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FRESH NEWS FOR BUSY PEOPLE...WEEKLY ON MONDAYS!

MONTROSEM I R R O R

© Issue No. 245, Nov. 6 2017

RETIRED USMC VETERAN MAJOR BILL BENNETT TO DELIVER KEYNOTE SPEECH FOR CENTENNIAL MIDDLE SCHOOL VETERANS' DAY ASSEMBLY

By Caitlin Switzer

MONTROSE- For 21 years, Centennial Middle School has been honoring Veterans' Day with a well-attended annual assembly, and the tradition continues in 2017.

On Thursday, Nov. 9, Centennial welcomes the entire community to the 22nd annual Veterans Day Assembly, beginning at 9 a.m. As always, there will be a presentation of the colors, followed by veteran recognition. This year's speaker is United States Marine Corps (USMC) retiree Major Bill Bennett. Born in Newark, New Jersey, Bennett recalls his own school years in Newark, Brookside and Dover, "All were 50 student classes with one teacher and quiet!"

As an adult, Bennett accumulated 50 months as a Commanding Officer in the United States Marine Corps, serving as a commissioned officer, 2nd Lt to Major, from 1963 to 1983. He was an artillery officer with additional qualifications in Nuclear, Biological & Chemical warfare, and Logistics; he served with 3rd Bn, 11th Marines in Vietnam; spent two years in Schools Demonstration Troops, Quantico; two years on a Navy small staff, advanced

Continued on pg 9



Retired USMC Major Bill Bennett as a young officer. Courtesy photo.

HOMES FOR OUR TROOPS LOOKS AHEAD TO MONTROSE BUILD



<u>Homes for Our Troops</u>, founded in 2005 to build and donate specially adapted custom homes like that pictured above to severely injured post-911 veterans, will soon build in Montrose. Courtesy photo.

By Caitlin Switzer

MONTROSE-After fighting for our country, a seriously wounded U.S. veteran should not be faced with overwhelming challenges at home each day. Narrow steps and inaccessible restrooms are among the many things that can contribute to an unsafe home environment for a veteran living with a disability. To help severely injured veterans rebuild their lives, a national non-profit organization steps in to help build custom homes for them

Homes for Our Troops was founded in 2005, to build and donate specially adapted custom homes to severely injured post-911 veterans. "We have built 247 homes," said Hank Galbreath of Homes for Our Troops. "And we have 96 in the queue." Because the organization is privately funded, all applicants are vetted with background and financial checks, and 95 percent of funds raised go directly toward the mission.

The houses are 2,700 square feet, Galbreath said, can have three or four bedrooms, and can include

Continued on pg 7

n this <u>Gall Marvel's</u> Houses of Worship!

Art Goodtimes
Up Bear Creek!

Rob Brethouwer on Classical Music!

Carole McKelvey's Rocky Mountain Cravings! Local stories, Local photos!

HOUSES OF WORSHIP: HARVEST COMMUNITY CHURCH (OLATHE)



By Gail Marvel

Jesus said, "For where two or three come together in my name, there am I with them" (Matt 18:20 NIV).

MONTROSE-I took my seat at Harvest Community Church (Olathe) and immediately Glenda engaged me in conversation. I learned she is a widow, lives in Montrose, for 27 years she did not have a relationship with the Lord, and she has attended Harvest Community for six months.

She is filled with joy and happy to be back in the fold; so much so that she broke out in song with a jingle that impacted her life. As worship was about to start Glenda assumed her duties in the sound booth...but not before she gave me an abbreviated promotional run down on church activities, *Bible* studies and ways to connect with the fellowship.

About 60 people, a third of whom were children, were present for the Oct. 1 service. In the absence of the regular worship leader, fellow believers from Grace Community stepped up to fill in. Drums and guitars accompanied the three-member

praise team and song selections included, "Holy is the Lord," "From the Inside Out," "Christ Alone" and "Great is Our God." Following congregational singing the children were dismissed for their class.

The congregation, which is under the umbrella of the Southern Baptist Church in Cederedge,

is moving toward constituting as a church. Prior to the sermon the congregation was given an opportunity to get acquainted with a prospective elder candidate. In introduction Pastor Jeff Bachman said, "Don Powell is a candidate and he is not a speaker."

Powell, with his wife as co-speaker, gave his testimony and background. The son of a preacher, Powell grew up in southern Texas. "Dad always said it was God, church and family...in that order."

With a catch in his throat Don continued, "When dad was 83 he apologized. He said it should be God, family and church."

Powell's first marriage ended in divorce When his wife walked out on him and their two young sons. Powell's current wife of 40 years could relate because she and her 41 Sunday Worship 10:3

sibling were abandoned by their mother, "A stable family didn't exist in my life growing up. I wanted an intact family."

The foundation for Pastor Bachman's new series Living for God with Your Whole Heart is found in Ezekiel 36:26, "I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh" (NIV). Bachman said, "We have to have a change of our own hearts. Has anyone here had a heart transplant or a bypass? People who have had one will say they feel like a new person. Until you beef up or rebuild a car engine you don't realize how much energy you're missing. Without a change of heart, we can't love God...We will not be able to love him the way he intended."

Making his message personal Bachman said, "What are things in your life that God may want to remove so you can love him? It wasn't hard [for me] to give up drinking, but I hung out with people who drank and I kept falling back.

"I had to get away from friends and cut them off. You may think that is harsh, but they are still my friends. I had to change things in my life so I could change my heart."

"Often when we look at people we see their sin, we don't focus on them. Focus on who God is and then we learn to forgive as God forgives us. When you were saved you asked Jesus into your heart, but have you asked him to give you a new heart?"

Contact Information: Harvest Community Church 113 Highway 50 Business Loop Olathe, CO 81425 Pastor Jeff Bachman 970-497-0832 Sunday Worship 10:30 a.m.



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REGIONAL NEWS BRIEFS

6075 ROAD TO BE CLOSED NORTH OF DAVID ROAD NOV. 6

Special to the Mirror

MONTROSE-6075 Road Closure-Montrose County Road & Bridge Department will be closing 6075 Road north of David Road on Nov. 6, 2017 for a culvert installation. Motorists are advised to use an alternate route (local traffic only). Emergency vehicles may use field entrance to the east of 6075 Road.

For more information, please call Montrose County Road and Bridge Department at 970-249-5424.



NEW OWNERS @ RNR SPORTSBAR: LUNCH SPECIALS 5 DAYS A WEEK



New proprietors B.J. (Billie Jo Cady) left, T.C. (Theresa McFarland) right, and Judy Armour are once again welcoming the community to the RnR Sportsbar for great lunch specials,

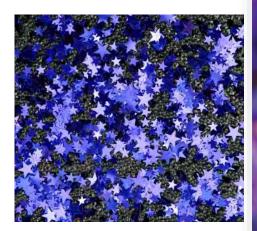
By Caitlin Switzer

MONTROSE-A dedicated trio is working hard to bring a local favorite back—the RnR Sports Bar. New proprietors B.J. (Billie Jo Cady), T.C. (Theresa McFarland) and Judy Armour are once again welcoming the community for great lunch specials, good company and more.

"The Montrose public has been amazing and really supports us," B.J. said last week. "If not for our locals and visitors we would not be doing this."

Restoring a sense of safety and familyfriendliness to the RnR has been a major focus.

"We want to make it great again," she said. "We want it to be fun like it was. Our



staff has been a huge part of this too—they are not just here for a paycheck, they want to help. It used to feel safe here, like a family, and we are bringing that back. just kind of jum said, 'let's do the "You can feed here, with tip." "I love this bar wants a place to the RnR is open with lunch specific parts."

"We are getting a lot of the old crew back." All three owners are aware of the challenges the business faces. Still, T.C. said, "We are passionate about making it the old RnR—we

just kind of jumped on board together and said, 'let's do this.'

"You can feed a family of four for \$50 here, with tip."

"I love this bar," B.J. said "Montrose just wants a place to go and have fun."

The RnR is open for lunch and dinner, with lunch specials throughout the week. On Mondays the special is meatball subs; Tuesday is always Taco Tuesday; Wednesday is Wing Wednesday; Thursday is Burger & a Beer; and on Friday, kick the weekend off right with a big, healthy portion of Catfish. RnR Sportsbar is located at 35 North Uncompahgre, and the phone number is 970-765-2029.



The Montrose Mirror | November 6, 2017 Page 5

Penny Paxton

Connie Pittenger

MONTROSE COUNTY RESIDENTS

Ron & Diane Henderson

Fran Adams Genie Alfano Peter & Jane-Marie Amundson Mark & Rebecca Andresen Ellen & Kevin Angeles Darcy Arnold Nigel Askew Pam Baer Joy Baird Tom Baird Elaine & Dick Baker Mary & Nancy Ballantyne Loretta Banner Jim & Maggie Barnhill Dave Batten Gigi and Kurt Bechtold Mavis Bennett Pamela Benson Mike & Phoebe Benziger Sharon Beshoar Cindy Bishop Virginia Blackstock Matt & Dorcha Boisen Kay Marie Bowers Sarah Brewer Rod Britten Mike & Teresa Brown Zilla May Brown Bill Brueggeman Donna Brummitt Joe Brummitt Roh & Karen Rurk Anne Cable Carla Cabrera Linda & Frank Cagnetti Ron Call Erick Cano Julie Case Dorothy Causey Sandy Cave Tom & Doris Chamberlain Kathleon Chambers Susan Chandler-Reed Rich & Amy Chaney Janet Chapman Christine Cheff Tony & Michelle Cimoglio Dan & Karla Clader Bettie Coen Dr. Sara Combs Steve Cook Deborah Cooling-Davis Paul Cooper Don & Dianna Coram Karen Corman Jessico Corrinon Ed and Judy Cort Joseph Costello Marilyn Cox

Sharyn Crayne

Sarah Curtis

Elisha Cummings

Ed & Koron Dalulio

Ken & Michelle DeJulio

I C Henth

Kathy Heavers

Connie Helton

Bill & Micheline Hedder

Fred & Susan Henderson

Bob & Sandy deMichaels Rachel Demunbrun Mike & Jean Deneen Lorraine Desigrdins Kathy Devor Tricia Dickinson Kelsee Divon Debbie Dodero Ken Dolezal Vicki & Jim Douras **Bob Dumit** Ken D. Edgar, DC John & Nancy Eloe Joe & Caroline Evans Russell & Heather Evans Fileen Fields Kathy Fields Carol & Richard Fike Nancy & John Fishering Sarah Fisherina Ion & Robin Flom Fred & Noreen Flower Bethany Floyd Kim Floyde Chan Foote Gnil Fox Josh Freed Grea Fulks Connie & Michael Gabrielli Tim Garvey Catherine Gates Beth Gibson Cheryl & Gordie Gibson Karla Gilbert Jay and Jeri Gilham Julie Gleason & Dennis Olmstead Clay Goldberg Frances Goldsworthy Beth Gordon Donna Granere Paul Grubb Anne Guliksen Madison Gurule Beny Hadley Isabel Haga Ed Hagins Tonia Haijer Lesley & Steven Hallenburg Jay & Jeanie Hammitt Joanne Hanna Mackensey Hansen Lee Horner Valerie Harper Tracy Harrison Joyce Hartman Jerry Harvey Lois Harvie Cynthia Harwood Jonathan Heath

Bruce Herr Ray Holladay lim Isler Audrey Jacobsen Nelson Jennett Angie Johnson Rill Johnstone Tom Kearney Shannon Keith Bill & Kathy Kennedy Allen Kennon Robbie Kerns Virginia Kile Suzi & Mike King Jessica Kipp Kay Kisling Jenni & Izale Kruse Gril Kubik lim Kuhn Terry Kuhn Kenney LaCroix Heather Lamb Leon Leiba Joan Light Judy Lokey Sara & Bryce Lokey Kathie Lower Donald Ludlow Arlyn MacDonald Mark & Laurelee MacHale Cathy Magtutu John & Elie Malloy Lizz Martensen Sua & Paul Martensen Mandy Martinez Mary & Steve Mathis Emily Maxwell Paul & Carol McDermott Kimberly McGehee Melissa & Ian McKelvey Elaine McMillan Ting Meiners John & Emily Mercer Amie & Scott Middleton Mike Monell Eileen Mraule Marilyn Mudge Robert Munday Frank & Mary Nauyokas Jim & Linda Neigherbauer Shannon Neil Sherry R Neill Laura Nela Nick and Kristen Neubaum Bob & Karen Nicholson Don & Marcy Oberto Jennifer Holly Padilla-Edgar Mary, Paul, & Dominic Paladino Daniel Paradis Agron Porker Anita Parsons

Angel Pollard John Powell Margo Poynter William & Alison Pryor Mayra Pulfer Wayne Quade Alondra Ramirez Bob Ray David & Debbie Reed Megan Reeder Casey & Chris Reichmann Joe & Sharon Reichmann Jim Renfrow Suzi M. Rerrk Mabel Rich Barrie & Lee Ann Riddoch Sara Rinne Mabel Risch Lissette Riviere Dave & Blanche Roberts Chelsea Rosty Susan Ruterki Robb Ruyle Jane Ryan Steve Schiell Bobs Schmerler **Emily Schneider** Nancy Schottelkotte Dave Segal Kirsten Seger Collin & Lori Sharp Barb Sharrow Jerilyn Sheldon Ken & Megan Sherbenou Diana Silverstein Joyce Simerson Janet S. Slocum Robbie Speed James & Abi Stetson Morti Stimson Thomas Struble Jan Stryker Ruth Sullivan David Swedlow Chris Tarman Noalani Terry, MLS Lisa and Bob Thomas Ross & Mary Turner Dr. Mary Vader Diana Varey Holly & Wally von Helms Heather Wallingford Erico White Kylee Whitener Tom Wined



Don't forget to drop off your ballot before Nov. 7 • 7pm deadline.

