelly's at a front desk, I'm there.

MARGUERITE MCCORMICK ... I got to do a reading at Lithic Press in Fruita last week with my buddy Rafael Jesús González and out of the blue, my old friend Alice Dussart, walked in with a woman I hadn't seen in a half dozen years. She and her late husband Bill had been the sparkplugs behind the Green Party chapter in Grand Junction, hosting events, gathering people for discussions and actions. As the minor party's only elected official in the state, I came to some of those events. Bill had passed on, and Marguerite had seen the announcement about the poetry reading, and convinced April to drive her, since she was approaching 90 ... It was the kind of 90 I want to be if I get to live that long — alert, interested, communicative on multiple levels. She listened intently. Bought a

couple books. Told me a lovely story about my late wife Mary Friedberg. Seems we'd gone somewhere — me, Margaritte and a daughter of hers — both families having children in the mix. Seems there was a high spot drop off with a nasty fall below in the vicinity of where we were that Margaritte's daughter was terribly worried about. But she remembers that Mary was calm, if aware of the danger to the kids. All Mary said was, "Children you know how sad I would be if anything were to happen to you." And that was enough. Her kids (our kids) took care not to let an accident happen. And Margaritte's daughter never forgot that calm presence of mind ... And it was a beautiful story of Mary, coming years after her death. It brought a deep smile to my heart.

PAUL STAMETS ... Lightning In A Bottle is a big music festival event held this year near Bakersfield in Kern County, California. It drew thousands. My daughter went with her boyfriend and loved it so much, we're already planning to make a family gathering of it next year ... Paul was a featured speaker. Talking about how mushrooms can save the bees. And magic mushrooms can save us all ... It's amazing and gratifying to see Paul's star rise so high. For the first 25 years, he was a regular and important part of the Telluride Mushroom Festival. He researched mushrooms, especially *Psilocybe spp.*, and realized they had an oversize role to play in our future as humans. Every year he'd come with some new story of the wonderful things fungi could do — in the multiplicity of guises that they manifest in ... Now he's achieved a kind of national celebrity status deserving of his breakthrough social insights. And thanks to the recent vote in Denver, his expertise with *Psilocybe spp.* mushrooms will be in even more demand. And rightly so. His is a powerful message spreading its entheogenic spores throughout the society at large.

STU KREBS ... Montrose's home-grown

environmental activist and peace-maker moderate worked with me for many years on the Delta/Montrose-based Public Lands Partnership to find middle-

ground in some of the many contentious management issues for the Forest Service and BLM in our region. Unlike this Norwood boy who bowed out after 20 years in the trenches as an elected official, Stu has stayed involved, and active, even into his retirement years. He's the very model of a committed and community-minded citizen, and if there's a local award to that effect, he's more than deserving, in my humble opinion ... Like me, he's an avid reader of the quirky little monthly that Ed & Martha Quillen created a few years back in Salida, *Colorado Central*. Ed has been long gone, but Mike Rosso took over the publisher/editor/janitor duties at the independent periodical and has kept it alive and kicking ever since. While the Chaffee County headwaters scan of the journal is only of passing interest to us out-of-the-watershed readers, it's Rosso's stable of accomplished columnists that keep me in thrall ... Finally, I had to write a letter in annoyance to Rosso, complaining how hard he's made it for folks like me to end our subscription given the extraordinary quality of the regional writing he fostered ... And darn if Stu didn't follow in my footsteps, lauding some of the same qualities that kept him a subscriber. In his letter to the editor, Stu called me a one-time



Rafael Jesús González with irises on the street in Grand Junction (photo by Art Goodtimes).

Up Bear Creek by Art Goodtimes, continued

“partner in crime,” but I think our only crime was caring enough about our respective communities, and even for communities with essential organs of information beyond our watersheds – the kind of “crime” I think we need more of.

WEEKLY QUOTA ... “If the Eiffel Tower were now representing the world’s age, the skin of paint on the pinnacle-knob at its summit would represent man’s share of that age; and anybody would perceive that that skin was what the tower was built for.” –Mark Twain

THE TALKING GOURD

Morning Glories

In my mouth
Morning glory flowers
Full of raindrops
Until a nearby canyon wren
Brings me to my senses!

