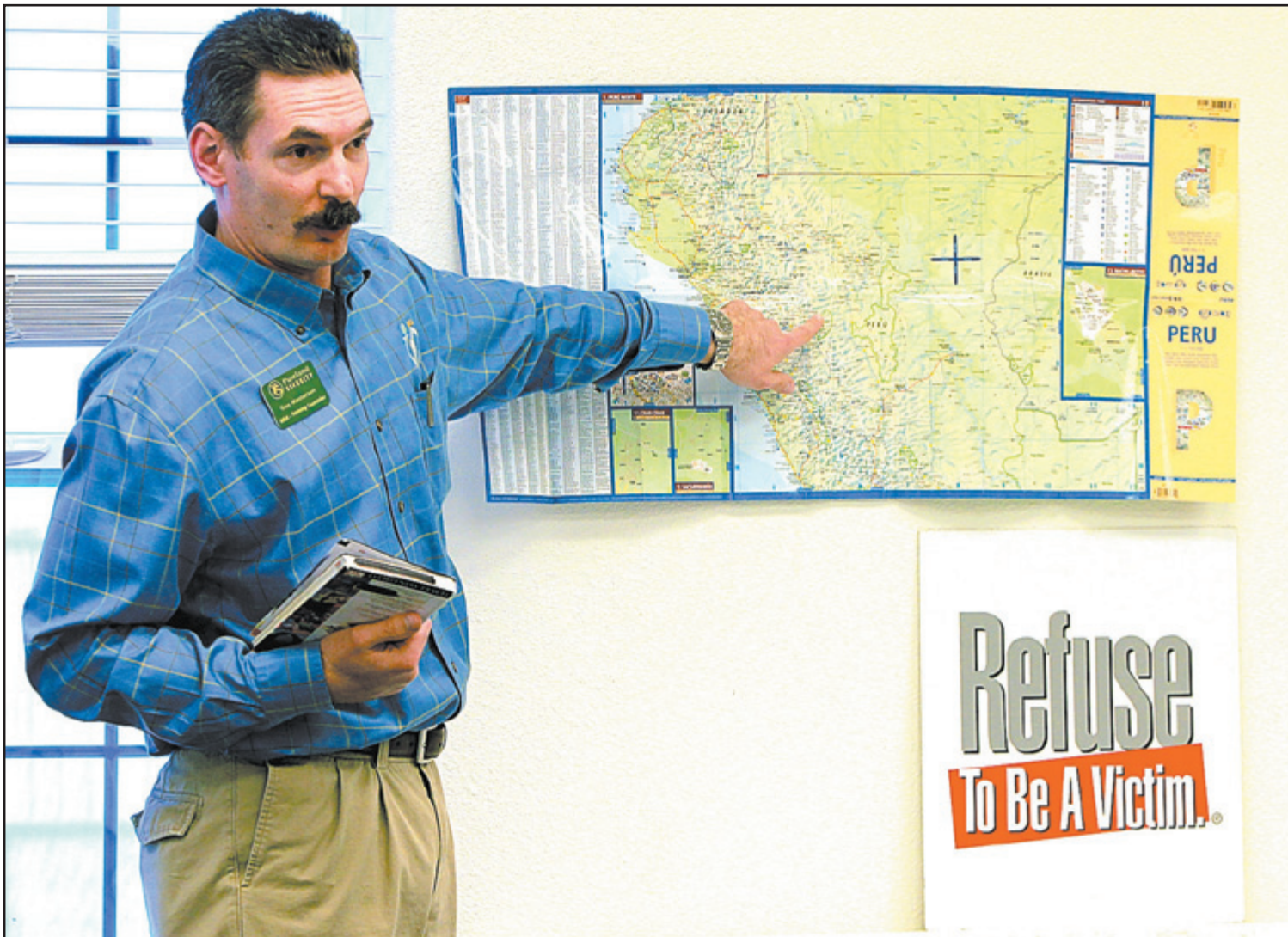


# LOCAL



CHRISTOPHER TOMLINSON/The Daily Sentinel

Guy Masterson, a Grand Valley resident, teaches a class titled "Refuse To Be A Victim" on Saturday at the Blue Star building in Grand Junction. He and his wife, Suzanne, have been presenting the National Rifle Association seminar for the past three years.