LET'S DO THIS!

Montrose Library Election Committee (MLEC) is grateful for the broad and vast support of the Montrose library community including the following people and organizations that expressly gave permission for MLEC to use in this advertisement. MLEC would also like to thank the nearly 1,000 households that proudly displayed yard signs, the many people who wrote letters to editors, donated with cash or in-kind contributions, the MLEC, volunteers and anyone else who have provided energy and support to this cause.

BUSINESS AND ORGANIZATIONS

Aspen Grove Physical Therapy Association of Montrose County Churches Backstreet Bagel & Deli Bloss Dental Office Blue Mesa Float Center Busy Corner Market - Olathe Center of Balance, Physical Therapy, and Pilates Cimarron Song Gallery Colorado Smiles Cottonwood Elementary School PAC Forni Reflexology Friends of the Library Just Like New Kids Consignment Kensho Total Wellness Day Spa LLC League of Women Voters of Montrose County Library Foundation MacSumize Montrose Chiropractic Center Montrose City Council Montrose County Board of Commissioners Montrose County Democratic Party

Montrose County Republican Party

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JUVENILE FELONIES UP 233 PERCENT OVER LAST YEAR; MIAMI ROAD FARM ADDITION APPROVALS TO BE CONSIDERED

Mirror staff report

MONTROSE-CITY COUNCIL WORK SES-SION-A third quarter police report included in the work session packet for Nov. 6 shows a shocking 233 percent rise in juvenile felonies for September 2017, compared to September 2016. In August of 2017, that increase was 200 percent, down slightly from the 220 percent increase over last year that was seen in July. Also on the rise are robberies, assaults, commercial burglaries and auto thefts.

In other business, three applicants to the City's planning commission will be interviewed at the regular City Council work session. Applicants include Vince Fandel, Carol McBride and Greg Moberg. Discussion items for the work session include a planned development amendment for the Cedar View Subdivision; the Recalde Addition Annexation; and an intergovernmental agreement (IGA) for the Connecting the People to Their Parks & Recreation Project -Connect Initiative. Also to be discussed are a resolution in support of a Montrose Botanical Society planning grant and options for sworn police officer retirement.

Items to be considered by City Council in future include a Brownfields grant consultant recommendation; 2018 mail ballot election plan; and Office of Business and Tourism (OBT) reserve funds on Nov. 20. On Nov. 21 will be the Colorado Outdoors preliminary plat, a new liquor license application for Two Rascals Brewing Company; and a third quarter budget review. The 2018 Plan of Annexation will considered on Dec. 4; the supplemental budget ordi-

nance on Dec. 5; and the designation of polling places will be Dec. 18.

REGULAR MEETING

Montrose City Council will hear proclamations in support of World Pancreatic Cancer Day and National Hospice & Palliative Care Month at the <u>regular city council meeting</u> of Nov. 7.

Council will consider Ordinance 2425 on second reading, for the annexation of the Miami Road Farm Addition. On first reading, Council will hear Ordinance 2436, providing for the zoning of the Miami Road Farm Addition as s an "R-3", Medium Density District and a "B-4," Neighborhood Shopping District.

Ordinance 2437 is an emergency item, "authorizing and approving a leasepurchase transaction with ZB, N.A. for the financing of various capital improvements; authorizing and approving site leases, lease-purchase agreements and other documentation and providing details in connection with the transaction; and declaring an emergency." Council will then consider Ordinance 2438 on first reading, "providing and appropriating funds for defraying the expenses and liabilities of the City of Montrose, Colorado during the fiscal year beginning Jan. 1, 2018." Council will also consider Ordinance 2439 on first reading, vacating a portion of North Stough Avenue; an application for a new lodging and entertainment liquor license for the Montrose Elks Association,



Sheriffs' officers assist Montrose Police on a call in the San Juan Trailer Park earlier this year. According to a third quarter police report, juvenile felonies were up by 233 percent in Montrose in September. Mirror file photo.

Inc. d.b.a Montrose Elks Club; and an application for a new hotel and restaurant liquor license for Ginger & Gin at 647 East Main Street.

Council will consider Resolution 2017-14, approving a minor modification of the Urban Renewal Plan for the Colorado Outdoors Urban Renewal Project and Resolution 2017-15 in support of a grant application for "a Local Parks and Outdoor Recreation Grant from the State Board of the Great Outdoors Colorado Trust Fund and the completion of the of the Montrose Botanic Gardens Phase III Master Plan." In other business, Council will consider awarding the bid for the Centennial Room Renovation Project to Ford Construction Co., Inc., of Grand Junction, for a not to exceed price of \$216,118.10, including a 10 percent contingency.



HOMES FOR OUR TROOPS LOOKS AHEAD TO MONTROSE BUILD From pg 1

specific adaptations such as pull-down cabinets, accessible showers, and FEMA-rated saferooms for those who live in disaster-prone areas. Homes are constructed new.

"What makes us unique is that once a veteran is qualified, they are allowed to choose where they want to live," Galbreath said. "Typically, we go in and find a realtor and a builder to work with. And as we strive to minimize expenses and maximize impact, we actively seek local support."

Though sufficient funds are already earmarked for each project, fundraising continues in the chosen communities when a build begins, Galbreath said, allowing Homes for Our Troops to continue to help more seriously injured veterans with safe, accessible housing. Each project includes a groundbreaking/community kickoff event, volunteer landscaping event, and commu-

nity reception.

Homes for Our Troops also provides probono services with a financial planner to help veterans plan for property taxes, insurance and utility payments. "We tell them we are going to walk with them, but we don't hover," Galbreath said. "They know we are here, and they can check in with us if they have any challenges with the VA or with anything. We can put them in touch with experts who can help, and we will try to serve as a liaison."

Colorado is a popular state among veterans, said Galbreath, a veteran himself, because of the state's many adaptive sports programs and outdoor activities.

"Colorado is all about the sports," he noted.

Here in Montrose, a home will be built for a veteran who is also a Paralympian and an inspiration to many, Steven Baskis. According to the Homes for our Troops website, Army Specialist Steven Baskis, an Infantryman, was on a patrol May 13, 2008 as part of the personal security detachment for division leadership with Delta Company, Special Troops Battalion, 4th Infantry Division in Baghdad, Iraq, when an explosively formed penetrator (EFP) detonated next to his vehicle. The blast resulted in the complete loss of his vision, Traumatic Brain Injury (TBI) and nerve damage to his left arm. The explosion also killed his teammate and friend, Staff Sergeant Victor Cota, who was sitting next to him in the vehicle."

Since his injury, Steven has gone on to create his own foundation, Blind Endeavors, and continues to live an active life. A community kickoff will held in coming months for the Baskis home.

To learn more, visit https://www.hfotusa.org/building-homes/veterans/baskis/.

REGIONAL NEWS BRIEFS

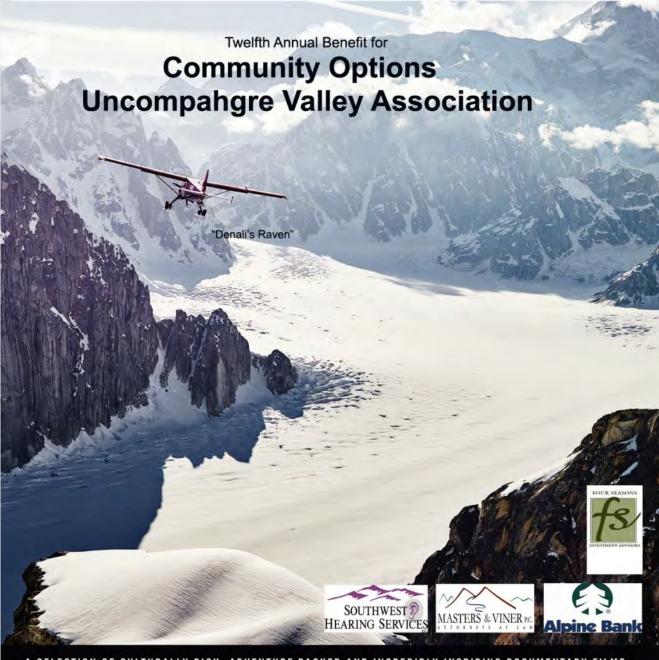
VICTIM IDENTIFIED IN HOMICIDE INVESTIGATION

Montrose County Coroner's Office
MONTROSE—On Friday, Oct. 27, the Montrose County Coroner's Office was called to the scene of a death investigation by the Montrose Police Department. The decedent is identified as Livase Persson, a 71-year-old female from Montrose, Colorado. The cause of death was multiple craniocerebral injuries due to blunt force impacts from non-accidental trauma and the manner of death is certified as a homicide. The case is being investigated by the Montrose County Coroner's Office of Medical Investigations, the Montrose Police Department, and the Colorado Bureau of Investigation.



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MONTROSE







MONTROSE PAVILION

Saturday, November 11 Suggested Donation \$10

Doors open at 4:30pm for a silent auction and cash bar. Show at 6:30.

For more information call (970) 249-1412, ext. 219

RETIRED USMC VETERAN MAJOR BILL BENNETT TO DELIVER KEYNOTE From pg 1

artillery school at Ft. Sill; four years with the 11th Marine Regiment, California; three years as CO U.S.M.C. Recruiting Station Albany, New York and four years at Headquarters Marine Corps Arlington, Virginia.

"I feel that service in the Corps was the highest honor an American could achieve," Bennett said, "that of serving my country while leading some of America's finest young men in combat and in peacetime. It is an honor and a huge responsibility to be entrusted with the training, well-being and the very lives of the sons of

America."

A Montrose resident since 2001, Bennett has been married to his wife Janet for 53 years. "One or both of us must be just a bit tolerant," he said. "We have two daughters and two grandchildren."

Bennett has also been a successful business owner, and after moving to Montrose spent five years on the Montrose Memorial Hospital Board of Trustees and later served on the Board of Directors. "I now raise a few cows," he said. "I volunteer for a few things, hunt elk, coyote and prairie dogs in Northwest Colorado. I en-

joy visiting at the Welcome Home Montrose Veteran Center on Park Ave and I write an occasional piece for the *Mirror*."

The Veteran's Day presentation will be held in the Centennial Middle School gymnasium, with seventh and eighth grade bands and the Montrose High School Choir performing as well.

Other local schools celebrating Veterans' Day with Assemblies include Montrose High School, to be held at 10 a.m. on Wednesday, Nov. 8, and the Olathe Middle and High Schools, to be held Friday, Nov. 11 at 9 a.m.





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OPINION/EDITORIAL: LETTERS

DECLINE IN FEMALE WORKPLACE DRESS REFLECTS SOCIETAL DECAY

Editor:

There has been a lot of publicity in the news lately about Sexual Harassment in the work place. I strongly agree, there is no place for any type of harassment or bullying in our society be it the work place, in public, at school or at home. However, several thoughts come to mind as years and life's experiences have come and gone. I spent many years in a corporate world and saw lots of cultural changes during those years.

