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# THE MONTROSE MIRROR

A Monday News Blast Serving West Central Colorado

Issue No. 103 Feb. 1 2015

## CASA MOVES INTO A BUILDING OF ITS OWN, EXPANDS SERVICES AND PLANS FOR THE FUTURE



*CASA of the Seventh Judicial District has moved to a building of its own at 301 North Cascade Avenue. Courtesy photo.*

*By Liesl Greathouse*

MONTROSE—For years, CASA (Court Appointed Special Advocates) of the Seventh Judicial District was located in the Region 10 Enterprise Center at 300 North Cascade. Today, the non-profit has a dedicated space all its own just across the street—a direct result of smart leadership, sound advice and collaboration. And despite the many changes that the organization has undergone over the past 12 months, CASA also has big plans for the future.

CASA serves the families of Delta, Montrose, Ouray, Gunnison, and San Miguel counties. The non-profit was founded in 2000 to serve the largest judicial district in Colorado, which encompasses a 10,000 square-mile area. The mission is to help break the cycle of child abuse and neglect, and to advocate for safe, permanent, nurturing homes for children, using highly-trained and dedicated volunteers.

However, while it continued to offer its key programs, the organization hit a low point at the beginning of 2014.

—When I took over as Executive Director in March of 2014, we had to

*Continued on page 15*

## DELTA COUNTY ISSUES RFP FOR CSU'S ROGERS MESA FARM

*By Caitlin Switzer*

HOTCHKISS—Anyone who has been to the old Colorado State University Research Station at Rogers Mesa, 17 miles east of Delta and three miles west of Hotchkiss on Hwy 92, knows that the location—like the local climate and growing conditions—is just about perfect.

CSU's Rogers Mesa station, which was closed because of budget cuts in 2011, was one of 10 sites and eight statewide hubs of the Colorado Agricultural Experiment Station, established in 1888 as a provision of the Hatch Act to support agricultural research throughout the state, according to the CSU web site, which also notes that the 83-acre Rogers Mesa farm was known for its fruit-tree research and orchard-management practices, and prior to its closure had expanded its research of grape production, forage crops, and alternative crops.

When CSU put the Rogers Mesa Facility up for review for potential development and repurposing last spring, concerned local citizens immediately



*This Colorado Real Estate Network photo from the Lario Team shows the view from CSU's Rogers Mesa Experimental station. Courtesy image.*

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## OPINION/EDITORIAL

# THANK YOU WARRIOR RESOURCE CENTER MONTROSE

### HEALING A RUPTURED SOUL IN A COUNTRY OF BETRAYAL...

I got involved with the Warrior Resource Center of Montrose back in October of 2014. I started going to the Thursday morning coffee get together with other Veterans, of all wars. I was then introduced to a counseling class that meets once per week for veterans who have PTSD. Through this class I have made a lot of good friends, guys who have worn the jungle boots of Vietnam and others from different wars. We all share common traits due to our military service. Those of us who served in Vietnam, have some unique traits not shared by other veterans from different wars. Those unique traits being the type of reception we received on our return to the world, and the fact we mostly all came home alone, as individuals, not as a unit. Most of us went over alone, came home alone, and to this day, feel alone with our experience. The intensity and adverse nature of these traits varies from person to person.

In the past four months and with the help of the Warrior Center Classes, and meeting a very special man, by the name of Lee Burkins, a former Army Special Forces WARRIOR, who wore the GREEN BERET, I have learned a lot about myself and my own personal issues that have affected many people I have come into contact with since 1968, where I served as an 18 year old Combat Medic, (platoon doc) with the 173rd Airborne Brigade. I have been taking Tai Chi lessons from Lee Burkins for the past four months and his patience and understanding have had a major impact on my life. Lee is one of the world's top Martial Arts instructors and he graciously devotes a lot of time helping veterans such as myself, who find themselves retired and suffering the late onset symptoms of PTSD. Things such as "abnormal startle responses", "irritability", "hyper vigilance", "nightmares and insomnia", "intrusive memories", "survivor guilt", "being withdrawn from others", "a fragmented sense of self identity", "panic attacks", "shame", "despair", "fear and avoidance", "anger, rage and control issues". Most of all, due to these factors, "a ruptured soul". All of these things I have personally lived with for the past 47 years and the affects have been very adverse not only to myself but to everyone I come into contact with. My words and actions have hurt people. Not only my own family but my friends, and those who might have been friends. My own mother told me that her son did not return from Vietnam and she was right. My wife has told me I live on an Island and only allow a chosen few to live there with me. I spent a career as a professional pilot, an airline captain for a major airline, all the while I was holding inside me all these issues to the point I thought I would explode at times.

When I ended my flying career things started to surface, I began to fall apart, because I felt there was no longer any reason to hold things in, I have and still wonder at times if there is any reason to live, and this has adverse affects on a whole lot of people. Family, friends, neighbors, and the list goes on. I only knew one way to handle adverse situations and that was with anger, rage, and my way or the highway. The process will be long and difficult for myself and others I have gotten to know with the same issues. It will be a lifelong process but one worth the pursuit. I feel like a volcano that has gradually gotten hotter and hotter, it was nearing the explosive level, but the Warrior Resource Center with all the great people that staff it, has cooled me down and the lava is slowly cooling off now. I owe apologies to many people I have come into contact with, people who I have hurt with my words and my actions. I especially owe apologies to my immediate family and my wife, who is an angel to have put up with me for 38 years now. My three daughters who had to grow up wondering why their dad wasn't like other dads. My anger that has caused problems for some of our neighbors and friends over the years has fallen right back into the lap of my family and they don't deserve the repercussions that I have created or caused. I just want to say, I am sorry to everyone for perhaps not handling certain situations differently than I could have. In turn I ask for compassion for all Veterans, male and female, who have served in war to the point it has literally taken their lives from them forever. I forgive people for not understanding those of us with ruptured souls, because unless you have worn the jungle boots into hostile territory, have walked around trying to find all the missing parts of a fellow soldier to put into a poncho so he can be shipped home to his family, have told a fellow soldier you would tell his mother he loves her as his eyes cloud over and his heart stops beating, have held another soldier upside down by what is left of his legs above the knee in an attempt to keep the blood into vital organs while an IV is started in an attempt to save his life that you know already is a futile attempt, and until you see a fellow soldier killed, one who just saved your own life minutes ago by killing an enemy soldier you didn't see, YOU JUST WOULD NEVER UNDERSTAND, YOU REALLY WOULDN'T.

When Vietnam Veterans returned from Vietnam, we had no help, no understanding, no reintroduction into a civilized society, no counseling, not even a "thank you for your service". We survived a very hostile environment at times with no communications to loved ones at home for the time we were in the Nam, other than the occasional letter that took weeks. Then all the sudden we are back here in the world and



are supposed to be as normal as we were when we left. We were shunned by many, shown disdain, disrespected for serving our country.

Whether that war was right or wrong, we were treated badly upon our return. For those of you who treated us badly and some to this very day treat us badly, still, I say "shame on you" but I'll forgive you and I will apologize to you for being angry at you, because you people just don't understand and never will. Some of you still to this day say things like, "get over it", that was a long time ago. None of us will get over it but we will continue to learn to live with it the best we can. Many of us will never forget the day we boarded that jet in Cam Rahn Bay to come back to the world. We felt like the war, for us, was over. Speaking only for myself, I felt that I had survived, my war was over. As I walked through the terminal in San Francisco a day or two later on my way home to Central California, it was then I realized my war had just begun and would never end until the day I die. I had just entered the hostile territory of an entirely different enemy. One that showed no respect, at least the NVA in Vietnam had a respect for us as soldiers, we had a mutual respect.

I will continue my own healing with the counseling of VA and volunteer counselor's at the Warrior Center in Montrose, the teachings of Lee Burkins, who knows firsthand everything I have mentioned, who is the author of a fantastic book of healing, called "Soldier's Heart", and the talks with my fellow veterans. We will heal each other from one of the greatest tragedies this country has ever produced. We will forgive our country for betraying us.

Thank you to the founders and volunteers of the Montrose Warrior Center, you all truly care about the Veterans and understand who has provided the freedom and safety that we all enjoy within the United States of America.

Mike Bronner, (Doc)

173rd Airborne Brigade, United States Army  
Platoon Medic, May 1968 to May 1969

Retired Airline Captain, Continental Airlines  
Grandpa B and Papa

No reprints without permission.  
Publisher: Caitlin Switzer  
Circulation: 7, 250  
Featured Freelance Writers: Liesl Greathouse, Gail Marvel, Sandra Tyler

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THE  
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## REGIONAL NEWS BRIEFS

### FORMER STATE CDPHE DIRECTOR JONI REYNOLDS TO JOIN GUNNISON COUNTY AS HHS DIRECTOR

*Special to the Mirror*

GUNNISON-Gunnison County has hired Joni Reynolds to serve as the County's new Health and Human Services Department Director, effective 4/1/2015. She will replace Renee Brown who is retiring after 13 years with Gunnison County. Joni spent the past 15 years working for the Colorado Department of Public Health and Environment, and she spent the last five years as the CDPHE's Public Health Programs Director where she was responsible for all state public health programs with responsibility for 500 employees and a \$300 million budget. "We are incredibly excited to have Joni join our team at Gunnison County. She has a proven record of accomplishment and leadership at the county and state

levels and will be a tremendous asset to the County and its people," stated County Manager Matthew Birnie.

Joni's extensive 25-year career in public and community health education, working in County and State offices as well as the private sector, began after receiving her Bachelor's Degree in Nursing from the University of Northern Colorado and her Master's Degree in Science Nursing from the University of Colorado. "I started my public health career in local public health which provided a strong base for all future career experiences. I understand the local community is where interventions are implemented and the real work occurs," explained Joni.

Joni's many professional memberships

include the American Public Health Association, the American Public Health Nurse Association, the Association of State and Territorial Health Officers (Senior Deputy Committee), the Colorado Association of Local Public Health Officials, the Colorado Children's Immunization Coalition (Board Officer), the Public Health Nurse Association of Colorado (President Elect), and the Colorado Public Health Association (former Board member).

Joni and her husband have enjoyed many vacations in the Gunnison valley, and they are excited to relocate to our rural area. As Joni explains, "I am anxious to begin my work in beautiful Gunnison County, and I'm thrilled to join the impressive HHS team!"

## Karen Maxner - Realtor



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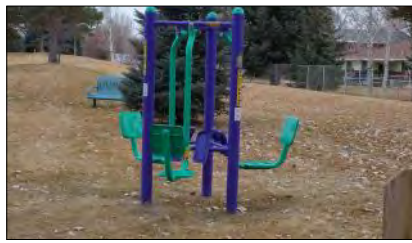
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## GIRL, 9, LOSES FINGERTIP AT ALTRUSA PARK-CITY ADDS SIGNAGE



*The family of a child who was injured on the leg press at Altrusa Park, above, hopes that new signage, left, will prevent others from being hurt.*

### Mirror Staff Report

MONTROSE – On Oct. 14, 2014 a nine-year-old Montrose girl suffered a partial amputation of the middle finger of her right hand while playing on the equipment at Altrusa Park.

The injured girl was under adult supervision; however, her family feels that the caution of “Beware of Squeezing” on the apparatus understated the danger. In this case the equipment that caused the injury was the leg press, which at first glance resembles a stationary merry-go-round.

The official opening for the outdoor fitness park located in Altrusa Park was on July 18, 2013. While all those involved with the vision and ultimate creation (the

City of Montrose, fitness park committee, and individual sponsors) were well-intentioned and wanted to promote community fitness, some of the equipment installed has exposed hinges and pinch points that can cause serious injury.

