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# THE MONTROSE MIRROR

A Monday News Blast Serving West Central Colorado

Issue No. 106 Feb. 23 2015

## RECLA METALS, CURT ROBINSON HONORED AT ANNUAL MEDC LUNCH



*Recla Metals was awarded the 2015 Annual Economic Development Award by MEDC Friday. Pictured are MEDC Executive Director Sandy Head (right) with Recla Metals representatives Gregg Fulks (left) and Matt Alvarez. Courtesy photo.*

*By Gail Marvel*

MONTROSE-The Montrose Economic Development Corporation (MEDC) held their annual meeting at the Holiday Inn Express on Feb. 20, 2015. More than 100 area business owners, community leaders and investors in economic development assembled for the two-hour meeting which included a luncheon, business meeting, awards presentations and keynote speakers.

MEDC Executive Director Sandy Head recapped the activities of 2014 and shared some of the inner-workings of economic development. In July 2014 MEDC sold land to FED EX Ground for expansion. —What people don't realize is that it [the process] took 3 ½ years." The community was excited about the expansion, but as soon as it was finalized people immediately began asking, —What's next? What's the new company? What's coming now?" Sandy laughed, —It doesn't work that fast."

Highlighting the primary employers in the area and their contribution to the government tax base, Head said, —Our primary employers are being solicited by other states to move. They [primary employers] are given big opportunities to leave here, and we must give them reasons to stay."

*Continued on page 7*

## GIRLS ARE ON THE RUN! POPULAR PROGRAM EXPANDS TO MIDDLE SCHOOLS

*By Caitlin Switzer*

MONTROSE-Johnson Elementary School Second Grade Teacher Nora Waldow is known for dressing up every day in beautiful outfits and high heels. So her students were surprised when Waldow changed into a track suit and running shoes at the end of a school day last week.

—My teacher is wearing tennis shoes!" one seven-year-old observed. —What's going on?"

What's going on is Girls on the Run. Waldow volunteers after school two days each week with the national non-profit organization that was founded in 1996 in Charlotte, North Carolina. The mission of Girls on the Run, which is headed locally by Jill Henwood of Olathe, is simple: —We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running."

For Nora Waldow, a 2014 Montrose-Olathe Teacher of the Year, Girls on the Run is a way to reach girls while they are young enough to reach. She

*Continued on Page 11*



*Students, parents and volunteers on the run at Johnson Elementary School Feb. 20.*

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two 2003 BOCC 'transactions'!*

## PEAK VIRTUAL ACADEMY CONNECTS WITH HOME-BOUND, HOME-SCHOOLED STUDENTS

By Caitlin Switzer

MONTROSE—Though a traditional model of public education involves students coming to school each day, an innovative option in the Montrose County Re-1J schools has reversed that concept.

At Peak Virtual Academy, education is about meeting kids where they are.

Peak Virtual Academy began several years ago with just 20 students, and the mission to deliver the learning environment to home-bound and home-schooled students. Today, Peak Academy has 150 students—and a space of its own at 526 North 6<sup>th</sup> St. in Montrose.

Student Jared Distel, who is about to turn 16, said he has found that the straightforward nature of the Peak program makes it easier to focus on his work.

“I know that when I turn my work in online, it is turned in,” he said. “This is a good program.”

Administrative Assistant Karen Northrup said that students have a variety of reasons for choosing to enroll in Peak Academy.

“Two of our students have cancer and need treatment, so they can go to school online as they travel,” Northrup said. “Others want to learn from home for other reasons.”

In the beginning, Peak Virtual Academy was based near the Re-1J District offices, with students working mainly at home and coming in for help as needed. Now that the program is located in the former special services building at North Park Avenue and 6<sup>th</sup> Street, “at least half of our students are in here some days every week,” Northrup said.

Tutors are on site from 8 a.m. to 5:30 p.m. every day, she said.

“All of our tutors are teachers from our other schools,” Northrup said. “So after school, we have at least three or four here every day to help with different subjects.”

Special education and elementary school teachers are able to work with students on a one-on-one basis, she said.



RE 1J Peak Virtual Academy students can work on site, or from home.



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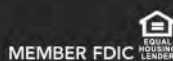
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“The changes we have made in the program have been in response to the needs of our students and their parents,” Northrup said. “They wanted more social time. Students are allowed to talk, and though we have a quiet room and a social room, the quiet room is not always quiet. We also have a cafeteria area so students can eat lunches together.”

Students come in at the time that works best for them—some prefer to sleep in, while others arrive early, she said.

“The program works very well for advanced students,” Northrup said. “We have one third grader who is working on sixth grade math. Others work at a slower pace—they can bring up their grades by focusing on one thing at a time.”

Coordinating the program is longtime Re-1J educator Stacia Greiner, who spends her days working with students. Recruiting staff is the role of Principal Bob Lee. Potential students are interviewed to ensure that online learning through Peak Virtual Academy will work for them.

“Open enrollment begins again in August,” Northrup said. “We have 50 students on a wait list right now.”

Some of the things we ask students are, “what are your goals?” “Are you running away from something?” We also need to know if parents are willing to be involved—because it is not just the student, but the parents who need to be a good fit—if they are not involved it won't work. And if a child is struggling in school, we need to know.”

For now, Northrup said she hears one comment regularly from parents of students who attend Peak Virtual Academy.

“They tell me they wish they known about us sooner,” she said.

To learn more, visit the school web site at <http://peak.mcsd.org/>, or call 970.252-7928.



## REGIONAL NEWS BRIEFS

### BANK OF COLORADO PURCHASES MONTROSEBANK

*Special to the Mirror*

FORT COLLINS – In an acquisition that was finalized Feb. 2, Bank of Colorado purchased MontroseBank, with branches in Montrose, Delta, Cedaredge, Hotchkiss and Paonia, Colorado. Bank of Colorado has 40 locations statewide including the MontroseBank locations. As part of this transaction, Bank of Colorado gained MontroseBank's portfolio of \$234 million in assets and retained 100% of their staff.

—With our model of decision making by local branch presidents and a very responsive and flexible staff, we are poised to

meet the business and community banking needs of Western Colorado” said Shawn Osthoff, President of Bank of Colorado.

Sid Dinsdale, Co-Chairman of Bank of Colorado and Chairman of Pinnacle Bancorp commented, —Bank of Colorado has a long history of strength and stability, excellent customer service and active involvement in the communities they serve. We look forward to continuing that tradition and expanding our presence in Colorado.” Chris Dinsdale, Co-Chairman of Bank of Colorado added, —We are excited to expand our presence, as we see tremen-

dous opportunity for not only Bank of Colorado, but the customers we serve in Western Colorado.”

#### About Bank of Colorado

Bank of Colorado is a \$2.9 billion financial institution with 40 locations in Colorado and 3 branches in Gallup, New Mexico. Bank of Colorado is a subsidiary of Pinnacle Bancorp, which has been family-owned since 1938 and is an \$8 billion financial holding company that operates 130 community banks in eight states. For more information, log onto [www.bankofcolorado.com](http://www.bankofcolorado.com).

### MONTROSE COUNTY CRIMESTOPPERS ALERT

*Special to the Mirror*

MONTROSE-Montrose Regional Crime Stoppers is seeking the help of citizens to locate perpetrator(s) in the below crime. During the weekend of Jan. 10, 2015, person or persons unknown entered a Montrose County business in the 65700 Block of Racine Road, Diamond G Auto Repair. After entry was made, the suspect(s) stole a large amount of cash from the business. Surveillance video shows a male entering the business through one rear door and later leaving through a different rear door. Anyone with information about the suspects or the location of the stolen property can call Crime Stoppers anonymously at 970.249.8500. Information that leads to an arrest may earn the caller up to \$1,000 in cash.

## SHOE REPAIR... BEYOND SHOES



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# SAFeway, ALBERTSONS MERGER COMPLETE



*Staffers at the Montrose Safeway say they are excited about the company's recent merger with Albertsons, which has doubled the size of the company.*

## Mirror Staff Report

MONTROSE—It's official—the merger between two major grocery chains was finalized Jan. 30. And here in Montrose, shoppers can expect greater savings, and a more active community presence at the local Safeway store.

According to a company news release, under the terms of the merger agreement first announced and unanimously approved by Safeway's Board of Directors in March 2014, AB Acquisition LLC, the owner of Albertson's LLC and New Albertson's, Inc. (collectively —Albertsons"), has acquired all outstanding shares of Safeway.

"This doubles the size of the company," Montrose Safeway Store Manager Scott Pfeiffer said. "We have just had two days of meetings, talking about the great things to come. This is going to be such a strong, competitive company! We will be doing more in the community as well; it's just exciting and good for everyone."

"We plan to be the favorite local super-

market in every community we serve," said Safeway President and Chief Executive Officer Robert Edwards, now President and CEO of the newly combined company. "We will do this by knowing, listening to, and delighting our customers; providing the right products at a compelling value; and delivering a superior shopping experience. We will also continue to be active members of our local communities."

As previously announced, current Albertsons Chief Executive Officer Bob Miller will become Executive Chairman.

"This is a transformative day for both Albertsons and Safeway. This merger creates a unified, strong organization that is dedicated to bringing a better shopping experience to more customers across the country," commented Miller in the news release. "Our combined geographic footprint, vast range of brands and products, and service-oriented staff will enable us to meet evolving shopping preferences."

Here in Montrose, at least one Safeway staffer expressed excitement not only about the merger, but about new, lime green uniforms that will soon replace the traditional khaki.

The merger will create a diversified network that includes 2,230 stores, 27 distribution facilities and 19 manufacturing plants with over 250,000 employees across 34 states and the District of Columbia.

The new company will be comprised of three regions and 14 retail divisions, supported by corporate offices in Boise, ID, Pleasanton, CA, and Phoenix, AZ. Banners will include Safeway, Vons, Pavilions, Randalls, Tom Thumb, Carrs, Albertsons, ACME, Jewel-Osco, Lucky, Shaw's, Star Market, Super Saver, United Supermarkets, Market Street and Amigos. In December, the companies announced the sale of 168 stores to four separate buyers, as divestitures required in order to secure U.S. Federal Trade Commission approval of the transaction.

## About Safeway Inc.

Safeway Inc., which operates Safeway, Vons, Pavilions, Randalls, Tom Thumb, and Carrs stores, is a Fortune 100 company and one of the largest food and drug retailers in the United States with sales of \$35.1 billion in 2013. The company's common stock previously traded on the New York Stock Exchange (NYSE) under the symbol SWY, and will be delisted from the NYSE as a result of the closing of the merger. For more information, please visit [www.Safeway.com](http://www.Safeway.com).

## About Albertsons

Established in 2006, AB Acquisition LLC ("Albertsons"), which operates ACME, Albertsons, Jewel-Osco, Lucky, Shaws, Star Market and Super Saver, and stores under the United Family of stores, Amigos, Market Street and United Supermarkets, is working to become the favorite food and drug retailer in every market it serves. The company is privately owned by Cerberus Capital Management, Kimco Realty Corporation, Klaff Realty, Lubert-Adler Partners, and Schottenstein Stores Corporation. For more information, please visit [www.Albertsons.com](http://www.Albertsons.com).



coloradopress

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THE  
MONTROSE MIRROR  
MONTROSE



## REGIONAL NEWS BRIEFS

### MONTROSE ELKS LODGE 1053 SCHOLARSHIP GOLF TOURNAMENT TO BE JULY 11

*Special to the Mirror*

MONTROSE—A date has been chosen and plans are underway for the Montrose Elks Lodge Golf Tournament to benefit the local scholarship fund.

Every year the Lodge awards scholarships to deserving Montrose County graduating seniors who are attending college or

vocational/technical schools. Last year the lodge awarded 14 scholarships amounting to \$7,500 and hope to exceed that in 2015. Seniors in Montrose County can get the applications and information from their High School Counselor. Deadline is April 6. The tournament will be a four person scramble, \$75 per golfer. Hole in One,

Closest to the Pin, Longest Drive, Best Island Outfit and many other fun contests along with lunch at the Lodge following the tournament. Hole and Contest sponsorships are available so save your spot now. All proceeds go to the Elks Lodge Scholarship fund. Contact Ric Simon 970-209-4088 or Jodie Simon 970-249-0102.

### MHS TO HOST 8TH GRADE PARENT NIGHT FEB. 24

*Special to the Mirror*

MONTROSE— Montrose High School will be hosting its annual 8th Grade Parent Night and Visitation on Tuesday, Feb. 24th at 630p in the McMillan Gym. Parents will be able to meet their student's teachers, counselors, and administrators. Attendees will also learn about courses and options in high school and get help with the registration process. All MHS clubs and sports will be there to share information on how to get involved. Tours of MHS will also be available. Free MHS t-shirts are available for parents who stop by and meet an MHS administrator.