The hippy movement, bra burning and riots about wars. In the Corporate world men wore suits and ties and the ladies wore business suits. And then as time went on men still wore business suits and ties and then many of the ladies' attire started to change. Hem lines came up and neck lines came down.

And as I recall the entertainment business was a big leaders in this change. This over exposure seems to have lead to

many unfortunate perceived opportunities by some of the male counterparts in our society. With this attire change for the women not one time did I see much change in what men were wearing in the work place.

Not one time did I ever hear of a man walking down the hallway at work with his tallywacker hanging out of his pants.

When I look at the entertainment world including news media, Hollywood and music industry it strikes me as strange how few unsuccessful women have come forward with complaints of sexual harassment. And most of those complaining seem to be at the top of their chosen field and their complaints have come years after their successful careers have lined their pockets with money.

I will always recall listening to radio personality Dr. Laura Schlessinger speaking to a lady on the phone about not being treated as an equal in her business envi-

ronment . Dr. Schlessinger ask her if she was wearing the new clothing style with a very short hem line and plunging neck line.

The lady replied yes she did. Dr Schlessinger's response to her was interesting, she said, " If you dress like a hooker at work you will probably be treated like a hooker at work."

Sadly to say much of this cultural change in life styles has not been for the good. As societies outlook on right and wrong has deteriorate, in my old view, so has our moral integrity.

Many of us older folks may recall from the history we were taught, when they still taught it, what has become of great societies in the past when their social integrity, moral standards and political environments deteriorated they ceased to exist.

Seems some lessons are never learned. Doug Glaspell, Montrose



OPINION/EDITORIAL: COMMENTARY

SEXUAL HARASSMENT? GLASPELL GOT IT ALL WRONG

By Carole Ann McKelvey Ouray Bureau reporter #MeToo.

I must take exception with a recent letter to the editor (Editor's note: Mr. Glaspell's letter appears in this issue, but was originally published online).

This is not something I normally do. The letter began well enough:

"There has been a lot of publicity in the news lately about sexual harassment in the work place.

"I strongly agree, there is no place for sexual harassment or bullying in our society be it the workplace, in public, at work or at home."

Then Mr. Doug Glaspell goes south. He goes on to blame changes in the culture, changes in dress of all things, for the crimes of sexual abuse and harassment that have been perpetrated in the workplace. He tries to justify sexual harassment by blaming victims.

No, no, no.

Many, many women in the workplace and other settings have been subjected to sexual abuse and harassment. In fact, a recent survey found that one in three women between the ages of 18-34 has been sexually harassed at work. Cosmopolitan surveyed 2,235 full-time and part-time female employees and found that one in three women has experienced sexual harassment at work at some point their lives.

"Sexual harassment hasn't gone away — it's just taken on new forms," Michelle Ruiz and Lauren Ahn wrote.

Unlike workplace sexual harassment portrayed in films and pop culture that represent it as overtly aggressive, sexual harassment at work, it isn't always easy to spot. It can be a sexual comment in a

meeting or even an insinuating Face book message.

The American Association of University Women defines workplace sexual harassment as any, "unwelcome sexual advances, requests for sexual favors, or other verbal or physical conduct of a sexual nature."

Let me tell you, Mr. Glaspell – if you are a woman in the workplace, it does not matter one wit how you look – if you are a beauty or not, if you are wearing a professional suit or not. No, as women in the workplace – whether that is Hollywood or Washington or Montrose, or Bumpkin, Kansas – you are vulnerable. You will likely be sexually harassed. If you are lucky you won't be sexually assaulted or you will be able to fight it off.

Mr. Glaspell is right about one thing. It is the culture.

It is not the dress or the morals of the victims. Rather, it is a culture in American business that women are there and therefore, men can take advantage of them. I will say it, when no one else has:

When we have a man elected to the highest office in the land who has promoted sexual harassment and abuse – just look at the Access Hollywood tape for proof – then we have given permission for all men to commit sexual harassment and/or abuse in the workplace, anywhere.

Then you have the current controversy swirling around feared Hollywood producer Harvey Weinstein, with no less than 40 women coming forward to nail him. And some of his accusers were not the power players, not the big stars, but assistants and others.

Oh yes, Mr. Glaspell, some of his accusers are beautiful women, sexy women, stars and not-so-stars. But not one of

them deserved what they got from this blow-hard bully. Not one.

This commentary hits home for me.

As a younger woman I was what some would call attractive. I was also very professional. I was the only young woman in middle management at the former *Rocky Mountain News* in Denver. I was also a wife and a mother. Each day I suited up in my "power suit" to go work with the guys. I usually was more professionally dressed than the boys were. There were a lot of jeans, but not on me or my female colleagues.

As the Lifestyles and Sunday Magazine editor for the Rocky it was my job to represent the paper in the community, to assign, edit stories, write headlines and design the layout for the pages. To do that job I had to interact closely with the men in the press room who were finishing laying out the pages.

One day one lout (I can't call him anything nicer) pressed me in my little prim suit up against the wall out of sight of others and groped me. I pushed him away, scurrying back to the news room where I promptly reported the incident to my editor. I reported the man by name.

I can say my editor, Ralph Looney, was appalled and outraged.

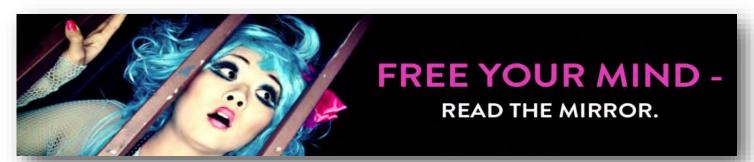
Alas, nothing was done.

The man belonged to the Printer's Union (as did my beloved father) and they refuted the charge, protecting him from charges. From that day on Mr. Looney said I was not to go back into the print shop, should I be victimized again. This hindered the work I was doing.

So #MeToo.

You are right. It is the culture, Mr. Glaspell.

But not the one you think.



The Montrose Mirror | November 6, 2017 Page 12



Nov. 2 Saturday Nov. 4

Trish Hopkinson Doors @ 6:00pm. Readings @ 6:30pm. \$5 or \$20 for the season





K - 3rd Annual Independent Film Fest

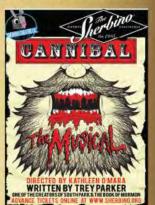
6-8 pm. Donations appreciated. Cash Bar & Concessions Available

Thurs - Sun nou. 9-12

Reserved = \$25 ea / GA in Advance = \$15 / GA at Door = \$20 Thursday @ 7:30 pm, Friday @ 7:30 pm,

Saturday @ 1:00 pm, Saturday @ 7:30 pm, Sunday @ 4 pm

Doors open for each show 30 minutes before showtime



Tuesday Nov. 14

PATTERNED GIFTS & PINOT NOIR with KELLIE DAY 6-8 pm. \$45. Pre-Registration Recommended. www.weehawkenarts.org

Thursday Nov. 16

River of Sorrow: The Dolores River Project 6:45 pm - with filmmaker Cody Perry of Rig to Flip Productions



Friday & Sat nou. 17-18

EN & SHERBINO PRESENTS YOUNG PEOPLE'S THEATRE

Friday @ 7:30 pm. Saturday @ 2:30 pm AND 7:30 pm. Doors open for each show 30 minutes before showtime.

Adults: \$5 / Youth: \$3

Sunday Nov. 19

5-9 pm, 2 monitors & 2 mics provided, \$ By Donation

Doors @ 6:30. Trivia @ 7. \$5 suggested donation

Thursday Nov. 30



REGIONAL NEWS BRIEFS

MARC CATLIN WILL SEEK RE-ELECTION TO HD 58 SEAT



Special to the Mirror COLORADO-State Representative Marc Catlin (R - Montrose) has filed his paperwork indi-

cating he is running to continue his service to the people of House District 58. House District 58 is a wide-ranging district in southwest Colorado that includes Montrose, Montezuma, San Miguel and Dolores counties. "The most important thing I've learned from my new experience as a state Legislator is that western Colorado needs a leader who will fight for our rural values at the state Capitol," Catlin said. "Denver and the front range need to be reminded that western Colorado is more than just their playground. They need to know that western Colorado is our way of life. I stand up for our people and our right to use our land."

Catlin was born on a row crop farm in Montrose and is still active in farming today. In addition to his strong roots in agriculture, he has a long background fighting to protect and enhance west slope water as manager of the Uncompahgre Valley Water User's Association and now in his 3rd year as Montrose Director to the Colorado River Water Conservation District.

"I will fight each and every day to unchain our natural resources so that we can, once again, create serious economic opportunity in southwest Colorado," said Catlin. "By developing our natural resources, we'd give our children the opportunity to stay in Montrose, Cortez, Norwood, Dove Creek, Dolores, or other communities in the district. We'd give them a chance to earn a good living and to raise their families here, in southwestern Colorado."

During his first legislative session, Catlin focused his efforts on ensuring the sustainability of rural hospitals in Colorado, the utilization of Colorado water to cultivate hemp throughout the state, and financing Broadband for Colorado's rural areas. Continuing his stewardship of Colorado's water, Catlin worked tirelessly to combat the invasion and forestall the epidemic of the invasive species known as, the quagga and zebra mussels, in Colorado reservoirs."Western Colorado is my home, and I love the people of House District 58. I am humbled by the warm welcome that I receive as I travel throughout the District. I am honored to represent and to the serve honest, sincere and hardworking people of House District 58. I would be proud to continue serving in the state House of Representatives for these extraordinary Coloradans," Catlin finished.



REGIONAL NEWS BRIEFS

MANDATORY TESTING REMINDER FOR MONTROSE AREA BUCK HUNTERS

Special to the Mirror

MONTROSE – Colorado Parks and Wildlife reminds buck hunters in the Montrose area that submissions for chronic wasting disease (CWD) testing are required this year. The \$25 testing fee has been waived for those hunters required to submit samples.

For 2017, successful rifle season buck hunters in Game Management Units 61, 62, 64, and 65 in the Montrose area are required to bring in their animals for testing. CPW also has sample submission requirements for GMUs around Meeker and in Larimer County. In all, 20 units have been targeted by CPW for testing in 2017. See cpw.state.co.us for a complete listing of mandatory testing units.

Mandatory testing compliance for the second rifle season was lower than expected. Officials need a better response

from third season buck hunters to reach sampling goals.

"This is a new program, so we understand some hunters may have forgotten to bring in their animals," said Area Wildlife Manager Renzo DelPiccolo.

"Hopefully word will get out and we'll have a higher turnout for the third season."

Mandatory CWD test submissions have not been required in Colorado for some time. The revival of mandatory testing came about because voluntary submissions have not provided enough samples to accurately track the disease in recent years.

To improve survey data, this year CPW started a rotating system to monitor CWD trends in affected herds throughout the state. The plan is to require submissions in some units each year. Different units



Colorado Parks and Wildlife reminds Montrose area buck hunters of mandatory CWD submissions in 2017. Courtesy photo.

likely will be targeted for testing next year.

Chronic wasting disease affects deer, elk, and moose in a number of Colorado herds. For more information, see http://cpw.state.co.us/learn/Pages/ ResearchCWD.aspx

simpson gallery

Announcing the closure of Simpson Gallery

Mike and Kathy Simpson are retiring from Main Street

The frame shop and my studio will move to another location after the first of the year.

ALL original art, prints, posters and native American jewelry

50% OFF

Come in TODAY to get your original Mike Simpson painting at 50 % off...just in time for Christmas

249-1098 324 E. Main St, Montrose www.mikesimpsonart.com

REGIONAL NEWS BRIEFS

GRAND AVENUE PHASE II CONSTRUCTION COMPLETE

Special to the Mirror

MONTROSE-The City of Montrose is pleased to announce that construction of Grand Ave from South First to South Third Street is complete and will be opened to the public on Thursday November 2nd. The project was completed on schedule, below budget, and injury free. The public is invited to attend a short ribbon cutting ceremony on November 8, 2017, 12:00 noon at the project site.

Elements of the project included replacement of an aging waterline, construction of a stormwater collection and treatment system, installation of fiber-optic conduits, street lights, concrete sidewalk, curb, gutter, paving, and landscaping. The project was funded using federal grant dollars administered through the Colorado Department of Transportation.

The City would like to express special thanks to Rundle Construction for helping to make the project a success and to the residents of Montrose for their patience throughout construction.

Any questions regarding the project may be directed to City Engineer Scott Murphy at (970) 901-1792 or smurphy@ci.montrose.co.us.