The manufacturer suggests the equipment is for elementary-aged school children through senior citizens, but the City of Montrose has re-categorized the use to be for adults and responsible young people aged 13 and above. Still, the brightly colored equipment (blue/purple, teal, green) has the appearance of a playground environment and is a magnet for young children.

Notices on the exercise equipment state,

“perform the exercises as instructed.” However, with the exception of a QR code reader near each apparatus, there are no posted instructions for the correct use of the equipment and users are left to their own devices — and in the case of children, to their own imagination.

During the week of Jan. 19, 2015 the City of Montrose placed three additional warning signs on the equipment — “Caution: Pinch

Point Keep Hands Clear;” “No children under the age of 14 without adult supervision;” and “No Climbing.”

Though additional signage may spare another child from injury, the community should be aware of the severity of the injuries that can occur when children are exposed to moving parts and pinch points.

The Colorado Intergovernmental Risk Sharing Agency, the insurance provider for the City of Montrose, denied the claim for reimbursement of medical costs for this incident, which totaled more than \$2,000. When asked to provide a statement about the City’s position on the safety of the fitness equipment, City Manager Bill Bell did not respond.

## SHOE REPAIR... BEYOND SHOES



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## REGIONAL NEWS BRIEFS

### CSP RELEASES MARIJUANA-RELATED CITATION STATISTICS

*Special to the Mirror*

COLORADO-In 2014, the Colorado State Patrol saw a new era of impaired driving enter into our state.

In an attempt to document the trends, Colonel Scott Hernandez, Chief of the Colorado State Patrol ordered the specific tracking of marijuana-related citations. A summary of the 2014 DUI/DUID data is as follows.

5,546 citations were issued for DUI/DUID driving actions.

354 citations were issued for DUID driving actions where marijuana was the only indicator.

674 citations were issued for DUI/DUID driving actions where marijuana was one of the indicators.

The 12 month average for citations related to marijuana was 12.2% of the total DUI/DUID citations.

January, April, and December were the three highest months for citations involv-

ing marijuana usage as a percentage of the overall DUI/DUID citations issued.

75 percent of the 2014 DUI/DUID citations issued were the result of proactive motorist contacts.

When asked about the 2014 data Colonel Hernandez said, "The efforts made in 2014 highlight the Colorado State Patrol's commitment to the citizens of Colorado to make the safe travel along all roads a priority. I am proud of these efforts and will continue to work with our troopers to ensure the safety of all citizens and visitors of our wonderful state." To date, the CSP has more than 540 Advanced Roadside Impaired Driving Enforcement (ARIDE) trained troopers and 61 Drug Recognition Experts (DRE).

"Clearly this arrest data underscores the need for CDOT's Drive High, Get a DUI campaign in 2015," says Amy Ford, CDOT spokesperson. A CDOT study last year found that 43 percent

of marijuana consumers in Colorado said it was okay to drive high. After our education campaign, a new CDOT study showed that 21 percent of recreational marijuana consumers still didn't know you can get a DUI and 57 percent of those who used marijuana drove within 2 hours after consuming it.

"We won't be satisfied until everyone in Colorado takes driving high seriously so the need for awareness and education is paramount," says Ford.

As the Colorado State Patrol enters 2015, we are encouraged by the efforts made throughout the state by every law enforcement officer to reduce the number of impaired drivers making the decision to drive on Colorado roadways.

In 2015, the Colorado State Patrol will continue to collect data and investigate trends that will enable our agency to better adapt to the rapidly changing impaired driving attitude in Colorado.



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## ARTS AND CULTURE

### MAKE A NIGHT OF IT...HEAD DOWNTOWN FOR FIRST FRIDAY STROLL!

#### *Special to the Mirror*

MONTROSE—Come on down to [A+Y Design Gallery/Downtown Gelato at A+Y](#) during the Feb. **First Friday Stroll** and shop our great selection of handmade jewelry for your Valentine. Also, meet author [Erik Scott Cooper](#) while enjoying the angelic voice of [Emma Cooper](#)!

Erik Cooper is Co-Author of “Shall We Dance? A Guide to Happiness.”

Shall We Dance? is a blueprint to your happiness – a detailed and reliable plan for achieving peace, contentment and satisfaction every day. This is what we call happiness! Our “Timeless Twenty Toolkit”© is packed with the tools you need to become aware of the value and power of your intention, motivation and focus to successfully navigate your life obstacles.

[Around the Corner Art Gallery's](#) February guest artist is Luis Castillo. Originally from Mexico, but he moved here at age seven. That is when his love of drawing

and art began too. As an adult he started experimenting with wood burning and creates beautiful pieces of art. Meet Luis at his reception on Feb. 6<sup>th</sup>. The show will be on exhibit for the month of Feb. Enjoy appetizers, wine and beverages. As a Valentine treat, receive a free box of candy with any purchase.

The Simpson Gallery will be open for First Friday. Mike has been busy rearranging, repainting and re-hanging the gallery for the New Year. Stop by and see the new look!

Amazing Glaze will have their monthly workshop called “Sweetheart Tree.” Pre-registration is recommended as space is limited. (970-252-



*Amazing Glaze will host the monthly workshop, “Sweetheart Tree,” during First Friday Stroll, but suggests pre-registration.*

7225) Feb. 6<sup>th</sup>, 6:30-8:30. Tiffany, etc. will be open for the Stroll, featuring great Valentine gift ideas. Be sure to stop by!!!

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## REGIONAL NEWS BRIEFS

### SAN MIGUEL POWER LAUNCHES 2015 ENERGY PROGRAMS, INCENTIVES

*Special to the Mirror*

RIDGWAY-San Miguel Power has officially opened their 2015 energy programs, including numerous incentives that put cash back into their members' hands for purchasing and installing energy-saving technologies. The co-op is asking its members to use power responsibly and providing monetary incentives for doing so.

—San Miguel Power has a responsibility to provide safe, reliable, and environmentally responsible power. That's even part of our mission statement. But that obligation doesn't just rest on the co-op's shoulders. We also need our members to power their lives responsibly," said SMPA General Manager Kevin Ritter. —For some, that might be as simple as changing behaviors, such as taking shorter showers or turning off lights. But for others, it could mean bigger changes, such as installing efficient appliances or insulating an attic space."

The co-op's 2015 energy programs include rebates for Energy Star appliances, LED lighting, HVAC systems, water heaters, electric vehicles, motors, weatherization measures, and renewable energy generation systems.

—Cost very often influences our mem-

bers' decisions about whether or not to make energy-related improvements to their homes or businesses. That's where we come in. Our energy programs reduce the upfront cost of projects through rebates," said Ritter.

One of the most substantial incentives the co-op is offering is a \$1,000 weatherization rebate. SMPA will provide 50% of the cost of the project, up to \$1,000, to members who complete an eligible weatherization project. Eligible measures include air sealing, attic insulation, perimeter insulation, wall insulation, storm windows, duct sealing, pipe insulation, vapor barrier, heat recovery ventilation, and electric water heater tank insulation.

SMPA is also continuing to offer incentives to members who install renewable energy systems or participate in the SMPA Community Solar Array. The most popular of these is the solar photovoltaic (PV) rebate. Members can receive a \$0.75 per watt rebate for installing solar panels on their home or business, \$2,250 maximum for residences and \$7,500 for commercial buildings.

A full list of San Miguel Power's 2015 energy programs is available online

at [www.smpa.com](http://www.smpa.com) in the energy efficiency and renewable energy sections. Members are encouraged to review the applications for specific rules and eligibility guidelines for each rebate.

—Some of our programs require site visits, inspections, or reservation deposits, so it is important for our members and any contractors they are working with to review the application and rules prior to beginning work. Of course, our member services department is also available to help members determine if their projects are eligible and make sure they get the maximum rebate possible," said Ritter.

For more information visit [www.smpa.com](http://www.smpa.com) or contact SMPA's member service department at [rebates@smpa.com](mailto:rebates@smpa.com), (970) 626-5549 or (970) 864-7311.

San Miguel Power Association, Inc. is a member-owned, locally-controlled rural electric cooperative with offices in Nucla and Ridgway, Colo. It is the mission of San Miguel Power Association to demonstrate corporate responsibility and community service while providing our members safe, reliable, cost effective and environmentally responsible electrical service.

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## MASLOW ACADEMY STUDENTS LEARN WORLD PEACE GAME



*Left, Maslow students ponder possible strategies; at right, Prime Minister Kennedy uses his turn to consolidate his nation "power and resources."*

By Caitlin Switzer

MONTROSE-Prime Minister Kennedy had already added nuclear processing plants twice, acquired equipment for underwater drilling, and begun negotiations with another world leader to put ships in that nation's waters and acquire some of its coveted algae supply when suddenly, a plane was shot down.

"Please check for survivors from my country," Prime Minister Sharp demanded from across the table.

"Let us have a moment of silence for the Fallen," said the leader of the World, aka Ms. Amber Gardner of the Maslow Academy for Applied Learning. "There were lives on board, and there were no survivors."

Unfortunately, grim realities just come with the territory when you're solving world problems.

Maslow Academy students were playing the World Peace Game last week, and Tuesday was Day II. Time was running short, and though the students were making excellent progress, the list of challenges that remained to be addressed was long.

"They have a dossier of 28 problems that must be solved by the end of the game," Maslow Director Chrissy Simmons said, noting that participating students ranged in age from seven to 11, and were working on standards for third, fourth and fifth grades. By playing the World Peace Game, students were learning the intricate complexity of governing and co-existing in today's Global economy.

According to the web site of the [World Peace Game Foundation](#), The World Peace Game is a hands-on political simulation that gives players the opportunity to explore the connectedness of the global community through the lens of the economic, social, and environmental crises and the imminent threat of war." Students play as nation/teams, with the goal of removing their nations from dangerous situations and achieving Global prosperity with as little military intervention as possible. The World Peace Game is the creation of Virginia educator John Hunter, who first taught the game at Richmond High School in 1978. According to Hunter, "The World Peace Game is about learning to live and

work comfortably in the unknown."

In addition to taking on the roles of political leaders, Maslow students portrayed some of the less noble—but just as powerful—players on the Global stage.

"We even have arms dealers," Simmons explained. "At one student plays a double role, as a saboteur."

At one point, Gardner questioned the strategy of the world leader who had entered into negotiations with Kennedy's country.

"Your country is looking to you for leadership," she said. "Howants that algae, and you want to be nice, but if you are not representing the best interests of your people, what can happen?"

"Coup d'état!" and "They can overthrow you!" were among the quick responses from the class.

Later, World Leader Gardner reminded students of yet another universal truth—the importance of learning from failures as well as successes.

"Sometimes in life we have plans that we think will work, and then—ker-plop," she said.

## THREE LIVES LOST IN HIGH SPEED CRASH AT SPRING CREEK ROAD AND MEXICAN GULCH

Mirror Staff Report

MONTROSE-According to Trooper Nate Reid of Colorado State Patrol, there was a fatal crash at Spring Creek Road and Mexican Gulch early Saturday morning, Jan. 31. At 2:03 a.m. a Dodge Pickup truck traveling westbound on Spring Creek at a high rate of speed lost control and went off the left side of the road. The vehicle rolled multiple times, ejecting all three passengers, none of whom were wearing seat belts. The driver of the vehicle, Luis Esparza-Montelongo, 21, of Delta, and passengers Jose Ramirez-Martinez, 23, of Montrose and Armando Rendon, 24, of Montrose, were ejected from the vehicle and died instantly. The accident is still under investigation, Trooper Reid said, adding that both alcohol and excessive speed are suspected.