-Carl Marcus
Telluride

COMMUNITY NEWS BRIEFS

DARK SKY STAR PARTY PLANNED @ RIDGWAY STATE PARK MAY 25

Special to Art & Sol

RIDGWAY-You are invited to join us at Ridgway State Park May 25, 8PM at the Visitors Center for a dark-sky themed Star Party—Se the stars, Milk Way and planets through professional telescopes!

The Star Party is co-hosted in partnership with the Black Canyon Astronomical Society and and Ridgway State Park. For more information contact Val Szwarc, Co-Chair of the Ridgway Dark Sky Committee, at Vszwarc@aol.com



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HEALTHY EATING FOR WOMEN



WRITTEN BY JILLEISA JEZAK, RDN, CDE

For women, tackling a variety of daily challenges is a way of life! As empowering as this can be, often times the constant balancing act of hectic work schedules, family time, and other demanding day to day activities can leave us feeling burnt out and exhausted. Eating a balanced diet may help to keep energy levels high, support our immune systems, and maintain a healthy weight to keep us going strong! Eating healthy also helps in significantly reducing risk of heart disease and diabetes. Getting on track with healthy eating may feel like an impossible task, *but it can be done!*

Women should enjoy a variety of healthful foods from all food groups. This includes whole grains, fruits, vegetables, healthy fats, low-fat or fat-free dairy, and lean protein. Use the five following tips:

1. FOR STARTERS, WORK TO FOCUS ON ENJOYING MORE FRUITS AND VEGETABLES. THIS INCLUDES FRESH, FROZEN, AND CANNED! ADDING EXTRA FROZEN OR CANNED VEGETABLES TO HOMEMADE MEALS SUCH AS SOUPS, CASSEROLES, AND SIDE DISHES IS AN EASY WAY TO INCREASE YOUR DAILY INTAKE!

2. MAKE EASY, HEALTHY SNACKS FOR THE WEEK AHEAD OF TIME AND DITCH THE JUNK FOOD. CHOOSE SNACKS THAT OFFER PROTEIN AND FIBER, SUCH AS AN APPLE WITH PEANUT BUTTER, CHEESE WITH WHOLE -GRAIN CRACKERS, OR BROCCOLI WITH HUMMUS.

3. PLAN AND PREP A COUPLE MEALS AHEAD OF TIME. ON A WEEKEND OR DAY OFF, CHOOSE ONE OR TWO RECIPES AND PREPARE THEM FOR THOSE NIGHTS WHEN YOU COME HOME EXHAUSTED AND UNMOTIVATED TO COOK A HEALTHY MEAL.

4. TAKE ADVANTAGE OF ONE -POT MEALS AND CROCKPOTS! THESE REQUIRE LITTLE EFFORT, AND THE CLEAN -UP IS EASY.

5. USE YOUR FREEZER! MAKE LARGER BATCHES OF YOUR FAVORITE MEALS AND STORE THEM IN YOUR FREEZER AS A BACK-UP PLAN DURING THE HECTIC WORK WEEK. REHEATING MEALS THAT ARE ALREADY PRE -PARED SAVES YOU THE TIME IT TAKES TO SHOP, PREPARE, COOK, AND CLEAN.

JILLEISA JEZAK, RDN, CDE



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AS YOU BEGIN TO FOCUS ON PREPARING HEALTHY MEALS AND INCREASING FRUITS AND VEGETABLES, KEEP IN MIND THAT THERE ARE CERTAIN FOODS AND BEVERAGES TO AVOID AS WELL.