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# CUSTOM OR TEMPLATE WEBSITE? THAT'S THE QUESTION!



*A website template is perfect for a nonprofit like the Ridgway Fire Department.*



*With a custom site design, NAU can have complete control over the entire page layout.*



*Dayzign created a custom header and logo, along with using fun fonts on the Axel Project template.*

By Kellie Day

Dayzign Graphics

RIDGWAY-The most important things to be sure of when creating a website are great content, intuitive navigation, website usability, fast loading and SEO friendliness. But which to choose – a template website or a custom website? Here are a few things to think about ...

## WEBSITE TEMPLATES

Templates, or “Themes” as Wordpress calls them (we build Wordpress websites here at Dayzign Graphics) are increasingly popular because they are less expensive and faster to build. The colors, layout and features are ready-to-go, and we add your own content and graphics to make it your own. There are many attractive themes out there, you just have to be sure the one you choose meets current web standards, is responsive, editable and SEO friendly. At Dayzign we generally suggest several themes to our clients to choose from, so we can be sure we start with a good product from the get go. Themed websites are great if your budget is lower, or you just need a “business card” website, and your functional needs are lower.

*Personalizing your website theme*

With so many folks using templates today, a lot of website designs are starting to look the same. If you’re going to go the route of a website template, be sure to personalize it with custom graphics to distinguish your brand and make it enjoyable for your viewers. We can create a great custom header that goes a long way in capturing your viewers’ attention, and add it into your template. This will HIGHLY distinguish your look from everyone else. Of course your [logo design](#) is a big part of that. We can also add some cool fonts for EXTRA pizzazz!

## CUSTOM WEBSITES

If your branding is intact and you don’t want to compromise that or your requirements for your website, then a custom website is the way to go. Additionally, if you have a lot of content and architecture, or want greater flexibility with your design and functions, then a custom website is also the way to go.

### Greater design control

Most recently, we have been thrilled to work on several different custom websites for various departments at Northern Arizona University. With a custom site design, NAU can have complete control over the

entire page layout. This is important to the University because they need to integrate university-wide design elements such as the header, footer, fonts and colors. *Fun features where and when they want them*

Guess what? Among the benefits of Wordpress are the many “plugins” or add-on features that can be popped into your wordpress site.

From fun, social media plugins to blog feeds to weather updates, music playlists and many, many, MANY more, you can make your website interesting to viewers by adding on great features.

That’s the beauty of Wordpress. For NAU, we’ve included such features as Event Booking, Social Feeds, Photo Galleries and more. If a custom design and greater control is important to you, then a custom website is the way to go.

It’s fun to be able to have your website design at your fingertips and work with Dayzign to create the features you want, the way you want!

Whether you’re up for a Wordpress Theme or a Custom Site, give us a call to discuss your project: 970-275-5186 or [email Kellie](#).

## HOMESTEAD HOSTS ANNUAL VALENTINE’S TEA!



Special to the Mirror

**MONTROSE-The Fourth Annual Valentine Victorian Tea Party at the Homestead was fun for everyone!**

*All the Ladies looked lovely in the tea hats that they made for the party. A big thanks to all the volunteers who made this event possible. Pictured are Ladies in tea hats, all of the Homestead Volunteers, and Dodie, winner of the Sugar cube game. Courtesy photos.*



## ***AEROSPACE, 2015 AWARDS PRESENTED AT MEDC LUNCH From pg 1***

Many people and organizations were acknowledged for their support of MEDC and a special award was given to Curt Robinson in recognition of his 40-plus years of dedication to the economic betterment of the Montrose community.

The 2015 MEDC Corporate Economic Development Award was presented to Recla Metals LLLP.

—Recla Metals employs 32 people at their Montrose operation with an average wage of \$62,000. The direct impact to the Montrose Community through jobs and overall operations exceeds \$16M per year,” Head said. Accepting the award on behalf of Recla Metals owners Garry and Diann Fulks were their son Gregg Fulks and Matt Alvarez, a key member of the Recla Metals management team.

Keynote speakers Joe Rice, director of governmental relations for Lockheed Martin Space Systems, and Art Maples, the Space Technology Mission Directorate’s (STMD) director of strategic partnerships in the Colorado Region (senior NASA technical advisor), gave an overview of the aerospace industry in Colorado and of the

opportunities that are available.

—“Colorado is the number one aerospace state [per capita] in the nation,” Rice said. —“We can do everything but launch space craft from Colorado.” Emphasizing the importance of the US returning to manned space flights, Rice noted that the only countries now capable of getting into space are Russia and China.

—“It’s one thing to cooperate with other nations, but it’s another thing to depend on them.”

Raising the awareness level of the industry is important, he said.

—“It is critical that our elected officials understand the aerospace industry; when the business community and individuals understand that, the importance will filter up to elected officials.”

Maples spoke of reinvigorating the pipeline for the future. —“The real goal is to go to Mars, but that is a couple of decades away. We [NASA] don’t have a field center in Colorado. That’s why I’m here, to get connected with Colorado.” In some instances NASA shares their technology with the public sector in what is referred to

as technology transfers, he said, noting that one example of these is the ability to extend the life span of donor tissue by using NASA’s technology in rapid screening for bacteria.

Although it may not be easy for local entrepreneurs to break into the aerospace industry, it is possible. In a 2014 NASA contest the goal was to make a better astronaut glove. The first place winner, an engineer who stitched together a glove on his kitchen table, was awarded \$200,000. The second place winner was a clothing designer whose resume included designing the wings for Victoria’s Secret models.

MEDC President Buck Miller announced the names of the newly-elected and re-elected MEDC Board members: Tyler Dahl, Jim Plumhoff, Doug Seacat and Buck Miller.

Miller concluded by praising past community leaders who had the vision and commitment to pull together for economic development. —“What they put in place has allowed MEDC to exist today. MEDC is the core, the key piece of economic development,” he said.



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## OPINION-EDITORIAL

### CITY MISSED AN OPPORTUNITY BY NOT ATTENDING MEDC LUNCH

#### *Mirror Staff Editorial*

MONTROSE—More than 100 people attended the Montrose Economic Development Corporation's (MEDC) annual meeting at Holiday Inn Express on Friday, Feb. 20, 2015. The group was comprised of community leaders, elected officials, business owners, CFO's, executive directors, investors and representatives of the media.

Organizations present, many of whom have their finger on the pulse of economic development, included all three Montrose County Commissioners, the Mayor of Olathe, Colorado Mesa University (CMU), the Downtown Development Authority (DDA), Delta-Montrose Electric Association (DMEA) and Montrose Memorial Hospital (MMH). Also in attendance were the Montrose Chamber of Commerce, Montrose County School District RE-1J, Region 10 League for Economic Assistance & Planning, Montrose County Airport, West Central Small Business Devel-

opment Center, the West End EDC, as well as many others.

Noticeably absent from the meeting was the City of Montrose. Any perception that the City snubbed MEDC, however, pales in comparison to what may be seen as an affront to the local leaders, businesses and organizations who invest in the Montrose community.

City Manager Bill Bell has repeatedly distanced himself from MEDC, while at the same time intimating to the community that the various economic entities are partnering and working well together. However, the City Manager's failure to attend the MEDC Luncheon, or at the very least send a staff representative, shows a lack of consideration--and speaks volumes.

Bell has spoken often of his interest in economic development, an interest which to date has resulted in the City's unprecedented action in applying for a change of zoning on behalf of the Prairie Dogs Treats

manufacturing facility on West Main. This facility, which produces smoked pet treats, has been placed in the midst of a residential neighborhood, where frail, elderly neighbors complain that it is causing problems with smoke, noise and storm sewers. Though Mr. Bell championed the plant in its current location, the City has not bothered to follow up with the company to ensure that landscaping, signage and employment levels are as originally agreed upon. If this is indicative of Mr. Bell's approach to the complex business of economic development, we believe Montrose deserves better.

We also believe that, regardless of the City Manager's relationship with MEDC, the Montrose City Council also missed an opportunity Friday to show support for economic partnerships in the community. Unfortunately, neither the Mayor, Mayor Pro-Tem nor any councilperson attended MEDC's annual meeting.

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A silver robot with blue eyes and a small antenna on its head is pointing its right index finger towards a river in a desert canyon. The robot has a small control panel on its chest with several buttons and a small screen. The background shows a wide river flowing through a deep canyon with red rock walls and sparse green vegetation. The sky is overcast.

## Dolores River

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## WESTERN SLOPE LEADERSHIP SUMMIT 2015!



Colorado's "winningest" basketball [Coach Dick Katte](#) spoke from the point of view of a lifelong leader.



Above and below left, Student Council members from ten schools across the Western Slope took part in the third annual Western Slope Leadership Summit on Wednesday, Feb. 19.



Photos By Sarah Berndt



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## 2015 MEDC ANNUAL LUNCHEON



*MEDC Executive Director Sandy Head, MEDC President Buck Miller and special award recipient Curt Robinson. Courtesy photo.*



*The West Central Small Business Development Center was well represented at the MEDC Lunch. Courtesy photo.*



*Attendees included the Neiman family, Wells Fargo and Debbie Harmon of Montrose Memorial Hospital. Courtesy photo.*



# Feeling Stressed?

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call 970.252.6200





## ***GIRLS ARE ON THE RUN! From pg 1***



*From left to right—Kayla Almanzar, Gabriela Delacruz and Destiny Gaskins get ready to run; stretching out; Nora Waldow speaks to girls about making healthy choices and learning to decide things for yourself. Girls on the Run will expand to Re-1J Middle Schools as part of a nationwide pilot this year. Girls are so happy to head for the track, “We usually run down the halls,” one girl said.*

cares enough about the success of the program that she has been a volunteer for more than four years.

—“The kids were really freaked out to see me in tennis shoes,” she laughed. —“They think it is a hoot. But Girls on the Run is such a wonderful program, and our girls are so great. At our first practice, one girl ran 16 laps! That is the equivalent of a 5K on the first day! They are real go getters.”

Running is actually not the emphasis of the program, however.

Participants are broken out into two groups that get together first in the classroom to talk about making healthy choices and learning to believe in themselves, and then spend time stretching together before heading out to the track.

—“Girls on the Run is about believing in your own destiny, and your own life, and knowing you are worth something,” Waldow said. —“You CAN make good choices, and you don’t have to let others determine who you will become—you can decide for yourself who you are.

—“This is so valuable to our girls,” she said. —“It is a commitment, but I would never give it up. We don’t tell you how to run—this is not a running program, it is not a track meet. Walking, jogging—even skipping—are okay.”

All students and volunteers meet back up at the end of the day’s run, she said. There are two practice sessions each week, and the season finale will be a 5K event on May 2 that is open to anyone.

For Johnson Elementary student Karinna Bogarin, Girls on the Run offers a chance to stay in shape during the “off season.”

—“I am not in a sport right now, though I

have been and I will be again soon,” she said. —“I need more exercise.”

New for 2015 is a pilot program for middle school girls, said Jill Henwood, who founded the Montrose Chapter of Girls on the Run ten years ago (the Grand Junction program began 15 years ago) and who continues to serve as executive director.

—“The Western Colorado Chapter is one of eight councils in the nation to do this pilot program,” Henwood said.

—“Nationally it has been a challenge at the middle school level; it is trickier with that age group of girls. Many are busy, and it is at this age that many girls stop being involved in activities.”

Locally, the only middle school to consistently have a Girls on the Run program over the years has been Columbine Middle School.

—“We are excited to do this, and to get feedback from local coaches and girls that will help us decide what the program will look like,” she said, —“and we hope that this will help the national organization fine tune the middle school program and make it more sustainable.”

Centennial Middle School Principal Joe Simo said that he shares Henwood’s sense of enthusiasm.

—“This is my ninth year in the district,” said Simo, who has also served as principal at Pomona Elementary School, —“and I was able to see Girls on the Run in place at the elementary level. So when I was approached about doing it here, I saw it as a good fit.”

Centennial students will be coached by Meghan Waschbusch, Simo said. Montrose County Coordinators are Crystal Ben-

son and Sue Beutler.

—“Meghan is an amazing coach, and we are very excited to get Girls on the Run started here,” Simo said. —“At the end of the school year we have a Braves Run 5K fundraiser; I feel that with Girls on the Run, we have the perfect transition to the 5K, and another opportunity for our students to enjoy more physical activity and a healthier lifestyle.”

