May 2022 CONNECTING COMMUNITY **MESA COUNTY FAIRGROUNDS** May 14th - 15th

> Sat. 9am - 10pm Sun. 9am - 5pm



FRESH, WHOLESOME FOOD

\$12 BREAKEAST

SANDWICH & COFFEE

Weekdays 8-11 am

**Open Everyday 8am - 3pm** 

420 MAIN ST. 970-986-3474







Konnected Auto Restylin

**Car Audio & 12v Integration** 

970-628-1313 D.J. Klamfoth 599 Northgate Dr. Grand Junction



## Excellence, Integrity, Honor

Now Providing Property Management!







10 Years Professional Service & Counting! Over \$2 5 Million Sold

1915 Broadway Grand Junction, Co. 81507



Call Today!

"Lets get you taken care of."

-Micah

970-201-6957



Life More Abundantly

**WWW.HARVESTREALTY.ORG** 

## CONNECTING

## COMMUNITY

**MAY 2022** 

**EVENTS CONNECTION P.10** 



P. 12 EARTH DAY VOLUNTEER EVENT

MESAS TO MONUMENTS **QUILT SHOW** 



STEP UP FOR P. 16 **DOWN SYNDROME** 



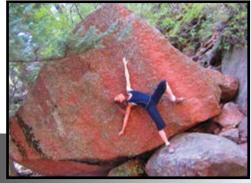
INTERNATIONAL HONEYBEE FESTIVAL



LISA "MOOSE" LEVY KRAL DANCING IN MY HEAD PHOTOGRAPHY

SOUTHWEST ARBOR FESTIVAL

P. 28



**MesaConnection.com** 

## Acknowledgments

It is my duty to identify any errors in this publication and apologize for any inconvenience it may have caused my audience or contributors. I owe Lisa "Moose" Levy Kral a debt of gratitude for suppling last month's pictures of Business

After Hours at Adrenaline Driven Adventures. The photos were courtesy of the Palisade Chamber of Commerce and hopefully both Lisa and the Chamber can forgive the oversight. Lisa takes great photos and should be recognized for her contribution. She is the owner off Dancing In My Head Photography serving the Grand Valley and beyond.

There was also a mistake in the Mesas to Monuments listing in the events calendar, which was at the Two Rivers Convention Center, not the Avalon Theater.

#### CONTACT 970-260-2781 Sales@MesaConnection.com



#### **PUBLISHING & DESIGN JESSE FORNWALT**

If May is anything like last month, we will be in for a real treat. The Valley was really brought together in this issue by a wide range of activities that allow us to sample Mesa County's variety.

There is fun in the most unexpected places. This magazine starts with 3 events on the same day! Step Up For Down Syndrome, Mesas to Monuments Quilt Show & the International Honey Bee Festival, which were all on Sunday April 9th, 2022.

Following that we helped volunteer at earth day and would like to spot light those volunteers, as well as the Forestry Department for their work at the Southwest Arbor Day Festival. They gave plenty of trees away and had fun doing it. Music and face painting made the occasion great for every age.



We hope to see you participating in what Mesa County has to offer! We want to hear what you would like us to cover! Please reach out to us!

around the valley The content of this publication is accurate to the best of our knowledge. **Published by Mesa County Connection** 2022 All rights reserved.

