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THE MONTROSE MIRROR

Fresh News for Busy People-Weekly on Mondays

Issue No. 109 March 16, 2015

REDEFINING SUCCESS: CAREER, FAMILY LIFE IN BALANCE FOR CANYON CREEK'S KENDRA MORROW

By Caitlin Switzer

MONTROSE-When Director Quentin Tarantino brought the cast and crew of "The Hateful Eight" to San Miguel County this winter to film, news of the film's \$44 million budget and generous local spending quickly spread. Not so well known, however, was the fact that Tarantino himself made his home away from home on Main Street in Montrose.

"He stayed with us," Canyon Creek Bed and Breakfast owner Kendra Morrow said. "Felluride can be a fishbowl; here, he could just be himself."

Despite his global fame and superstar status, the director was soft spoken and very gracious, according to Morrow.

"I was surprised, and very impressed," she said.

Anyone who knows Morrow and the Canyon Creek B&B probably won't be surprised, however. Over the past ten years, the local business has consistently drawn rave reviews for service, location and creative community events—and for the historic charm and modern comfort of the home itself. Located at 820 Main Street, the B&B is located beside the home of

Continued pg. 4



Director Quentin Tarantino with Kendra Morrow of Canyon Creek Bed & Breakfast. Courtesy photo.

WELCOME HOME MONTROSE HEADS FOR THE WEST END!

By Caitlin Switzer

MONTROSE COUNTY-Since the Welcome Home Alliance for Veterans (known locally as Welcome Home Montrose) was formed in late 2011, the programs and resources that the non-profit has been able to offer local veterans have grown exponentially. Now, Welcome Home Montrose—which includes the dedicated Warrior Resource Center at 11 South Park Avenue in Montrose—is heading for the West End.

"We will have our normal support and resources open to all veterans," said Emily Smith, executive director of the Warrior Resource Center. "But now, we will be going to the West End once a month with coffee, goodies, and resources."

With housing vouchers now available to homeless veterans in Montrose County and No Barriers Week 2015 (May 12-17) in the works, working with veterans throughout the County is essential, Smith noted.

"We have talked to town council in Nucla, and we met with the BOCC Monday," Smith said. "The only place available is the airport building, so we'll be out there on the second Wednesday of every month

Continued on Page 3



Above, one of the many activities for veterans during the first Mission: No Barriers Week in 2013. This year, Mission: No Barriers Week is May 12-17. Courtesy photo.

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*Masonic Bldg
Skylight Project!*

*Photos by
Sarah Berndt!*

*Interpretive Association of
Western Colorado Update!*

THE MONTROSE EAGLE HAS LANDED...NEW TAXI SERVICE ARRIVES



John Casedy hopes to keep the streets of Montrose just a little safer with his new bar taxi service, the Montrose Eagle Taxi Service. Courtesy photo.

Mirror Staff Report

MONTROSE—Owning and operating a local weekend bar and restaurant taxi service is just one of John Casedy's small business ideas—but it's one that is being rapidly embraced by the community in Montrose. And like many great ideas, it started when someone noticed a gap.

—I am not a big drinker, but I do like to

get out, hang out and yak a little," Casedy said. —I like watching people—and then I started to notice how many people were driving themselves home when they shouldn't have."

So Casedy started the Montrose Eagle Taxi Service to give locals a safer option. He has acquired the proper licensing and insurance, and makes sure that local bar

and nightclub owners know his number, which is also printed on the sides of his vehicle.

Montrose Eagle provides taxi service Tuesday through Sunday nights from 6 p.m. to closing time. John doesn't charge a set fee, but requests a tip for his services to or from any Montrose-city residence to or from a Montrose Bar or Restaurant.

And though Casedy sought research assistance from the Small Business Development Center at Region 10 before launching the company, business considerations are not the sole motivating force behind Montrose Eagle Taxi Service.

—I would rather take a lot of people and make a little money than charge a few people a lot," he said. —I am willing to grow; once my first vehicle is paid for I may look at adding another, and adding my first employee."

Casedy said that he hopes to reach that point in six months to a year, and that his web site will be up and running soon. Depending on the success of the bar taxi business, he is also considering expanding services to include scheduled rides to the Montrose Regional Airport for Montrose area residents. But for now, he knows that he is providing a valued community service.

—I am really trying to get people home safe," he said. —I don't want anybody to get hurt. And if I can make that happen and make just a little bit extra on the side, that's all I need."