UNCOMPANGRE WATERSHED PARTNERSHIP HOSTS YOUTH ORIENTATION NOV. 8

Special to the Mirror

MONTROSE-On Nov. 8 from 4-5 p.m.: take part in Youth Volunteer Orientation with the Uncomphagre Watershed Partnership, at Voyager Youth Program Teen Center, 280 North Cora St., Ridgway. All 12 to 19-year-olds with an interest in volunteer activities invited. For more info: http://www.uncompahgrewatershed.org/event/youth-volunteer-orientation/

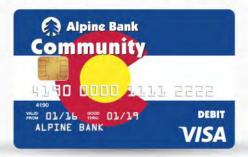
Meet UWP staff and board members, learn about our projects, sign up for volunteering, and enjoy snacks and drinks with us! Our nonprofit is looking for youth to become a part of protecting and restoring our watershed's economic, natural and scenic resources. Student volunteers can help with: festival staffing like giving out information and selling silent auction items; conference and event staffing like serving refreshments and greeting guests; park cleanup and maintenance like picking up branches and painting facilities; creation of online youth resources; building boats with repurposed parts; planting alongside waterways, and more!





Small change makes a big difference.

Each time you use your Community Loyalty Debit Card, Alpine Bank donates funds to local nonprofits, including veteran organizations. Spark change in your community by getting your card today.



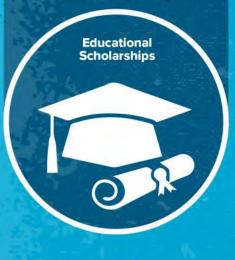


To help show appreciation for our veterans, our Alpine Bank locations are offering you an American flag lapel pin while supplies last.





That's totally what all the cool kids are saying about DMEA's youth programs. Ok, let's be real. As your local electric cooperative, DMEA is more than just a power company. We're always looking out for your best interests, and for us, that means giving back to our members, young and old.







Visit www.dmea.com for full rules and requirements. Application periods and deadlines vary. DMEA is an equal opportunity and provider.

www.dmea.com | | 877-687-3632



MOUNTAINFILM ON TOUR RETURNS TO MONTROSE



"Denali's Raven" features a female bush pilot and her young daughter as they soar through the Alaska Range. Courtesy photo.

By Jim Womeldorf

MONTROSE-It's time once again on Nov. 11 for a very special event coming to the Montrose Pavilion. For the twelfth year, Mountainfilm on Tour will bring world class short films that will satisfy your urge for adrenaline, spark a yearn for adventure, make you think, make you laugh, and generally make you feel good about the human experience. This annual benefit for two local non-profits- Community Options and Uncompangre Valley Association - has become a community tradition that not only supports the missions of the two organizations but also celebrates the area in which we live and the power of film to inspire us to look at our world with fresh

eyes.

The event organizers, Beth Gibson of Uncompahgre Valley Association and Jim Womeldorf of Community Options, believe that this year's show features an exceptional program that will surely satisfy film-goers of all ages. The films range from high adventure and adrenaline-inducing to the cultural and humorous. With breathtaking cinematography, "Denali's Raven" features a female

bush pilot and her young daughter as they soar through the Alaska Range, while "Where the Wild Things Play' is a rowdy ode to female athletes as they BASE jump, perform slackline tricks, ski death-defying lines down vertical mountain slopes and other amazing feats that showcase the state of women in the outdoor world today. In "My Irnik," young parents living in the Canadian arctic are raising their son with an emphasis on a connection to the land, dog sledding and his native heritage. "Time-Travelers" documents the attempt of members of the US Men's rafting team to break the record for the fastest descent of the Grand Canyon, while Cowtown" focuses on the oldest weekly professional

rodeo in the US- where else but in New Jersey! The rest of the lineup is every bit as eclectic and offers something for everyone.

With a staff and volunteer team of nearly 200, Community Options offers a wide range of residential, vocational and inhome supports for nearly 500 children and adults with development/intellectual disabilities in our Western Colorado region. Uncompangre Valley Association is comprised of dedicated citizens who advocate for the preservation of our environment, promote social justice through support of immigrants, and advocate for economic viability through a living wage. The missions of both agencies strive to make our area a more diverse, healthier and generally better place to live. These two nonprofits offer this event thanks to the underwriting support of Four Seasons Investment Advisors, Alpine Bank, Masters and Viner Attorneys at Law and Southwest Hearing Services. The Montrose Pavilion doors open at 4:30 p.m. on Nov. 11 for a silent auction, cash bar and social hour. Showtime is at 6:30 p.m..

There are no tickets required but a suggested donation of \$10 is greatly appreciated.



MONTROSE ELKS LODGE: ELK TRACKS!



Montrose Elks Lodge

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

Bingo Oct. 31, 2017 6:30 PM Halloween Night.

The night started when a Wizard and Devil Woman walked into the Bingo Parlour. Soon a host of other celebrities arrived to try their chance to win a \$500 Jackpot and a prize for the best Halloween costume. Arriving as though spotlights were on them were: a magnificent Scarecrow, the Mad hatter with crinkly red hair, the Zebra girl, a real foxy fox, a sparkling Gypsy, a Good Witch and a Bad Witch, a few Princess's & Queen's, a small Unicorn, several ghouls, a woman wearing a pink mustache, a few women with funny little hats, and other assorted mad camp costumes. Everybody came to play Bingo and the crowd was in a great mood.

5 Early Bird games paid \$18 each and the main Bingo session paid \$80 each for 5 games. Games 2's Progressive Jackpot for \$500 was split between 2 Winners. The last game 8 paid \$134 to 1 lucky Winner.



The costumed Bingo players gathered in the center of the Bingo Parlour and the audience acted as judge for the best costumes. Loud cheering winnowed contenders from winners that resulted in 1st place being won by a genuine look alike "Momma" from the TV show, 2nd place by the very elaborate Scarecrow, followed by the grinning 3rd place Mad hatter, and closing with the pirouetting Foxy fox bringing in 4th place. The loud cheers, hoots, and clapping showed everyone was <u>having a good time</u> at one of the biggest adult fun nights in town. This was one great party!

Bingo Nov. 7, 2017 6:30 PM

No one won Progressive Game # 6 so the Jackpot increases to \$5,754 and must be won in 53 numbers/balls or fewer or the Jackpot posted will be paid.

Progressive Game 2 will start at \$200.00 and Progressive Game 4 continues to increase, now at \$1,187. Both games 2 & 4 must be won within 37 numbers/balls or fewer, or the Jackpot posted will be paid (Progressive Game 4 should reach a "MUST GO" status on 11-14-17 and will be awarded at that time). Last Game 8 may approach \$150, based on the number of Bingo players.

<u>Funds raised playing Elk's Bingo support our local charities</u>. The Montrose Elks Lodge is open for Bingo *every Tuesday evening*. Doors open at 5:00 PM and Card sales start at 6:00. An "Early Bird" set of 5 quick games begins at 6:30 and the main Bingo session of 8 games, that includes 3 Progressive Games start at 7:00 PM. It's a wonderful way to spend the evening having fun.

Montrose Elks Lodge #1053 Annual Charity Ball November 18, 2017

Please join us as we celebrate our Annual Charity Ball starting at 7:00 PM. The Elks Charity Ball raises funds that allows the Montrose Elks to continue to sponsor and support local charities. Tickets are \$25 per couple and \$15 for single entry. The Williams Brothers will be playing music for your listening and dancing pleasure, or to just visit with old friends.



Introducing Independent Living at The Homestead at Montrose

If you are over 55 and independent but would like to live in a community offering socialization and peace of mind, schedule a tour of our private one and two bedroom apartments. We're conveniently located across from the Montrose Pavilion Senior Center.

Rent includes:

- · All utilities: cable television, Internet and phone
- · One nutritious meal per day
- · Laundry privileges
- · Socialization and invitation to all activities

Pricing starts at \$1210 per month, new residents only.

Call or email Denise Swanson, Residence Director to schedule a tour. 970.252.9359 | dswanson@voa.org | 1819 Pavilion Drive, Montrose



COMMUNITY NEWS BRIEFS

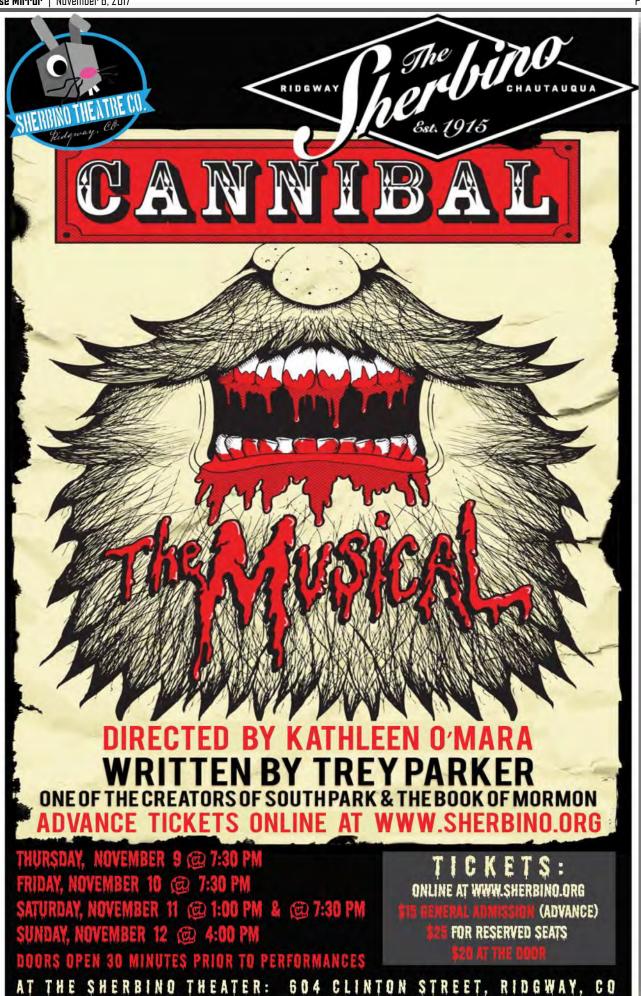
ALPINE BANK DONATES COATS TO ABRAHAM CONNECTION



Special to the Mirror

DELTA-From left to right: Tami Hale, Cheryl Oeltjenbruns, Shelley Gallaway, Darla Voalgamore, Barbara Wolfe, Cassandra Jacobs, and Theresa Burt. Alpine Bank was able to give 12 bags of coats to the Abraham Connection in Delta as a result of their coat drive in October. Courtesy photo.





Give Back Days

At Mi Mexico Mexican Restaurant

Come enjoy a delicious meal and we'll donate 20% * of your total check to a local non-profit.

Every Wednesday...Every Month...All Day (11 am - 10 pm)

Over 200 entrees to choose from!

1st Wednesday: The Homestead at Montrose

2nd Wednesday: All Points Transit

3rd Wednesday: Black Canyon Boys & Girls Club

4th Wednesday: Valley Manor Care Center

5th Wednesday: Community Options Inc.

(Note: 5th Wed dates are: Mar. 29, May 31, Aug. 30, Nov 29th, 2017)

After dining, attach the coupon to the bill and deposit it in the box labeled "Give Back Days." 20% of your total bill will be donated to the designated charity.

SUPPORTING IS NOW DELICIOUSLY REWARDING.

*Coupon must be present

Mi Mexico Restaurant 1706 E Main St (Hwy 50) Montrose, CO 81401 (970) 252-1000 (970) 252-1111 Fax

COMMUNITY NEWS BRIEFS: ARTS & OUTDOORS

TIPS TO PREPARE LANDSCAPE TREES FOR WINTER

Special to Art & Sol

BROOMFIELD— Landscape trees in urban and community settings throughout Colorado are going dormant now, and they require care before and during the winter to remain in top health. Homeowners can take measures this fall and through the spring to help their trees through the oncoming harsh conditions, says Keith Wood, community forestry program manager for the Colorado State Forest Service. The CSFS offers the following tips to prepare Colorado's community trees for winter:

Wrap the trunk. Thin-barked trees like honeylocust, maple and linden are susceptible to sunscald and frost cracks because of drastic winter temperature fluctuations. To prevent bark damage, wrap the trunks of younger trees up to the first branches using commercial tree wrap. Leave the wrap on until early April.

Mulch the base. Apply 2 to 4 inches of

wood chips, bark or other organic mulch near the base of the tree, but not against it, to reduce soil evaporation, improve water absorption and insulate against temperature extremes. Some community recycling programs provide wood chips free of charge.