## REGIONAL NEWS BRIEFS

### CMU SPEED DATING EXTRAVAGANZA PRESENTED BY MC VOICE

*Special to the Mirror*

CMU MONTROSE-Feb. 6, 2015 at 6 p.m. Hosted by: 2 Rascals Brewing Company 147 North 1st street, Montrose. Fancy Smanchy- is encouraged but not required \$5 at the door-includes: one free coffee or tea. Beer served to those of age--Use your student ID and your first beer is \$1 off. E-mail Rachel at [ridemore.dsl@gmail.com](mailto:ridemore.dsl@gmail.com) for info.

### PLANNING FOR 80TH ANNUAL DELTARADO DAYS KICKS OFF FEB 12

*Special to the Mirror*

DELTA-Do you want to volunteer to be part of something great? DeltaRado Days will be celebrating its 80<sup>th</sup> year in 2015! Join the kick off committee planning meeting on Feb.12<sup>th</sup> at 12 pm in the Delta Area Chamber of Commerce Conference Room. Committees will be formed and the fun will begin!

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Find us on Facebook at "Delta Area Chamber of Commerce."



## REGIONAL NEWS BRIEFS

### WEST CENTRAL SBDC SATELLITE AT REGION 10 EXPANDS

*Special to the Mirror*

MONTROSE—Thanks to strong, positive response from the local communities and increasing demand for services, Region 10 has obtained official permission to expand into a full satellite office of the West Central Small Business Development Center (SBDC), and is now serving San Miguel County as well. The West Central SBDC is hosted and supported by Western State Colorado University.

—We have been building this program slowly over the past year or so, and we have managed to hit the right target audience,” said Vince Fandel of Region 10’s Small Business Resource Center, who

oversees the part-time satellite SBDC office presently. —Our programs in Montrose and Delta are robust, and have met expectations. So when San Miguel County reached out to us, we began a dialogue with the State SBDC Director Kelly Manning and with the regional branch at Western State Colorado University.”

—Western State continues to be excited about the outreach possible through hosting an SBDC regional office. The opportunity to expand that reach is wonderful as we seek to serve the wonderful communities of the Western Slope,” said Dr. Kevin Nelson, Associate Dean of the School of Business.

Part of the formalized SBDC satellite office includes outreach into Telluride, where Thea Chase of the Telluride Venture Accelerator has been instrumental to the process, Fandel said. We will be sharing space in Telluride and Region 10 has already begun to interview potential consultants with the qualifications to meet the needs of the business community, he said. Though plans for a grand opening have not been finalized, there will be a ribbon cutting celebration. For more information please contact Vince Fandel or Linda Riba of the [Region 10 Small Business Resource Center](#) at 907.249.2436, or email [Vince@region10.net](mailto:Vince@region10.net) or [lin-](#)

**SEEKING REGIONAL TRANSIT COORDINATOR:** Region 10 is accepting proposals from either individuals or agencies for a Regional Transit Coordinator. This is a grant-funded, one-year contract to assist in coordination of local transit planning and services with the Three Rivers Regional Coordinating Council, represented by the six counties in the Region 10 service area. This contract will be based on a part-time need, approximately 15-20 hours per week and will require some regional and occasionally state-wide travel. Experience with transit services, grants and/or CDOT is preferred. The monthly budget for the position is approximately \$2,000/month. More information is available at [Region10.net](http://Region10.net). Please send a letter of interest and proposal of service to Michelle Haynes, Region 10, 300 N Cascade Suite 1, Montrose CO 81401.

### THE LEAGUE OF WOMEN VOTERS OF MONTROSE COUNTY INVITES YOU:

**"THE REPLACEMENT PROCESS ---AS VACANCIES FOR ELECTED AND APPOINTED OFFICIALS ARISE, HOW ARE THEY ARE FILLED IN THE CITY OF MONTROSE AND MONTROSE COUNTY?"**

**WEDNESDAY, FEBRUARY 4, AT NOON  
MONTROSE LIBRARY COMMUNITY ROOM**

**GUEST PANEL:**

*Lisa Del Piccolo, City Clerk*

*Bob Nicholson, Mayor*

*Teresa Williams, Montrose County Attorney*

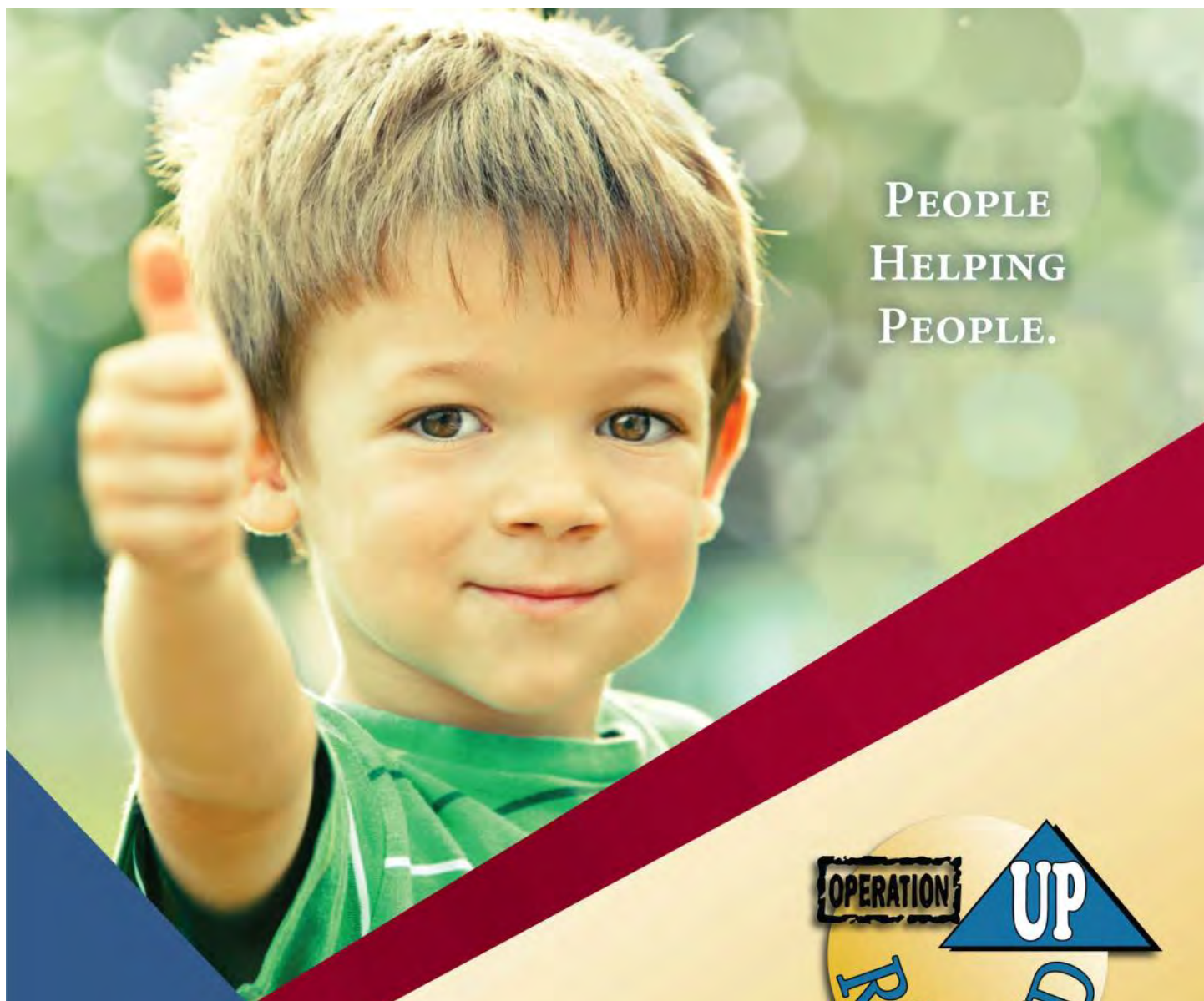
*Bob Connor, Democratic Party representative*

*Dave Laursen, Republican Party, representative*

Learn the differences between a "home rule" and an "arm of the state" municipality when filling an elected or appointed position that has been vacated. Also learn when the political parties become involved in the process and how each handles that situation.

The League of Women Voters, a nonpartisan political organization, encourages informed and active participation in government, works to increase understanding of major public policy issues and influences public policy through education and advocacy. For more information about the topic go to [www.montrose.co.lwvnet.org](http://www.montrose.co.lwvnet.org) and click on *Calendar of Events*.





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## LEGISLATIVE UPDATE BY SENATOR ELLEN ROBERTS

### ASKING TOUGH QUESTIONS, MAKING CHANGES

**M**oving into February, we've got nearly 340 bills introduced in the House and Senate. That's probably just over half of how many will be filed before the session ends, which gives you a sense of the workload to be accomplished in the 120 day legislative session.

Political control of the state legislature is divided this year, with each party controlling just one chamber. The split legislature will demonstrate differences in basic party philosophy and agendas. Because of these differences, fewer bills than under single party control will make it to the governor's desk for signature or veto.

I'm pleased that in the Senate, we're looking closely at the sunset reviews of some of the over 300 boards and commissions that exist in Colorado. We're asking tough questions and making changes, even if that unsettles the status quo. For many years, I've heard from constituents and small business owners that state regulations are strangling them as they try to keep their businesses open. I'm keeping that input in mind as we hear the regulatory reviews in committee and on the Senate floor and am voting accordingly.

I chair the Senate Judiciary committee and am vice-chair of the Agriculture, Nat-

ural Resources and Energy committee.

My days are spent hearing bills assigned to these committees as we plow through the mountain of bill proposals introduced this session.

Judiciary committee bills often touch on emotional and controversial topics. As chair, I'll be concentrating on making sure all bills in my committee receive a full and fair hearing, whether or not I vote to support a particular bill.

Soon, we'll be hearing a variety of proposals to change laws regarding guns, civil forfeiture, the use of drones and eyewitness identification procedures. The gun bills will stir great passion from both sides of the debate. While no major change in Colorado law is likely, given the divided legislature, it's critically important that we have a fair and transparent process in the "public square," unlike what happened in 2013.

Constituent emails weighing in on proposed legislation are filling my inbox and we're doing our best to keep up with reviewing them as well as handling constituent problems as they arise.

One deeply frustrating source of constituent problems is getting insurance coverage through the state health insurance exchange, Connect for Health. Many are

trying to comply with the new laws, but they haven't succeeded in obtaining that coverage or are struggling with the inaccuracies reported regarding household income or tax credits owed.

I've talked directly with constituents about the challenges they've faced with the enrollment process. With looming deadlines and threats of penalties, I know this is maddening and very stressful. The significant deficiencies in the exchange's system are simply unacceptable and must be corrected by the insurance exchange and quickly. I'm doing my best to make these problems known in Denver and on the floor of the Senate chamber.

Without rehashing the merits of establishing the exchange in the first place, which I didn't support, a good portion of the blame for the current problems stems from the overly aggressive federal timetable for implementing such a consequential and complicated change. That said, the important thing is to get people insured, so let us know if you need help and we'll do our best to be of assistance.

*2015 Legislative Session Contact:*

200 E. Colfax Avenue, Denver, CO 80203

Capitol phone: (303) 866-4884

[ellen.roberts.senate@state.co.us](mailto:ellen.roberts.senate@state.co.us)

### FREEDOM FINANCIAL SERVICES CHANGING ITS NAME

*Special to the Mirror*

COLORADO SPRINGS—Freedom Financial Services, a division of Mortgage Solutions of Colorado, LLC, is changing its name to Mortgage Solutions Financial. When the company opened its doors in 1997, its goal was to find the right type of mortgage for each customer and to simplify the process as much as possible. The name they chose for the retail offices was Freedom Financial Services, reflecting the wide variety of mortgage offerings and the freedom afforded for each client to choose the mortgage solution that was right for him or her. This approach to business worked in Colorado, and the company began a growth pattern that continues today. With growth comes challenges, and one of our challenges has been that the name Freedom Financial Services

has not been available in most states. But the name Mortgage Solutions Financial was available and is now attached to our offices in 44 states," said CEO Alan Kalell. "I am proud to announce that Freedom Financial Services will, this year, make the transition to the Mortgage Solutions Financial name.