Though Girls on the Run has 475 coaches this year, more volunteers are always needed and welcomed, Henwood said.

All Re-1J elementary schools are currently involved with the exception of Cottonwood Elementary.

Coaches are a critical component of the program, she said.

—“It helps to have someone at a school who really can be a champion and a cheerleader for Girls on the Run,” Henwood said. —“Someone like Nora Waldow has been for the past four years—she absolutely makes a difference.”

More than 40 Girls on the Run coaches have been involved for five years or more, she added.

—“It is a huge commitment, but really rewarding,” she said.

—“The people who do coach find it to be a life-changing experience. They get to work with girls in a different capacity, two days a week for 90 minutes.

—“It’s hard not to be excited when third to fifth grade girls are running and excited about it!”

To learn more about Western Colorado Girls on the Run, visit the web site at [www.gotrwesterncolorado.org](http://www.gotrwesterncolorado.org) or call 970.257-9267.

# OPINION/EDITORIAL-LETTERS TO THE EDITOR

## MC VOICE THANKS ALL WHO HELPED WITH SPEED DATING EVENT



*Dear Editor:*

I am so pleased to be a part of such a wonderful group of students associated with the only CMU club in Montrose known as the Montrose Campus Voice, A.K.A. MC Voice. We have had so much fun planning and executing many different events for students and the public alike. Our most recent event was a Speed Dating Extravaganza held on February 6<sup>th</sup>, 2015. This event was hosted by Two Rascals Brewing Company and the turn-out for our Date and Dash was a gargantuan success, not only in involvement but in community and business support.

Two Rascals has been very supportive of MC Voice, offering student discounts and opening the floor to our event. They were extremely patient with us as we worked out all the kinks surrounding our event, and very open armed to all of the CMU students and singles in the community. Thank you Two Rascals, for showing us just what a business can do for our cause.

MC Voice is extending a huge thank you to Alpine Floral for their last minute contribution of flowers for center pieces on the tables. The flowers donated created an ambiance of romance with a single floating rose in a cute bowl of water and beads. They will be offering student discounts in the near future to all CMU students who present their MAV Card. Make sure you pick up current issues of The Bull (MC Voices publication) to find out where and what student discounts are offered.

Jack FM did a wonderful job promoting our event for three whole weeks. The station hit a demographic of all ages; we had men and women from Paonia to Nucla and many places in-between. Without their generous trade agreement we would not have had such a turn-out. Thank you Jack FM we hope to continue our relationship with future events.

The Montrose Mirror placed our event in their online edition and it was seen by

countless online readers. Montrose Chamber of Commerce also made sure to include us in three weeks of their online E-Blast, involving the community in a way our small campus club could not have done without them. Thank you both for your online support and I enjoy reading both of these online publications.

Alpine Bank supplied us with fifty pens for our participants in the Date and Dash, aiding in the exchange of phone numbers between singles. Lone Cone Coffee donated coffee for our event, which everyone enjoyed, it was delicious. Thank you both for your support and interest.

I would like to thank the club members of MC Voice; without the dedication and continued involvement given we would not have events like this. I would ask anyone who is interested in our club to email us at: [articlesubmissionsmontrose@gmail.com](mailto:articlesubmissionsmontrose@gmail.com) or send us a message on our Facebook page [Colorado Mesa MC Voice](#). We welcome student members and public members alike. Be equally involved as you can and join us for meetings if you have time, the meeting dates and times are posted to our Facebook page. Thank you all for making our Speed Dating Extravaganza a great success.

*Melisa Fender*

*MC Voice President*

## REGIONAL NEWS BRIEFS

### COMMUNITY INVITED TO FORS DATE NIGHT ON FEB. 27 FUNDS TO HELP BUILD ELEMENTARY SCHOOL PLAYGROUND

*Special to the Mirror*

**RIDGWAY-** Community members are invited to have a delicious meal at Ridgway restaurants on Friday, Feb. 27 to raise money for new playground construction at Ridgway Elementary School.

The Friends of Ridgway Schools (FoRS) is partnering with local restaurants, which will donate up to 20 percent of the night's profits to the Ridgway Elementary School Playground Fund. FoRS is also offering

child care from 6 to 9 p.m. at the elementary school for local students (\$10 per child; \$3 for each additional child from the same family), so parents can enjoy a date night without children in tow. At the special "PJs, Pizza & a Movie" event, children will be treated to Papa Murphy's Take 'N' Bake Pizzas (thank you Papa Murphy's of Montrose for their generous support of this event). Children are invited to wear pajamas and bring blankets and

sleeping bags to enjoy playing with friends and watching a movie. A list of participating restaurants will be available from the school, sent home with students, and on the FoRS website. Restaurants benefit from the recognition for their generosity and cooperation and increased customers on Feb. 27, while diners are supporting the school by buying a meal at a local business without extra cost and getting special Date Night discounts at some restaurants.



## REGIONAL NEWS BRIEFS

### CITY OFFICE CLOSURES, TRASH AND RECYCLING OPERATIONS, AND SNOW REMOVAL

*Special to the Mirror*

MONTROSE—City of Montrose offices are closed today due to inclement weather, however essential public safety services are being provided as conditions allow.

City trash and recycling collection services were conducted earlier today, but have ceased due numerous weather-induced difficulties, including landfill and recycling center closures. Weather permitting, collection services will resume on

Tuesday, with collection of unfinished Monday routes according to the City's collection arrangements for Monday holidays. Please see [cityofmontrose.org/holiday](http://cityofmontrose.org/holiday) for alternative collection days and maps. Since it is impractical for the city to perform snow removal operations in every part of the city, "snow routes" have been established to focus the City's efforts on primary transportation corridors. These routes have been scaled to fully utilize the

City's snow removal equipment. Visit <http://www.cityofmontrose.org/168/Snow-Removal> for complete information about the City's snow removal operations and specific street priorities. Residents and businesses can help ease the impact of snowstorms by keeping public sidewalks free of snow and ice as required by City ordinance. To help keep gutters and storm drains open, snow *should not* be shoveled into the street.

### ALPINE BANK HIRES EXECUTIVE VICE PRESIDENT, BUSINESS DEVELOPMENT



Charlie Kercheval.  
Courtesy photo.

*Special to the Mirror*

DENVER — Alpine Bank announces Charlie Kercheval as executive vice president, business development for the greater Denver market.

Kercheval brings with him over 26 years' experience as a banker with FirstBank. Over the last ten years, he has served as FirstBank's market president for the Parker locations and most recently the high-profile Cherry Creek market.

"I am excited for the opportunity to bring Alpine Bank's brand of banking to Denver. Alpine cares deeply about its customers, com-

munities, and employees," said Kercheval, "and in turn, customers, communities, and employees are very supportive of Alpine. My goals in this new role are to raise awareness, add connectivity, and build meaningful, mutually beneficial business in this new market."

Alpine Bank is planning the opening of a full-service branch in the Cherry Creek neighborhood in April where Kercheval will take an office. This new location will provide area residents and business owners a new choice when it comes to banking. Alpine Bank looks forward to the new opportunities and friends this venture will bring while solidifying its commitment to remaining the true community bank it has always been.

Kercheval's dedication and strong ties to the community are apparent as he's privileged to serve on numerous local boards including the

Public Education and Business Coalition, the Denver Public Schools Foundation, College/Invest, the Cherry Creek North Business Improvement District, and the Cherry Creek Area Business Alliance.

A true Colorado native, born and raised in Grand Junction, Kercheval graduated from the University of Colorado Boulder with a Bachelor of Science in finance. He and his wife Linda have lived in Parker for 22 years, raising their 2 sons, Kyle and Connor.

Alpine Bank is a \$2.5 billion, employee-owned organization chartered in 1973 with headquarters in Glenwood Springs, Colorado. With 37 banking offices across Colorado, Alpine Bank employs over 500 local people and serves more than 130,000 customers with retail, business, trust, asset management, mortgage and electronic banking services.

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## MONTROSE COUNTY BOARD OF COMMISSIONERS

By Sandra Tyler

### MONTROSE-BOCC 2/17/15 MEETING

Public comment from the following persons:

Mr. Richard Harding commented on Consent item 4 (see below) that the US Fish and Wildlife Service is not a Constitutional Service. That the scope was not broad enough, that it only was about the sagebrush grouse and that 250 other species were mentioned and there were another 1,250 requested to be listed. That the 2011 budget of USF&WS spent 75 percent of the species budget on lawsuits in the Sue & Settle program. He requested that the Montrose BOCC contact Scott Tipton.

Ms. Ileen Fakiri requested that the BOCC review the restrictions in the new Junk & Rubbish ordinance with respect to section 3.1, 4.5, and 5.1.8 as these will disallow composting on her property and the property of others.

Mr. Marv Ballantyne requested that the BOCC review the same sections as mentioned per Ms. Fikiri and also section 4.6 regarding composting newspapers and cardboard. He mentioned that Mesa County grappled with similar language and that BOCC could check into their results. County Manager Ken Norris requested that Consent Agenda item C. 4 be removed and that item C. 5 be switched with D.2. CONSENT AGENDA items below all unanimously accepted:

Request for approval of General Fund and Special Fund Expenditures: 02/06/2015  
Approval of Minutes: 01/05/2015 and 01/13/2015

SHERIFF'S DEPARTMENT, authorization for the Chairman's signature on a contract with BI, Inc. for inmate electronic monitoring services to be used for pre-approved inmates in alternative sentencing programs, effective 02/17/2015, as reviewed by Counsel.

PUBLIC WORKS, possible authorization for the Chairman's signature for an annual grazing lease with Joe Garvey for the West End Landfill property, effective 03/15/2015 through 03/14/2016

MOVE C. 5. GOVERNMENT AFFAIRS DIRECTOR, consideration of an agreement with Montrose Forest Products, LLC etc. TO D. 2. See below.

D. 2. MOVED TO HERE as # 5

OFFICE OF THE COUNTY ATTORNEY, Teresa Williams, authorization of a Notice of Intent to Sue (NOI) in their official capacities, U.S. Secretary of the Interior, Sally Jewell; Director of the U.S. Fish and Wildlife Service, Daniel M. Ashe; Regional Director for the Mountain Prairie Region of the U.S. Fish and Wildlife Service, Noreen Walsh and the United States Fish and Wildlife Service related to violations of the Endangered Species Act. The filing of a notice of intent is a procedural requirement to bring suit under the Endangered Species Act (ESA). No budgetary impact. INTERIM HEALTH AND HUMAN SERVICES DIRECTOR, authorization for a Grant Application Request to the Colorado Department of Public Health and Environment for \$20,000.00 to enable the tracking and reporting of the number of healthcare workers receiving influenza immunizations.

OFFICE OF THE COUNTY ATTORNEY, approval of Mediation Agreement with Littleton Alternative Dispute Resolutions, Inc. regarding the Barnett case at a cost of \$300/hr mediator, \$90/hr paralegal as reviewed by Counsel.

GENERAL BUSINESS & ADMINISTRATIVE ITEMS:

MEDIA RELATIONS MANAGER, Katie Yergensen, Proclamation naming Steve Mathis as a Distinguished Citizen of Montrose County for his many years of service on the Colorado River Water Conservation Board. Mr. Mathis has been in Montrose since 1975 and served as both VP & President for the CRWC Board. (See photo). Commissioner Ron Henderson stated, "He is a great member of the community and sets a high 'water' mark for those that follow." Yes, humor intended.

Commissioner Glen Davis stated, "He well-represented the concerns of the public." GOVERNMENT AFFAIRS DIRECTOR, an agreement with Montrose Forest Products, LLC to provide a business personal property tax credit pursuant to C.R.S. 30-



*Attorney Steve Mathis was honored as a Distinguished Citizen of Montrose County for his many years of service on the Colorado River Water Conservation Board. Mr. Mathis has been in Montrose since 1975 and served as both VP & President for the CRWC Board. Photo by Sandra Tyler.*

11-123(2). This agreement would authorize a refund credit for business personal property tax owed on qualified property as identified in the agreement. This credit would apply only to tax revenue to be retained by Montrose County and would have no impact on property taxes levied by other entities. The term of the agreement would be for fifteen (15) years, effective tax year 2015 (payable in 2016). This agreement would credit 100% of the Montrose County taxes owed on the qualified property. Montrose Forest Products, LLC expanded the existing business facility through the addition of new equipment with a value of \$5,650,439.00 which was added during 2014. The estimated credit in the first year would be \$34,113.82. The credited amount would decline in subsequent years as the qualified property is depreciated.