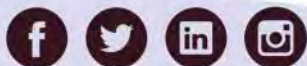
Foods and drinks that contain large amounts of added sugar, such as sweetened sodas, energy drinks, teas, and desserts like candy, cookies, and pastries can pack on large amounts of calories and lead to weight gain. Limiting alcohol intake to one drink per day, if you choose to drink, and are of legal age, is also recommended. One drink is equal to 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of liquor. Opt for low-fat or fat-free dairy products and lean proteins instead of their full-fat counterparts, which may be high in saturated fats. Cook with heart healthy fats, such as olive oil, instead of butter. Incorporate more plant-based protein foods, such as beans, lentils, nuts, and seeds into your diet.

When it comes to healthy eating, keep in mind that making manageable goals can be the key to success! As women, it can be easy at first to take on multiple challenges at once, but overtime, this may leave us feeling stressed and overwhelmed. Choose to work on one aspect of healthy eating at a time, such as incorporating more fruits and vegetables into your day. Remember, making just one positive lasting change can help to improve your nutrition and overall health!

CHALLENGE YOURSELF TO BUILD A HEALTHY PLATE DURING NATIONAL WOMEN'S HEALTH MONTH! ADDING FRUITS AND VEGETABLES IS A GREAT WAY TO ADD COLOR, FLAVOR, AND TEXTURE, AS WELL AS VITAMINS, MINERALS, AND FIBER!



PAGE 2



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COMMUNITY NEWS BRIEFS

RIDGWAY RAILROAD MUSEUM HOSTS WORK WEEK JUNE 3 - 7

Special to Art & Sol

RIDGWAY-Ridgway Railroad Museum's annual Railroad Restoration Week will be held June 3- 7 this year. Local railroad history enthusiasts will join with railfans from around the nation to work on the museum's collection of railcars, track and buildings. "We always need help with our preservation mission," said museum president Karl Schaeffer, "and anyone wishing to join us during this work week will be welcome. You can help all week, or for part of a day. We'll be continuing our restoration of RGS passenger coach 252, as well as painting on several other cars and other important restoration projects. The more helpers we have, the more we can accomplish. In past years we have completed a phenomenal amount of work in these one-week sessions – for example, one year we completely replaced all of the exterior wood on the caboose, put on a new roof, and painted it, all in one week. The museum provides lunch each day and most of the tools, so all the workers need to bring is enthusiasm. We'll even have a field trip on Friday"

Although walk-ins are welcome, anyone planning to help should contact Schaeffer at 626-4373 for planning purposes.

NATALIE SPENCER NAMED TO DEAN'S LIST AT BOB JONES UNIVERSITY



Bob Jones University. Courtesy photo.

Special to Art & Sol

GREENVILLE, SC-Natalie Spencer, a Freshman Early Childhood Education major from Montrose, was among more than

800 Bob Jones University students named to the Spring 2019 Dean's List.

The Dean's List recognizes students who earn a 3.00-3.74 grade point average dur-

ing the semester.

Located in Greenville, South Carolina, [Bob Jones University](#) provides an outstanding regionally accredited Christian liberal arts education purposely designed to inspire a lifelong pursuit of learning, loving and leading.

BJU offers over 100 undergraduate and graduate programs in religion, education, fine arts and communication, arts and science, health sciences, and business.

BJU has nearly 3,000 students from nearly every state and more than 40 countries. We are committed to the truth of Scripture and to pursuing excellence in all we do.