With the retirement of the Freedom Financial Services name and logo comes a new opportunity to consolidate branding, resources and also our efforts as a company. Our rural and agricultural division will continue to stand under the name Ag-America."

The name change is effective immediately and will be finalized by April 30, 2015. Our signs will change, our logo will change, but what won't change is our focus on excellence and customer service.

Freedom Financial Services was built on providing outstanding service to our customers and Mortgage Solutions Financial has been and will continue to be no different," Kalell concluded.

*About Mortgage Solutions Financial—Mortgage Solutions Financial is not the typical mortgage company. Selling directly to Fannie Mae Freddie Mac, Farmer Mac and Ginnie Mae, Mortgage Solutions adds no overlays on their FHA, VA and Conventional loan products. What this means to borrowers is that they eliminate the complexity of the mortgage process by keeping their process simple. They have been in business for 17 years and have helped over 50,000 families either refinance their home or purchase the home of their dreams. Mortgage Solutions Financial – Keeping It Simple Since 1997.*



# HISPANIC AFFAIRS PROJECT, LIVEWELL COLLABORATE ON HEALTH EQUITY LEARNING SERIES

By Liesl Greathouse

MONTROSE—The local community is invited to attend this year's first Health Equity Learning Series event featuring a presentation from Doran Schrantz, on Feb. 5, 8-10 a.m. in the Sneffels Room at the Enterprise Center, 300 N. Cascade Avenue in Montrose.

According to the event's organizers, —Doran Schrantz is executive director of ISAIAH, a faith-based community organization of 100 member congregations in Minnesota. Ms. Schrantz has transformed ISAIAH into one of the most powerful voices in Minnesota around issues of racial and economic justice. ISAIAH has explored the intersection of community organizing, policy and research and has launched powerful partnerships with national policy leaders. Ms. Schrantz will discuss how ISAIAH engages communities to develop solutions to health equity issues, and how other organizations and individuals can become part of such a movement."

An educational program of The Colorado Trust, the Health Equity Learning Series aims to increase knowledge and awareness of health equity through presentations from experts discussing factors that increase disparities and solutions that advance health equity.

The program is sponsored in Montrose by LiveWell Montrose Olathe and The Hispanic Affairs Project (HAP).

—The Learning Series is here to help connect organizations and individuals about the health disparities in our community," said Abbie Brewer, the Local Pharmacy Rx Manager at LiveWell Montrose Olathe. —It's really about educating the community and connecting resources."

—The last Year, HAP and LiveWell facilitated the first conversation and the focus



**Hispanic Affairs Project**  
Engaging the Hispanic immigrant community in western Colorado

of the Series was the social determinants on the health. This year is about Equity," added Ricardo Perez, the Executive Director of HAP.

The pair is working to bring focus to the importance of the learning series to help the community learn about the health disparities of the area.

—Yes, it's a human being issue and we are aware that the health care system, I mean, the access, cost, service, etc. is not working properly and should be much better," Perez said.

—The Series intends to create an open and friendly conversation beyond politicians and ideologies. Just to speak what we have and what we want. It's a valuable reflection about equity and inequity in our society. HAP as an organization is taking part because the minority groups show up critical levels in disparity and many challenges in health access. It's good to get a conversation with the most social, economic and cultural diversity as we can."

—We have a very diverse community, but we do not have a lot of voices from that diversity," Brewer explained. —We need to change things, to look to those voices because they may have a solution. The Series serves to help capture that, to identify the disparities and needs in our community and how we can create strategies community wide."

There will be three more Learning Series events in 2015, on May 14, July 23 and September 17.

Contact Perez or Brewer for more information. Brewer encourages people to bring guests, to help add to the conversation.

—After the education about what is going on across the country, we have a conversation locally about how to strive and what organizations are at the table," she said. —We spend 45 minutes on 'what does this look like in our community after seeing what is across the nation?' We hope that will create a light bulb moment for people."

Both organizations hope that the Series will help make an impact locally. —On goal is engagement with our community about how we have health disparities in our community," Brewer explained. —We want to bring it to light, help the organizations involved all work together, and have one common goal. We will not get a silver bullet, but we want the mindset of continuing to strive, reduce disparities, make ground and find common ground. We want to sit around the table and have engagement."

Perez added, —We want to create the space for civic engagement. Through this event we want to get just people learning about each other and learning from each other's. Actually the presenters are great people who are participating in other good experiences to make a change for all people." Space is limited at the Learning Series events, so call to reserve your spot. For more information, call Abbie Brewer at 417-6313 or Ricardo Perez at 417-6127.



## DELTA COUNTY ISSUES RFP FOR CSU'S ROGERS MESA FARM from pg 1

began to envision possible uses for the station, and CSU, Delta County and local residents entered into discussions. Now, Delta County has issued a Request for Proposals for a Feasibility Study to determine how best to use the facility.

—The Rogers Mesa task force is comprised of producers, officials from the Delta School District, Conservation District, Region 10, Delta County Economic Development, CSU, Delta County and the interested public,” Delta County Administrator Robbie LeValley said. —The RFP and the successful firm will provide the basis for which this group can evaluate the business model that will allow the Rogers Mesa site to be economically viable and a benefit to the entire area.”

The RFP notes that, aside from mineral extraction, agriculture has always been a key economic industry for Delta County, which has ideal climate, soil, and culture conditions. The County presently includes a wide variety of agricultural operations, and a growing agri-tourism industry. The feasibility study will identify feasible options for the Rogers Mesa station within



Colorado Real Estate Network photos of the Rogers Mesa farm, from the web site of the Lario Team. Courtesy photos.

the year so that CSU officials can make a decision on the future of the property.

An annual report on CSU's ag stations that was prepared in 2006 before the station was closed provides the following description of the property: Site elevation is approximately 5,800 feet, average annual precipitation is about 12 inches, and the average frost-free growing season is 150 days. The soil type is clay loam. High temperatures average 90° F in July and 38° F

in January. Lows average 56° F in July and 17° F in January. Frost protection is provided by wind machines. Irrigation methods used include drip, micro-sprinklers, and furrow, all supplied from the Fire Mountain canal water. Facilities include an office-laboratory-conference room building, shop, residence, and greenhouse. Experimental orchards occupy approximately eight acres, approximately half of which is managed organically.

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## CASA MOVES INTO A BUILDING OF ITS OWN from pg 1



*The toy room is complete, and a playground is under construction.*

downsize positions in order to end the year in the black," explained Executive Director Carlton Mason.

Once the organization was in the black, they began to pursue grants and find a better focus for their future. Mason returned to his small business roots to help him figure out a plan. "One of the first things I did was go to Region 10 and attend a small business development class," Mason said. "I created a business plan, identifying some of our weaknesses and strengths and what we needed to do to get to a sustainable place."

After six weeks of work (and with assistance from Region 10 SBRC Consultant Susan Bony), the organization had a two-year business plan. The plan helped them to identify two key areas to focus on: pursuing a new facility and expanding the scope of their services to address the needs of both children experiencing abuse and neglect and children that are vulnerable to it.

Part of the need for a new facility had to do with one of their main programs, Supervised Exchange and Parenting Time (SEPT) Program. SEPT provides a safe, neutral parenting time/exchange environment for families in conflict surrounding a divorce, domestic violence, paternity, or co-parenting. "Through our visitation program, we had just under 900 visits last year, and we needed more space," Mason explained. "We also needed to make a definite impact on the community, to say that we are here and we are here to stay."

They were able to find a new facility in Fall of 2014, and they now have five designated visitation areas and are constructing a secure playground outdoors for both children and adults to enjoy.

The second objective for CASA was to expand the scope of their services. They were soon able to do that with an offer from Montrose County. "In July, Montrose County asked us about providing



*The CASA new banner, created by CopyCats.*

youth services for older youth who are emancipated from foster care," Mason said. "We immediately said yes, thus fulfilling one of our objectives. We took the program and are nurturing it into something to expand into other counties."

The program is called Fostering Futures (FF), and it helps older youth transition from foster care to successful lives as independent adults. The program targets youth aged 15-18, and teaches them life skills and training to process problems, engage constructively with peers and be productive.

CASA continues to expand the core of what they do as well, by focusing on their Dependency and Neglect (D&N) Program, which addresses the needs of children involved with the county child welfare department and court systems because of abuse, neglect, or maltreatment. D&N entails advocating for abused and neglected children in the court system. More volunteers are needed to help with the program, to form relationships with the children and create an impact on their lives.

"Last year we were able to get a grant in order to pay for volunteers to take the children out to do things," Mason said. "They are now able to take the children to Amazing Glaze, bowling and more, creating some good, positive, fun memories."

After a busy 2014, the organization is looking forward to 2015. "We are going to focus on continuing to provide a safe place for visitations, to stimulate conversations and create positive memories," Mason explained. "We are continuing to work



*CASA Executive Director Carlton Mason.*

on the playground, which will be active and engaging for both kids and adults. We also want to continue being better able to provide support networks for children."

People can help CASA by making donations, such as by helping at the upcoming Ray of Hope event (whether as a sponsor or by buying a table), or by donating specifically to the playground fund. "The playground is important," Mason explained. "We need a park where adults immediately engage with it and are interested in what their kid is doing in it. People can stop by our office and see exactly what we have planned. It's exciting and it's fun."

CASA volunteers are always welcome and appreciated. "I really believe the mission of what we do sells itself," Mason said. "If people will just take a moment, they will see that we are an effective program." There will be a volunteer training session Feb. 16 for those interested.

Mason hopes that those who have questions or are curious about the work of CASA will take the time to stop by and visit them. "It's fine if someone does not want to volunteer, but I would love for them to stop by if they are in town and talk with us," he said. "We have a phenomenal staff, and when people sit down with them, they can sense that the staff believes in what we are doing. It's contagious."

Mason's favorite part of what he does is hearing volunteers share the ways they have an impact on kid's lives. "The volunteers tell me what they have been doing with the kids and their impact and relationship with them," he explained. "It is incredible the amount of joy and satisfaction that comes from it. Children desperately need someone to value them through a CASA volunteer. That is powerful, effective, and meaningful."

The Montrose County CASA Office is now located at 301 North Cascade in Montrose, across the street from the Region 10 Enterprise Center. For more information, call 970-249-0337.

## WEST CENTRAL WOMEN OF INFLUENCE...MS. AMBER GARDNER



**Ms. Amber Gardner.**  
*Courtesy photo.*

*Interview by Gail Marvel*  
MONTROSE—Amber Gardner, President and Founder of two private schools, Bright Beginnings Preschool and Childcare and the Maslow Academy of Applied Learning, is a life-long Montrose resident. A 1998 graduate of Montrose

High School, she received degrees from Colorado Mesa State University (CMU), Adams State University, and Colorado University of Denver.

Amber's public education career path was interrupted when she was restricted to bed rest while expecting her fourth child. Wanting to raise her family and also teach, she converted one bay of her garage into a preschool and in 2008 with six children launched Bright Beginnings.

The Maslow Academy started in 2012 and today the combined enrollment for both schools is 250, with a waiting list of 60. Excluding Amber, the staff consists of five administrators and 35 employees. Although there is a community need for more

preschools, —We are currently improving and refining what we have and who we can be. We want to make sure we grow smart with high quality care and education.”

While she still oversees the top layer of staff, this school year Amber was able to get back into the classroom at Maslow where she teaches first through fifth grade math and science. —Life took me on an interesting path. When people ask me what I do, I tell them I'm a teacher.” Amber doesn't limit herself to teaching children, she also teaches math classes at CMU.