## Grant will help finish Fruita's new bike park

By DUFFY HAYES  
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The dusty berms, rollers and jumps at the relatively new Fruita bike park may be covered with snow, but some big additions to the park are planned for after the melt-off.

The city of Fruita has received a grant from Great Outdoors Colorado to finish construction of the final details of the bike park along Colorado Highway 340 north of the Colorado River. It opened to the public in spring 2011.

"It's going to really be a full-service, neighborhood park when we're done," said Ture Nycum, Fruita parks and recreation director.

To get to that stage, plans call for a number of improvements and additions, Nycum said.

Turf grass will go in, providing a decidedly un-dusty space in which to hang out. Two new shelters will be built with barbecue grills. And what Nycum described as a "naturescape" playground — massive boulders with connective ropes between them, among other natural features, for kid climbing — also is planned.

Bikes always need tweaking, so two bike repair workstations are going to be provided. Have a flat tire, and you'll have access to a stand and tools to get rolling again.

A unique addition to the park will be the xeriscaping demonstration garden,

where people who are considering the water-minimizing landscaping technique can see examples that work and what they look like.

The xeriscaping section will be a project coordinated with the Ute Water Conservancy District and Colorado State University Cooperative Extension Service, which are among a number of community organizations in support of the bike park.

The Colorado Plateau Mountain Bike Trail Association, whose volunteers helped build the park's features, and the Colorado Riverfront Commission wrote letters of support to Greater Outdoors Colorado, and the Western Colorado Conservation Corps made an in-kind donation of \$1,500 and will send a youth crew to work at the park for a week or two.

"It gets a lot of people invested in the park and leads to people taking care of it, too," Nycum said about all the groups involved.

The amount of the grant is more than \$244,000, and the city of Fruita will spend \$105,550 on the improvements as part of its 2013 capital projects budget.

Nycum said the city aims to have the upgrade finished by the end of the summer or in the early fall. City officials will finalize the specific plans and construction scheduling in the next month or two.

## Develop a defensive mind-set

NRA seminar taught by Grand Valley couple helps even those who don't own firearms

By CHARLES ASHBY  
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Don't be paranoid that everyone out there is determined to victimize you, just be aware that some will if you aren't paying attention.

That's the underlying lesson that Guy and Suzanne Masterson try to teach.

The Grand Valley couple of 13 years have been teaching the National Rifle Association's "Refuse To Be A Victim" seminar for the past three years.

The couple also are certified instructors for other courses, including for concealed and carry permits, but this one is helpful even for people who don't

### HOW TO AVOID PROBLEMS

The NRA's "Refuse To Be A Victim" course offers numerous tips:

- Install effective door and window locks on your home.
- Install bright lights outside the home that have motion detectors.
- Use lamp timers inside the home when away for several days.
- Learn as much as possible about places you vacation to know where to go when arriving.
- Photocopy important items in your wallet.
- If confronted by a mugger, consider dropping your purse or wallet and running away.
- Use more complicated computer passwords.

own firearms.

"We address in every class we do that it's important to have a healthy defensive mind-set, so you're safe but not paranoid," said Guy Masterson, a regional counselor of the program and a volunteer firefighter. "We don't increase fear, we minimize fear through the training that we do. We get people who are very terrified to people who are 23-year Marines. Sometimes they just want to know how to help a loved one, and sometimes they just want to refresh their own

insight to have a safe level of awareness."

The couple said criminals are more likely to target easy victims, so putting as many deterrents in their way helps minimize you as a target.

The two offer common-sense tips on how to avoid becoming a victim — everything from remembering to secure your house before leaving on trips to being careful to whom you give personal information.

Isabel Menapace, 15, took the course at the behest of her fam-

ily, which wanted her to become more aware of how to avoid bad situations.

"I learned that by just taking a couple of extra steps, you can prevent a lot of bad things from happening," she said after taking the course Saturday. "That can be from buying a better lock for your door or buying a better door. I never thought that someone would take advantage of newspapers piling up or snow being around the house. It now occurs to me that it makes sense."

The three-hour course, which doesn't emphasize the use of guns but doesn't dismiss them either, is offered monthly for free.

The Mastersons also give a defensive pistol refresher course that is acknowledged by the Mesa County Sheriff's Department as qualifying for concealed weapons permits.

For information about the course, contact Suzanne Masterson at 270-3203 or email her at [suzanne@realstreamline.com](mailto:suzanne@realstreamline.com).