Recycle leaves. Instead of disposing of autumn leaves, consider layering them around the base of each tree as mulch, or blend them into the yard with a mulching mower to retain nutrients.

Give them a good drink. Before storing the garden hose, water trees in the area extending from the trunk to the extent of the longest branches. Water slowly, with a sprinkler or soaker hose, at the rate of 10 gallons per inch of tree diameter.

Focus on younger trees. With less-extensive root systems, they require the most care.

Wait to prune, unless there's recent tree

damage. Late winter is the best time for pruning most tree species, but it can be done whenever trees are dormant. Common reasons for pruning are to remove dead branches and improve tree form — and to quickly address recent tree damage, such as seen in the Metro Denver area during the snowstorm earlier this month. Always prune just outside the branch collar — the point where a branch joins a larger one — and don't remove any branches without good reason. Hire a professional if the job is too big.

Wood says landscape trees in Colorado often also require additional, regular watering over the winter. During extended dry periods (e.g., more than two weeks without snow cover), provide supplemental water per the guidelines above. The best time for winter watering is on warmer days, when snow has melted off and the temperature is above 40 degrees.

COLORADO PARKS AND WILDLIFE OFFERS VETERANS, MILITARY MEMBERS FREE ADMISSION TO STATE PARKS NOV. 11

Special to Art & Sol

DENVER - Colorado Parks and Wildlife honors veterans and active duty members of the military, military reserve and National Guard by offering free admission to any Colorado state park for Veterans Day, November 11. Any member of the military forces or veteran can enter any of Colorado's 41 state parks free of charge, along with his or her companions joining in the same vehicle.

"Colorado Parks and Wildlife is proud to thank our

veterans and military members by offering free admission to our state parks in honor of Veterans Day," said CPW Director Bob Broscheid. "We invite the men and women who serve or have served our country in the armed forces to enjoy our state parks on Saturday, November 11, with their friends and family. It is a small but sincere gesture of our appreciation for their service and sacrifices."

Military members or veterans visiting the parks must present proof of military service at the park gate. This free entry extends to all passengers in the same vehicle with a qualified service member. All other park fees, such as camping or fishing fees, still apply. Military identification methods include:

Military ID card

Applicable DD Form

Veterans Affairs health identification card

A current Colorado Driver's License or state-issued identification card with the veteran seal printed on it

Boating, fishing, camping, hiking and wildlife viewing are just some of the activities enjoyed in Colorado's state parks in November. <u>Use the Park Finder</u> to locate a park near you and plan your Veterans Day visit.

To learn more about other military benefits offered by CPW year-round, visit cpw.state.co.us.

The Montrose Mirror | November 6, 2017 Page 24

GROW WEALTHY...BUILD HEALTH & WELLNESS!



Michele Gad is a Certified DelGiacco Neuro **Art Therapist and runs** a business, Focus, Attention, Memory Exercises (F.A.M.E.)

SUPPORT FOR SURVIVORS OF SUICIDE

November already?! Time to celebrate my favorite holiday, Thanksgiving, and also reflect on a more somber day. In 1999 Senator Harry Reid introduced a resolution to the U.S. Senate which led to the

creation of National Survivors of Suicide Day. Reid is a survivor of his father's suicide. As citizens of other countries began observing the day in their local communities, it was renamed International Survivors of Suicide Day. It seems only fitting to take a look at that day in light of last month's article I shared with you that addressed bullying and the startling fact that bullying has been associated with childhood suicide, the second leading cause of death in 10-14 year olds. By definition, a survivor of suicide is a family member or friend of a person who died by suicide. There are currently more than 41,100 suicides annually in the United States. It is estimated that for every suicide there are at least six survivors; people significantly affected by the complicated grief that follows the suicide. Some suicidologists believe that is a very conservative estimate. Based on this estimate, approximately six million Americans became survivors of suicide in the last 25 years. There is growing recognition that suicide is a significant public health problem, and many training programs and campaigns provide education about warning signs and how to help someone who may be suicidal. The loss of a loved one by suicide is usually shocking, painful and unexpected. The grief that ensues can be intense, complex and long term. Grief work is an extremely individual and unique process; each person will experience it in their own way and at their own pace because grief does not follow a linear path. Furthermore, grief doesn't always move in a forward direction so there is no time frame for grief. Survivors may hope that their lives will return to their prior state but that rarely is the case.

While every survivor's grief work is a unique process there are a vast array of common emotions survivors will most likely experience at least some of, including denial, pain, guilt, anger, shame, despair, disbelief, hopelessness, stress, sadness, numbness, rejection, loneliness, abandonment, confusion, self-blame, helplessness, depression, anxiety and possibly more. These feelings are normal reactions for the survivors of suicide and the expression of them is a natural part of grieving. At first, and periodically during the following days and months of grieving, survivors often feel overwhelmed by their emotions. It is important for them to try to stay focused on each day and living one day at a time. Survivors often struggle with the reasons why the suicide occurred and whether they could have or should have done something to prevent the suicide or help their loved one. Feelings of guilt typically ensue if the survivor believes their loved one's suicide could have been prevented. At times, especially if the loved one had a mental disorder, the survivor may experience relief. There is a stigma attached to suicide in part due to the misunderstanding surrounding it. As such, family members and friends of the survivor may not know what to say or how and when to provide assistance. They may rely on the survivor's initiative to talk about the loved one or to ask for help but shame or embarrassment might prevent the survivor from reaching out for help. Stigma, ignorance and uncertainty might prevent others from giving the necessary support and understanding. Ongoing support remains important to maintain family and friendship relations during the grieving process.

Survivors sometimes feel that others are blaming them for the suicide. They may feel the need to deny what happened or even hide their feelings. This will most likely exacerbate and complicate their grieving process. Healing can occur and when the time is right, survivors will begin to enjoy life again. Many survivors find that the best help comes from attending a support group for survivors of suicide where they can openly share their own

story and their feelings with fellow survivors without pressure or fear of judgment and shame. Support groups can be a helpful source of guidance and understanding as well as a support in the healing process. We are so fortunate that Montrose has a support group for suicide survivors. Heartbeat Support Group for loved ones of suicide victims meets the second Monday of the month from 6:30-8 p.m. at Montrose Christian Church. For more information call 970-209-0308. If you are not ready to attend a support group, The American Association of Suicidology (AAS) offers a variety of resources and programs to survivors that include: -Survivors of Suicide Kit: an information kit consisting of fact sheets, a bibliography and sample literature. Survivors of Suicide: Coping with the Suicide of a Loved One booklet and A Handbook for Survivors of Suicide. -Surviving Suicide, a quarterly newsletter for survivors and survivor support groups. "Healing After Suicide", an annual conference held every April, for and about survi-

-Suicide Prevention and Survivors of Suicide Resource Catalog: a listing of books, pamphlets, etc. which can be ordered from AAS. Includes resources for children and those who care for them. -Directory of Survivors of Suicide Support Groups - available online at www. suicidology.org. Children can be survivors of suicide too and may experience the same range of feelings as do adults. Their expression of grief may be different as children have fewer tools for communicating their feelings. Children are especially vulnerable to feelings of guilt and abandonment, so it is important for them to know that the death was not their fault and that someone is there to take care of them. Secrecy about the suicide in the hopes of protecting children may cause further complications. Experts recommend that somebody explain the situation and answer their questions honestly and with age-appropriate responses. Please feel free to contact me at Michel-

eGad.fame@aol.com or 970-948-5708 if you have questions, comments or suggestions

The Montrose Mirror | November 6, 2017 Page 25

CLASSIFIEDS: REQUESTS FOR PROPOSAL

INSPIRED: ART AT WORK - REQUEST FOR PROPOSALS!

PAONIA-Elsewhere Studios has been awarded a grant from the Arts in Society Program for a project, INSPIRED: Art at Work, which will bring two artists to Paonia, CO, in summer 2018 for a two-month fully funded residency, and will provide a stipend and materials for one local artist. Working closely with five local partner organizations (Citizens for a Healthy Community, Western Slope Conservation Cen-

ter, Farm and Food Alliance, Solar Energy International, and the North Fork Valley Creative Coalition), scientists, and policy makers, they will create socially-engaged artworks that address issues stemming from the impacts of legacy coal mining, such as: preservation of culture and environment, creation of a resilient economy in rural Colorado, pressures created by For more detailed information, and to oil and gas development, and loss of

jobs. These collaborations and a final symposium are designed to broadly engage the community and promote dialog about concerns vital to the future of this rural area.

Open to visual artists, writers, composers, and performance artists. Application deadline is November 15, 2017

apply, go to http://



COLORADO NEWS BRIEFS

COLORADO GIVES DAY HAS RAISED \$145.3 MILLION FOR LOCAL NONPROFITS

Special to Art & Sol

COLORADO-<u>Colorado Gives Day</u>, a statewide movement to increase online giving, is scheduled for Tuesday, Dec. 5, 2017.

The event is presented by Community First Foundation, a local community foundation dedicated to fueling positive change in Jefferson County, the Denver metropolitan area and beyond, and FirstBank, Colorado's second largest bank and one of the most philanthropic companies in the state.

"It's astounding to think in 2010 we were hoping Colorado Gives Day would raise \$1 million for local nonprofits, and last year alone, it raised over \$33 million," said Jim Reuter, CEO of FirstBank. "As a longtime corporate partner, it's been an honor to witness this statewide movement not only grow exponentially, but strengthen our nonprofit community year-after-year. We're optimistic that momentum will continue on December 5."

Since its inception in 2010, Colorado Gives Day has raised \$145.3 million for Colorado nonprofits, making it among the most successful giving days in the nation. Last year alone, donors gave more than 146,600 individual donations to 2,140 nonprofits totaling \$33.8 million, breaking all previous records.

"Colorado Gives Day highlights the best of Colorado," said Marla J. Williams, president and CEO of Community First Foundation. "It celebrates the extraordinary generosity of Coloradans and the important contributions Colorado nonprofits make to our community every day."

What makes this year so special? ColoradoGives.org, the year-round, online giving website that fuels Colorado Gives Day, is celebrating its 10th anniversary. For 10 years, ColoradoGives.org has connected the givers and the doers. **How to Participate**

Donors can search for local charities from any page on ColoradoGives.org to learn more and donate on Colorado Gives Day. Donors can also schedule Colorado Gives Day donations online. More information on Colorado Gives Day 2017 is online at ColoradoGivesDay.org. For statistics on last year's Colorado Gives Day and year-over-year comparisons, please visit ColoradoGives.org/

Introducing a New Service!

ADVANTAGE

Health Resource Center

Call or visit us for free assistance with the following:

- Resource Education with a Case Manager
- Housing Assistance
- Long Term Care Options
- Short Term Care Options
- Benefits Counseling
- Medicaid Application Assistance

Two Walk-In Locations:

Montrose: Proximity Space

210 E. Main St., Montrose

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



1.844.VOA.4YOU | (844.862.4968)

advantage@voa.org | www.volunteersofamerica.org facebook.com/voawesternslope

COMMUNITY NEWS BRIEFS

GMUG NFS ANNOUNCES AVAILABILITY OF PLAN REVISION DRAFT ASSESSMENTS

Special to Art & Sol REGIONAL-On Nov. 6, the Grand Mesa, Uncompangre and Gunnison National Forests will publish a suite of draft assessments of its wide variety of resources and programs for a 30-day public comment period. The assessments rely on existing information, including best available science, and invites input from forest stakeholders, landowners, local/state/federal government officials, Native American tribes and others to provide additional information and feedback about what they think the Forest Service should address in revising the Forest Plan. Over the summer, the GMUG co-hosted public open houses with the eight primary plan area counties to share draft information

and collect input.

According to Samantha Staley, Forest Planner, "The assessment phase is the opportunity for the public to help identify what's going well and what's not going so well on the Forests. Even if you can only carve out time to review one assessment. pick the one in which you have the most interest, and let us know if we are on track." Scott Armentrout, Forest Supervisor, noted "the assessments have shed further light on changes that we've all noticed, from the current bark beetle epidemic to the immense growth in recreation. After we hear back from the public and make revisions, we'll use these to launch the conversation: what needs to change at a strategic level? What is our shared vision for the GMUG into the future?"

The week the drafts are released, the GMUG will host two webinars to provide an overview of the assessments' format and answer questions.