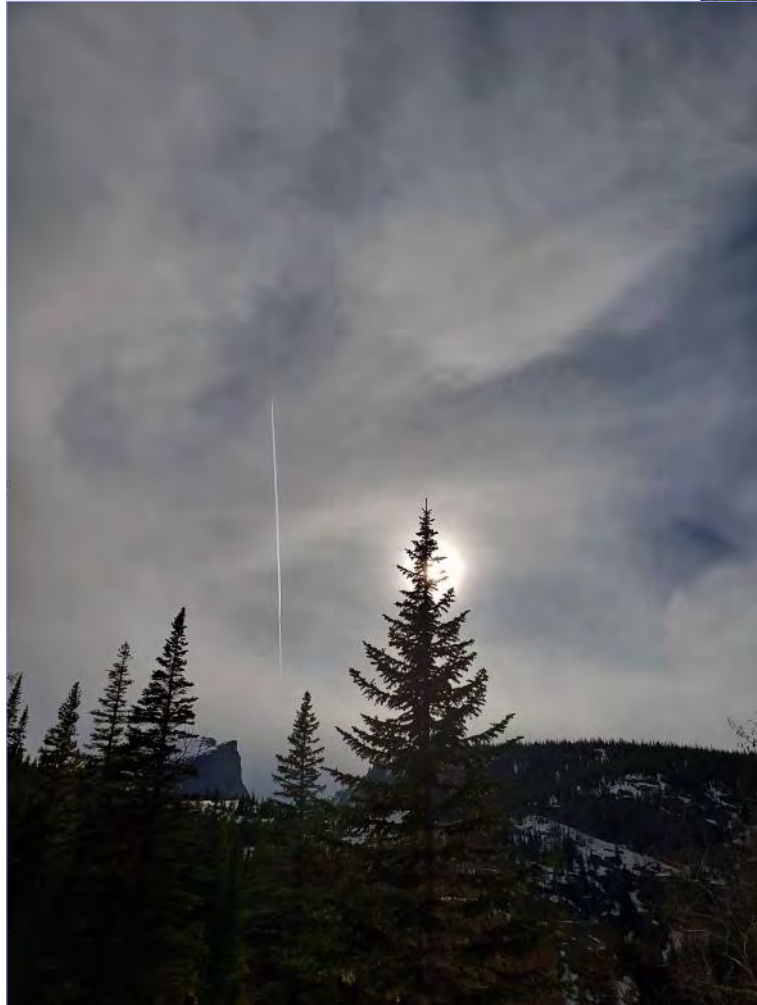
CELEBRATING LOCAL BEAUTY.



READER PHOTO SPOTLIGHT: DEB REIMANN



Photographer Deb Reimann shares photos from her visit this week to Rocky Mountain National Park, above. At right, Longs Peak; below right, Alluvium; Below left, Bear Lake.



A photograph of a white dog, possibly a Bull Terrier, sitting on a sandy beach. The dog is leaning forward, with its head buried in the sand, as if digging. Its long, curved tail is raised high into the air. The background shows the ocean with small waves and a clear blue sky.

**Always digging for
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COMMUNITY NEWS BRIEFS

POPULAR ACOUSTIC GUITARIST TRACE BUNDY RETURNS TO OURAY



Trace Bundy will perform at the Wright Opera House in Ouray on Saturday, May 25. Courtesy photo.

Special to Art & Sol

OURAY—"Acoustic Ninja" Trace Bundy, presented by the Ouray County Performing Arts Guild and the Zanett Foundation, will once again be featured on the stage of the Wright Opera House in Ouray on Saturday, May 25, 7:30 p.m. Bundy is an internationally-acclaimed guitar virtuoso, and his performance is one to absolutely witness in person, not just hear. His music is poetry

in motion, featuring harmonics, looping, multiple capos, all on one guitar! His exceptional banter and stage presence deliver an unforgettable live concert experience.

Listening to his intricate arrangements is one thing, but seeing him live confounds even the most accomplished music lovers as to how one person can do all that with just two hands and ten fingers.

Bundy has traveled the world showcasing his amazing talent and has sold more than 130,000 albums on his record label. Over his many years of touring, Bundy has shared the stage with Brandi Carlile, Olivia Newton-John, Neko Case, Judy Collins, Nitty Gritty Dirt Band, Phil Keaggy, David Wilcox, David Knopfler (Dire Straits), Bill Nershi (String Cheese), Laurence Juber (Paul McCartney & Wings), Chris Hillman (the Byrds), and Stanley Jordan, among others.

"It was easy to see why Bundy plays bigger venues on each tour. In his hands, the acoustic guitar is an imagination station, and there was no telling where he is going take the audience at any given turn. Thrilling stuff." Jimmy Leslie, *Guitar Player Magazine*.

Advance tickets are \$25, \$28 at the door and \$5 for students (18 years and under).

A cash bar will be available. More information and tickets may be found at www.ocpag.org.