Growing up Amber wasn't a very outgoing child, but her parents instilled in her responsibility and a good work ethic. —As a youth people called me bossy.” She laughed, —Ad yes, I am! I have strong opinions.” Amber was in the second grade when her teacher gave her a lollypop-moment and said, —Do you know how smart you are? What do you want to be when you grow up?” Those simple questions gave Amber direction and made her feel safe, successful, and college driven.

Amber observes that when people, particularly girls, have a natural desire to lead it is often perceived as a negative. —

The desire to lead should be grown, not squashed. Women who step out to lead are called stubborn and strong-willed, and then they start thinking they should step aside.” Illustrating her point Amber told of a three year-old who was leaving the school and her dad told the child to hold his hand so he could help her down the steps. Putting

her hands together the child rejected her dad's offer and said, —I'll hold my own hand.” The dad shrugged his shoulders, but Amber thought *now that's a natural leader!*

Defining her leadership style Amber said, —It's very much about empowering confidence in others. Everyone has natural potential; I believe the best leaders are those who recognize the natural abilities in others, and can bring out the best in others.” One way Amber instills confidence is to encourage people to take risks. —Fry something without fear of failure. To me there are no failures; just learning opportunities.”

To inspire others Amber sees herself as a coach, cheerleader and supporter.

Amber relates well to male co-workers and feels she communicates in the same style used by men.

—My college classes were comprised mostly of boys; there were very few girls. Gender has never been an issue.” Her ambitions include returning to school for a PhD in Mathematics Education which will enable her to impact policy makers of preschool to post-secondary math.

Amber's advice to women leaders:

—Believe in yourself, don't wait for someone else to believe in you. Make it happen, do it. Women have an inner voice, but too many of us allow outside voices to influence us.

—The most important voice to listen to is your own inner voice.”

## ALPINE TRUST & ASSET MANAGEMENT TO PRESENT AT SUNRISE CREEK

### *Special to the Mirror*

MONTROSE – Continuing on Feb. 11 at 2 pm, Sunrise Creek, a senior living community, Alpine Bank and Alpine Trust & Asset Management are hosting a free quarterly series focusing on economic and financial planning important to today's seniors and the public at large. The presentation on Feb. 11 focuses on Navigating Your Long-Term Financial Future, with the help of local Colorado Estate Planning Lawyer, Lincoln Anderson who has 13 years' experience. The community is invited and the cost is free, light refreshments provided.

**Navigating Your Long-Term Financial Future**

**Presented by: Lincoln Anderson, Colorado Estate Planning Lawyer with 13 years' experience**

**Wednesday, Feb. 11, 2:00pm**

**Sunrise Creek – A Brookdale Community**

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**Phone Number (970) 240-0600**

**With Questions or to RSVP:** Please contact Allison Nadel, Alpine Bank Regional Marketing Coordinator at 254-2732 or [allisonnadel@alpinebank.com](mailto:allisonnadel@alpinebank.com) for directions and more information on future series.

**Cost:** Free to all guests

**Future dates of the series are:**

Wednesday, May 13, 2015 – Investing 101  
**About Alpine Bank**

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## HELP KIJIA KEITHLEY GET A NEW THUMPER VEST!

By Caitlin Switzer

MONTROSE— Like a cat, it might seem like Stony Keithley of Montrose has lived nine lives—or more. The journey has taken him to places others might not see or experience—but as the single father of 13-year-old fraternal twins, Keithley has learned from every bump in the road.

Today, he lives each day one at a time, and changes the things he can—and one of the things Keithley hopes to change is the old-school “thumper” vest that his daughter Kija needs to stay alive. Kija has had Cystic Fibrosis since birth, said Keithley.

According to the Mayo Clinic web site, Cystic fibrosis is a life-threatening disorder that causes severe damage to the lungs and digestive system. Approximately 30,000 people in the United States have been diagnosed with the disease, notes the Cystic Fibrosis Foundation. The [AboutHealth](#) web site notes that while many people with [cystic fibrosis](#) (CF) and other medical conditions use high-frequency chest wall oscillation (HFCWO) vests as part of their daily airway clearance routine, the vests can cost between \$15,000 and \$20,000.

“The financial challenges have been huge,” Keithley said, “and changes to the insurance laws have only made it worse. The vest Kija wants is the new style—but because she has an older vest, they don’t want to pay for a new one.”

So Keithley has set up a [GoFundMe](#) site for Kija’s new vest.

“She is going to need this vest for the rest of her life,” Keithley said. “She has to take a vitamin every day that costs \$3 a pill. She

can’t go to summer camp because of the medical risks, and if she goes to a friend’s house, she can’t stay more than one night.”

The little family spends as much time as possible outdoors, riding long boards, playing volleyball and basketball and hanging out at the lake—though Keithley recently sold his boat because of the costs. Today he works for a Downtown bistro as a sous chef, but Keithley recalls periods when he was earning far more—and not living the life he wanted to live.

“When the kids were babies I moved to Kansas City to start an electrical company with a friend,” he said, “and it took OFF. We had 65 employees, and I was so busy I was paying somebody else to raise my kids. But then the tornado came. It sucked the water out of my pool, and dropped the ‘Just for Feet’ store from the mall in my backyard—I had 10,000 pairs of shoes back there.”

After picking up the shoes and cleaning up, Keithley sold out and moved his young family back to Montrose, where his family has had homes for many years.

“We came back here and moved into grandma’s house,” he said. Though Keithley later worked as manager of the Montrose BMX track for several years, things hit a snag when he was arrested for earning money illegally on the side three years ago.

“I went to prison,” he said. “It was a real eye opener for me to change the way I was living—when you have shootouts at your house, you know things are all wrong.”

A beloved older dog passed away just weeks before his release, and Keithley



*Kija, 13, will need her HFCWO vest all of her life. Courtesy photo.*

learned once again from the school of hard knocks.

“I got through it, and I will never go back,” he said.

Today, when he is not at work, the 42-year-old single dad can be seen riding a skateboard around town with son Kole, and spending time with family and friends. “The twins are doing great,” he said. “Kole gets straight A’s, though Kija struggles and gets A’s and B’s. They do phenomenal things—they are just really great kids.”

Though he has relied largely on his own resources for so many years, Keithley hopes that the community will help make life just a little better for his daughter—a Centennial Middle School student who spends much of her own time helping to support good causes and school fundraisers.

“The thumper vest is an everyday thing,” he said. “The new ones are so much lighter, and she has a small frame. This is something she will need twice a day, as long as she lives.”



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# Experiencing the (local) Church

WRITER GAIL MARVEL VISITS GRACE COMMUNITY CHURCH



By Gail Marvel

MONTROSE—My visit to Grace Community Church took place on Aug. 17. At first I felt like a contestant on “The Price is Right” trying to guess which door would lead to the auditorium. What appeared to be the front of the facility contained four different doors labeled: Office (locked), No Entrance, Handicapped Entrance, and Prayer Room. I started to get back into my car for a parking lot tour to look for the entrance when a fellow worshipper showed up and pointed me in the right direction.

The bulletin format for this congregation is interesting. Rather than bullet points and clip art, the upcoming announcements were in a block-banner format, similar to newspaper advertisements. No order of service was listed, nor any introductory information identifying speakers, leaders or the preacher.

The worship team, consisting of eight members dressed in casual-comfort, accompanied themselves on guitars, drums, and keyboard. The words to praise song selections were displayed on two large screens on either side of the platform. Grace Community Church is a vast facility and the seating available allows worshippers to choose whether they want to sit in the center of the room in close proximity

to one another, or situate themselves as individuals and couples on the sides. This day there were about 175 people in attendance.

Rather than passing an offering plate, the receptacles used at this church are red velvet bags attached to wooden handles that ushers, walking in the aisles, extended into the audience. The collection, done simultaneously with general announcements and the introduction of three new staff people, appeared more administrative in nature.

The atmosphere for this worship service had the professional feel of a convention, or theater. The division of light—dim lighting in the auditorium and bright lighting on the platform—keeps the audience focused on presentations. The preacher, whom I assumed was Pastor Karl Leuthanser, entered the platform from behind the curtain.

This installment of Pastor Leuthanser’s current teaching series, “Hurdles,” answered the question, “How could a loving God send people to hell?” The basic text for the message came from Matthew 22:1-14; however additional Scripture references were listed in the bulletin for those who wanted further study.

According to the pastor, society’s view of hell is somewhat skewed. While 60-70 percent believe there is a hell; 99.5 percent

believe they won’t be going there. The idea of hell has changed over the years and today it is no longer rooted in the Bible.

Explaining man’s will, Pastor Leuthanser said, “If a person won’t choose God, God will not override his [the individual’s] will.” The pastor theorized that we make our own hell here on earth. “—see Jesus invade the hell that people have created for themselves.”

The pastor had a simple answer for the question, “How could a loving God send people to hell?” He said, “God doesn’t send people to hell — God rescues people to heaven.”

There was a moment in the service when the audience was instructed to shake hands with someone they didn’t know. I have to laugh at our obedience. I and the couple sitting in front of me did exactly as we were told; we shook hands and said “Hello,” — the extent of any personal welcoming. The church bulletin does offer an avenue for getting plugged-in: “Get Connected! Grace Community Church **Connections Booklet** Available in Foyer at Info Booth.”

Contact information:  
Grace Community Church  
16731 Woodgate Road  
Montrose, CO 81401  
970-249-5306

*Speaking to the disciples of John the Baptist, Jesus said, “Go back and report to John what you hear and see ...” (Matt 11:4 NIV).*

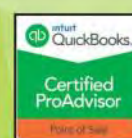
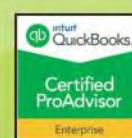
*To our readers: Though Montrose writer Gail Marvel does belong to a local church, she is interested in the other houses of worship here in town as well. With this column, Gail will share her experiences as she visits local churches and congregations to learn more about them. Gail wrote a church newsletter for years, and has published her work in a number of Christian publications including *The Lookout*, *Christian Standard*, *Discipleship Journal* and *The Christian Communicator*.*



# QuickBooks CLASSES



PRESENTED BY *Juniper Phillips*



**Montrose Classes:**

**WEDNESDAY, FEBRUARY 18**

*Setting Up a QuickBooks Company* 10AM–12PM

- TAKE THE WORRY OUT OF HOW TO START USING ACCOUNTING SOFTWARE
- CREATE SECURITY IN YOUR DATA WITH MULTIPLE USERS AND PERMISSIONS
- SET UP ACCOUNTS AND ENTER YOUR COMPANY'S CURRENT FINANCIAL DATA

*QuickBooks Basics* 1–2:30PM

- KEEP TRACK OF CUSTOMER, VENDOR, AND EMPLOYEE INFORMATION
- CREATE PRODUCTS AND SERVICES THAT DETAIL YOUR BUSINESS' OFFERINGS
- TRACK THE MONEY COMING IN, AND MONEY GOING OUT

HELD AT REGION 10 • MONTROSE  
300 N. CASCADE AVE., STE. 1  
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[WWW.REGION10.NET](http://WWW.REGION10.NET)

Chamber Members

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Non-Members

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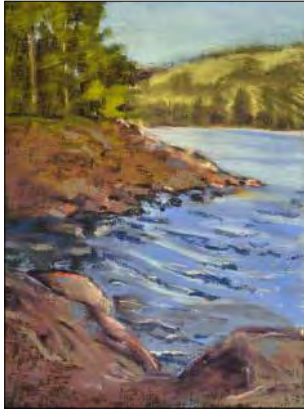


*Seating is  
Limited, so  
RSVP today!*



## ARTS AND CULTURE!

### BARBARA TORKE AND STUDENTS TO SHOW AT CREAMERY ARTS CENTER THIS MONTH



Barbara Torke, left, and her work. Courtesy photos.