These are currently scheduled for Tuesday, Nov. 7 from 5 – 7 PM and Thursday, Nov. 9 from 2 – 4 PM at the following website: https://usfs.adobeconnect.com/gmug-500/.

Two additional draft assessments will be published for public comment in the coming months, including the assessment of wildlife, fish, and plant species on the Forests. The Forest Service will take three years to revise the Plan.

For information and updates for the public webinars, please reference the GMUG NFs' website at: www.fs.usda.gov/goto/gmug/forestplan.



It's time to enroll in your health insurance plan for 2018!

Call your <u>LOCAL</u> office to schedule a <u>free</u> in-person appointment.

970-252-0660



The Montrose Mirror | November 6, 2017 Page 28

COMMUNITY NEWS BRIEFS: ARTS & EDUCATION

BEYOND PAINT: ACRYLIC ART TECHNIQUES WITH KELLIE DAY DEC. 2

Special to Art & Sol

RIDGWAY-Weehawken Creative Arts invites you to join local mixed media artist Kellie Day for "Beyond Paint," an acrylic art technique workshop that provides artists of all levels with an opportunity to learn new and innovative skills. Day says "There are so many acrylic products beyond paint. If you've ever wondered what to do with the Gels, grounds and mediums available, this class will get you going. Join us for a day of pouring, scraping peeling and painting. We'll create 3-4 "miniprojects" where you can create works of art like never before. If you like painting with acrylics, these are all tools that can enhance your current painting. Blow your socks off with techniques like acrylicencaustic effects (without hot wax), making acrylic skins, transparent pours, creating textures with acrylic grounds, and combing all of this with painting. Have fun, Trader Joe's. When she's not painting, she get jiggy, and open your mind to the infinite possibilities of acrylics!"

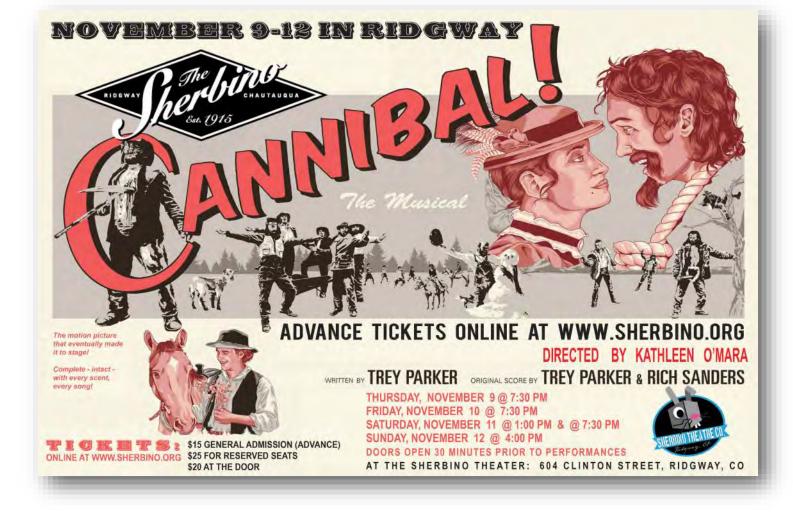
Golden Art Educator Kellie Day will be teaching this class. Though an accomplished artist, Day started painting seriously when she was 40. Her artistic medium is mixed media on canvas. "I love losing myself in collage, and then sketching an image on top, and then painting over that. I take out all my energy with large, cheap paint brushes or rubber squeegees, and move acrylic paint across my many layers," said Day. "I like how my collage always ends up peeking through the painting. You never know what you might find. It could be a sufi poem, or a saucy romance novel." Day has evolved to be an accomplished mixed media artist who

is know for her notecards that are sold at is raising her son and two rescue dogs and running her graphic design business, Dayzign Graphics, in Ridgway, Colorado.

"Beyond Paint" with Kellie Day will run 10 am to 3 pm at Sherbino Theater Dec. 2. Registration is \$150 and includes all materials. Class size is limited to 10 students and does require a minimum number of registrations by November 22 in order to run, so students are encouraged to register in advance through Weehawken Crea-

at www.weehawkenarts.org (adult arts classes tab) or by calling Weehawken at 970.318.0150. More details area availa-

at www.weehawkenarts.org or facebook.c om/weehawkenarts.





NOTES FOR THE JOURNEY...

Exploring Classical Music With Rob Brethouwer

BEHIND THE SCENES... IN AN INSTANT, ANOTHER WORLD

It seemed like only an instant ago when you were sitting at a small table at a rinkydink coffee shop in the small town of Scratchmyself. Located in one of the flyover states, the place long ago attempted to jump on the bandwagon of artsy and funky coffee shops but completely missed the mark by serving a brew that is likely Folgers and featuring small metal chickens made out of wire that are for sale by the cash register. Somebody, anybody, should have taken some notes from places like The Coffee Trader in Montrose, Colorado or Sacred Grounds over the mountain in Salida, Colorado. The next thing you know there was a bright flash of light and you then found yourself flat on your back somewhere dark and cool. Before even being able to see anything, the smell is the first thing you notice, as it is a combination of old books, wood, and a hint of mothballs. Some light begins to sift into the darkness and you are just able to see that you are in a large storage area with doors on both sides. Next do you on the floor are racks and racks of clothing and rows of footwear for both men and women. Staggering to your feet you start to familiarize yourself with your surroundings. The fact that you appeared here in a flash of light somehow takes a backseat as your curiosity takes over.

Walking the lengths of the clothes rack you see that there is no rhyme or reason to the organization of the clothes, as they appear to be a mix of all styles and to be honest, all eras. Something that looks like it came straight out of the War of 1812 is hanging next to a costume of a bird, which is next to a white but very bloody nightgown. Shoes and boots on smaller racks range from knee high boots to ballet slippers to high heels covered in what appear to be too many rhinestones. The entire thing seems theatrical, and you discover that a theater is exactly where you are as your eyes turn to walkways, lights, and

ropes and pulleys that dominate the space far above your head. You see that the shoes and clothes are pushed against a rear wall and that there is a large open space to your left that stretches off until it ends and a pit at the far end. How and why were you transported from a poorly thought out coffee joint in the

middle of nowhere to a large theatre space that you have never seen before?

Finding a door to one side, you step through and find yourself in the midst of pieces of scenery sitting on the floor and hanging from ropes from the ceiling to just above the floor. A Parisian café, a garden scene with a small statue, the austere office of some unknown official, and a formal dining room that includes a long table, to name just a few. You know you are in an opera house somewhere, as no place else would have this much stuff and ready to use at a moment's notice. Nothing is stored, only moved out of the way, ready to be put into action at any time. Thoughts of traveling instantaneously had crossed your mind in the past, but never did you think it would actually happen. Your thoughts return to the moment that the light appeared and your reality became one of boredom and bad coffee to one of more than a little mystery and a lot of confusion.

Common sense finally takes over; the once overwhelming sense of curiosity is squashed down to a mere glimmer. Finding out exactly where you are is a priority and finding another person is at the top of the list. A closer inspection of the surroundings can wait a while and you begin to move quicker in an attempt to find some answers. The space that surrounds is immense in scale and the overall sense



of quiet and calm is unnerving at best. Quickly and with little effort you find yourself in an area of small narrow hallways with doors to each side. Door after door is opened with the no results except a few dark and musty rooms that appear as if they have not been used in decades. Bags, stacks of makeup, furniture, small windows that look out on nothing, and even a few small pianos make up the contents of these rooms. Dressing rooms that have not been used in who knows how long will do you no favors at this point and you press forward and down a hallway. The space opens up into an office area that could be best described as a "bullpen" that resembles a newsroom at a large big city newspaper. All of this space and there are no people and most importantly, no answers to where you are.

As you look more closely at the desks you discover that you must find out not only where you are but when you are because on top of the desks are old manual typewriters and phones that you have to dial by putting your finger into a numbered slot and twirling a circle around and around.

The last time you saw a phone like this was in the basement of your Grandmothers house when you were five years old. Even then the phone was considered an antique.

To be continued....

The Montrose Mirror | November 6, 2017 Page 30

Up Bear Creek by Art Goodtimes

Visiting my granddaughter on the coast



Iris Willow, Aurora Willow-Fan, Sara Friedberg (and Nala the bunny) and Art Goodtimes in the San Francisco Botanical Garden (courtesy photo).

AMTRAK ... After a lovely stay in Oregon for Shakespeare and a visit with friends, I took the Amtrak's Coast Starlight from Portland down to the Bay Area. Called in the travel section of The Week "American's most magnificent train ride," I was excited. I was told there would be "stunning views all along the way," including "the snow-capped peaks of Mount Shasta and the Cascade Range." But no such luck ... Notoriously late since freight trains trump passenger trains on rail lines these days, Amtrak was two hours behind before we even started out of Union Station. That meant we missed any mountain views in Oregon, and since the run takes all night to reach Emeryville, we never even caught a glimpse of Mt. Shasta. An infected finger kept me uncomfortably distracted the whole trip (granted, not Amtrak's fault, but certainly adding to the discomfort). Coach seats were unpleasant for sleeping (no pillows or blankets provided). And the views I did have leaving Portlandia and coming sleepy-eyed into the East Bay were mostly trash-filled industrial sections with graffiti the most interesting sites to be seen ... If one can afford the pricey sleeping cars or the extensive business class sections, I might try an overnighter on the train. But short of that, no. Much as I dislike airports, next time I will definitely take a flight over the rails any



October street flower in Bernal Heights (photo by Art Goodtimes).

evening.

BERNAL HEIGHTS ... Things immediately brightened once I left the train, and my daughter brought me to my lovely Airbnb lodging just a few blocks from their Bernal Heights home. Since it was close to Halloween and my son-in-law's birthday, I barely had time to unpack before I was enjoying a lovely costume party with a house full of young parents - Bert & Iris's many friends ... For the next week I got to enjoy lovely moments with my darling granddaughter, Aurora, a feisty 10 months old, and family time with my wonderful daughter, Iris Willow ... It had been 8 months or so since my last visit, and I was delighted to find one of my poems still posted in the lovely Little Bee Bakery, where I'd made friends last visit. Founded by former Chez Panisse pastry chef Stacie Pierce, their chocolate tart and hazelnut chocolate chip cookies were and are divine ... And coffee shops abounded on Cortland Avenue. We visited four or five of experienced the first restroom where the ten establishments serving coffee along this main corridor of Bernal Heights,



Louis Bourgeois's spider sculpture at the San Francisco Museum of Modern Art (photo by Art Goodtimes).

and all were quite delicious.

BOTANICAL GARDENS ... Of course, no visit to San Francisco would be complete these days for strolling with Aurora than a stop at the City's Botanical Gardens in Golden Gate Park ... As it turned out, my younger daughter Sara - fresh out of college and enjoying a pre-ski season lark with her boyfriend climbing peaks and visiting national parks – joined us as we walked amid flowering plants and giant redwoods ... The amazing thing about the City of my birth is that even the streets hosted an amazing array of botanical curiosities. For a Colorado transplant, the luxurious blooms in October were a delight.

TRANS-GENDER BATHROOMS ... For years I've visited bathrooms used by both men and women. But having tea at the Moscone Center's Samovar teahouse, I both men and women shared the same room, using close-door stalls for privacy.

The Montrose Mirror | November 6, 2017 Page 31

Up Bear Creek by Art Goodtimes

Walking into a john where women and men both congregated was a new experience. Count on California to be ahead of the curve on gender politics.

SFMOMA ... San Francisco's Museum of Modern Art is another touchstone stop in the City for this rural Colorado boy.

Last time I was dazzled by the Corita Kent exhibit, since I had the good fortune to take a workshop with her in the seminary I attended back when she was Sister Corita. This time I got to catch the Soundtracks show exploring the role of sound in contemporary art ... Perhaps the most fascinating was the meditative ringing of ceramic bowls playing bump-em-cars around a shallow water pool, an installation by Céleste Boursier-Mougenot.

Then there was the room of various videos of artists in an old southern mansion playing one piece, each from their own room on different instruments, and all of it coordinated simultaneously – a composition by Ragnar Kjartansson ... And since I love arachnids, Louise Bourgeois spider sculptures fascinated me.

BELARUS ... Bert&Iris took me to a birthday party for one of their friends in Daly City, and I found myself in a prolonged discussion with Oleg Kotov – a most amazing immigrant from Belarus, a country I hardly had even heard of, let alone knew anything about.

He has a renowned architect in his country, but had to flee for political reasons. Here he reinvented himself several times, and had an amazing story of overcoming adversity.