Jon Washbusch presented that the Neiman family bought in 2012, investing \$3.905 million in equipment and this agreement is an appropriate payback. Public Comment period opened. None. Unanimously approved.

In support of the above, Commissioner Glen Davis stated, "Knowing the loss of timber and jobs as a result, Montrose Forest Products invested a large amount of money and created 3-400 jobs." In support of the above, Commissioner Ron Henderson talked about his weekend conversation with Senator Bennet and Bennet's

*Continued next page*



## ***MONTROSE COUNTY BOARD OF COMMISSIONERS From pg. 1***

concerns about the spruce beetle infestation of timber that has since resulted in an impressive computer program that can be performed on down timber for recovery potential and gave a business card to Norman Burcher.

PUBLIC WORKS/FLEET, authorization for the Chairman's signature on a Sales Agreement for the purchase of a used 2011 Vogele 5200-2 Paver with 861 hours in the amount of \$300,780.00, as reviewed by Counsel; this represents a budgeted expense in the amount of \$325,000.00. Dave Cooper presented that the current paver is antiquated, has no automatics, and has been on the replacement wish list for some time. The one considered for purchase will provide blade patching and pave short sections of roads, has automatics, and comes with an extended power train engine and transmission warranty.

This is less than the originally budgeted \$360,000 for a new paver but that one did not come with the automatics of the proposed purchase. Unanimously approved.

Reappointment of Liz Steele to the West End Planning Advisory Committee. Unanimously approved.

Reappointment of Tom Busker to the Airport Advisory Board, Unanimously approved.

Appointment of Matthew John Landt to the Historic Landmark Advisory Board. Unanimously approved.

Appointment of Peter Klingsmith to the Montrose Memorial Hospital Board of Trustees. Unanimously approved.

Appointment of Angela Goforth to the West End Advisory Committee. Unanimously approved.

Reappointment of Pat Blackwelder to the Airport Advisory Board. Unanimously approved.

Reappointment of David Seymour to the Weed Commission Unanimously approved.

UNFINISHED BUSINESS: NONE

F. PLANNING & DEVELOPMENT:

OLD BUSINESS

1. PUBLIC HEARING: Amendment to the Montrose County Zoning Resolution, General Agricultural Zoning District and related definitions in regard to wineries and micro-distillery tasting rooms in association with roadside stands (Resolution 12 - 2015) Proposal:

To amend the Montrose County Zoning Resolution Section regarding wineries and

micro-distilleries with tasting rooms in association with roadside stands. (This item was continued at the Jan. 5, 2015 meeting)

PUBLIC HEARING – NONE

OTHER BUSINESS

Maggie Minor (MI-14-0036)

Location: 61943 Spring Creek Road

Zoning: General Agricultural

Proposal: To divide 9.62 acres into three (3) lots

Owners: Dale and Margaret Kleeves

Applicant: Del-Mont Consultants, Inc. –

Fred Ballard (See enclosed staff report)

G.EXECUTIVE SESSION: OFFICE OF COUNTY ATTORNEY, request for an Executive Session pursuant to C.R.S. 24-6-402(4)(b) and (f)(1) for legal advice and counsel regarding the FBO Majestic Lease. This is a closed session.

.....



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## SANDRA TYLER CITY BEAT-MONTROSE CITY COUNCIL MEETING OF FEB. 17, 2015



**Government Beat Reporter  
Sandra Tyler**

By Sandra  
Tyler  
MONTROSE  
-REGULAR  
CITY  
COUNCIL  
MEETING  
2/17/2015  
[City Council  
Pack-  
et ccpack-](#)

[et02172015r.pdf](#)

Proclamation from Youth Council: [City of Montrose Youth Council Support of a City and Montrose Recreation District Proposed Trail and Paths to Parks Request to Great Outdoors Colorado \(GOCO\) February 17, 2015](#) was read by Youth Council Mayor, Mikayla Unruh and accepted by the Montrose City Council. [ccpacket02172015r.pdf](#), page 5.

### CONSENT AGENDA

A. City Council consideration of the Waste Water Treatment Plant Oxidation Ditch #3mRotor Replacement Project Construction Contract. Motion to award the construction contract to RN Civil for the replacement of three rotors in Oxidation Ditch #3 at the Waste Water Treatment Plant for the total bid price of \$671,400.00. This item was discussed at the February 2, 2015, work session. The 2015 Public Works WWTP Capital Improvement budget includes \$600,000 for this project. The lowest responsible bid exceeded this budget amount by approximately twelve percent (12%), or \$71,400. Due to the critical need for three (3) fully functional oxidation ditches at the WWTP, staff recommends supplementing the un-budgeted portion of this project from the Sewer Fund. *Unanimously approved.* [ccpacket-et02172015r.pdf](#), pages 6-9.

B. City Council consideration of Resolution 2015-05, setting April 7, 2015, as the hearing date for the J & M Addition Annexation. *Unanimously approved.* [ccpacket-et02172015r.pdf](#), page 10.

APPROVAL OF MINUTES of City Council meeting February 3, 2015, and special City Council meeting February 3, 2015. [ccpacket02172015r.pdf](#), pages 13-16.  
GREAT OUTDOORS COLORADO  
GRANT APPLICATION

Resolution 2015-06 supporting the grant application for a Paths to Parks Grant from the State Board of the Great Outdoors Colorado Trust Fund and the completion of the Montrose Underpass: Connecting the people and Recreation Center to the River Trail and Baldrige Regional Park.

The City of Montrose and Montrose Recreation District (MRD) are partnering to request approximately \$1,000,000 from Great Outdoors Colorado's (GOCO's) Paths to Parks program to fund trail improvements. The proposed 10-foot-wide concrete and soft-surface trail will connect Montrose's new \$28.14 million Montrose Community Recreation Center (CRC) under U.S. Highway 550 via an existing bridge to the regional Uncompahgre River Trail and Clifford E. Baldrige Regional Park. The project also completes trail on CRC (MRD) property.

The trail will connect the new Recreation Center and 86% of Montrose's population residing on the east side of U.S. Highway 550 (according to Census data) with the river trail and Baldrige Regional Park (Montrose's main park and trail system).

The proposed trail system will allow families and youth of all ages to safely cross U.S. Highway 550 to access the new Montrose Recreation Center, river trail and Baldrige Regional Park. *Unanimously approved.* [ccpacket02172015r.pdf](#), pages 17-22.

Intergovernmental Agreement (IGA). An Intergovernmental Agreement between the City of Montrose and the Montrose Recreation District Regarding the Montrose Underpass: Connecting the People and Recreation Center to the River Trail and Baldrige Regional Park Agreement.

*Unanimously approved.* [ccpacket-et02172015r.pdf](#), pages 23-36.

SECOND REVISED RESOLUTION 2015-03 authorizing the filing of an application requesting up to \$600,000 in Community Development Block Grant (CDBG) funds through the Colorado Department of Local Affairs to construct a food bank at 49 North First Street; authorizing the City of Montrose to provide \$48,000 in cash out of undesignated fund balance; water tap (\$2,635) and sewer tap (\$6,172) (for a City contribution of \$8,807 in tap fees), building permit and plan check fees (estimated

at \$9,857), and grant administration to the project; authorizing the City Manager to act in connection with the application and to provide such additional information as may be required; and authorizing the Mayor to sign the application documents. This was changes to the amounts. *Unanimously approved.* [ccpacket02172015r.pdf](#), pages 38-40.

### RETAIL LIQUOR STORE LIQUOR LICENSE TRANSFER

City Council *unanimously approved* the transfer of a Retail Liquor Store liquor license at 1840 E. Main Street from Discount Cigarettes and Wine LLC, d.b.a. Discount Cigarettes and Wine, to Mangum Enterprises, Inc., d.b.a. Bear Creek Liquor, for consumption off premises. No public comment. [ccpacket02172015r.pdf](#), pg 38-40.

### HOTEL AND RESTAURANT LIQUOR LICENSE TRANSFER

City Council *unanimously approved* the transfer of a Hotel and Restaurant liquor license at 235 N. First Street from Luz Munoz, d.b.a. Ah Chihuahua, to Ay Jalisco LLC, d.b.a. Ay Jalisco, for consumption on premises. No public comment. [ccpacket-et02172015r.pdf](#), pages 41-43.

### ORDINANCE 2350 – SECOND READING

City Council *unanimously approved* Ordinance 2350 on second reading, an ordinance of the City of Montrose, Colorado, pertaining to the amendment of consumption in parks. [ccpacket02172015r.pdf](#), pages 44-46.

### ORDINANCE 2351 – SECOND READING

City Council *unanimously approved* Ordinance 2351 on second reading, an ordinance of the City of Montrose, Colorado, pertaining to the amendment of the Municipal Code Chapter 1-2, General Provisions, and Chapter 1-14, Municipal Court. [ccpacket02172015r.pdf](#), pages 47-53.

### ORDINANCE 2352 – SECOND READING

City Council *unanimously approved* Ordinance 2352 on second reading, an ordinance of the City of Montrose, Colorado, pertaining to the amendment of the Municipal Code Chapter 3-1, Trash and Recycling Collection. 54-61 Action: Accept public comment. [ccpacket02172015r.pdf](#),





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## ***SANDRA TYLER CITY BEAT-MONTROSE CITY COUNCIL MEETING From pg 18***

public comment. [ccpacket02172015r.pdf](#), pages 54-61.

### **ORDINANCE 2353 – SECOND READING**

City Council *unanimously approved* Ordinance 2353 on second reading, an ordinance of the City of Montrose, Colorado, pertaining to the amendment of the City's Municipal Code Chapter 3-5, City Distributed Water and Sanitary Sewer Collection Systems. 62-83 No public comment.

[ccpacket02172015r.pdf](#), pages 62-83.

### **STAFF REPORTS**

**A. SALES, USE, AND EXCISE TAX REPORT** presented by Finance Director Shani Wittenberg and Office Business and Tourism Director Rob Joseph. [ccpacket02172015r.pdf](#), pages 84-90.

**B. Fourth Quarter Budget Review** presented Finance Director Shani Wittenberg. Clarification called for by Judy Ann Files to be investigated and reported back.

[ccpacket02172015r.pdf](#), pages 91-99. Mayor Bob Nicholson commented that the City debt position has diminished to a current all time low with only two bonds outstanding that Shani Wittenberg confirmed will be paid off Oct., 2017.

Shani explained the PIF-Public Improvement Fee that was approved by the City



*Longtime Parks Advisory Board Member Wayne Quade attended the meeting to discuss reinvigorating the Board, which was recently disbanded by Council. Photo by Sandra Tyler.*

Council in 2009 to be given to a developer for his development south of town.

Public Information Officer Report by City Manager Bill Bell regarding the Black Canyon Golf Course that Tuesday morning. Deadline for **PURCHASE OF ANNUAL PASSES** to the golf course is 2/28/15 and the discount is substantial. At the meeting there was discussion of ideas for the purchased adjacent property and improvement of streets.



*Youth Council Mayor Mikayla Unruh read a Proclamation declaring Youth Council Support of a City and Montrose Recreation District Proposed Trail and Paths to Parks Request to Great Outdoors Colorado (GOCO).*

Judy Ann Files thanked staff present for hosting the Main Street Boot Camp Feb. 9-10 in the City Council headquarters and for hosting the first day evening reception in the Office of Business and Tourism area. Rob Joseph visibly enjoyed his job and remembered what attendees preferred as he had taken the classes to be certified to serve alcoholic beverages. The classes worked!

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## PRIVATE INVESTIGATOR IVAN BUCHANAN ASKS COUNTY TO UNWIND TWO TRANSACTIONS OF 2003 BOCC

By Caitlin Switzer

MONTROSE—A local private investigator says that he intends to file suit against Montrose County if specific actions are not taken to correct two transactions that he alleges were illegally approved by the Montrose Board of County Commissioners in 2003.

—This is wrong, and it just gets more wrong,” said [Ivan Buchanan of Buchanan Investigations](#), who cites his own letter dated Aug. 16, 2013 to the Montrose BOCC asking about —the mortgage taken out in 2003 at Wells Fargo Bank on Montrose Memorial Hospital and the bonds that helped collateralize said mortgage.”

Chairing the BOCC in 2003 was Betsey Hale, who served with fellow commissioners Dave Ubell and the late Leo Large. However, according to the minutes, Hale was not present at the special meeting of Oct. 30, 2003 at which Commissioners discussed the transactions with Montrose Memorial Hospital Attorney John Brooks.