#### Special to the Mirror

**HOTCHKISS**--The February exhibit at the Creamery Arts Center in Hotchkiss will feature Cedaredge Artist, Barbara Torke and her students. There will be a "meet the artists" reception on the evening of Feb. 13<sup>th</sup> from 6 to 8pm. Barbara has been instructing her students/friends of the Cedars Edge Gallery in the fine art of painting and drawing in preparation for this special show. Cedars Edge Gallery painters use pastel, oil and pencil drawing to express their creativity in their own style and direction. Members of this exhibit include Barbara Allen, Amy Daniels, Pat de l'Etoile, Linda Palmer, Barbara Silverman, and Carol Ann Rasmussen. Along with Barbara Torke, these talented artists present paintings and drawings inspired by their own artistic journey and discovery. All have been Cedaredge and Hotchkiss residents for many years and their knowledge of this area, and places they have visited, plus their skill with figure

and form, make this an exhibit of exceptional variety and beauty. Torke had a career-realignment after 25 years of teaching art in the public schools when she became a full time artist. --Having painted since I was little enough to grasp a crayon, it is not surprising. Since moving to the Western Slope in 1995, I have painted with watercolor, pastel and oil—and some acrylic—many places that my dog and my Isuzu traveled. Plein aire (painting outside—rain and bugs included) is my favorite place to be."

In 1997, with the help of a dozen or so other artists, the Cedars Edge Gallery took

shape. --For the next fourteen years we explored the art market, taught classes, and ran the gallery. All this time I was painting and exploring Delta, Montrose, Mesa and surrounding counties. Photography has always been a means of keeping records, sources, and... pleasure. Pottery, fiber, and collage also captured my interest. Finally I had the time and energy to work as an artist full time. These skills accentuated my experiences. I do series of paintings about dogs in the west, and cats, plus a series of family history." Creamery Art Center is located at 165 W. Bridge Street in Hotchkiss. Hours are Monday through Saturday ~ 11am-5pm. Call 970-872-4848 or visit their website: [www.creameryartscenter.org](http://www.creameryartscenter.org) or find them on Facebook. This exhibit will be on display until March 9<sup>th</sup>.



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## REGIONAL NEWS BRIEFS

### 2015 POWER OF KNOWLEDGE TOURNAMENT A SUCCESS

#### *Special to the Mirror*

TELLURIDE--San Miguel Power Association, Inc. (SMPA) held its 2015 Power of Knowledge Tournament on Jan. 26 at the Telluride Middle School/High School. Eight area schools competed for the top three spots in the middle school and high school divisions. Telluride, Norwood, Nucla, Ouray, Ridgway, Dolores, Dove Creek, and Ignacio sent teams to this year's competition. The tournament consisted of four rounds, with teams competing in both written and oral exams. This year, each team took a 40-question written test to determine their placing going into the oral rounds. The remainder of the tournament consisted of three, 40-question oral rounds where teams competed against each other to answer questions that were read aloud.

SMPA is proud to announce the following winning teams:

#### **Middle School Division:**

First Place: Telluride – 80 points

Second Place: Ouray – 62 points

Third Place: Norwood – 58 points

#### **High School Division:**

First Place: Ouray – 63 points

Second Place: Ridgway – 61 points

Third Place: Dolores – 59 points

The tournament concluded with the awarding of trophies. All participants received a complimentary lunch cooler. SMPA thanks the many parent volunteers and coaches who made the event possible. Special thanks also goes to Telluride Knowledge Bowl Coaches, James Taschek and Ramona Gaylord, for the work they put into finding volunteers and preparing the school for the event. For more information contact Becky Mashburn at (970) 626-4513 or [becky@smpa.com](mailto:becky@smpa.com).

San Miguel Power Association, Inc. is a member-owned, locally-controlled rural electric cooperative with offices in Nucla and Ridgway, Colo. It is the mission of San Miguel Power Association to demonstrate corporate responsibility and community service while providing our members safe, reliable, cost effective and environmentally responsible electrical service. SMPA serves approximately 9,600 members and 14,000 meters and supports local communities with \$300,000 annually in property taxes and \$400,000 in energy efficiency and renewable energy rebates. This institution is an equal opportunity provider and employer.



*San Miguel Power Association, Inc. (SMPA) held its 2015 Power of Knowledge Tournament on Jan. 26 at the Telluride Middle School/High School. Courtesy photo.*

## HONORABLE MENTION

*To Communications Pro Mindy Baumgardner, for a job well done with Re-1J...*

*To Region 10, for expanding the satellite branch of the West Central Small Business Development Center...*

*To Susan Walton, Sarah Brewer and In Motion Therapy, for the Second Annual Montrose Hula Hoop Extravaganza Jan. 28...*

*To Sally Johnson and the Montrose County Historical Museum, for taking the love for local history to the streets...and alleys...*

*To USMC Sergeant Jared Bolhuis, one of 2 medically retired marines who inspired the local Welcome Home Montrose initiative, for being first to ride the new, white water course on the Uncompahgre River...*

*And to Patty Ray of Hug-A-Bear Care, which closed forever Jan. 30, for having the courage to call police on a member of her own teaching staff for breaking the law. Sometimes doing the right thing costs nothing...sometimes it costs EVERYTHING. But Patty didn't think twice.*

## REGIONAL NEWS BRIEFS

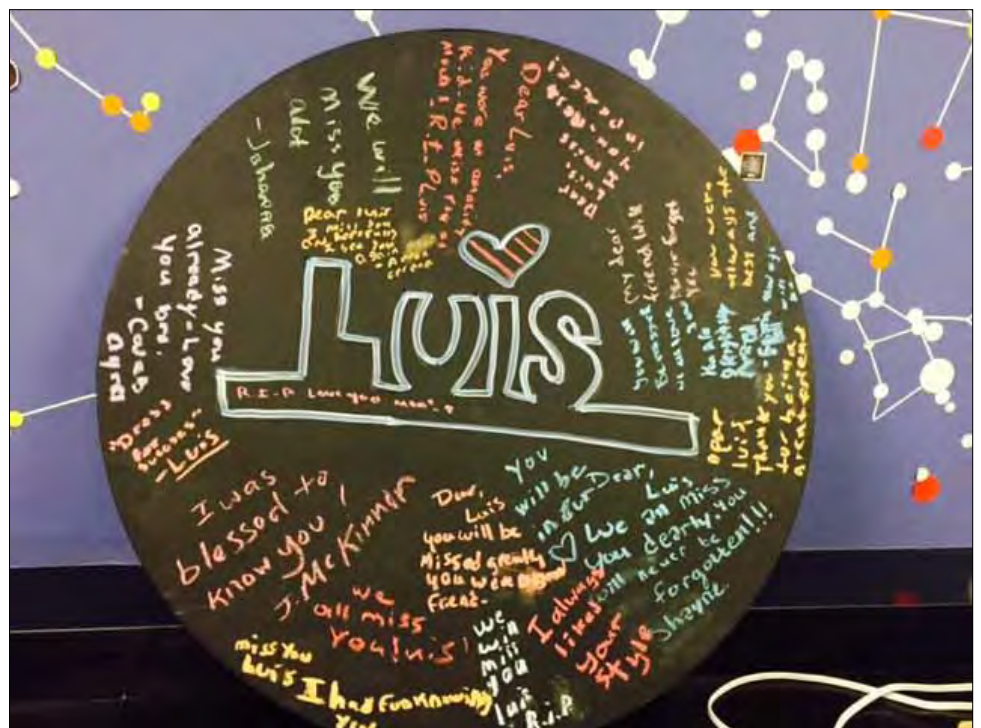
### FIRST DESCENT!



USMC Sergeant Jared Bolhuis, one of 2 medically retired marines who inspired the local Welcome Home Montrose initiative, took first descent of the new Montrose Whitewater Park on the Uncompahgre River Jan. 24. Courtesy photos Melanie Kline.

## OLATHE MIDDLE HIGH SCHOOL STUDENTS SHARE GRIEF, MEMORIES OF LUIS OLIDE

**Special to the Mirror**  
**MONTROSE**-Following the accidental death of 8th grade student Luis Olide while on a school ski trip to Crested Butte Mt. Resort Jan. 23, additional counselors, teachers and administrators have been on hand at Olathe Middle High School to provide support to students and teachers as they deal with the loss of a beloved student, friend and peer, Re-1J officials say, and the District's focus has been and will continue to be on students and staff. Students and staff dealt with their grief in a variety of ways including leaving written messages and notes on a message wheel. According to Principal Scot Brown, "Luis was famously known for wearing a tie to school almost every day." With a student population of 577 students, Olathe Middle High School is a tight knit community and considers its students and staff to be family. According to Brown, "We are doing our best to pull together and support each other during this difficult time."







## Caring for people with dementia through Validation communication

Volunteers  
of America®

### What is **VALIDATION**?

Validation is a way of caring for and communicating with older adults who are often diagnosed as having Alzheimer's-type dementia.

Validation is the foundation of the comprehensive dementia services provided by Volunteers of America. As an Authorized Validation Organization, we offer focused tools and resources that empower caregivers at home as well as those in senior communities. Our passion is to positively impact the quality of life for those with dementia.

Visit **[www.voavalidation.org](http://www.voavalidation.org)** for more information on Validation and **[www.voahealthservices.org](http://www.voahealthservices.org)** for a list of providers in Western Colorado.

[www.facebook.com/VOAWesternSlope](https://www.facebook.com/VOAWesternSlope)





## ARTS AND CULTURE

### WEEHAWKEN PRESENTS BETH PAULSON: FOUR MORE FASCINATING FORMS FOR POEMS

#### *Special to the Mirror*

RIDGWAY-Weehawken presents: Four More Fascinating Forms for Poems- with Beth Paulson.

Beginning Wednesday February 4th, express your creative side through writing. Instructor Beth Paulson is leading a four week installment of a creative writing class titled, Four More Fascinating Forms of Poems. Offered through Weehawken Creative Arts, this is a word-shop for both writers and readers. Writers throughout the ages and across the world have devised poetic forms to both challenge themselves and to provide scaffolding for their crea-

tive thoughts. Contemporary writers have continued to invent new forms for their writing and the ears of readers and writers always take notice of rhyme and pattern in poetry.

All you need to bring to this word-shop is the ability to attend and observe what's in your daily life along with the willingness to let your imagination and ideas flow as you try your hand at writing in some new and old forms. After the conclusion of the word-shop, each person will receive one copy of an anthology of poems written by class members.

This class is for ages 16 and up and will

be held from 12:30 pm-2:30pm, every Wednesday from February 4th to February 25th at Weehawken Ridgway- The Old School House. The cost of the class is \$75.

Please contact Weehawken Creative Arts for more information at [970.318.0150](tel:970.318.0150) or [questions@weehawkenarts.org](mailto:questions@weehawkenarts.org) or [www.weehawkenarts.org](http://www.weehawkenarts.org).

For more information please contact Weehawken Creative Arts at [questions@weehawkenarts.org](mailto:questions@weehawkenarts.org); call Weehawken at [970.318.0150](tel:970.318.0150) or visit them at [www.weehawkenarts.org](http://www.weehawkenarts.org) or [facebook.com/weehawkenarts](https://www.facebook.com/weehawkenarts).

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Or email Executive Director Denise Swanson:  
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Department of Health & Human Services  
Environmental Health  
1845 South Townsend Avenue  
Montrose, Colorado 81401  
970 252 5000



## ***Food Safety Classes*** ***Offered by Montrose County Health and Human Services***

Our 2 ½ hour class provides basic food safety knowledge in order to prevent food borne illness. You and your staff will learn how to keep your food and customers safe.