For more information, call John at 970.596-4067, or find them on Facebook <https://www.facebook.com/>

DELTA'S CITY MANAGER DEPARTS APRIL 8 FOR SEDONA, AZ

Special to the Mirror

DELTA—Delta County Independent Managing Editor Pat Sunderland broke the news last week: Delta City Manager Justin Clifton has accepted a position as City Manager of Sedona, Arizona. Clifton, whose resignation is effective as of April 8, called the decision "difficult" in a March 9 memo to Delta City Council, Sunderland notes. Colorado State Demographer statistics show Delta's population to be around 8,800, while the year-round population of [Sedona](#)—more than 10,000—is augmented by two to four million visitors each year. Clifton oversaw completion of Delta's alternate truck route among other projects during his two-and-a-half years with the City of Delta, notes the [DCI](#).



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THE
MONTROSE MIRROR
MONTROSE

WELCOME HOME MONTROSE HEADS FOR THE WEST END! From pg. 1

beginning April 8, from 10 a.m. to 4p.m. —Many veterans are farmers, so we want to accommodate the irrigation schedule.”

The team behind the expansion includes Hospice Case Manager Tom Yoder, Megan Rexroth of the Western Slope Veterans Coalition, and Lisa Strauss of the Volunteers of America Back Home program. Those visiting the West End will include Veterans Center Counselor George Delahanty. Montrose County Veterans' Resource Officer Sheldon Smith will travel to the West End as well, so veterans with claims to file do not have to travel to Montrose, Smith said.

Here in Montrose, attendance at the weekly veterans coffee (8 a.m. to 10 a.m. on Thursdays) has expanded from four veterans in the beginning to more than 70 today. Community support continues to grow as well; Smith expressed great appreciation for the volunteers who staff the

busy front desk at the Warrior Resource Center. —We have the most amazing front desk people,” she said. —I think that is one of the most important jobs that we have here, so thank you to our volunteers.”

Also coming up is Welcome Home Montrose Mission: No Barriers Week 2015, May 12-17, she said.

—We will be at the grand opening and ribbon cutting at the Whitewater Park May 16 with the City,” Smith said, —We're hoping also to have



Montrose Musician Donny Morales performs at the Welcome Home Montrose kickoff celebration at the Montrose Pavilion in March of 2012.

Team River Runner and Todd and Gary Love attend.”

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REDEFINING SUCCESS: CAREER, FAMILY LIFE IN BALANCE From pg 1



Canyon Creek Bed and Breakfast, located at 820 Main St. in Montrose. Photo by Jack Switzer.

which includes Kendra, husband Daniel, children Reese and Julian and dog Bo.

“When I opened this business, I decided to keep it to a size that I could run myself,” said Morrow, a Montrose native who holds a degree in education and who originally thought she would be a schoolteacher.

“This way I am able to manage everything; cleaning the rooms, making breakfast, doing the bookkeeping.

“In the beginning, I lived in the basement and I was here 100 percent of the time,” she said. “Now, I am lucky enough to be able to live right next door.”

When she first opened her business at the age of 30, Kendra was fresh from the East Coast, where she had spent eight years as an innkeeper on Martha’s Vineyard.

“I thought I would be a teacher,” she said.

“But when I graduated and went to work, it just wasn’t me. My sister told me to go find what I wanted, and I went to Martha’s

Vineyard.”

Though the lodging industry is highly competitive, Canyon Creek has carved out a niche for itself over the years. Morrow advises flexibility and a great business plan.

“You have to be available and ready to hit that reset button at all times,” she said.

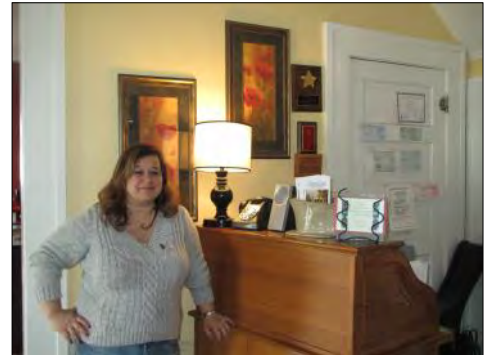
“It’s not easy to go up against the big guys in the industry,” Morrow said. “So we try to constantly come up with new ideas. And here in Montrose, word of mouth is your best advertising. Our busy season is from May through October, and we used to have music here every Thursday for six years...I have worked with lots of bands. But (due to Ascapi costs) it was time to hit the ‘reset’ button; now we have our quarterly ‘Dining Dinners,’ catered dinners with 20 seats at the table.