—There were two transactions,” said Buchanan, who has copies of records documenting those transactions, including the

minutes of the special Montrose BOCC meeting of Oct. 30, 2003; The Certified Record of Proceedings of the Montrose County Board of Commissioners of Montrose County Colorado dated Nov. 3, 2003 Relating to The Approval of Enterprise Revenue Bonds Series 2003 In the Principal Not to Exceed \$36,000; A Mortgage and Fixture Filing dated Nov. 15, 2003 and prepared by Brownstein Hyatt & Farber of Denver among the Bank One Trust Company (Mortgagee), the Board of Trustees for Montrose Memorial Hospital (Obligor), and Montrose County (Mortgagor); a UCC Financing Statement date stamped Nov. 24, 2003 and prepared by Wells Fargo Bank on the hospital; and the Dec. 2, 2014 response of Montrose County to Buchanan’s Colorado Open Records Request of Nov. 28, 2014.

—This was done in violation of TABOR (Taxpayers Bill of Rights),” Buchanan told the Mirror, —Because it was never put to a vote of the public, and the public is unaware that this was done.

—There were two transactions; for a loan like this to be issued, there has to be a vote

of the public, and there never was,” said Buchanan, who also has copies of Montrose County’s ballot questions for Nov. of 2003.

—I have threatened to file a lawsuit if the current BOCC does not initiate legal action immediately to unwind this,” Buchanan said. —This is a \$72 million issue; there is a UCC filing of \$36 million, and \$36 million in bonds. It is my understanding that the bonds were needed to help secure the mortgage loan we know they put in place, and that they were used for that purpose.

—The bonds were due to be re-written a year and a half ago, and they have not been,” Buchanan said. —If the bonding company calls the loan, Montrose County is on the hook.”

However, in the minutes of the special meeting dated Oct. 30, 2003, County Attorney Jim Fritz assured Commissioners that the matter did not need to put to a public vote because of the hospital’s status as an —Enterprise.”

Buchanan Investigations can be found online at <http://www.buchananinvestigations.net>.

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## ARTS AND CULTURE

### POETS D.R. GOODMAN AND CHARLES POTTS COME TO COLORADO



D.R. Goodman.  
Courtesy photo.



Charles Potts. Courtesy photo.

#### Special to the Mirror

TELLURIDE-Talking Gourds Poetry Club is happy to offer two special poetry events beyond our normal First Tuesdays: visits by California poet D.R. Goodman and the legendary Charles Potts of Walla Walla, Washington.

D.R. Goodman will be the featured reader as a special performance Tuesday, Feb. 17, at 6 p.m. at Arroyo's Telluride. A native of East Tennessee, Goodman lives now in Oakland where she is founder and chief

martial arts instructor at the Cuong Nhu Redwood Doho. Her poetry has appeared in several journals, such as *Crazyhorse*, *Notre Dame Review*, *Wisconsin Review*, *Cold Mountain Review*, *Whitefish Review*; and the an-

thology, *Sonnets: 150 Contemporary Sonnets*. She is the author of *The Kids' Karate Workbook: A Take-Home Training Guide for Young Martial Artists* (North Atlantic/Blue Snake Books); and an illustrated chapbook, *Birds by the Bay*. Her latest, a book of poetry, *Greed: A Confession* was a finalist for the 2013 Able Muse Book Award.

John Oliver Simon has called Potts "the most notorious neglected poet in America." A counter-culture hero, Charles edited *Litmus* magazine when he lived in

Berkeley and moved to Walla Walla where he was famous for *Temple* magazine and its accompanying bookstore. One of his many recent books is the brilliant *Inside Idaho: Poems, 1996-2007* (West End Press, 2009). His reading on Thursday evening, May 5<sup>th</sup> will take place at a private party in Placerville. Anyone interested in attending, call Art at 970-729-0220 for an invitation.

Talking Gourds is a program of the Telluride Institute in partnership with the Wilkinson Library, the Montrose Regional Library, Between the Covers Bookstore, Ah Haa School for the Arts, Telluride Arts District, Arroyo Telluride and the newly formed Telluride Literary Arts. Members meet monthly, on first Tuesday evenings, at Arroyo Fine Art Gallery & Wine Bar at 220 E. Colorado Ave. (next door to Telluride Hardware), beginning at 6 p.m. The same guests appear at the Montrose Regional Library (320 S. 2<sup>nd</sup> St.) on the next day, Wed. Feb. 4<sup>th</sup> at 6 p.m. We are indebted to generous donations by Audrey Marnoy, Peter Waldor and the Montrose Friends of the Library.

### PRIDE AND PREJUDICE OPENS AT MAGIC CIRCLE THEATRE MARCH 6

#### Special to the Mirror

MONTROSE-Magic Circle Theatre's production of *Pride and Prejudice*, a novel by Jane Austen and dramatized by Jane Kendall, is replete with intrigue, comic moments and a happy ending. *Pride and Prejudice*, widely considered one of the premier novels in English literature, is a favorite for adaptation to the stage.

Directed by British-born Jane Pierrepont, and assisted by Ginny Spaven, this adaptation portrays the studied behaviors of the privileged upper class in England's 19th Century: good manners, dutiful upbringing, unblemished morality, cultured education, and the estate-preserving marriages of

the landed gentry. Upper class marriages were an economic necessity for English women, many of whom only had small inheritances. With five daughters, it is apparent that this is of the foremost importance to Mrs. Bennet, who is distraught about the family estate being entailed by law to Mr. Collins, a cousin and nearest male relative to Mr. Bennet.

Equally interested in marrying well are several male suitors: the wealthy and sociable Mr. Bingley; his best friend, the extremely rich and aloof Mr. Darcy; and the charming, yet untrustworthy Mr. Wickham. Mr. Collins provides a distinct contrast to these polished gentlemen, for he is

pedantic, pompous, and deliciously awkward.

Making their first appearances on the Magic Circle stage are Mitch Hamilton (Mr. Bennet), Jennifer Moreland (Jane), Nikole James (Elizabeth), Elizabeth Mueller (Lydia), Ryan Mathias (Wickham), Amber Boyd (Miss Bingley) and Tiffany Rae (Charlotte Lucas).

Magic Circle veterans who complete the cast are Lisa Rediger (Mrs. Bennet), Shannon Rediger (Mary), Katelyn Rediger (Catherine), Troy Lee (Darcy), Bob Allyn (Bingley), Tony Roberts (Collins), Tania Hajjar (Lady Lucas), Cynthia Hight (Lady Catherine) and Nick Hoppner (Hill).

### DELTA HEALTH FAIRS SCHEDULED FOR MARCH

#### Special to the Mirror

DELTA-If Delta County residents missed the Delta County Memorial Hospital Early Blood Draw events this week they can still register on-line at [deltahospital.org](http://deltahospital.org) for the March health fairs. Walk-ins will still be accepted during the last 30 minutes of the Early Blood Draw events in Cedaredge on Feb 19<sup>th</sup> at the Community Center and Delta on Feb 21<sup>st</sup> at the Oncology Center

classrooms. Blood draws, free blood pressure checks and Body Mass Index (BMIs) are offered at the health fairs. In Paonia at the Delta-Montrose Voc Tech Building in Paonia from 6:30–10:00 a.m. on March 18<sup>th</sup>. In Cedaredge on March 20<sup>th</sup> at the Community Center from 6:30 to 10 a.m.

The Delta Health Fair, complete with a wide array of health-related vendors will be held on March 19<sup>th</sup>, from 6:30 – 11 a.m.

Health-related vendors are welcome to attend with a registration and \$10 fee. For details please call Jessica Good at DCMH at 874-6411 or email

[jgood@deltahospital.org](mailto:jgood@deltahospital.org). To make an appointment for the blood draw health screens for the March health fairs, go on line to [deltahospital.org](http://deltahospital.org) and click on the heart artwork on the left hand side of the home page.

## REGIONAL NEWS BRIEFS

### CELEBRATE NATIONAL THERAPEUTIC RECREATION MONTH!



*Therapeutic recreation activities are based on a person's past, present and future leisure lifestyle.*

#### *Special to the Mirror*

REGIONAL – Therapeutic Recreation is a practice of utilizing a wide range of activities and interventions to improve physical, emotional, cognitive, social and leisure skills for a wide range of individuals. The intervention is personalized and based on a person's past, present and future leisure lifestyle. Certified Therapeutic Recreation Specialists (CTRS) and the practice are being recognized and honored as February is National Therapeutic Recreation Month. The National Therapeutic Recreation Society established National Therapeutic Recreation Week in 1984, which has now evolved into a month-long recognition.

Senior Community Care, Western Colorado's Program of All-Inclusive Care for the Elderly (PACE) provider, has been utilizing the specialized treatment plans of a CTRS since 2010. Anne Johnson serves as Volunteers of America's regional CTRS consultant and manager for Senior Community Care. Johnson has a team of coordinators and assistants to help serve the program's 253 participants in both Montrose and Delta Counties.

“We focus on the abilities, not the disabilities,” Johnson said. “We treat the whole person using a variety of modalities including arts, music, dance, sports, games, education sessions and community reintegration to help maintain or improve an individual's physical, spiritual, social and emotional well-being.”

Senior Community Care works with adults aged 55 or older who are state qualified for nursing home level care, but who with the help of the PACE program are

able to continue to live in their own homes. “It is the right and desire of people of all abilities and ages to experience activities of their own personal choice,” Johnson said. “With appropriate risk management older adults can have the opportunity to experience therapeutic adventure recreation and its consequent benefits.”

A program of Therapeutic Recreation is designed to achieve the following goals: increased independence and self-esteem promote health and wellness, develop skills

that carry over into the community, promote socialization and a sense of community, exposure to new activities, community reintegration, development of a healthy leisure lifestyle and ongoing education.

“We are able to achieve these goals by taking the time to find out what each older adult in our program is truly interested in. For example, that may be a desire to try ballroom dancing, experiment with photography, learning how to play pool or knitting or wood working. Or it may involve outdoor walking tours, visiting museums, taking a jeep tour into the mountains, or flying in an airplane. There are so many possibilities,” Johnson said. “We want to make those desires a reality within a healthy, supported environment.” Participants in the program are eager to talk about the positive outcomes of working with therapeutic recreation. Larry said, “I live alone and look to PACE for my socialization. After losing the use of my left hand I thought playing the guitar and art were activities I never would be able to do again. PACE and the recreation program has opened the door for me.”

Michael said, “I like music; it is healing; it keeps my body active. I love to give back to others through my piano playing. I also enjoy the outings. Because of my balance challenges I could never imagine I could bowl, but I'm bowling and doing really well.”

Tony said, “I love the art classes and I'm learning a lot. I surprised myself at the things I've learned.”

Program participants don't just perform a task they are given. Johnson stated the program offers activities which are truly

engaging and emphasize the right to take a risk in an environment of dignity and respect. “We work to ensure that a variety of therapeutic services and activities are made available to people of all abilities. It's all about changing people's preconceived ideas of disability and aging by providing nontraditional programming emphasizing personal choice.”

To become a CTRS, one must obtain a Bachelor of Science degree or higher from an accredited university with academic studies focusing on physical, biological and behavioral sciences, recreation and leisure theory. After that, a three month internship comprised of 560 hours at nationally accredited organization must be completed along with successful completion of the National Therapeutic Recreation Certification exam.

The Senior Community Care Therapeutic Recreation team consists of: Lewis Williams, Recreation Assistant, Gloria Munoz, Recreation Assistant, Kathy Conroe, Recreation Assistant/Cosmetologist, Traci Abshire, Recreation Coordinator, Dorothy Davies, Recreation Assistant, Jannell Place, Recreation Assistant, Nancy Horn, Recreation Assistant, Rachael Green, Recreation Assistant, and Anne Johnson, Therapeutic Recreation Manager and Volunteers of America Regional Consultant.

The Therapeutic Recreation team plans to celebrate the national awareness month locally with an open house on Thursday, February 26<sup>th</sup> from 4:30 p.m. to 5:30 p.m. at 2377 Robins Way, Montrose. This is an opportunity for the public to stop by and visit with the staff, ask questions, and tour the program and center. After the open house, there will be a private gathering of therapeutic recreation specialists from across the state and a congratulatory dinner and discussion of current best practices.

The PACE program serves individuals who are age 55 or older, certified by their state to need nursing home care, are able to live safely in the community at the time of enrollment, and live in a PACE service area.

Delivering all needed medical and supportive services, the program is able to provide the entire spectrum of care and services to older adults with chronic care needs while maintaining their independence in their homes for as long as possible. Visit [www.seniorcommunitycare.org](http://www.seniorcommunitycare.org) for more information.