**Edited By Pam Davison** 



#### PICK US UP AROUND THE VALLEY



#### **GRAND JUNCTION**

**ANB** 

ANDY'S LIQUOR

BANK OF THE WEST

BANK OF COLORADO BANK OF SAN JUAN

COURT HOUSE

C&F

**COPY COPY** 

DMV

FIRST WATCH

FISHER LIQUOR

#### **PALISADE**

C&F

COLORADO ALTERNATIVE HEALTH GRAND VALLEY BANK PALISADE

HAPPY CAMPER

**LIBRARY** 

PALISADE PHARMACY

THE WEEDARY

#### **FRUITA**

ALPINE BANK

BANK OF THE WEST

COWBOY MERCANTILE

C&F

CITY MARKET FRUITA FAMILY

DENTAL

**FAMILY HEALTH WEST** 

IN THE MIDDLE LIQUOR

**JACKALOPE LIQUORS** 

**MUNCHIES** 

RECREATION CENTER

SHELL

**STARBUCKS** 

STARVIN' ARVIN'S

FOOD BANK WORKFORCE

**WESTERN ROCKIES** 

MOON MOUNTAIN GEMS

IRON BEARD VAPES

PRO TIRE

**ROCK SLIDE** 

LIBRARY

LOKI

MAIN St. BAGELS

**NEWS RACK POST OFFICE** 

**NEWS RACK 3RD & MAIN** 

**NEWS RACK 6TH &MAIN** 

#### CLIFTON

**ALPINE BANK** 

C&F

DOS HOMBRES

CIRCLE K

CORONADO LIQUOR

**EAST VALLEY LIQUOR** 

**KOKIPELLI LIQUOR** 

**STARBUCKS** 

STARVIN' ARVIN'S

357 RELOADED

**CLIFTON LIQUOR** 

#### DE BEQUE

**KUSH GARDENS** 

KUM & GO

DE BEQUE LIQUORS

DE BEQUE GROCERY & GAS

#### ORCHARD MESA

CITY MARKET

STAR BUCKS

SMOKER FRIENDLY

NAMESTA NEPAL

# KIVA ACCOUNTING LLC

## Tax Returns & Bookkeeping Affordable rates for individuals and Small Businesses!

Special Rates for High School and College Students. Free if we do your parents.

3002 I-70 Business Loop

970-254-9027



### IT'S YOUR BUSINESS.

Whether you've created the business of your dreams or it's a dream-in-progress, you can count on me to help you protect it. Let's talk, business owner to business owner.

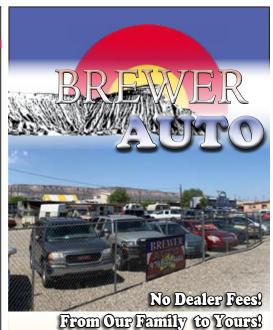


Jerry Martinez, Agent

(970) 241-2445 627 24 1/2 Rd Ste A Grand Junction, CO 81505 Se Habla Español



American Family Mutual Insurance Company, S.I. & Its Operating Companies, 6000 American Parkway, Madison, WI 53783 006222 – Rev. 4/15 ©2015 – 15616516



2487 Hwy 6 & 50 Grand Junction, Co. 81505 970-644-5604

View our inventory!

BrewerAutoGJ.com

# Quilt Show!

You may not believe quilting is the most exciting entertainment. As a matter of fact the first thing you think about quilting might be *Grandma by the fire in a rocking chair*. However when a competition is afoot, the talent comes out and people bring the excitement.

The Mesas to Monuments Quilt Show held at the Two Riv-

er's Convention Center gave us a wonderful display of people's hard work. The detail and intricateness of these quilts go beyond the traditional realms of this art to a magical display of texture with elements that are unique for each piece.

Judy Allerheiligen, coordinator for the event says the show is only every two years with the next one April 12<sup>th</sup> - 13<sup>th</sup> 2024. The last quilting show was held at the Mesa Mall, and the ones previous to that were held at Lincoln Park barn. The size and attendance of the event shows that it is growing rapidly.

The attendees were mostly older; however, they know good art when it is presented, and the Mesas to Monuments Quilt Show definitely has some talented artist

attending.. For \$5 bucks it was worth walking around and looking at the end result all the time and effort that was put into each of these lovely pieces.

If you don't think you will get the opportunity to see or

MesaConnection.com



purchase these quilts, don't worry. Judy says all the vendors have an on-line presence and can be found on the Sunset Slope Quilter's website.

There were 6 total awards given out 1st place also won a \$150 gift card to Hi Fashion sewing and Quilting, 2nd place \$100 gift card to Owl's Nest of Quilters, 3rd a \$50 gift card to Quilter's Inspiration. There were also 3 honorable mention awards.