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



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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-

May 16-27-Advanced Ceramics Highschool Students Three-Dimensional Spring Art Show, @ Healthy Rhythm Art Gallery 68 S Grand Ave Montrose, Co from May 16-27: The students of Montrose High School's Advanced Ceramics class will have their artwork on display to the public at the Healthy Rhythm Art Gallery right next to Cimarron Coffee Roasters. This is a great chance for the community to see the work of local up and coming artists.

Gallery Hours: Monday 8 a.m. to 6 p.m., Tuesday- Friday 8am to 7pm., Saturdays 8am to 3pm, Contact information: cell (970-252-1698), Email: keaton.loyd@mhslead.org

May 20—DMEA Candidate Forum at the DMEA Montrose Office (11925 6300 Rd., Montrose), 5:30 – 7:30PM.

May 21-Montrose County Historical Museum is excited to announce on May 21st starting at 6 pm a special Docent-led tour by the Museum Coordinator, Sally Johnson. Come explore what history lies in the Museum, with the special stories of Montrose past. Limited spaces available please RSVP at 970-249-2085. Admission is \$10/person and \$5 for members.

May 21—DMEA Candidate Forum at Blue Sage Center for the Arts (228 Grand Ave., Paonia), 5:30 – 7:30PM.

May 21--Stray Grass will play its blend of bluegrass, Americana and rock 'n' roll at Two Rivers Winery and Chateau. Bring lawn chairs and a picnic for an evening of music and relaxation in the shade of the Colorado National Monument. Wine is available by the glass or bottle. Gates open at 6 pm. Tickets are \$15, at the Chateau, the Western Colorado Center for the Arts (The Art Center, 1803 N 7th St, GJ), or the gate.

May 25-7:30 p.m. – Trace Bundy "Acoustic Ninja" guitar, Wright Opera House, 472 Main Street, Ouray. Advance tickets \$25, \$28 at the door and \$5 students (18 and under) at www.ocpag.org.

May 27-The Disabled American Veterans (DAV) Montrose Chapter will host a Memorial Day Ceremony on May 27 at 9 a.m. at Cedar Creek Cemetery. The Veterans of Foreign Wars (VFW) will host a Memorial Day ceremony on May 27 at 11 a.m. at Sunset Mesa Cemetery.

June 1-The Delta County Rock, Gem and Mineral Show will be held on June 1, 2019 from 9 a.m. to 5 p.m. at the Heddles Recreation Center, 531 N. Palmer St., Delta, Colorado. Admission is free to the public, and children and adults of all ages are welcome.

JUNE 3-7: RIDGWAY RAILROAD MUSEUM WORK WEEK: 8:30 am – 5 pm each day. Help with restoration projects including passenger coach 252. Painting, carpentry, lots of possibilities. Lunches provided, field trip on Friday. Meet at the new railyard on Railroad Street across from the fire station. 970-318-0322 for information.

June 4-Ignite Montrose is happening at Canyon Creek Bed & Breakfast- backyard patio (830 east Main, Montrose) Tuesday, June 4 at 7:30 pm. Ignite is an event where community members share their ideas, passions, hobbies or adventures, but- it has to be quick– five minutes and 20 slides! Stop in for an entertaining evening of fast- paced presentations that enlighten the audience. You won't be bored – visit Ignite Montrose on Facebook to find out more.

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 10-Join the non-partisan Citizens Climate Lobby and make a difference—the next meeting is at the Montrose Library on June 10, at 6:30 p.m. citizensclimatelobby.org.

June 13-The Bureau of Land Management's Southwest Resource Advisory Council will meet Thursday, June 13 in Grand Junction at the BLM Grand Junction Field Office, 2815 H Road, Grand Junction, CO 81506. The meeting will take place from 8 a.m. to 3 p.m. and is open to the public, with a public comment period scheduled for 11 a.m. Agenda items include a campground development proposal, overview of the special recreation permit program, consideration of future agenda topics, and district and field manager updates.