## WEST CENTRAL WOMEN OF INFLUENCE...NANCY HOGANSON



**Nancy Hoganson.**  
*Courtesy photo.*

*Interview by Gail Marvel*

**MONTROSE-** Raised in a family with a stay-at-home mom, it never occurred to Nancy Hoganson that she herself would have a career. "I've not had a lot of jobs, but I'm so grateful for the jobs I've held. They've developed me into the person

I've become." Nancy's career path includes administrative positions at a Christian school (elementary) and two Colorado community colleges. Since 2005 she has served as Director of Community Relations for Hope West (Hospice).

During her high school and college years Nancy ended up in leadership roles because there was a need. "I have no trouble putting myself forward. I like to see things get done; not just the completion, but the accomplishment."

Describing herself as a democratic leader she said, "I value the opinions and wisdom of other people. Good leadership is not to barrel over people," she laughed, "if you do you leave a bloody path!"

Nancy is a team-builder who feels that a strong team comes from integrating people

with different abilities. "There are things I have strengths in, but I also have weaknesses." When assembling a team she formulates a direction, "But I ask others to fill in the holes. I ask them, 'What am I not seeing?'"

Fundraising activities, including grant writing and community events, are a large component of Nancy's job description. The annual Hospice Gala and the successful 2013 \$3,000,000 capital campaign are a credit to her administrative skills. However, she views the efforts of pulling people together as fun.

She laughed, "Partying is my favorite thing to do. I'm people orientated and it's a joy." The Gala committee is made up of volunteers and while Nancy is the driving force, she wants the committee to take ownership of the event. "The volunteers are important and I want them to *feel* they are important. They own the project and I want them to have a warm, wonderful time."

In a sense, Nancy's title as Director of Community Relations demands she be politically savvy and she deliberately works at making good relationships. "I've got to be friends with everyone; not for me personally, but because I represent Hospice. I'm careful because what I say and do is a reflection on my organization."

An extrovert by nature Nancy said, "I just love people. If I start to feel introverted I

know I'm really tired and I've burned the candle at both ends!" A self-described builder of team programs, and buildings, Nancy sees the greatest community impact in programs.

"When I see the donations I think about all the people whose lives will be touched by the funds that are raised."

In the past Nancy has served on the boards of Rotary and the Montrose Arts Council, but she is time-wise and knows her limitations. "I'm pretty good at setting boundaries. I don't want to do anything if I can't do it well." As for aspirations of climbing a career ladder she said, "Oh heavens no! I'm as happy as a clam where I am. I love my job and the people I work with. I count it a privilege to work for Hospice."

During her work with community colleges the majority of Nancy's administrative co-workers were men, but gender was not an issue. "I am a self-starter with follow through, so there was no need for anyone to micromanage me." The consummate team builder, Nancy invests herself in the success of her superiors.

Her advice for leaders: "Build relationships and seek the right kind of success, for the right reason. True leaders are not self-serving; they are genuine and they look for ways to build up others. They support and encourage work for the greater good."

## NEW MORTGAGE LENDING PROFESSIONALS MAKE THE DIFFERENCE AT MORTGAGE SOLUTIONS FINANCIAL'S DELTA OFFICE

*Special to the Mirror*

**DELTA-** Mortgage Solutions Financial recently hired three new lending professionals. The new Mortgage Loan Originators are Sarah Carlquist, Lindsay Roberts, and Kami Collins.

"Our efforts to hire great talent like Kami, Lindsay and Sarah allow our company to focus our priorities on consistent customer service and expertise in the mortgage industry," said Reva Haskin, Regional Production Manager. "Our goal is to help each customer find the mortgage solution that is just right for them. We are anticipating a strong year of growth on the western slope, and I'm certain these women will be a big part of that growth."

Sarah Carlquist was born and raised in Delta County. Her husband, Casey, is Vice Principal for Hotchkiss K-8. Prior to MSF,

Sarah was Director of Delta County Economic Development Inc., where she was responsible for supporting Delta County businesses, as well as helping other businesses make the move to Delta County. Of that job as well as her new one, Carlquist says, "I wake up each morning excited to see who I will meet and what amazing adventures the day will bring. I am grateful for each new relationship, and cherish the ability to help that relationship grow."

Lindsay Roberts is from Olathe. She holds a Bachelor of Business Administration from Mesa State College and has 14 years of experience in the finance industry. "When I was offered the opportunity to come to Mortgage Solutions Financial," Roberts said, "I jumped at the chance to specialize in mortgage lending, knowing I'd be able to help friends, neighbors and

other members of the community maximize their financial freedom through what is typically the largest investment of their lives. I am excited to help people get into the home of their dreams, right here in beautiful Western Colorado."

Kami Collins is also from Delta County. She graduated from Paonia High School and holds a Bachelor of Arts degree from Mesa State College. Before coming to MSF, Collins spent two years as Executive director of the Delta Area Chamber of Commerce. "I'm so excited to work for a company like Mortgage Solutions Financial, where I have access to incredible tools and resources to help people with their home financing needs," said Collins. "I'm looking forward to using those resources to give our customers a real chance at the home they really want."

# Experiencing the (local) Church

WRITER GAIL MARVEL VISITS THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS



By Gail Marvel

MONTROSE—On Dec. 7, 2014 I visited The Church of Jesus Christ of Latter-day Saints (LDS). Bulletins were placed on the end of a pew to be picked up when you enter the sanctuary. I was greeted by Bishop Benjamin Maxwell, presiding official over the Black Canyon Ward, and Randy Gerke, conducting the worship service. This more formally-attired fellowship, with men in suits, white shirts and ties and ladies in dresses, numbered under 100 in attendance.

The first Sunday of every month is a “Fast and Testimony” meeting and members are invited to give impromptu testimonies and to pledge the money that wasn’t spent on food during their fast to a mission project. Bishop Maxwell laughed, “We never know what people will say, or for how long they will speak.”

The service began with announcements of activities such as making gift baskets, an upcoming potluck dinner and scheduling a time to meet with the Bishop for tithing settlements.

Ward business included a congregational vote to accept the transfer of two memberships and a vote of thanks for two nursery workers who had completed their terms of service.

Hymns, with organ accompaniment, were led by music director Marinda Whitcomb.

The sacrament, broken pieces of leavened whole wheat bread and small cups of water, were administered by the Priests and clearly defined as representing the body and the shed blood of Jesus.

Randy Gerke began the testimonies with Christmas memories and comparing the gifts he received as a child with the gift of atonement given by Jesus Christ. “We were excited about our Christmas gifts, but it was a temporary satisfaction. A few days later the things that we’d ask for were broken or lost. Jesus is a gift that will never wear out, be tarnished or broken.” Mr. Gerke testified that the Gospel of Jesus is the most stable thing in his life.

Other speakers, with the exception of Elder Miller, did not identify themselves. Their testimonies were an eclectic collection — testimonies of Jesus and of Joseph Smith, reminiscing of Christmas past, family updates, confessions and persecution of the Mormon faith.

One older gentleman brought to mind Pearl Harbor. “I don’t like the word hate, but I started to hate the Japanese. I disliked what I was doing, but I hated them.” Continuing with childhood experiences, laughter rippled through the audience when he said, “Dad taught me how to cuss a horse — until I learned that wasn’t the thing to do.” His testimony included needing to change the minds of people who do not

believe there are prophets today; and that the LDS is the true church.

A 20-year-old young lady, who’d never given a testimony before, tentatively approached the podium. “I’ve been acting like a 12 year-old ... People in the church have [now] noticed the difference and said, “WOW, she really is growing up.” I’ve done some really bad things, made mistakes, but I’m a better person now.” Her testimony included being thankful for the atonement of Jesus and the forgiveness of sins.

Two testimonies noted that Joseph Smith came to restore the church that was — ~~lost~~ for centuries.” It was unclear to me what was meant by saying that the church was lost; whether it meant the church was lost spiritually or physically.

While there was an occasional paraphrase, no Scripture quotes or readings were used during the service. We concluded singing, “Oh, Come, All Ye Faithful,” and as I got up to leave it occurred to me that this is the first service I’ve attended where we remained seated throughout the service.

*Contact Information:*  
The Church of Jesus Christ  
of Latter-day Saints  
1521 Hillcrest  
Montrose, CO 81401  
Bishop Ben Maxwell 970-249-240-2072

*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.*



## MIRROR IMAGES...OUT AND ABOUT!



Retired Realtor and former City Councilor Bill Brougham in front of City Hall.



Above, Patty Bennett (Uncompahgre Volunteer Legal Aid) and Jeffra Walters (Centennial Middle School's Shakespeare Project) celebrate at the Montrose Community Foundation's grant awards night Feb. 18.



Above, Erin Smith Berge receives her pin for serving as a past chair of the Daughters of the American Revolution Montrose Chapter at the Chapter meeting on Feb. 14.

## Alzheimer's Educational Series

### *Living with Alzheimer's - Early Stage*

*Thursdays March 12, 19 & 26*

*4:00 to 5:00 pm*

*Colorado Mesa University Montrose Campus*

*Presented by Teresa Black, Alzheimer's Association Western Slope Director*

### *Living with Alzheimer's - Middle Stage*

*Thursdays April 16, 23, 30th*

*4:00 to 5:00 pm*

*Colorado Mesa University Montrose Campus*

*Presented by Teresa Black, Alzheimer's Association Western Slope Director*

### *Living with Alzheimer's - Late Stage*

*Thursdays May 14 & 21 st*

*4:00 to 5:00 pm*

*Colorado Mesa University Montrose Campus*

*Presented by Teresa Black, Alzheimer's Association Western Slope Director*

### *Sponsored By:*

**Region 10,**

**Heidi's Chateau**

**Volunteers of America**

**Brookdale Sunrise Creek**



### **LIVING WITH ALZHEIMER'S: FOR EARLY STAGE CAREGIVERS**

Alzheimer's disease is not a normal part of aging. If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, possible causes and risk factors, stages of the disease, treatment, and much more.

### **LIVING WITH ALZHEIMER'S: FOR MIDDLE STAGE CAREGIVERS**

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join us and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's.

### **LIVING WITH ALZHEIMER'S: FOR LATE STAGE CAREGIVERS**

In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. Join us and hear from caregivers and professionals about resources, monitoring care and providing meaningful connection for the person with late-stage Alzheimer's and their families.

**PLEASE RSVP TO MELISSA HANNAH 970-240-0600 OR [MELISSA.HANNAH@BROOKDALE.COM](mailto:MELISSA.HANNAH@BROOKDALE.COM)**

## REGIONAL NEWS BRIEFS

### DCMH LAB ACCREDITED BY COLLEGE OF AMERICAN PATHOLOGISTS

*Special to the Mirror*

DELTA—The Delta County Memorial Hospital Laboratory is proud of its recent accreditation by the College of American Pathologists, ensuring the residents of Delta County and surrounding areas of access to the highest standards of laboratory services, stated DCMH Lab Medical Director Michael J. Benziger, MD.

“The laboratory is a vital part of the high standard of medical care offered by our hospital,” he added.

The Accreditation Committee of the College of American Pathologists (CAP) has awarded accreditation to Delta County Memorial Hospital Laboratory based on the results of a recent on-site inspection as part of CAP’s accreditation program.

The lab’s medical director, Michael J. Benziger, MD was advised of this national recognition and congratulated for the excellence of the lab services being provided. Delta County Memorial Hospital Labora-



*Lab staff at Delta County Memorial Hospital. Courtesy photo.*

tory is one of more than 7,600 CAP-accredited facilities worldwide.

The U.S. federal government recognizes the CAP Laboratory Accreditation Program started in the early 1960’s, as being equal-to, or more-stringent than the government’s own inspection program.

During the CAP accreditation process,

designed to ensure the highest standard of care for all laboratory patients, inspectors examine the laboratory’s records and quality control procedures for the preceding two years. CAP inspectors also examine laboratory staff qualifications, equipment, facilities, safety program and record and overall management.

## OPINION/EDITORIAL-LETTERS

### LEARN MORE ABOUT LEGISLATION ON GMO LABELING

#### Re: GMOs

Last year I wrote a Letter to the Editor about voting pro for GMO labeling. Our bill did not pass, nor did the one in Oregon. In the March 2015 issue of Consumer Reports, is an article that all of us should read, FAQs About GMOs. The link is <http://www.goodfoodworld.com/wp-content/uploads/2015/02/Consumer-Reports-GMO-Report.pdf>.