There is excitement, even in some of the most unexpected places. The quilting art itself might seem boring, but the final product proves to be worth showing a smile for. It's wonderful to see how creative people can be. Their excitement is contagious. Letting our preconceived notions go will allow us to

enjoy something we wouldn't normally recog- nize. To become a vendor or look the vendors that attended this year's Mesas to Monuments Quilt Show go to:

www.SunsetSlopeQuilters.com or Mesas to Monuments Facebook page.

3<sup>rd</sup> Place American Beauty by Sonia Sanderson



Bountiful Baskets by Mary Ross



1st Place *Pandora* by Daleeta Toft



2<sup>st</sup> Place *Judy & Me* by Sharon Braunangel



The Arrangement 2 by Jackie Aguilar Quilt with Texture!









Purchase tickets early Taylor's Croft - 970-201-7757

## **INSURANCE**



**Trustworthy** Reliable Local

We've Got You Covered!

575 32 Rd. 970-434-5548 Clifton

## **Grand Junction**

#### **Western Slope Networking**

3:00 - 5 pm

Downtown Grand Junction 101 S 3rd St Suite 100, Grand Junction,

Join us for an informal networking and discussion about trends on the Western Slope to connect champions, public sector staff + elected, and private sector partners. Register at www.BeaconSeniorNews.com

#### The BREWERY COMEDY TOUR at **EDGEWATER**

7:00 - 8:30pm **Edgewater Brewery** 905 Struthers Ave, Grand Junction, CO Standupcomedians from New York to L.A. are currently on the road, sampling the local fare, local drinks and providing the finest and funniest in comedy entertainment.

\$14

#### May 6

#### Humanity w/ Hillbilly Riot

9 - 11:45pm

Orchard Mesa Cruisers 2692 Hwy. 50, Grand Junction, CO Hillbilly Riot is a hard hitting three piece from Cedaredge, CO. Utilizing various styles and genres. Blending rock, outlaw country, punk, metal ect ....Hillbilly Riot keeps the audience entertained and captivated with their explosive energy.

#### May 6

#### The Marcus King Band

8 - 10pm

The Avalon Theatre 645 Main St, Grand Junction, CO

A 25-year-old guitar phenom and innovative songwriter, Marcus King can simultaneously switch from swaggering rock to supersonic soul, having written songs and performing onstage for half his lifetime.

\$27, \$37, \$47, \$67 + fees

#### May 6

#### Napalm Death

8 - 11pm Mesa Theater

538 Main St. Grand Junction, CO English Extreme Metal Pioneers NA-PALM DEATH Live at Mesa Theater \$16 - \$19

#### May 6

#### Ryan Chrys & The Rough Cuts

10 - 11pm

Warehouse 2565

2565 American Way

**Grand Junction** 

#### FREE SHOW!!

At a glance, Ryan Chrys & The Rough Cuts are a 4-piece touring band that shares male and female leads in a mix of old school country and rock n roll. Call it western outlaw, modern outlaw country, or just plain outlaw.

#### May 7

#### **Community Concerts: Crocodile** Rockin'

7:30 - 9:30pm

The Avalon Theatre 645 Main St, Grand Junction, CO Ready! Steady! Go! for this rollicking romp through the wonders of Elton John and Bernie Taupin's incredible music making! Audiences will see for themselves why Elton is one of the world's most beloved icons.

#### May 8

#### **Powerglove with Immortal** Guardian

8 - 11pm0pm Mesa Theater 538 Main St, Grand Junction, CO Powerglove is an American instrumental power metal cover band. They are known to play metal cover versions of classic video game themes. Lalendar

\$15

#### May 8

#### **TIM MONTANA**

MECTION

7 - 10pm

Warehouse25sixty-five Kitchen + Bar 2565 American Way,

Grand Junction, CO

GJ get ready for the rockin Tim Montana and the Shrednecks as they take over the Warehouse for a can't miss night of COUNTRY ROCKIN ROLL! \$20

#### May 8

#### **Mayhem Tour**

3 - 5pm

Grand Junction Motor Speedway 3002 N I 70 Frontage Rd, Grand Junction, CO

repare to have your mind blown away. We have the biggest, maddest and wildest event you will ever witness. This adrenaline filled show features the most massive Monster Truckz destroying cars, flying over mind boggling jump pushing drivers and trucks to the brink of destruction. The Nitro Motocross Team will amaze and astonish as the soar 80 feet above your head doing things that shouldn't be possible.