### **2015 Schedule**

Tuesday, January 13<sup>th</sup>

Tuesday, February 10<sup>th</sup>

Tuesday, March 10<sup>th</sup>

Tuesday, April 14<sup>th</sup>

Tuesday, May 12<sup>th</sup>

Tuesday, June 9<sup>th</sup>

**NO July class**

Tuesday, August 11<sup>th</sup>

Tuesday, September 8<sup>th</sup>

Tuesday, October 13<sup>th</sup>

Tuesday, November 10<sup>th</sup>

**NO December class**

### **Steps to Follow**

1. Preregister by calling 252-5043 or 252-5067.
2. Bring \$10 payment per person to the class, either check or cash.

### **Class Location and Time**

In Friendship Hall kitchen - Montrose County Fairgrounds  
2:00 p.m. until 4:30 p.m.

Those completing the class will receive a wallet size class participation certificate.



## ARTS AND CULTURE

### FEBRUARY ART BAR AT THE SHERBINO: "YOUR SAUCY VALENTINE" WITH KELLIE DAY

*Special to the Mirror*

RIDGWAY-Just in time for Valentine's Day, Weehawken Creative Arts is inviting you to get creative with handmade Valentine's for February's Art Bar.

Join local artist, Kellie Day, and get ready to paint a saucy Valentine for that special someone! Kellie will instruct participants on how to create a one-of-a-kind Valentine using a wood panel, acrylic paint, and collage techniques.

Discover Kellie's top secret formula for a great Valentine. First timers and Men wel-

come! Students will eat chocolate, drink wine, and incorporate the chocolate wrappers into their personal Valentines.

Hand-made letter stamps will be available to add your personal message. Kellie will provide "saucy" papers for collage; including love poems, vintage clip art, Virgin of Guadalupe's, and heart art.

Just bring yourself and get loose for an evening of creativity and love on Thursday, Feb. 12th from 6 pm-8pm at The Sherbino Theater.

Class price is \$40 and includes 1 glass of

wine and supplies. Additional wine is available for purchase throughout the event. Ages 21 and up.

Please contact Weehawken Creative Arts to register or for more information at [970.318.0150](tel:970.318.0150) or [questions@weehawkenarts.org](mailto:questions@weehawkenarts.org) or [www.weehawkenarts.org](http://www.weehawkenarts.org).

For more information please contact Weehawken Creative Arts at [questions@weehawkenarts.org](mailto:questions@weehawkenarts.org); call Weehawken at [970.318.0150](tel:970.318.0150) or visit them at [www.weehawkenarts.org](http://www.weehawkenarts.org) or [facebook.com/weehawkenarts](https://www.facebook.com/weehawkenarts).

### JOINT POINT TO PLAY MARDI GRAS SHOW AT SHERBINO

*Special to the Mirror*

RIDGWAY-Join local band, Joint Point, on Friday, Feb. 13th for a Mardi Gras Celebration at The Sherbino Theater. Joint Point will deliver top-notch and high-energy music for dancing into the night, along with glow sticks and hula hoops. Come on down to The Sherbino to celebrate 'Fat Tuesday' on a Friday night in Ridgway!!!! Doors and cash bar @ 8pm. \$10 entry. For more information please contact Jasmine Oeinck, programming director of The Sherbino Theater or visit [www.sherbinotheater.com](http://www.sherbinotheater.com).

### CREAMERY ARTS CENTER HOSTS 7<sup>TH</sup> ANNUAL "WINE AND CHOCOLATE EXTRAVAGANZA"

*Special to the Mirror*

HOTCHKISS-The Wine and Chocolate Extravaganza at the Creamery Arts Center will be extra special this year! This gala event will feature gourmet appetizers, amazing homemade chocolate desserts, local wines and live music by Linda McVehil of Hotchkiss. There will be some amazing door prizes as well...all this for only \$5 cover charge. Renew your membership to the Creamery that night and get in for free! Kick off your Valentine's weekend at the Creamery Arts Center on Friday, Feb. 13<sup>th</sup> from 6 to 8pm for a night of sumptuous hors d'oeuvres and chocolates, beautiful music, local wines and great company! The Creamery is located at 165 W. Bridge Street, Hotchkiss. 970-872-4848 or [www.creameryartscenter.org](http://www.creameryartscenter.org).



### WEEHAWKEN PRESENTS "PLAY SHOP" WITH ROSEMERRY WAHTOLA TROMMER

*Special to the Mirror*

RIDGWAY--What is a poem anyway? Does it have rhyme? What are the rules? How does one read a poem? How does one write one?" For many people, poetry is a mysterious and not entirely pleasurable genre. Join Ridgway resident Rosemerry Wahtola Trommer as she leads a 'play-shop' focused on the building blocks of poetry while taking a look at poetic forms including sonnets, sestinas, haiku, and many more. This class will give students a basic foundation and knowledge of poetry, as well as, the tools to write poetry for themselves. Class will be held at the Ridgway Library Conference room on Sunday, March 1st from 10am-4pm. Cost is \$90. Please contact Weehawken Creative Arts to register and for more information at [970.318.0150](tel:970.318.0150) or [questions@weehawkenarts.org](mailto:questions@weehawkenarts.org) or [www.weehawkenarts.org](http://www.weehawkenarts.org).

### BIG O DONATES TO 2015 MONTROSE HIGH SCHOOL SENIOR SAFE PARTY FUNDRAISER

*Special to the Mirror*

MONTROSE-Big O Tires in Montrose will donate \$1 per oil change the entire month of February. Please support the 2015 Senior Class party and get your oil changed.



## ARTS AND CULTURE

## LILLY MIDDLETON FEATURED IN CREAMERY YOUNG ARTISTS DISPLAY



Lilly Middleton. Courtesy photo.

*Special to the Mirror*

HOTCHKISS-Lilly Middleton grew up in a home where art supplies were in abundance, so becoming an artist was not a surprise. Her favorite medium is colored pencil, which she began working with four years ago. Lilly is a prolific artist who has taken —After School Art” classes at the Creamery Arts Center for many years. She has studied with local artists Suki Strong and Rosemary Ranck. Lilly lives in Hotchkiss, and has been homeschooled her whole life. You can meet Lilly and see her artwork at an opening reception on Friday, Feb. 13 from 6-8pm. Lilly's work will be on display in the Young Artists Gallery until March 9<sup>th</sup>. The Creamery Arts Center is located at 165 W. Bridge St. Hotchkiss. For more information call: 970-872-4848.



# 2015 Health Fair

## Early Blood Draws

Montrose Pavilion  
February 4, 5, 6, & 7  
6:30-9:30 a.m.

**Additional Locations for Early Blood Draws**

January 31st  
4H Event Center in Ridgway 7:00 - 10:00 a.m.

February 2nd  
American Legion Hall in Olathe 6:30 - 9:30 a.m.

**Appointments may be made online for all three locations at**  
**[www.MontroseHospital.com](http://www.MontroseHospital.com)**  
January 18-28

**Phone appointments will be taken January 19-20 from**  
**8:00 a.m. to 4:00 p.m. at 1-888-592-6255**

**12 hour fast required. Drink lots of water!**  
**We will NOT bill your insurance. Checks and cash only.**

**Blood Tests Offered**

- Chemistry & Lipid Profile ~ \$40  
(includes iron binding and TSH)
- Hemoglobin A1C ~ \$35  
(additional screening for diabetes)
- PSA for Prostate Health ~ \$30
  - CBC ~ \$20  
(complete blood count)
- Vitamin D Screening ~ \$40
- Vitamin B-12 ~ \$40
- Male Testosterone ~ \$45

Health Fair 2015 is  
Saturday, February 28

*The lines are long, so MMH offers early blood draws to make it more convenient for you.*



Co-Sponsors



## CASCADE BICYCLES BRINGS PEOPLE, BIKES TOGETHER



*A group of regular riders head out for an impromptu ride after gathering at Cascade Bicycles on Jan. 26.*

*By Caitlin Switzer*

MONTROSE—Whether you are new to town or a lifelong local, finding friends who share your schedule, fitness level and passion for bicycling can sometimes seem like a challenge—but the rewards can be immense. Make that first step the easiest, and stop by Cascade Bicycles at 21 North Cascade in Montrose, where Manager Hollis Brake and his team have organized rides that leave the shop year-round.

“We have a cycle club, and group rides leave the shop on a weekly basis,” said Brake, who brought the idea with him when he moved from Eugene, Oregon several years ago. “Right now, there are about three rides a week, but in summer we offer more.”

A mountain biking group headed for Lo-

ma last week, he noted, and road bike enthusiasts take off to enjoy local roadways and trails.

“We have a group of six or eight that come to every ride,” Brake said. “It all depends on the ride—sometimes we have groups of 25 or more show up for road rides, sometimes there are just a few. Some rides are casual and fun and nobody is left behind, others are like races! Just be prepared to fix your own flat along the way.”

Brake said he has lost 28 pounds himself since arriving in Colorado and taking the job at Cascade Bicycles.

“Group rides can be a great way to stay fit year round,” he said. “They are very common in Eugene, so when I got here, I started pushing to bring people together.



*Cascade Bicycles Manager Hollis Brake, above, believes that group rides can be a great way to stay fit year-round.*

What we are really selling is a lifestyle.”

Cascade Bicycles offers spin classes in the back room, and sells a full range of bikes, gear and clothing.

“We have also started renting cross country skis,” he noted.

Brake, who said he plans to help organize the Partners Mentoring Challenge Ride later this year, is also planning a Cycle-Cross event for this Fall, though no date has yet been firmed up.

“The concept was developed in Europe, to keep cyclists in shape,” he said. “There will be a mix of on-road and off-road, and the worse the weather, the better!”

Cascade Bicycles customer Greg, fresh from a morning spin class, said that he has not yet joined a group ride, but does intend to.

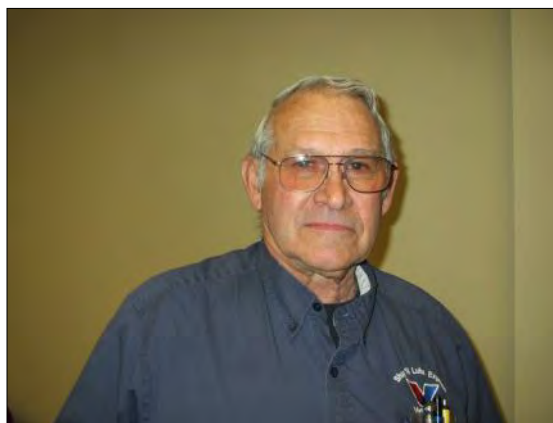
“It won’t take much convincing,” he said. “I’m going to do it!”

Anyone interested in learning more about the Cascade Bicycles Cycle Club should contact the shop for details at 970-249-7375.