He promised to connect me with Belarusian poets and I'm excited to learn more about this country sandwiched between Poland and Russia, Lithuania/Latvia and the Ukraine.

CHEESE ... All pretense of maintaining a declining weight fled in the City with its incredible restaurants and markets. I arrived in time at the Alemany Farmer's Market to load up on persimmons and other delicious fruits ... But perhaps the most astounding find of the visit was a new cheese delight — a special Brillat Savarin, made of triple cream cow's milk with a layer of Italian truffle pâté. Sinfully exquisite.

THE TALKING GOURD

Too Grabby

Grabby's Towing pulled my car from the quick-park spot outside the dry cleaners.

Crass, to hook and take whose dimensions I know like my own body's, like my peripheral vision for parallel parking.

I said, this is mine, don't you grab it He said, you're late, you lose.
Pay up. Rules.

Good news is, a Grabby didn't open the doors, touch the wheel, fidget my possessions.

I'm back to perfect parallel parking.

TIPS FOR WISE CHARITABLE GIVING: ASK QUESTIONS, EXPECT ANSWERS



Montrose Community Foundation Executive Director Sara Plumhoff.

By Caitlin
Switzer
REGIONAL-Tis
the season
when many
people consider making a
year-end donation to a favorite cause or
charitable organization.
How do you
ensure that
your donation

goes where you intend it to? For one thing, you can ask questions and expect real answers. Open communications are essential for non-profit organizations, notes Montrose Community Foundation Executive Director Sara Plumhoff; "You should be able to ask for the financials." Plumhoff also recommends using websites like **Guidestar** to research a non-profit before you give, and checking out an organization's standing in the Colorado Secretary of State's charitable database. Other charity watchdog organizations suggested by Consumer Reports magazine include CharityWatch, Charity Navigator, and BBB Wise Giving Alliance.

Also, in this day and age, "You should be able to Google them and see what they have been working on...and if they serve the local community, make sure that's where the dollars are going," Plumhoff said.

Truly functional organizations are mission -driven rather than personality-based. Pay attention to the relationship between a non-profit's board and its executive director; "There has got to be give and take in the relationship," Plumhoff said. "That's



what makes an organization functional and able to move forward."

Finally, the Colorado Secretary of State's office offers the following ten tips for wise philanthropists:

- -Ask for the registration number of the solicitor and the charity.
- -Check the charity's disclosure and financial statements on the Secretary of State's website.
- -Ask the solicitor how much of the donation will go to the charity.
- -Be wary if the charity fails to provide information about finances. Reputable charities will gladly provide the information requested.

- -Watch out for charities with names that sound similar to well-known organizations. These sound-alike names are intended to confuse.
- -Do not pay in cash donate by check made payable to the charity.
- -If solicited in person, ask to see the solicitor's and charity's identification.
- -Certain well-known charities such as the Red Cross will never solicit donations over the phone.
- -Beware of unsolicited email. Instead, go directly to the organization's website or call to make donations.
- -If you feel uncomfortable, simply say, "No, thank you."



COMMUNITY NEWS BRIEFS: ARTS & EDUCATION

MONTROSE HIGH SCHOOL DIVISION AWARD WINNERS



Special to Art & Sol

MONTROSE-The following students have been selected by their teachers to receive a Division Award for November: L-R: Liliana Salas-Bustamante, Lizbeth Serafin, Alma Vazquez, Jenna Holyfield, Bryce Gladding, Caydence Daggs, Austin Haynes, Melissa Smolin, Loren Sammons and Juan Martinez-Salas. Courtesy photo.



Dementia Care – Validation Support Group Meets the 2nd Thursday of every month 2:00 – 3:00 pm

Bring your loved one and activities will be provided while we meet.

Our group is open to anyone wanting to learn more about dementia or Alzheimer's disease, caregivers taking care of a loved one at home, or friends and family members who want to lend extra help from time to time.

Valley Manor Care Center Memory Care Community

1401 South Cascade Ave., Montrose

Led by Brandi Garcia Certified Dementia Care Validation Instructor 970-249-9634 or 970-275-6115

Email: bgarcia@voa.org







HIMALAYAN PUN HILL KITCHEN AND BAR

What? Two authentic Nepalese and Indian food restaurants in Montrose? Who woulda thunk?! And they both happen to be great.

My friend and I recently went back for the umpteenth time to the Himalayan Pun Hill Kitchen and Bar at 710 N. Townsend Ave. in Montrose and it was just as good this time as the first. First, a glass of that great Merlot please. For Michael it will be the Pinot Grigio. Oh, and of course a bowl of that wonderful Daal soup — lentil. And then, can't beat the garlic naan (flat leavened bread garnished with garlic and cilantro baked in the tandoori oven served with a luscious dipping sauce.

Now, in past visits we've sampled delicious Biryani veggie biryani – no disappointment there. We've also savored the chicken masala, a very famous dish with onion, tomato, spices blended in a sauce of fenugreek, finished with cream and a dash of balsamic vinegar; don't forget to add the basmati rice. (I'd serve it with Major Grey chutney, but none of that here.) Today we decided to sample the house special sampling platter:

Oh yum!
Aloo achaar
Himalayan chicken
vegetable Mo-mo
cheese pakoda
Translation:

Boiled potato garnished with onions,

cilantro, chili, turmeric.
Broiled chicken legs, thighs
Dumplings steamed or fried – steamed
today – served with house made achaar
(dipping sauce)

Deep-fried cheese battered with chickpeas flour Double yum!

Now, we could have sampled any number of dishes:

Saag: a secret recipe that combines spinach, celery, mushrooms, cilantro, green chili (What? Did we just enter New Mexico?), a touch of cream and choice of protein. Biryani: aromatic basmati rice, cooked with meat or vegetables seasoned with a secret blend of spices including nuts and raisins, served with a cooling yogurt sauce.

Makhami: prepared using tomato, ginger, garlic, turmeric, butter and (of course) a secret blend of spices. And a dash of cream.

Korma: now this is one of my all time favorites – tomato, garlic, onion, fenugreek, and a secret recipe. Cooked with coconut flakes, nuts, raisins, and finished with cream.

Sekuwa, choice of protein marinated overnight in a yogurt-based sauce with lemon, saffron, tamarind, ginger, garlic, and a blended masala and flash-roasted in a tandoori oven.

Vindallo: prepared with onions, dry and green chili, garlic and a secret (there it is



again) blend of spices. It has a light vinegar tang, served with your choice of protein. A unique spicy and sour taste. Curries: Nepalese style curries prepared with onion, tomato, ginger, cinnamon, black cardamom, chili, cumin, garlic and spring onion.

Or, there is the machha (fish): Nariwal Machha, salmon cooked in coconut milk and spices

Nariwal Jhinge Machha, shrimps cooked in coconut milk and spices

Sangkhuwa Machha, catfish cooked with tomato, onion, cilantro, green chili and Himilayan spices.

In addition, in case those choices aren't enough, Pun Hill Kitchen also features: Bhaat Rice

Napalese Set Meal Daal Bhat A number of vegetarian dishes and noodle dishes

If wine or beer isn't your cup of tea, have just that. There is a Masala Chai – house brewed milk tea made with a secret recipe; and coffee, a certified Desert Sun roasted coffee served with cream.

Dessert, no thanks, too full.



The Montrose Mirror | November 6, 2017 Page 35



Weehawken Fall Programs



October 14: The Business of Art: How to Grow Your Business Online with John Clark in Ridgway

October 16: The Hobbit Youth Musical Theater 5 Week Program Begins in Ridgway





October 23: ARTbar: Culinary & Cocktails with Amie Minnick at Provisions in Ridgway

November 4: Intro to Line Drawing with John Mitchell in Montrose





November 4 & 5: Introduction to Silversmithing with Tracey Belt in Ridgway

November 11: Watercolor & Value: Creating a Mood Painting Workshop with Peggy Morgan Stenmark





November 18: Kiln-formed Glass Ornament Design and Production with Diane Quarles in Montrose







February 3: Contemporary Mosaic Art with Carol Newman in Ridgway

Plus....mark your calendars!

December 2: Gingerbread House Workshops in Ridgway December 9 & 10: The Nutcracker Performance at Montrose Pavilion

For more information, or to register, go to www.weehawkenarts.org or call (970) 318-0150 alpendlow



COMMUNITY NEWS BRIEFS

FAMILY DOLLAR GIVES BACK TO BCB&GC

Special to Art & Sol

REGIONAL-From Nov. 1 through Dec. 25, Family Dollar associates at both the Montrose (940 N. Townsend Ave.) and the Olathe (901 N. Hwy 50) locations will ask patrons when they check-out if they want to donate a \$1 to the Boys and Girls Club. 50 percent of the money raised in that time will be donated directly to the Black Canyon Boys and Girls Club, which supports youth in both Montrose and Olathe, and 50 percent goes to Boys and Girls Club of America. So this holiday season, help out your local kids and give them the gift of a great future because "Great Futures Start Here!". Contact Bud Taylor at btaylor@bcbgc.org for additional information.

ENTER TO WIN A 2017 JEEP WRANGLER



Special to Art & Sol

REGIONAL-The Black Canyon Boys and Girls Club is holding a raffle and time is running out! A 2017 Jeep Wrangler or \$25,000 is up for grabs. Tickets are five for \$100 or one for \$25, and are available by e-mailing Bud Taylor at btaylor@bcbgc.org, texting tickets to 970-209-6814, or by calling 970-249-5168. The winner will be chosen at the Club's 3rd Annual Crab Crack Event on Nov. 17, 2017. You do not need to be present to win. For additional information please visit http://www.bcbgc.org/ or visit the Black Canyon Boys and Girls Club on Facebook.

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THE MONTROSE MIRROR!
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Many Older Adults Need Our Help... in the most fundamental ways.

- **FOOD:** In the most affluent country on earth, seniors have to choose between food and medicine.
- **SHELTER:** Imagine having to find a decent, secure place to live on an income of \$800 per month.
- SAFETY: For older adults, home can often become a dangerous place without proper repairs.
 - **SUPPORT:** Sometimes we all need a little help from our friends.
 - CARE: When living at home is no longer an option, we can help.
- CONNECTIONS: When you outlive all of your friends and family, who do you turn to?



Join us in supporting our vision to enrich and uplift the lives of our local older adults.



www.voahealthservices.org www.Facebook.com/VOAWesternSlope.org 1-844-VOA-4YOU Toll Free Assistance Line

OLATHE FIGHTS BULLYING WITH AHOY ASSEMBLY



OLATHE-Olathe Middle and High School students demonstrated the school's new AHOY antibullying campaign in the school gym on Monday Oct.30. Student council, Principal Scot Brown, the school's resource officer, Sheriff's officers, students, teachers and guests welcomed the community to learn about the ways Olathe Schools are defusing situations that create an atmosphere of bullying. AHOY stands for Accept others, Help Others, Observe something, Say Something and You can make a difference. The assembly included speeches, skits written and acted out by students, showing how to treat others with kindness in a variety of situations, and group activities designed to help teach the message.









COMMUNITY NEWS BRIEFS: ARTS & OUTDOORS

TOP OF THE PINES OUTDOOR VENUE CELEBRATES SUCCESS



Top of the Pines, the shamelessly scenic 175acre former Girl Scout camp near Ridgway on Miller Mesa. Courtesy photo.

Special to Art & Sol

RIDGWAY – From weddings to Wounded Warrior retreats, preschool nature walks to birthday parties and adventure camps, it's been an incredibly busy summer and fall at Top of the Pines, the shamelessly scenic 175-acre former Girl Scout camp near Ridgway on Miller Mesa.

With stunning views of the Sneffels range, beautiful meadows and ponderosa forests, hiking trails, campground area and rustic enclosed pavilion and warming hut, TOP seems to be on the brink of becoming one of the region's best-loved venues for special events, outdoor recreation and education programs.

Volunteer campground hosts and docents Sheila and Ron McCarthy, who arrived on the scene last May, estimate they greeted over 2,000 visitors over the course of their first season at TOP. With 10 years of experience as campground hosts at Martha's Vineyard prior to coming to Ridgway, the McCarthy's proved instrumental in assisting users, collecting fees and helping with maintenance and upgrades at the county-owned facility. They plan to winter in Arizona and return

to TOP again next spring.

TOP has also undergone some muchneeded upgrades to its facilities over the past several months. The most dramatic transformations have taken place within the main room of the pavilion, where electric upgrades, insulation, drywall and floor capping are now complete.