ONE Free Kid's Ticket is valid PER PAID ADULT. This is for General Admission seating.

\$16.50 Adult, free kid with first 100 tickest

#### May 8

#### **Henry Rollins: Good To See You 2022**

8:30 - 10 pm The Avalon Theatre 645 Main St, Grand Junction, CO \$25, \$30 +fees

**CONTINUED P. 21** 

**Connecting Community** 

## Earth Day Volunteer Event



On a warm Friday morning we joined River's Edge West, a nonprofit organization dedicated to helping find solutions for river fronts across the Southwest. Reoccurring droughts are not the only cause for water shortage.

Cara Kukuraitis, Communications and Education Director of River's Edge West says, foreign plants brought around the dust bowl era were used for dirt erosion. Since then we have learned that natural erosion is best and that these invaders not only overtake the native plants, they also use tremendous amounts of water because of how dense they get.

The two most problematic Cara says, are the Tamarisk and Cocklebur. Salt Cedar (aka Tamarisk) introduced from Asia has taken over River Bend Park's river front and many other river fronts across the Southwest. This foreign plant has a deep root system, spreads quickly and also burns worse than the native species.

The Cocklebur are ugly first of all, second they stick to everything. If you've lived hear long, you've gotten them stuck in your shoes or had to remove





them from your dog's hair. There is a reason why the first part of the pesky plant's name is what it is. If you get them stuck all over you that's the first thing you scream!

As volunteers for the cause we not only got to help, but were educated on the difference between native plants and invaders.

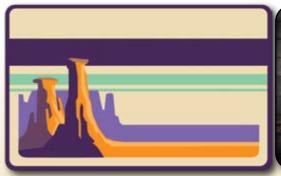
You never know when you'll learn something new, Cucklebur also kills livestock if 1% or more of body weight is consumed (information from the Statewide Integrated Pest Management Program).

Taking the time to learn about the river that most of us use all the time is not only vital to keeping the area beautiful, but also saving native species and conserving water. Don't be afraid to pull a few next time you're watching your kids at the Lazy River.

Grand Valley River Fest & Rubber Ducky Race May 14<sup>th</sup> from 10am - 5pm go to www.RiversEdgeWest.org for more info









## MONUMENT PAYMENTS

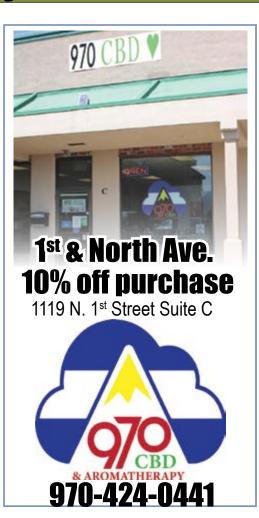
Credit card processing and POS program.

Providing LOCAL merchants with state of the art payment processing solutions.

No contract - Competitive pricing - FREE POS program Cash Discount Program - Local On-site Service -Technology Custom for your Business

> 970-239-1307 info@monumentpayments.com MonumentPayments.com







#### NO ONE SHOULD GO HUNGRY

Free Nutritious Food No Qualifications No Identification



- · Grocery "Shopping" Model
- · Quick & Easy Intake
- · Volunteer Assistants



- SNAP Application Help
- · Resource Navigation
- Home Delivery Available



- Fresh Produce Daily
- Meat, Eggs, & Dairy
- · Samples & Recipes

Food Pantry Open Every M/T/TH 12:30 - 5:30pm 476 28 1/2 Rd, GJ 81501

Hablamos Español

(970) 640 - 0336 www.foodbankgj.org

## **Daniel Shaffer**

A Talent For Strategy

CRIMINAL DEFENSE & CIVIL



REE Evaluation & Consultation

970-243-2552 <u>DanielShafferLaw.</u>com



# LET'S GET GROWING...

- Hanging Baskets
- Planters
- Specialty Flowers
- 300+ Varieties of Perennials
- 33 Varieties of Tomatoes
- 41 Varieties of Peppers
- Large Variety of Herbs
- Huge Selection of Starts & Seeds