## Progress slow but steady for in-state water deal

By DENNIS WEBB  
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Negotiations to finalize a sweeping in-state water agreement for the Colorado River Basin continue to drag on, but holdout Western Slope entities have conditionally approved it pending resolution of outstanding issues.

The proposed deal was announced in April 2011 and involves Denver Water and more than 30 Western Slope entities. In September, Peter Fleming, general counsel for the Colorado River Water Conservation District, based in Glenwood

Springs, expressed hope that it would be finalized by the end of October. But final approval continues to await the conclusion of negotiations on two major issues — the senior water right for Xcel Energy's Shoshone Power Plant in Glenwood Canyon and future administration of Green Mountain Reservoir near Kremmling.

Conditional approvals to the overall deal have been given by the river district and all Grand Valley entities involved with the

"I learned that by just taking a couple of extra steps, you can prevent a lot of bad things from happening."

ISABEL MENAPACE

15-year-old who took the class on "Refuse To Be A Victim"

### WEATHER

Here's what's in store today High 25, Low 5

Inversion still in effect

### THE GRAND VALLEY'S 4-DAY OUTLOOK

<b>MONDAY</b> High 22, Low, -1	<b>TUESDAY</b> High 25, Low, 6	<b>WEDNESDAY</b> High 27, Low, 9	<b>THURSDAY</b> High 27, Low, 10
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### AREA FORECAST

**Delta/Montrose**  
High 28, Low, 3, partly cloudy

**Rifle**  
High 20, Low, 0, sunny

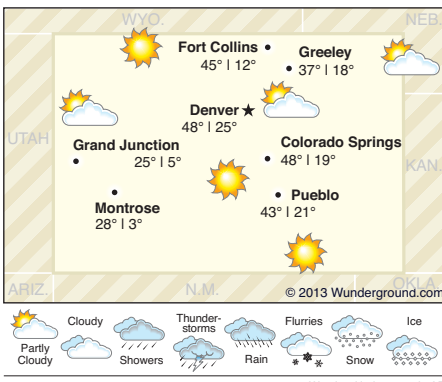
**Glenwood Springs**  
High 23, Low, 2, sunny

**Grand Mesa**  
High 18, Low, 6, sunny

**Southeastern Utah**  
High 24, Low, 0, partly cloudy

**Denver area**  
High 48, Low, 25, partly cloudy

### COLORADO TODAY



### COLORADO TEMPERATURES

City	High	Low	Prc	Snow	Grand Junction	23	-8	0.00	3
Akron	37	12	0.00	M	Greeley airport	M	M	M	M
Alamosa	15	-32	0.00	0	Gunnison	10	-24	M	M
Aspen	30	-5	0.00	M	La Junta	48	11	0.00	M
Burlington	41	12	0.00	M	Lamar	46	0	0.00	M
Centennial arpt	37	11	0.00	M	Leadville	32	0	0.00	M
Colorado Springs	42	22	0.00	0	Limon	36	11	0.00	M
Cortez	30	-7	0.00	M	Meeker	17	-18	0.00	M
Craig	11	-21	0.00	M	Montrose	25	-7	0.00	M
Denver intl arpt	37	18	0.00	M	Pueblo	47	8	0.00	0
Durango	24	-12	0.00	M	Rifle	24	-7	0.00	M
Engle	21	-11	M	M	Telluride	37	12	M	M

M=Missing T=Trace

Get instant weather information at [GJSentinel.com](http://GJSentinel.com)

**Fireplace advisory**  
You're asked not to burn today.  
— Mesa County Health Dept.

**Sunset today**  
5:07 p.m.

**Sunrise Monday**  
7:33 a.m.

**UV index: 2 (low)**

Full moon Last qtr. New moon First qtr.

Jan. 27 Feb. 3 Jan. 11 Jan. 18

### SATURDAY IN GRAND JUNCTION

**Temperature**

High 23 at 2:09 p.m.  
Low -8 at 4:47 a.m.  
Average high 37  
Average low 16  
Record high 55 in 1930  
Record low -14 in 1971  
High this date last year 47  
Low this date last year 19

**Precipitation**

For the period ending at 5 p.m. 0.00 in.  
Total this month 0.01 in.  
Average month to date 0.10 in.  
Total for year 0.01 in.  
Average year to date 0.10 in.