New push-bar doors and a wheelchair ramp have made the pavilion more accessible for the many disabled visitors who now visit TOP through the Telluride Adaptive Sports Program, Wounded Warriors and other organizations.

Just in time for winter, TOP's nearby warming hut is also now complete, with new doors, windows, flooring and a patio. Additional roadside signage, a low-ropes course for adventure programs and doggy bag dispensers along the trails round out this season's considerable improvements. In short, "TOP is finally moving forward – that is the news!" said TOP board president and general contractor Brad Wallis, who has overseen many of the improvements. "By next summer we will have a facility we can be proud to book."

As fresh-fallen snow dusts the mountaintops of the Sneffels Range and the air turns chilly, TOP's board of directors is now regrouping and turning its attention toward the coming new year, when the top priority will be raising money to complete indoor bathrooms at the pavilion. The facility is currently served only by outdoor pit toilets.

"Flush toilets will add a lot to the attractiveness of the TOP facilities," said Wallis, noting the job could get done for as little as \$10,000-\$20,000. "The septic system is fully functional. We just need to run supply and drain lines and install the insulation, drywall, floor coverings and stalls in the bathrooms."

TOP's multi-use trail system is also slated for extensive new improvements in the coming year. Fundraising is underway to hire professional trail builders to lead the effort, and TOP plans to extend an open invitation to community members to come lend a hand during monthly "Trail

Sundays" throughout the next summer season starting in May 2018.

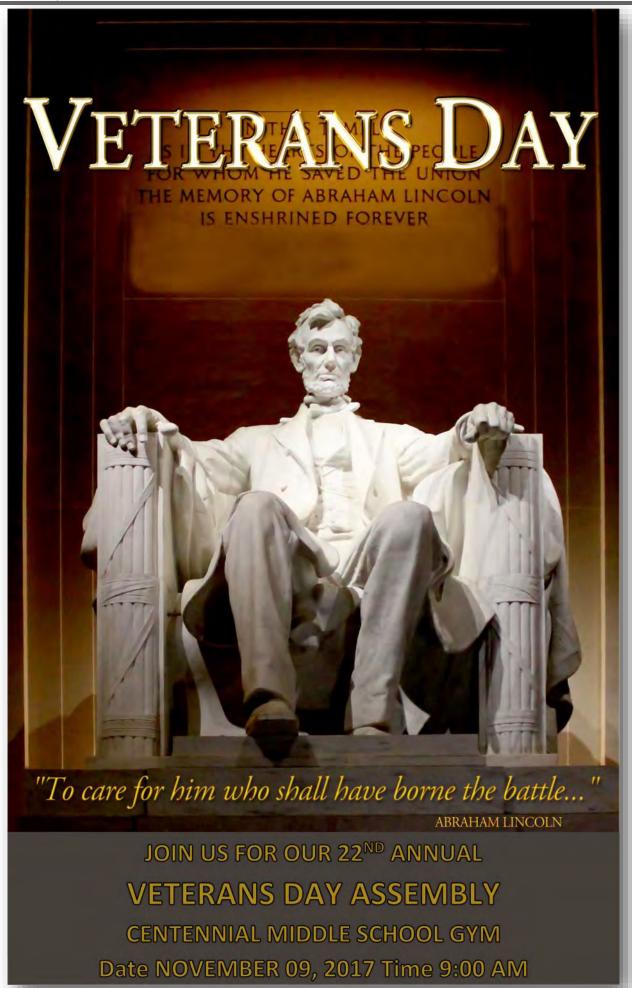
About Top of the Pines: Top of the Pines is a 175-acre property located at 8,500 feet above Ridgway at the foot of the Sneffels range, in a spectacular setting surrounded by mountains, forests and meadows. It was acquired by Ouray County in 2002 from the BLM and the Grand Junction Chipeta chapter of the Girl Scouts when they decided it was no longer feasible to maintain a camp there.

The property is now managed by Top of the Pines, Inc., a 501(c)(3) non-profit, under contract with Ouray County for this purpose. The agreement with the BLM and the County requires that the property be used by groups by reservation in the summer, but in the winter the open space preserve has six kilometers of trails open to the public for snowshoeing and cross country skiing.

When TOP, Inc., took over management of the property in 2002, the buildings were all in serious disrepair. The property had been essentially abandoned by the Girl Scouts for decades, with no maintenance or oversight during that period.

A Great Outdoors Colorado grant was awarded several years ago to fund a first phase of improvements at TOP, including the development of roads, parking, underground infrastructure and considerable preliminary work on the pavilion. Now, a second phase of revitalization is well underway, as the Top of the Pines board continues to pursue its vision to create a usable, functional venue and education center with camping and a wide variety of year-round outdoor recreational pursuits.

Getting there: To get to Top of the Pines from Ridgway, take County Road 5 south (toward Elk Meadows subdivision) to Highland Drive, then turn right and follow the signs to the pavilion. Modest daily user fees may be paid in drop boxes near the pavilion. More information, including guidelines for making donations, reserving campsites and scheduling private or educational events at TOP, can be found at www.topofthepines.org.





Hold the Date! Upcoming Business & Cultural Events

ONGOING-

MONTROSE SENIOR CENTER LUNCH & LEARN: \$3 lunch& Learn, admission to program, is free. Lunch \$5. Lunch @ Noon, program @ 1 p.m. FRIENDSHIP FORCE INTERNATIONAL, non-profit organization, was founded and introduced to the world at a ceremony held at the White House on March 1, 1977. FFI provides opportunities to explore new cultures by bringing people together at the personal level. Friendship Force of western Colorado's regular monthly meetings are scheduled for the 3rd Thursday of the month. Meeting location - Red Cross Training Center, 5th and Gunnison in Grand Junction, 6:15 p.m

THE ALPINE PHOTOGRAPHY CLUB meets every second Tuesday at St. Mary Catholic Church in the St Paul Room, 1855 St Mary's Drive, Montrose. The Public is welcome to attend. For more information, email alpinephotoclub@aol.com.

FREE JAM SESSION AND SING ALONG, Mondays from 4 to 6 p.m. at the Montrose Senior Center.

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.

MONTHLY-

Nov. 6-Steve Metheny, Power Supply Manager at DMEA,, Delta Montrose Electric Association, will speak at the next meeting of Citizens' Climate Lobby on Monday, Nov. 6th at 4 pm at DMEA which is located at <u>11925 6300 R</u>d. north of Montrose off of <u>Route 550 (970-249-4572)</u>. Steve will begin by giving us a tour of the Community's Solar Array and Solar Gardens. Then he will talk for 30 minutes about the work that DMEA is doing with renewable energy and update us on the latest with Tri-State. All interested are welcome. Monday Nov. 6, 6:30 pm following DMEA tour. Citizens' Climate Lobby will have their monthly meeting at 6:30 Centennial rm behind Montrose City Hall off plaza. all welcome.

Nov. 8-Montrose High School Veterans' Day Assembly, 10 a.m.

Nov. 8-4-5 p.m.: Youth Volunteer Orientation with the Uncomphagre Watershed Partnership, at Voyager Youth Program Teen Center, 280 North Cora St., Ridgway. All 12 to 19-year-olds with an interest in volunteer activities invited. For more info: http://www.uncompahgrewatershed.org/event/youth-volunteer-orientation/

Nov. 9-12-Ridgway's Sherbino Theater presents the musical, "Cannibal!" Advance tickets online at www.sherbino.org.

Nov. 9-Centennial Middle School Veterans Day Assembly, 9 a.m. Centennial Gym.

Nov. 9-Montrose Senior Center, \$3 lunch and learn. Common threads of Ute spirituality, then and now, with Roland McCook. Reserve a seat 970-964-3419. Lunch @ Noon, Program @ 1 p.m.

Nov. 11-Olathe Middle/High School Veterans' Day Assembly, 9 a.m.

Nov. 11-Mountainfilm @ the Montrose Pavilion, doors open at 4:30 p.m. for silent auction and cash bar; show begins at 6:30 p.m. Benefit for Community Options and Uncompangre Valley Association (UVA). Suggested donation is \$10.

Nov. 11-Delta Elks Lodge honors Veterans' Day; free lunch for all veterans from 11:30 to 1:30 p.m.; USO Show featuring local talent 7 to 8 p.m. Dance 8 p.m. to Midnight. 563 Main Street in Delta.

Nov. 13-Montrose Senior Center, \$3 lunch and learn. Senior Awareness Programs: Find the right drug plan, get extra Medicare help. Reserve a seat 970-964-3419. Lunch @ Noon, Program @ 1 p.m.

Nov. 17-The Black Canyon Boys and Girls Club's annual Crab Crack event is back for the third year. On Nov. 17 at 6 p.m. at the Montrose Pavilion, indulge in an all you can eat crab and shrimp menu with all the fixings. Music by Jedi George, a beer/wine tasting garden, and more. Raffle tickets are still available by e-mailing Bud Taylor at btaylor@bcbgc.org, texting tickets to 970-209-6814, or by calling 970-249-5168. For Crab Crack ticket and sponsorship information, please visit www.bcbgc.org/tickets.

Nov. 18-San Juan Weavers Guild 40th anniversary show & sale will be from 9 a.m. to 4 p.m. Saturday, Nov. 18, at the Holiday Inn Express, 1391 S. Townsend Ave. in Montrose (next to Safeway). Admission is free.

Nov. 18-Del-Rose Chorus joined by the members of the Grand Mesa Chorus, Delta H.S. Show Choir, Anna St Peters, and Al Smith – KSAI Radio Show Host presents "KSAI IS ON THE AIR," *Bringing you the very best of old-time radio, A-Capella, Barbershop Style!* on Nov. 18 @ 3 pm only @ Delta Christian Church. Ticket Outlets:

Tickets: Delta Chamber of Commerce Adult \$10; Heirlooms for Hospice in Delta Senior/Students \$8; Heirlooms for Hospice in Montrose \$2.00 more at the door; Gazebo Florist and Boutique Children 6 & Under are free; Members of the Del-Rose Chorus.

Nov. 23-Montrose Community Dinners Thanksgiving at Friendship Hall Noon to 3 p.m.

Nov. 24-25-43rd Annual Basement Boutique Craft Show @ the Montrose Pavilion. Locally handcrafted gifts for all ages! 8 a.m. to 5 p.m. Friday, 8 a.m. to 4 p.m. Saturday.

Nov. 25-Please join us for the annual Chili Bowl Fundraiser benefiting Art Partners on Saturday, Nov. 25, hosted by The Lark & Sparrow Historic Venue 511 East Main Street from 11 a.m. – 1:30 p.m. it's a tasty, fun, and unique way to support Partners kids. Purchase a bottomless bowl of chili from 11 am – 1:30 pm. The bowl is yours to keep! Bowls starting at \$15 and vegetarian chili will be available.

Nov. 25-Delta's Fort Uncompander celebrates Christmas at the Fort, 7 to 9 p.m. following the Delta Parade of Lights. Admission is \$2, kids under 12 are free. Bring a canned good for our annual food drive, and admission is free. 970-874-8349 for info.

Dec. 1.—The Radio Room proudly presents Harbor and Home on Dec. 1, 2017 7 pm Doors--7:30 pm Show. Tickets \$12 in advance \$15 at the door. The Radio Room is located at 1310 Ute Avenue, Grand Junction, CO 81501. Doors at 7 pm Show at 7:30 pm. 970-241-8801 or kafmradio.org.

Dec. 1-Join us for music, wine and holiday merriment as Cimarron Song Gallery celebrates its second annual Holiday Show, 5 to 8 p.m. Admission is free. The exhibit will feature the works of Julee Hutchinson and Gregory Packard. It's the perfect opportunity to find a one-of-a-kind gift for your someone special! www.cimarronsonggallery.

Dec. 1– Cobble Creek 6th Annual Watercolor Show. Reception Friday 4 –7 pm. Show runs Saturday 10-3. Upstairs at the Cobble Creek Clubhouse. 699 Cobble Drive. 249-5645 for more information.

MONTROSEM I R R O R

Contact the Montrose Mirror: 970-275-0646

Editor@montrosemirror.com www.montrosemirror.com Clockwise from top right: volunteers from Crossroads Victory Church prepare for Halloween Trunk or Treat at the Fairgrounds Oct. 31 (Photo by Gail Marvel); Trick or Treat fun Downtown Oct. 31.