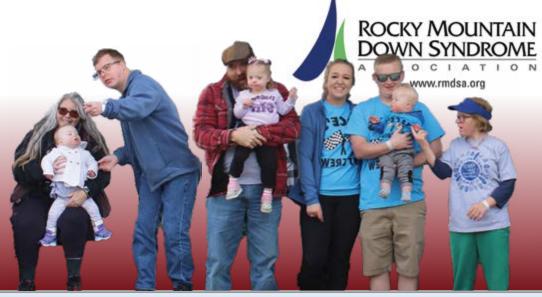


3162 F Rd • Grand Junction, CO 81504 970-434-2788

mtgarfieldgreenhouse.com

Follow us on Facebook
See our Website for Store Hours





## STEP UP FOR DOWN SYNDR

On a wonderful Saturday afternoon with warm air springing up around us, we joined the Rocky Mountain Down Syndrome Association for the 5th Annual Step Up For Down Syndrome walk for awareness. 22 teams with a total of 338 walkers bound passed their goal with exceptional pace!

Smiles are all around as the event starts with Boyscout Troop 328 leading our beloved flag to it's tribute. Hannah Howe sings the National Anthem with passion to grace our Country with her rendition.

As the crowd's cheers slow down, everyone gears up for their walk towards a goal of \$25,000. The first to start out the walk is Gracie Parks and Gracie's Dream Team. Although all teams were important to reach the goal, Gracie's Dream Team is in the top 5 of donations earned!

Laura Graham, Program Coordinator for RMDSA Western Slope says she and Stephanie Bonnie have done all 5 walks and this was the first time they exceeded their goal. The first couple of years they didn't quite reach their target; however, with everyone coming out of the Co vid coma, people

> are ready to walk and support a great cause. Totaling \$34,223 the largest crowd yet help surpass the goal.

The main mission of the Rocky



Mountain Down Syndrome Association is "To assure inclusion and enhance independence of people with Down Syndrome by providing education, resources, and support in partnership with individuals, families, professionals, and the community." The annual event has grown tremendously every year and will continue to with the overwhelming support of the community. You can visit www.RMDSA.org Gracie's Dream Team their Facebook page for next year's schedule or to make contributions. Concurring CHD Mascot Stephanie Bonnie Julie Fornwalt Laura Graham Megan Richards













- Under new ownership
- Family Owned Locally
- We service what we sell

FREE HIGH QUAILTY EYE PROTECTION with \$500 Rental, Sales or Service



970-241-4368 2956 I-70 Business Loon







- Emergency Water Removal
- Stain Guard
- Anti Allergy
- Grout & Ceiling

- Carpet
- Tile
- Upholstery
- Shower

1 FREE room carpet cleaning with 3 other rooms

FREE Stain Guard with any Carpet Cleaning!

\$40 Room Special up to 120 sq'

**Appointments Today!** 

970-210-4281

GetYourCarpetsCleaned.com







## CALENDAR

#### CONTINUED

## Grand Junction May 10

#### **Chaos and Carnage Tour**

4:30 - 11:30pm Mesa Theater 538 Main St, Grand Junction, CO Suicide Silence & Carnifex Lorna Shore Upon A Burning Body Angelmaker Distant Special Guest TBA \$27 - \$30

#### May 11

#### **KYLIE FREY**

7 - 10pm

Warehouse25sixty-five Kitchen + Bar 2565 American Way,

Grand Junction, CO

In today's country, it's not uncommon for artists to veer from one "lane" to another, adopting a new sound and style as trends change. But there's a growing movement within the genre suffering no such identity crisis, and there you'll find Kylie Frey.

#### **May 11**

#### **Escape The Fate**

6:30 - 11:30pm Mesa Theater 538 Main St, Grand Junction, CO

scape the Fate performing their "Self titled" Album from front to back + other Hits!

\$25-\$29

#### May 11

#### Wind Symphony

6:30 - 11:30pm Moss Performing Arts Center 1221 N 12th St, Grand Junction, CO \$12 Adults, \$10 Seniors, kids and students free.