**CLICK HERE FOR THE  
MONTROSE COUNTY FEBRUARY  
GARDENING CALENDAR!**

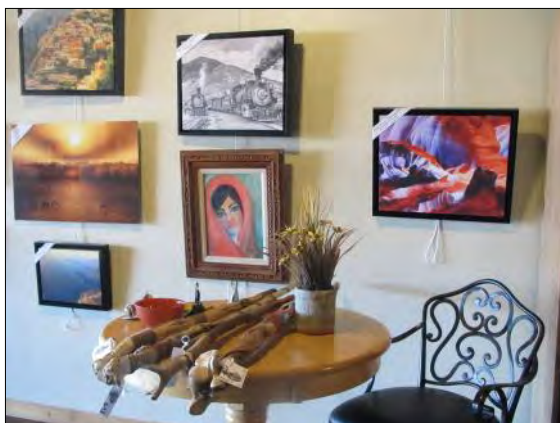


## MIRROR IMAGES...OUT AND ABOUT!



*Bill Stimatze, pictured at the Montrose Professional Networking Association Visitors' Day, is the owner of Shop „N Lube Express. "If I can't fix the problem, I won't take your money," Stimatze said.*

*On Jan. 28, the Montrose Professional Networking Group held a Visitors' Day for members to mingle with interested new members. Pictured above are Christine Marcoe of Community Banks of Colorado, Melisa Fender of Western Petroleum and Scott Cassidy of Backstreet Bagels.*



*Art@33 in City Farm (33 North Cascade) showcases local artists and artisans.*



*Special to the Mirror  
MONTROSE-The Montrose Rotary Club is proud to present Student of the Week Antoinette Ridgel. Antoinette was hosted by Rotarian Nancy Hoganson. Courtesy photo.*



*The Annual Partners Mentoring Superbowl was held at Valley Lanes in Delta on Jan. 31.*

## Hold the Date! Upcoming Business and Cultural Events

### ONGOING-

**FREE FAMILY LAW CLINIC**—LAST WEDNESDAY OF EVERY MONTH, Montrose County Courthouse (Leslie German self-help center) at 1200 North Grand, Noon to 1:30 p.m. Sponsored by Uncompahgre Volunteer Legal Aid and the 7th Judicial District Bar Association. Call 970-249-7202 for information.

**FREE LEGAL ADVICE NIGHT**—SECOND THURSDAY OF EVERY MONTH, 7 to 8:30 p.m. at the Region 10 Enterprise Center, 300 North Cascade. Sponsored by Uncompahgre Volunteer Legal Aid and the 7th Judicial District Bar Association. Call 970-249-7202 for information.

**MONTROSE INDOOR FARMERS MARKET**— Every other Saturday through April 25. 10 am -1pm, Centennial Hall and Behind Straw Hat Farms Store, S. 1st and Uncompahgre.

**FIRST FRIDAY STROLLS MONTROSE DOWNTOWN** —Monthly from 5:30 p.m.-8p.m. Artist Demonstrations, Free Wine Tastings, and in-store promotional events!

**THIRD SUNDAY DULCIMER CLUB WITH HARPS & HAMMERS**, 2 to 4 p.m. Please call Robin for information and directions to our new location as our club has grown! 970-275-8996. Guitars and Autoharps welcome too—the more the merrier!

**MONTROSE HISTORICAL MUSEUM**—The last Saturday of each month will be “Montrose Day” at the Montrose County Historical Museum, 21 N. Rio Grande Street. If you live in the Montrose area, then you will receive a free pass to the Museum. So bring down the family to learn about our unique town and area history. For more information please call 249-2085.

**MONTROSE STAMP (PHILATELIC) CLUB** meets on the fourth Wednesday of each month at 420 Alta Lakes Dr. from 7-8pm. For Beginners to Pros! Please contact Brenda Moureaux at 970-765-6948 for more information.

**CAREGIVER SUPPORT & NETWORKING GROUP** — Sponsored by Region 10; This unique Caregiver Support and Networking Groups is designed for Montrose and the surrounding areas. The meetings are structured to be an all-inclusive support/networking groups for those who care for someone with Dementia or any disability/illness in any living environment. Groups meet the 1<sup>st</sup> Wednesday and 3<sup>rd</sup> Thursday of every month from 1:30 - 2:30 at Region 10 300 N. Cascade. Call Amy Rowan 249-2436 ext. 203 for more information.

**AARP DRIVER SAFETY COURSE**—Save on insurance, keep up on newer traffic laws, and learn defensive driving techniques. For details and schedule for Montrose and Delta, contact John 970-856-6924 or 970-424-1778.

**TAIZE-STYLE SERVICES OF MUSIC, PRAYER AND MEDITATION** on Scripture are offered on the first Thursday of the month, except June, July and August, at 7 p.m. in the Sanctuary. All are welcome. Montrose United Methodist Church.

### MONTHLY-

**Jan. 10-March 13**—Cheri Isgreen and Sabrina Soong present “Legacy,” an art show at the Ridgway Library. Sabrina will show her mixed media abstract compositions, including pieces from her “Meditation” series. Along with the “Dream Horse” series, Cheri will show some landscapes in watercolor and pastel, and newer equine watercolors.

**Jan. 12-March 13**—On-line registration for Delta County early blood draw events and health fairs in Delta, Cedaredge and Paonia. These annual health fair events are a joint effort with Delta County Lion's Club in Delta, Cedaredge and Paonia and Delta County Memorial Hospital (DCMH). For additional information and details please refer to the Delta County Memorial Hospital website [www.deltahospital.org](http://www.deltahospital.org).

**Feb. 2**—Montrose Memorial Hospital Early Blood Draws at American Legion Hall in Olathe, 6:30 to 9:30 a.m.

**Feb. 3**—RAND Corporation analyst Bruce Bach, a retired U.S. Army colonel, will examine the last quarter-century of the alliance in a presentation entitled, “Transatlantic Security in the 21st Century: Not your Father's NATO.” His speech will be at 7 p.m. Tuesday, Feb. 3, in Room 139, Houston Hall, Colorado Mesa University. The event is free and open to the public.

**Feb. 3**—Montrose County HHS Radon Awareness Class, 2:30 - 3:30 p.m. and 5:15 - 6:15 p.m, Montrose County Health and Human Services Board Room at 1845 South Townsend Avenue Call [970-252-5067](tel:970-252-5067) for more information.

**Feb. 3**—Talking Gourds presents Poet Matt Hayes at Arroyo in Telluride, 6 p.m.

**Feb. 3**—Ridgway Moontalk-Panel Discussion with creatives, Sherbino Theater 5 to 8 p.m.

**Feb. 4**—League Women Voters of Montrose-Delta Counties presents a panel discussion, “The Replacement Process ---As vacancies for elected and appointed officials arise, how are they are filled in the City of Montrose and Montrose County?” Noon in the Montrose Library Community Room.

**Feb. 4, 5, 6 and 7**—Montrose Memorial Hospital Early Blood Draws, 6:30 to 9:30 a.m., Montrose Pavilion.

**Feb. 5**—Health Equity Learning Series, 8 to 10 a.m., Sneffels Room in the Region 10 Enterprise Center (300 North Cascade), Call Ricardo Perez at 970-417-6127, email [Ricard@happgi.org](mailto:Ricard@happgi.org) or [abbie@livewellmontroseolathe.org](mailto:abbie@livewellmontroseolathe.org) or call 970-417-6313 for more information.

**Feb. 5**—Taize Worship Service, 7 pm at Montrose United Methodist Church, 19 South Park Ave.

**Feb. 5**—Montrose County HHS Radon Awareness Class, 2:30 - 3:30 p.m. and 5:15 - 6:15 p.m, Montrose County Health and Human Services Board Room at 1845 South Townsend Avenue Call [970-252-5067](tel:970-252-5067) for more information.

**Feb. 5**—Public Lands Partnership General Meeting, 1:30 p.m. in the Pioneer Room at the Montrose County Fairgrounds.

**Feb. 7-8**—Grand Mesa Dogsled Challenge. 970-249-5052 for information.

**Feb. 7**—Monumental Madness Roller Derby, Friendship Hall, Doors open 9 a.m., Main event 7 p.m. Admission \$10 all day, \$8 main event, Colorado vs. Utah. Kids five-12 \$5, five and under free. For info visit [grabdjunctionrollergirls.com](http://grabdjunctionrollergirls.com).

**Feb. 7**—Fifth Annual Winter Rim Romp, Black Canyon National Park. 10 a.m. to Noon. [www.sjmr.club](http://www.sjmr.club).

**Feb. 7**—Canyon Creek Laff Inn at Bridges of Montrose, 7 p.m. Featuring comedians Jimmy Della Valle and Chad Shapiro.

**Feb. 7**—Delta County Memorial Hospital Foundation Island and Fantasy Cruise Casino & Gala, 6 to 11 p.m. Dinner catered by Camp Robber, music by David Starr Band. Tickets \$85, \$95 after Jan. 15. Purchase tickets at [www.dcmhfoundation.org](http://www.dcmhfoundation.org).

**Feb. 7**—Emmaus Gathering, 5-7 pm. at Montrose United Methodist Church, 19 South Park Ave.

**Feb. 8**—2015 Nucla Resolution 5K Run/Walk, Nucla Firehouse, 2 p.m.

**Feb. 10**—Montrose County HHS Radon Awareness Class, 2:30 - 3:30 p.m. and 5:15 - 6:15 p.m, Montrose County Health and Human Services Board Room at 1845 South Townsend Avenue Call [970-252-5067](tel:970-252-5067) for more information.

**Feb. 11**—Western Colorado Latino Chamber of Commerce Second Anniversary Celebration, featured speaker is José de Jesús Legaspi, owner and president of the Los Angeles Legaspi Company, named one of the top innovative companies in the World by Fast Company. 5-7:30 p.m. at Chez Lena Restaurant. \$10 for WCLCC members, \$20 non-members. RSVP by Feb. 6 Susan Welk de Valdez 970.209.5320 OR [info@wclatinochamber.org](mailto:info@wclatinochamber.org).

**Feb. 11**—Alpine Trust & Asset Management presents, Navigating Your Financial Future. Free admission, featuring Attorney Lincoln Anderson, 2 p.m. Sunrise Creek, 1968 Sunrise Dr. Call Allison at 970-254-2732 for information.

**Feb. 12**—Create Your Saucy Valentine with Artist Kellie Day, 6 to 8 p.m. at the Sherbino. Class is \$40, includes glass of wine and supplies. Please contact Weehawken Creative Arts to register or for more information at [970-318-0150](tel:970-318-0150) or [questions@weehawkenarts.org](mailto:questions@weehawkenarts.org) or [www.weehawkenarts.org](http://www.weehawkenarts.org).

**Feb. 12**—Region 10 Community Living Services presents “Say What,” with Karen Mercer of Southwest Hearing. 12:30 to 1:30 p.m. at Westminster Hall in Delta (145 East Fourth St.

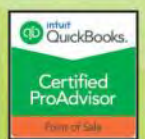
**Feb. 12**—Join the 80<sup>th</sup> Annual DeltaRado Days committee planning meeting at noon in the Delta Area Chamber of Commerce Conference Room.



# QuickBooks CLASSES



PRESENTED BY *Juniper Phillips*



**Delta Classes:  
TUESDAY, FEBRUARY 17**

*Setting Up a QuickBooks Company* **10AM–12PM**

- TAKE THE WORRY OUT OF HOW TO START USING ACCOUNTING SOFTWARE
- CREATE SECURITY IN YOUR DATA WITH MULTIPLE USERS AND PERMISSIONS
- SET UP ACCOUNTS AND ENTER YOUR COMPANY'S CURRENT FINANCIAL DATA

*QuickBooks Basics* **1–2:30PM**

- KEEP TRACK OF CUSTOMER, VENDOR, AND EMPLOYEE INFORMATION
- CREATE PRODUCTS AND SERVICES THAT DETAIL YOUR BUSINESS' OFFERINGS
- TRACK THE MONEY COMING IN, AND MONEY GOING OUT

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*Seating is Limited, so RSVP today!*



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[www.montrosemirror.com](http://www.montrosemirror.com)

*Clockwise from top right:  
Mobility Manager Sarah  
Curtis of All Points Transit  
shared information on trans-  
portation gaps and opportu-  
nities at Region 10 Jan. 27;  
Liliana Olson and Laurie  
Grenoble showed up for the  
transit seminar at Region  
10; a family out for a walk  
Sunday in Baldrige Park.*



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**Our services, a bond of trust.**



**Alpine Trust & Asset Management presents**

.....**Navigating Your Long-Term Financial Future**.....

Wednesday, February 11, 2015

Presented by

Julia Prejs with the help of Colorado Estate Planning Lawyer with 13 years' experience, Lincoln Anderson.



2-3 PM at Sunrise Creek  
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