**Relative humidity**

High 91% at 5 a.m.  
Low 61% at 1 p.m.

### WATER LEVELS AND FLOWS

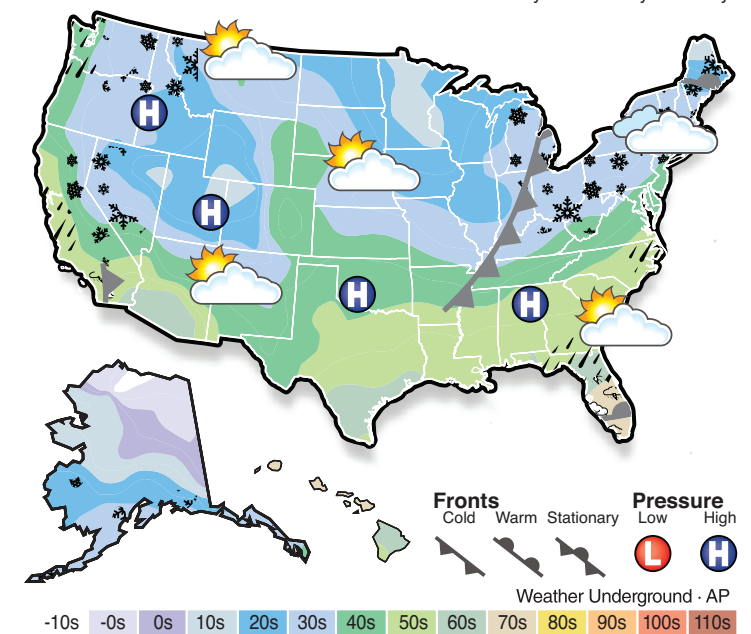
Lake Powell	3,609 ft.	Gunnison River in Grand Junction	Ice
Blue Mesa Reservoir	7,453 ft.	Gunnison River	
Colorado River at Cameo	Ice	below Gunnison tunnel	331 cfs

### NATIONAL FORECAST AND TEMPERATURES

City	High	Low	Prc.	Otk.
Albuquerque	40	14		PCldy
Anchorage	32	25		Cldy
Atlanta	50	30		PCldy
Baltimore	43	31		Cldy
Birmingham	50	31	.07	Clr
Bismarck	20	B03		PCldy
Boise	22	06		Cldy
Boston	42	30		Snow
Charlotte, N.C.	50	23		Cldy
Cheyenne	35	20		Cldy
Chicago	39	18	.03	Snow
Cincinnati	40	21		Cldy
Cleveland	34	22		Snow
Columbia, S.C.	54	26		Cldy
Dallas-Fort Worth	54	36		Clr
Des Moines	39	20		Clr
Detroit	32	14		Cldy
Flagstaff	49	00		PCldy
Honolulu	78	62	.09	Clr
Houston	47	42	.84	PCldy
Indianapolis	38	18	.01	Rain
Kansas City	43	26		Clr
Las Vegas	51	30		Cldy
Los Angeles	67	42		Rain
Miami Beach	82	68		Cldy
Milwaukee	36	19	.01	Snow
Nashville	47	22		Cldy
New Orleans	53	46		Cldy
New York City	42	32		Cldy
Oklahoma City	50	37		Clr
Omaha	32	14		Clr
Orlando	76	55		Rain
Philadelphia	42	28		Cldy
Phoenix	63	38		PCldy
Portland, Ore.	38	35		Rain
Reno	32	15		Snow
Richmond	50	26		Cldy
Sacramento	51	33		Rain
St. Louis	46	30		PCldy
Salt Lake City	20	06		Cldy
San Antonio	59	41		Clr

### National forecast

Forecast highs for Sunday, Jan. 6



City	High	Low	Prc.	Otk.
San Diego	62	41		Rain
San Francisco	53	41		Cldy
Santa Fe	35	02		PCldy
Seattle	44	40		Rain
Tucson	63	31		PCldy
Washington, D.C.	46	31		Cldy

### WEATHER HELPLINES

Current Grand Junction conditions..... 243-0914 then press 1  
Five-day forecast..... 243-0914 then press 2  
Time & local temperature ..... 242-2550

Road conditions..... 877-315-7623  
Air quality advisory  
Mesa County ..... 248-6990  
Montrose/Delta counties ..... 874-2172