#### **May 12**

## **AARON WATSON with special** guest Jeremy McComb

7 - 11pm

Warehouse25sixty-five Kitchen + Bar 2565 American Way, Grand Junction

Aaron Watson is set to bring that TEXAS heat to the W stage for a can't miss night of LIVE COUNTRY MUSIC! TICKETS on sale NOW and won't last long so ya better hit the BUY button quick our good buddy Jeremy McComb is bringing the full band to kick start this dance.

#### **May 13**

#### 2022 Western Colorado Hero Classic Golf Tournament

8am - 2:30pm Redlands Mesa Golf Course 2325 W Ridges Blvd, Grand Junction Join us at the 2022 Western Colorado Hero Classic Golf Tournament to help say THANK YOU to our local Heroes. Tickets \$135 - \$1,500

#### **May 13**

#### **River Valley Rangers**

7 - 10pm

Warehouse25sixty-five Kitchen + Bar 2565 American Way, Grand Junction come out & listen to some great live music that will have ya foot stompin, hand clappin, swing dancin kind of LIVE MUSIC! \*\* FREE SHOW \*\*

#### **May 13**

## JASON ABBOTT \*\* FREE SHOW \*\*

7 - 10pm

Warehouse25sixty-five Kitchen + Bar 2565 American Way, Grand Junction

#### May 14 & 15

#### **Grand Valley Highland Games**

Sat. 9am - 10pm Sunday 9am - 5pm Mesa Count Fairgrounds Don't wait in line! Purchase tickets early at Taylor's Craft 970-201-7757

## CALENDA RONTINUED

#### **Grand Junction**

#### **May 14**

#### **RODNEY ATKINS**

7 - 10pm

Warehouse25sixty-five Kitchen + Bar 2565 American Way, Grand Junction WithCaught Up in the Country, one of country music's biggest stars is starting his next chapter...

\$40 - \$85

#### **May 14**

#### Eve 6 at Wüffstock Music Festival

2 - 4pm

Amphitheater at Las Colonias Park 925 Struthers Ave, Grand Junction, CO 6th Annual Wüffstock Music Festival An event to celebrate the human-canine bond with live music, food and drink, and, of course, dogs!

#### **May 21**

## BUCKIN' BULLS: THE STORY OF TY RINALDO

6 - 10pm

The Avalon Theatre 645 Main St, Grand Junction, CO

Put on your cowboy best and walk The Avalon's red carpet on the way meet the local filmmakers of this award winning documentary at the hometown premiere of Buckin' Bulls: The Story of Ty Rinaldo.

\$18, Students \$8

#### May 27

#### **COREY KENT**

8 - 11:30pm

Warehouse25sixty-five Kitchen + Bar 2565 American Way, Grand Junction Corey Kent is quickly becoming an add on everyones playlist and is set to light up the Warehouse.

\$15 - \$20

#### Palisade

#### May 8

## Mother's Day Brunch with Red Barn Catering

10am

Restoration Vineyards

3594 E 1/2 Road

Palisade, CO 81526

#### FREE EVENT!!

Join us Sunday May 8th for a fabulous brunch with Red Barn Catering. Drink specials and outdoor seating available for moms to relax with us.

www.restorationvineyards.com

#### **May 14**

#### **Brews & Shoes Festival**

12 - 5pm

Veterans' Memorial Park 120 W 8th St, Palisade, CO

Brews & Shoes Festival presented by Grand Valley Bank celebrates over 30 craft brews and hard ciders. Sampling, live music, food, and fun in the beautiful heart of downtown Palisade!

Palisade Chamber 970-4647458

#### May 18

## **Business After Hours- Palisade Basecamp RV Resort**

11:30 - 1pm

Palisade Basecamp RV Resort 985 N River Rd, Palisade, CO PBusiness After Hours socials are a great opportunity to network.

#### **May 18**

#### **Bella Notte**

12 - 4pm

3857 N River Rd, Palisade, CO Join us for a beautiful night! Appetizers & Music, Wine & Dinner \$75 - \$525

#### May 28

#### Palisade Plunge

7am

Palisade

This is an invitiation only ride as VetEx leaders ride the new Palisade Plunge to get their eyes on it for future trips. This ride is very advanced and is over 30 miles long.