In the fifth paragraph, it states that the food and chemical industry opponents to labeling out-spent labeling supporters by about 16 to 1. The article also provides up to date information about GMOs under headings: **Are GMOs Bad for My Health, Why the Labeling Debate, Which Foods Contain GMOs, Do GMOs Harm the environment, Will GMO Labeling Drive Up Grocery Prices**, and an addendum, **Products and Politics: GMO Info at Your Fingertips**. Actual cost to the consumer is \$2.30/person/year. Not much to feel safer.

For updates on legislation, go to [NotinMyFood.org/gmo-demand-your-right-to-know](http://NotinMyFood.org/gmo-demand-your-right-to-know). Registered Dietitian/Nutritionists were instrumental in the Food Labeling Act of many years ago that you now rely on for what is in what you buy and the nutrients per portion.

*Sandra L. Tyler, Montrose*

*Retired Registered Dietitian/Nutritionist*

**THANKS FOR READING THE MONTROSE MIRROR!**  
**CALL 970-275-5791 FOR AD RATES AND INFORMATION!**



## REGIONAL NEWS BRIEFS

### DELTA COUNTY EXPLORER STUDENTS TOUR DCMH



Five students headed for health care careers toured Delta County Memorial Hospital on Feb. 3. Courtesy photo.

#### *Special to the Mirror*

DELTA-Peg Parmenter, RN, Trauma Nurse Coordinator from the Emergency Department at DCMH toured five students from a Health Career Explorer group on the evening of Feb. 3<sup>rd</sup>. The tour included the Emergency Department, Radiology, Lab, Pre-op, and surgery suites. Parmenter talked about the Respiratory department, and then toured the Intensive Care Unit and Medical-Surgical unit. Many of the department staff members were available to show the students around including the Radiology staff members. The Radiology staff personnel educated the students about several pieces of imaging equipment, along with imaging studies that are performed there. The Health Career Explorer group is open to young men and women ages 14 (and completed the 8th grade) and not yet 21 years old with an interest in learning more about careers in the health field. This is a hands-on program that exposes students from area schools in Del-

ta County to many health-related career opportunities. Currently there are 10 students in this program, explained Nathan Sturchio, who is a member of the Health Career Explorer group and also works as an EMT-Basic for Delta County Ambulance District. Students have an opportunity to participate in hands-on projects to give them an idea about whether these types of health careers are the right one for them. Delta County students have an opportunity to network with professionals

who work in these health-related careers every day – these healthcare professionals are using the latest technology, they are aware of emerging trends, and they know what it takes to get into college for their specific health career.

The students learn about the educational requirements for a career in health and will receive tangible advice on steps they can take now to prepare and position themselves for a successful career in the field of health.



**THE LEAGUE OF WOMEN VOTERS OF MONTROSE COUNTY**

**PRESENTS**

**"PERSONAL PRIVACY IN THE DIGITAL AGE"**



**THURSDAY, MARCH 5, AT NOON**

**MONTROSE LIBRARY COMMUNITY ROOM**

**GUEST SPEAKER: PAUL JANZEN**

**THE COMMUNITY IS INVITED TO ATTEND**

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, go to [www.montrose.co.lwvnet.org](http://www.montrose.co.lwvnet.org) and click on *Calendar of Events*.

#### **MONTROSE GENEALOGY SOCIETY**

**Presents**

**Lunch and Learn with Joyce Camping  
on Feb. 23,**

**11:30 at the Warrior Resource Center  
11 South Park Avenue.**

**"Land Records: Part 1"**

**Program is free to the public;  
Donations are welcome and accepted.**

**Call 970.240-1755**

**for more information.**



## 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)





## REGIONAL NEWS BRIEFS

### MONTROSE STUDENTS PLACE IN SEA PERCH CHALLENGE

*Special to the Mirror*

MONTROSE- Thirty-two teams competed this year in Colorado Springs on the weekend of Feb. 6-7, 2015 with Columbine Middle School winning Third Place in the Engineering Competition and Montrose High School winning Third Place in the Obstacle Course Competition. Commander Scott Rizzo stated that it

was a pleasure working with all the MCSD students and their coaches as they were focused, engaged, and above all, good sportsman and competitors throughout the trip to Colorado Springs. SeaPerch is an innovative underwater robotics program that equips teachers and students with the resources they need to build an underwater Remotely Operated Vehicle (ROV). The

SeaPerch Program provides students with the opportunity to learn about robotics, science, technology, engineering, and mathematics (STEM) while building an underwater ROV. Throughout the project, students learn engineering concepts, problem solving, teamwork, and technical applications. Go to [www.seaperch.org](http://www.seaperch.org) to see the program in action.

### J. ROBERT YOUNG SCHOLARSHIP TAKING APPLICATIONS FROM GRADUATING HIGH SCHOOL SENIORS



*J. Robert Young.  
Courtesy photo.*

*Special to the Mirror*  
GLENWOOD SPRINGS- Graduating high school seniors can now apply online for the J. Robert Young annually renewable scholarships. Students meeting the criteria of the scholarship may complete an application online at [www.wc-cf.org](http://www.wc-cf.org).

The J. Robert Young scholarship is offered to graduates of public high schools in locations served by Alpine Bank. The scholarship will be

awarded on the basis of financial need to a student with a grade point average of 2.75 or higher who is seeking a business-related degree. Students must attend a Colorado college. Two \$1,000 renewable scholarships are awarded each year. The online application must be completed by March 15, 2015.

The J. Robert Young scholarship was established in 2008 by Alpine Bank employees and an executive committee to honor bank chairman, J. Robert (Bob) Young, on the bank's 35th anniversary. The scholarship is designated for graduates of public high schools in areas served by Alpine Bank who have demonstrated good academic performance and are pursuing a business degree.

The scholarships are administered through Western Colorado Community Foundation, a nonprofit public charity whose mission is to promote charitable giving, build and manage charitable endowment funds for community good, and provide grants, scholarships and other resources to benefit the residents and communities of western Colorado. Alpine Bank is a 2.5 billion dollar, employee-owned organization chartered in 1973 with headquarters in Glenwood Springs, Colorado. With 37 western and southwestern Colorado banking offices, Alpine Bank employs over 500 local people and serves more than 130,000 customers with retail, business, trust, asset management, mortgage and electronic banking services.

### NEW CHURCH WINDOWS SHINE BRIGHTLY



*The Museum of the Mountain West has unveiled 15 newly-created stained glass windows in its 1913 German Lutheran Church building.*

*Special the Mirror*

MONTROSE-The Museum of the Mountain West has unveiled 15 newly-created stained glass windows in its 1913 German Lutheran Church building. The windows were designed and painstakingly created by local artisan and professional stained glass maker Char Hills. Installation was completed in December 2014. Each window is unique in design and features Lutheran religious motifs of the period. The 1913 German Lutheran Church building, which once stood at the SW corner of S. Sixth Street and S. Park Avenue, was moved to the museum site in 2006. It is one of the highlights of museum tours and available as a venue for weddings, banquets, holiday parties, seminars, meetings,

concerts, and small theater. Window sponsors included Altrusa International of Montrose, Inc., Retha Clubb, Rev. Frederick C. Doctor (LCMS) and wife Emma, Lola M. (Doctor) Fike, Ronald and Opal Fike, Carl and Julia Harris, City of Montrose and the Office of Business and Tourism, Montrose Community Foundation, and Barbara and Jack Rairden. Window sponsorships are still available.

Step back in time into the real history of the "Old West" and Western Colorado with a visit to the Museum of the Mountain West located in Montrose, Colorado. For additional details, visit [www.museumofthemountainwest.org](http://www.museumofthemountainwest.org) or call 970-240-3400.

## REGIONAL NEWS BRIEFS

### HIGH SCHOOL SENIORS RECEIVE DAR GOOD CITIZEN AWARDS



wallet recognition card. The ceremony was held at the Ute Indian Museum in Montrose.

Winner of the Good Citizen essay contest was Laura Ann Lund from Paonia. She will receive a \$250 check from the Uncompahgre Valley Chapter and is eligible to compete at the state level for an additional \$500 scholarship from Daughters of the American Revolution.

These students were chosen because they demonstrated, in an outstanding way, the qualities of a good citizen. These qualities are **dependability** (including truthfulness, loyalty, and punctuality), **service** (including cooperation, courtesy, and consideration of others), **leadership** (including personality, self-control, and the ability to assume responsibility) and **patriotism** (including unselfish interest in family, school, community, and nation).

The National Society of the Daughters of the American Revolution was founded in 1890. It is a volunteer women's service organization dedicated to strengthening America by promoting patriotism, preserving United States history, and supporting educational programs.

Today's DAR members fund local scholarships, support and honor veterans, and lead volunteer projects in the local community.

*Good Citizens (left to right) Theresa Tafoya, Paula Strickland, Regent Irene Means, Korrisa Lambert, and Amber Metz. Courtesy photo.*

By Suanne Hughes,  
Uncompahgre Valley Chapter,  
Daughters of the American Revolution  
MONTROSE-The Uncompahgre Valley Chapter Daughters of the American Revolution recognized six high school seniors selected by their schools to receive the Good Citizen Award.

This year's awards were presented to Paula Strickland, Delta High School; Theresa Tafoya, Olathe High School; Amber Metz, Telluride High School; Korrisa Lambert, Montrose High School; Laura Ann Lund, Paonia High School; and Jordan Williams from Norwood High School. Students received a certificate, pin, and

## HONORABLE MENTION

*To snow removal crews everywhere...here's wishing you some hot cocoa!*

*To Laura Parker of Buckhorn Gardens, for inspiring others with her passion for locally produced foods. Laura is featured on page 29 of Rick Scibelli Jr.'s excellent Edible Southwest Magazine...*

*To San Juan Search and Rescue workers for going above and beyond, no matter what time of day, no matter what season...*

*To Nancy Ball of Montrose, for sharing this fun fact with us... "In 2015, the month of February has four Sundays, four Mondays, four Tuesdays, four Wednesdays, four Thursdays, four Fridays and four Saturdays. Check your 2015 calendars! This is very unusual as it happens once every 823 years!"*



# Caregiver

## Summit & Retreat

### Key Note Speakers:

Sue Hansen &  
Laura Wayman "The Dementia Whisperer"

### Session Topics Include:

- How do the 3H's Impact me?  
Hospice, Home Health, and Homecare
- Communication, Validation and  
Difficult Behaviors
- Powerful Tools for Caregivers
- Essential Conversations

### Care Recipient Retreat:

Retreat for non-homebound (space is limited to the first 15 recipients that register) and In-Home Respite for care recipients too frail to leave the home.

Retreat at Hilltop's Day Haven  
Adult Day Center  
238 S. 2nd, Montrose, CO

**Must register by April 1st, 2015.**

### Date and Time:

Wednesday, April 15, 2015

Registration Deadline on April 8, 2015

Registration Check in & Breakfast 8:30-9:30

Welcome Address 9:30

Keynote Speaker at 12:30

### Information & Registration:

Region 10 Community Living Services

Call: 970-249-2436

[www.Region10.net](http://www.Region10.net)

### Location:

Montrose United Methodist Church

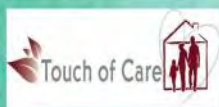
19 S. Park Ave, Montrose

### Admission only \$10 each:

Breakfast & Lunch Provided

Scholarships Available

A **PAMPER ROOM** will be available for mini massages, reflexology and other relaxing activities.







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.





# SNOWPACK LEVELS DROP, SPRING STORMS ROLL IN

By Caitlin Switzer

MONTROSE—Yes, the weather has taken a turn for the stormy, causing traffic delays and snarls. Be thankful—those beautiful, warm February days can be a sign of trouble to come.

“It’s still early,” acknowledged Colorado Division of Water Resources Division Four Assistant Division Engineer Jason Ullmann. “March is usually our wettest month—we could get some big storms.

“But we would need to get 100 to 150 percent of what we have had already between now and the end of the season to get to the point where this is an average year.”

The Western Slope is drier in some places than others, he said, but the entire Gunnison River Basin is currently at 77 percent of average in terms of seasonal snowpack. According to the regional [Snowtel data site](#), total precipitation in the Gunnison River Basin for 2014 was 97 percent of an average year. As of Friday, total 2015 precipitation was 41 percent. Total precipitation for 2014 in the Upper Gunnison River Basin was 99 percent of an average year, but as of Friday, 2015’s average precipitation is listed at 39 percent.

“The North Fork is the worst,” Ullmann said, “but Grand Mesa is at 50 percent of average—it is drier than it was in 2002, and 2002 and 2012 have been two of our recent drought years.”