Contact the Montrose Mirror:
970-275-0646

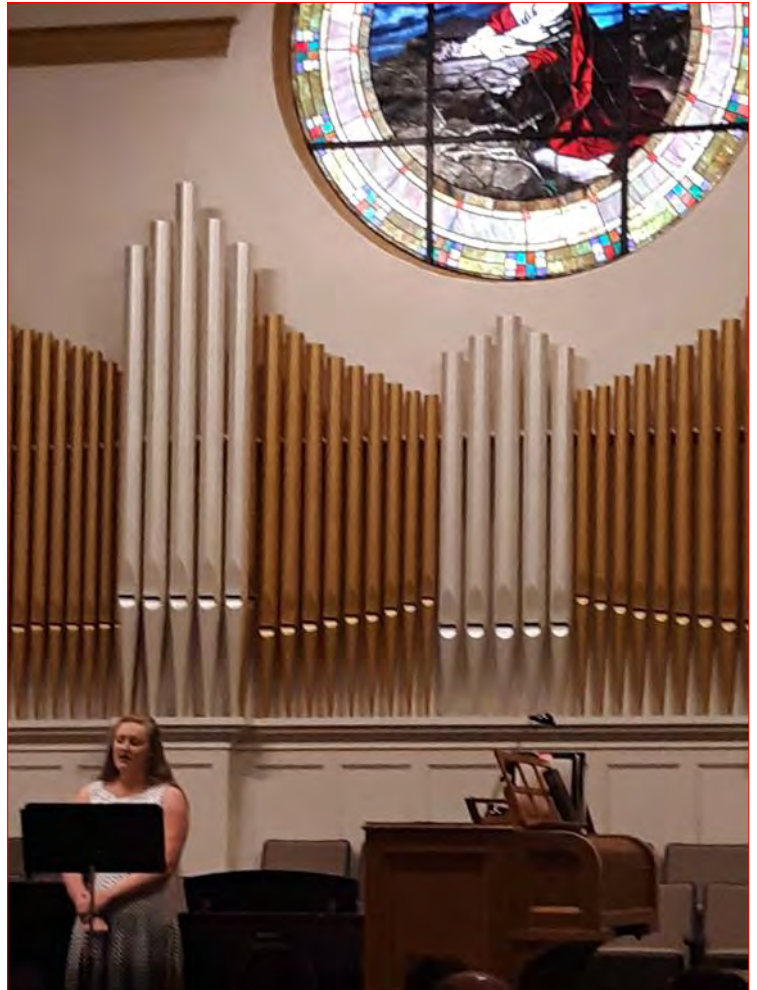
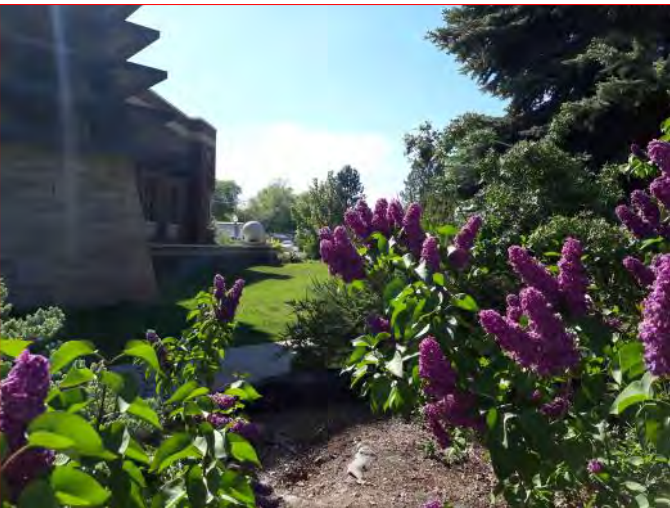
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MIRROR IMAGES...OUT & ABOUT!



*Above, the grill was on at the Carnecería Sonora Sunday;
Below, lilacs in bloom at the Montrose Library.*



Students of piano and voice teacher Maggie Kleeves performed a recital on Thursday, May 16 at the Methodist Church. Above, Kalli Chapman sang, "Someone to watch over me."

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