2424 Hwy 6 & 50

Mesa Mall

970-424-1332





## CALENDAR FRUITA

#### May 4

#### Bike to Work Day

1pm

325 E Aspen Ave, Fruita, CO Join us on May the 4th to celebrate Bike to Work day in Fruita! FREE Breakfast will be provided by Family Health West

#### May 6

#### 18 Hours of Fruita

**12**pm

Fruita

Highline Lake State Park 1800 11 8/10 Rd, Loma, CO

One of the most beloved endurance events on the western slope.

#### May 6, 7, 8

#### **Fat Tire Festival 2022**

Fri & Sat 11am Sunday10am

Downtown Fruita

Downtown Fruita will host the afternoon and evening events as well as Mountain Bike Accessory, Apparel and other related Outdoor Recreation vendors.

#### May 7

## Joyfully Triumphant Fruita Dance & Art Youth End of Year Showcase!

9am

Fruita Parks & Recreation Department 324 N Coulson St, Fruita, CO Come out and support the youth's enrollment in the arts on May 7th, 6pm at the Fruita Community Center.

#### May 7

#### Fruita End-of-Season 5K Celebration

10am

Fruita Community Center
324 N Coulson St, Fruita, CO
Join us for our first 5K event in Fruita

since 2019!

www.pinwheel.us/register/index/GOTR-Western-Colorado-Spring-2022-5K-Event Register Today!

#### **May 14**

#### Adventure Fest at 18 Road

11:30am

18 Rd, Colorado

The Adventure Fest at 18 Road weekend features the Fruita Trail Half, the Sarlace Attack 50K mtb race, free events for spectators at the start/finish area, free camping, music, food, and microbrews.

www.GeminiAdventures.com

#### **May 14**

#### Hi Five Robotics Golf Tournament

9am

Adobe Creek National Golf Course 876 18 1/2 Rd, Fruita, CO

#### **May 15**

#### Fruita Trail Half Marathon

8:30am - 12pm North Fruita Desert 18 Road Trailhead, Fruita, CO This exciting half marathon course is a fun loop on the beautiful flowy single track in Fruita, CO.

#### **May 20**

## BetterRide w/Gene Hamilton, MTB Skills Course

8:45am

Fruita

Take your skills to the next level (guaranteed) by investing in yourself Learn the skills to greatly improve your riding and drills to master those skills in Fruita, Colorado! admin@betterride.net

#### **MesaConnection.com**

## Better Quality Care

Experience a personal, refreshing approach to your foot & ankle care.

(970) 433-7547

241 Grand Ave, Suite #3 Grand Junction, Colorado COFAW's focus is you! With no insurance billing and no copays, you get no hassles—just simple, easy to understand, and fair pricing.



In-Office Telemedicine House Calls



Experience the benefit of more time with your physician, more time to communicate, plus comprehensive reviews of your X-rays.

- · More of your questions answered
- Better understanding of your feet & ankles
- · Better understanding of treatment options
- Fewer follow-up visits
- Fair & transparent pricing
- MORE EFFICIENT CARE

\$50 X-Rays!

SPORTS MEDICINE • CUSTOM ORTHOTICS • TRAUMA & INJURY
BUNIONS & HAMMERTOES • DIABETIC FOOT & ANKLE CARE
WART, CALLUS & NAIL CARE • X-RAYS & SO MUCH MORE!