What makes this year different than other



*A fisherman throws out a line in the Uncompahgre River last week, before snows hit. Without consistent, major storms for the remainder of this winter, drought conditions will prevail. Photo by Sarah Berndt.*

dry years is that last year saw high precipitation, allowing for storage fill in area reservoirs. “In terms of supply, last year was so good with runoff and snowpack and the high soil moisture, that we have carryover

storage,” Ullmann said. “We should be okay—it’s when you have two dry years in a row that it really hurts.”

Still, Ullmann’s advice to locals is simple; “Pray for snow,” he said.

## FIRST PARKLET BUILD COMPLETE, MORE ON THE WAY FOR DDA!

Mirror Staff Report

MONTROSE—Anyone who has studied advertising techniques knows the “bandwagon” appeal of seeing others obviously enjoying a business or location. Adam Duncan of A+Y Design Gallery and the Downtown Development Authority board has that concept in mind, as he leads a small team of volunteers in the creation of more “parklets” for Downtown merchants and their customers to use and enjoy. Last summer, A+Y Gallery was able to host the first DDA parklet, created under the leadership of former DDA Director Scott Shine.

“It was a huge benefit to our business,” Duncan said. “It is a high energy space, with people hanging out. Drive-by traffic would see, and people would come on in.”

Because the first parklet was a prototype, the DDA’s design committee has refined the design, Duncan said.

“We have a small group of volunteers, and we just had our first build,” Duncan

said, noting that the group constructed one of four parklets to be completed this spring. “The first parklet was very experimental—beautiful, sturdy, easy to set up—but very expensive and hard to duplicate based on the cost. So we refined the design to be a little smaller, and we took an afternoon to build one. It is a simple design, easy to duplicate and easy to set up and move.”

The new parklets are mostly of wood construction, unlike the first which was mostly iron and sat on a truck base, he said. “Our new parklet has more capacity and built-in bench seating,” he said.

“There are planters on three sides. And it was quite a bit less expensive to build, so we can benefit more businesses Downtown,” Duncan said that one of the main intents was to place parklets in the West Main shopping district, which has not traditionally been a focus of Downtown improvements. “We really want to put some over there,” he said, “but we have run up

against CDOT (Colorado Department of Transportation), which has really strict rules.” Because of the Main Street bypass swap that was accomplished five years ago, CDOT rules do not impact Main Street east of Townsend Avenue.

The first of the new parklets will be placed once weather permits and the City of Montrose no longer foresees needing to plow the streets, he said.

“Businesses are already asking for the parklets,” Duncan said, “some plan to go around to all of our businesses to hand out applications and request forms. We need more energy on Main Street, and I see the potential it could have. Outdoor seating changes the ambience of an entire space, and makes it cool and fun to hang out.

“It’s such a big deal.”

The parklets were designed as a test, he added, with an eye toward other Downtown improvements that could be possible in the future, such as single-lane traffic and a trolley.

## 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.

**MAGIC CIRCLE THEATRE**-Pride and Prejudice opens March 6. Performances will be March 7, 13, 14, 20, 21 at 7:30 pm, as well as March 8, 15, 22 at 2 pm.

**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**-"Montrose County Historical Society Presents" is held at 7 pm on the first Wednesday of each month in the Pioneer Room of Friendship Hall, 1001 N. 2nd St. The public is invited to free programs based on topics of regional history. For more information please call 249-2085.

**MONTROSE 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 1st Wednesday and 3rd 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-

**Feb. 23**-Lunch and Learn with Montrose Genealogy Center, "Land Records Part 1." 11:30 a.m. at the Warrior Resource Center, 11 South Park Avenue. Joyce Camping will lead the discussion. For more information call 970.240.1755.

**Feb. 24**-IAWC Lecture-Archaeological Investigations at the H.F. Barlow Homestead. Bill Heddles Rec Center in Delta 530 Gunnison River Drive), 6:30 to 7:30 p.m. For more information please contact Chris Miller, Executive Director @ 970-874-6695 or go on line @ [www.interpcolorado.org](http://www.interpcolorado.org).

**Feb. 24**-Montrose High School Eighth Grade Parent Night and Visitation, 6:30p.m. in McMillan Gym. All MHS clubs and sports will be there to share information on how to get involved. Tours of MHS will also be available. Free MHS t-shirts are available for parents who stop by and meet an MHS administrator.

**Feb. 25**-Lenten Music at Noon - Featuring various local artists, Noon-12:30pm, Montrose United Methodist Church, 19 South Park Ave.

**Feb. 26**-Business Resource Expo, Delta. Heddles Rec Center. 4:30 to 8:30 p.m. Sponsored by Region 10 and Bank of Colorado.

**Feb. 27**-Club 20 Energy Forum and Expo, Two Rivers Convention Center, Grand Junction.

**Feb. 27**-St. Mary's Blood Drive, Bill Heddles Rec Center, 10 a.m. to 1 p.m. Photo ID required.

**Feb. 27**--Dance to Triptihkal. at the Sherbino Theater in Ridgway. Doors and Cash bar at 7:30 pm. \$10 entry. For more information please contact [Jasmine Oeinck](mailto:Jasmine.Oeinck@sherbinotheater.com) at 970-318-0892 or visit [www.sherbinotheater.com](http://www.sherbinotheater.com).

**Feb. 27-Ridgway Date Night** at participating Ridgway restaurants (list available at [friendsofridwayschools.org](http://friendsofridwayschools.org))

Babysitting available from 6 to 9 p.m. at Ridgway Elementary School for \$10 per child/\$3 for each additional child from the same family (call Barbara at 970.626.5468 to reserve your child's spot). For information, contact Tanya Ishikawa at 303-819-7784 or [info@friendsofridwayschools.org](mailto:info@friendsofridwayschools.org). Also see information at <http://friendsofridwayschools.org>.

**Feb. 28**-Montrose Memorial Hospital Health Fair 2015, 6:30 to Noon at the Montrose Pavilion.

**Feb. 28-March 1**-Rich Nelson Memorial Bird Dog Championship Tournament Hunt, Black Canyon Wing and Clay. \$170 entry doubles, \$130 singles. Call 970-874-7195.

**March 3**—UP Collaborative Landscape Forest Restoration Project Annual Meeting, Holiday Inn Express Montrose, 9 a.m. to 3:30 p.m. Contact [info@upartnership.org](mailto:info@upartnership.org) to RSVP.

**March 4**-Lenten Music at Noon - Featuring various local artists, Noon-12:30pm, Montrose United Methodist Church, 19 South Park Ave.

**March 5**-League of Women Voters Forum, Personal Privacy in the Digital Age. Speaker Paul Janzen. Noon, Montrose Library Community Room. Free to the public.

**March 6**-Pride and Prejudice Opens at Magic Circle Theatre, 7:30 p.m.

**March 7**-Montrose Soccer Club Grade 8 Referee Clinic. The Montrose Soccer Club will reimburse the course fee to anyone who completes the course and referees a minimum of 2 games for the Montrose Soccer Club during the spring 2015 season. You must be at least 12 years old to become a referee. \*\*If March 7 does not work for you, you may also attend the clinic in Grand Junction on February 28 or in Austin on March 8. Go to: <https://coreferees.gameofficials.net/public/class/classSearch.cfm> to register for a 1 day grade 8 referee clinic OR Visit our website: [www.montroseavalanche.org](http://www.montroseavalanche.org).

**March 9**-Public Lands Partnership, Montrose Library (320 South Second St.) present lecture, *Biology and Management of Bighorn Sheep in the Uncompahgre and San Miguel Watersheds of SW Colorado* 7 p.m.

**March 10**-Estate Planning Basics, 4:30-5:30 pm; Learn basic estate planning essentials including the difference between wills and trusts and how to use a power of attorney to round out your estate plan. Located at Region 10, 300 N. Cascade Ave. Registration is required. Sponsored by Region 10 and Brown and Brown P.C. Call (970) 243-8250 or at [www.brownsandbrownpc.com](http://www.brownsandbrownpc.com).

**March 11**-Lenten Music at Noon - Featuring various local artists, Noon-12:30pm, Montrose United Methodist Church, 19 South Park Ave.

**March 12**-Living with Alzheimers-Early Stage, 4 to 5p.m. Colorado Mesa University Montrose Campus, Volunteers of America, Brookdale Sunrise Creek, Heidi's Chateau and Region 10, presented by Alzheimer's Association Western Slope Director Teresa Black.

**March 13**--The Royal We and Bonewagon at the Sherbino Theater in Ridgway. Doors and Cash bar at 7:30 pm. \$10 entry. For more information please contact [Jasmine Oeinck](mailto:Jasmine.Oeinck@sherbinotheater.com) at 970-318-0892 or visit [www.sherbinotheater.com](http://www.sherbinotheater.com).

**March 18**-Lenten Music at Noon - Featuring various local artists, Noon-12:30pm, Montrose United Methodist Church, 19 South Park Ave.

**March 19**-Living with Alzheimers-Early Stage, 4 to 5p.m. Colorado Mesa University Montrose Campus, Volunteers of America, Brookdale Sunrise Creek, Heidi's Chateau and Region 10, presented by Alzheimer's Association Western Slope Director Teresa Black.

**March 25**-Rocky Mt. Health Plans presents Bridges Out of Poverty, 9:30 a.m. to Noon at the Region 10 Enterprise Center. To register contact [Gail.Koehn@rmhp.org](mailto:Gail.Koehn@rmhp.org) or call 970-254-5736.

**March 25**-Lenten Music at Noon - Featuring various local artists, Noon-12:30pm, Montrose United Methodist Church, 19 South Park Ave.

**March 26**-Living with Alzheimers-Early Stage, 4 to 5p.m. Colorado Mesa University Montrose Campus, Volunteers of America, Brookdale Sunrise Creek, Heidi's Chateau and Region 10, presented by Alzheimer's Association Western Slope Director Teresa Black.



# 2015 MMH Health Fair

Saturday, February 28 at Montrose Pavilion  
*From 6:30 a.m. - 12 noon. No appointment necessary.*

*All screenings are FREE*

Vision Screening  
Consults for Early Blood Draw Test Results  
Foot Screening  
Hearing Screening  
Nutrition Information  
Bone Density Screening  
Skin Cancer Screening  
*(8:00 am - 12:00 noon)*

*Plus Much More! See You There!*



Montrose Memorial Hospital  
***Sticking Together***

## Blood Draws *until 11:00 a.m.*

- 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

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

**MONTROSE**

MEMORIAL HOSPITAL  
MontroseHospital.com



Co-Sponsors:





Contact the Montrose Mirror:

Post Office Box 3244

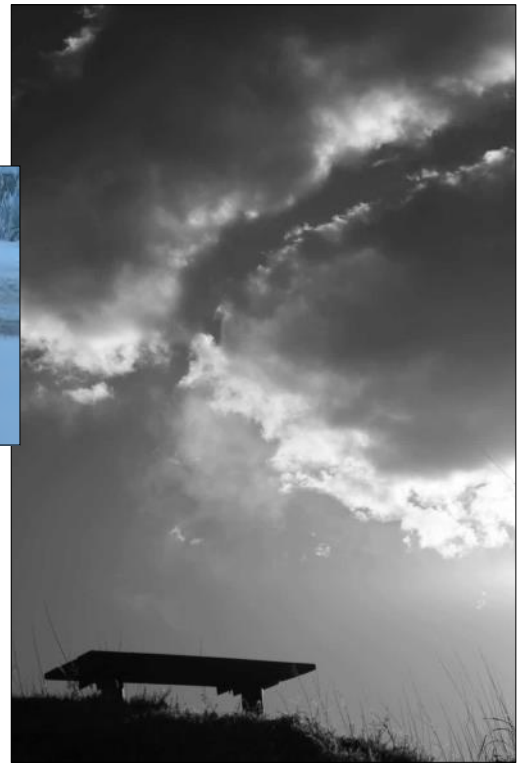
Montrose, CO 81402

970-275-5791

Email Us: [Editor@montrosemirror.com](mailto:Editor@montrosemirror.com)

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

*Photographer Sarah Berndt snapped two landscape images last week before spring snows began to fall (center).*



## WHAT'S NOT TO *LOVE?*

We're offering  
Sweet Savings!



**SAVE  
\$500  
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FEB 2015**

Enjoy peace of mind when a loved one - or you - becomes part of our family at the Homestead, a small 50-apartment, assisted-living care community with a warm and homelike setting that provides many levels of care personalized to each resident's evolving needs.

Call today to schedule a visit: 970-252-9359

Or email Executive Director Denise Swanson:  
[dswanson@voa.org](mailto:dswanson@voa.org)

**The Homestead at Montrose**  
1819 Pavilion Drive, Montrose CO 81401



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