#### LEARN MORE AT COFAWELLNESS.COM

APPOINTMENT OPTIONS THAT FIT YOUR NEEDS 90 MINUTE INITIAL CONSULTATION
X-DAYS EXAM & TREATMENT PLAN: \$300

60 MINUTE INITIAL CONSULTATION EXAM & TREATMENT PLAN: \$150 Call today to schedule your consultation!

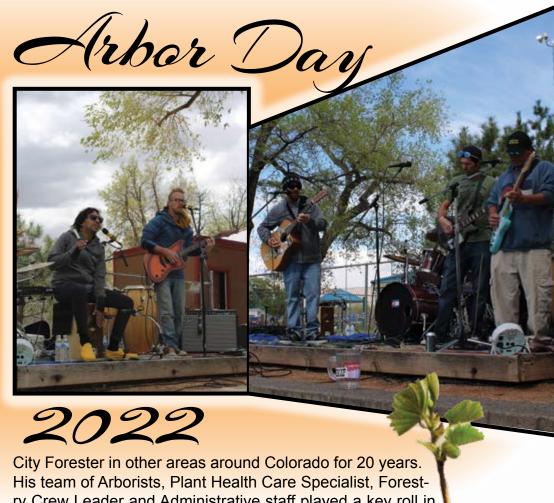


There's no better way to start spring than celebrating nature, growth and trees! On Saturday April 23rd 2022, following the Earth Day Volunteer Event, was the Southwest Arbor Day Festival 2022.

Starting at 9am, there was a free seedling give away to help endorse the use of climate appropriate trees that are better for water conservation. There was also a silent auction to bring home a large containerized tree.

The Grand Junction City Forestry department, managed by Robert Davis, City Forester, came out with his whole team to spread trees to the community. Robert has been with Grand Junction City Forest for 3 years and this is his first year hosting the Southwest Arbor Day Festival for the city. Davis has been





ry Crew Leader and Administrative staff played a key roll in making the tree giveaway and silent auction a success. Robert says, "We delivered 444 seedlings to the doorsteps of Grand Junction residents through the help of Forestry Board members and Master Gardener volunteers. We gave away ~620 seedlings at Arbor Day Saturday. Roughly 1,000 seedlings distributed for Arbor Day." He also says the silent auction was a success with 50 Large trees going to homes. On May 7th the Forestry Crew is teaming up with the Grand Junction Rotary Club to put their \$10,000 donation to good use with a larger tree planting down at Las Colonias west of the butterfly pond.

Robert also wanted to state, "Our ur-

improve air quality, lower our carbon foot print through large scale carbon sequestration, cools the valley reducing energy use (AC units running). The whole of our tree canopy provides \$30 million

**CONTINUED P. 30 Connecting Community** 

ban tree canopy works hard to 1.100

# Testival Abor (

## CONTINUED



in annual savings and has an appraised value of \$1.1 billion".

The career center also had a spot selling various plants for educational funding and the Tri-River Master Gardeners were giving out information to the public. Susan Carter of the Tri-River Horticulture & National Resources a Colorado State University extension office, says they work with the Forestry department to provide volunteer support and informational classes in horticulture. After watching Ramses Vallejo rappel a tree, it was time to meander over to the live music, beer and food. Over 50 vendors rallied to show their enthusiasm for finally getting into a busier season. Face painters Rikku and Annite of Toadstool Face Painting had a line around their tent!

Two live bands played with great energy. First up was Tim and Richard bands, local artists in a two man band

using every limb they had to make music; very talented! The band after them was called Lincoln Pants Band. Matt Lincoln and Nick Pants put the band together 8 years ago and are both from Mesa County. Their unique sound had undertones that are reminiscent of rock n roll, blues and reggae. Find them later in the Summer at some upcoming festivals.

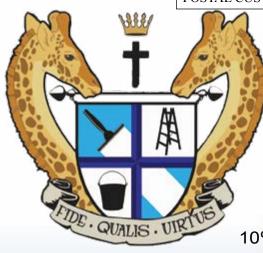
Brews and Shoes Lavender Fest Peach Fest

MesaConnection.com









## 970-464-1400

The best quality, The best price. You deserve the best!

10% OFF for Seniors & Veterans

## **ABOVE ALL**

## WINDOW CLEANING & SERVICES

## Say: Quarterly Cleaning Club

**15%** 

ON All SERVICES!

Carpet cleaning, window cleaning, vent cleaning to Covid home sanitations.

\$200

## **Any Services**

Mention this ad!

With Coupon. Not valid with other offers

# 20% Gutter Cleaning Off ANY JOB!

With Coupon. Not valid with other offers

## \$25 Blind Cleaning

Off

Any Job Over \$100

With Coupon. Not valid with other offers