“We’ve been hosting Laff Inn Comedy for the past three years too—the first Saturday of every month except in July; we will not do one on July 4, we will have it on July 11. It’s great because we use a booking agent out of LA so we always get a couple fun new comedians, and we have been really lucky to partner with The Bridges this year for the winter season.

“This is a great venue for birthday parties, because you have the place to yourself, and for special events—the Montrose Bicycle Alliance has held movies here, we’ve hosted Nurse’s Appreciation Day, the Passage Charter School Fundraisers, and the Three Graces events too.

“The Three Graces turns the B&B into a whole different thing,” she said. “It’s about empowering women.”

With her own family growing, Kendra has stepped back from volunteer boards in recent years. In the past, however, she has volunteered with the Main in Motion board, an experience that has given her a



“When I opened this business, I decided to keep it to a size that I could run myself,” Canyon Creek owner Kendra Morrow said.

deep respect for the amount of work that goes into the summer Thursday evening Main Street fairs.

“Main in Motion is for the community,” she said. “It’s not about making money, but something that helps give Montrose that special feel.” Just like Canyon Creek Bed & Breakfast, which has been written up in *Sunset Magazine* and which is currently rated No. 1 for local bed and breakfasts on Tripadvisor.

“You feel like a part of the community when you stay there,” commented one reviewer in July 2014.

“The rooms are beautiful, the beds comfortable, and the location perfect to stroll downtown for dinner or lunch,” commented another reviewer in February.

And Kendra Morrow continues to find fulfillment and excitement in her work—the daily tasks change with the seasons, and there is room for family and friends.

“It’s just awesome how being an innkeeper can meld with life,” she said. Reach Canyon Creek Bed and Breakfast at 970.249.2886, or find them online at <http://www.canyoncreekbedandbreakfast.com/>.

300 EAST MAIN STREET **MONTROSE, COLORADO**

CITY PUBLIC WORKS A HOSTILE WORK ENVIRONMENT, STAFFERS SAY



Care of Cedar Creek Cemetery has been put out for bid.

By Caitlin Switzer

MONTROSE—When a former City of Montrose staffer contacted the *Mirror* last week, it was not only to tell his own story; the 17-year Public Works employee, who resigned earlier this year, brought with him pages of notes containing questions and concerns from former coworkers regarding what they perceive to be a hostile work environment—workers who found their longtime job titles changed to positions that earned less for salary comparison purposes, others who found their hours cut and workloads increased without added compensation, others who, after years of excellent reviews, suddenly found they could do nothing right.”

Because of the danger of retaliation, the name and specific gender of two of the sources quoted here will not be divulged.

“Top City management has remodeled the Elks Civic Building twice in the past few years, and they all have these nice, new, glass office doors,” the former staffer said. “The City is also buying up real estate like crazy.

“But at Public Works, there is no money for anything,” he said. “I used to trap mice under my desk.

“The whole Montrose Public Works building is infested with mice,” he noted.

“There is black mold all through the building too—there have been complaints over the years; though it was only found in the bathroom, I am certain that there is black mold in the drywall as well, where the rain has been coming in for years.

“The break room was the worst,” he said. “Especially behind the trash can—there were mice in and out. You always knew that if you picked up a cocoa packet, those chew marks had not been made by a

human. I believe if City Council had to have their offices over there, it would be remodeled immediately.”

Even worse, bullying, screaming, and accusations became commonplace occurrences under City Manager John Harris, whose staff initially supported his promotion to Public Works Director, the former staffer said.

“It became a hostile work environment,” he said. “When John was first promoted everyone was happy, because we all liked him. But one of the very first things he did was fire a female engineer—she told me later that he degraded her so much that she began to doubt herself. And yet, her file shows that she resigned, and nobody knew why.”

Today, only one woman remains in the Public Works department, he said.

“The public needs to know what’s going on,” he said. “When (former Assistant and Interim Montrose City Manager) Scott Sellers was here, he had an open door policy and he stuck with it. Now, that policy is only for looks—if you do speak up, what you say will definitely be held against

you.”

City finances have become so complex that Public Works payables are often paid more than once, at one point resulting in an overpayment of \$16,000 to a Grand Junction supply company, he said. Concurrently, longtime staffers have been targeted for bullying, he said, and as they “resign” are systematically replaced by workers who are paid less.

“(Former Parks Supervisor) Thordy Jacobsen worked 12 hours a day,” he said. “If one of his crew was out, Thordy went out and covered their shift. And yet, when John Harris became director, Thordy suddenly couldn’t do anything right. They piled more and more work on him and cut his staff until he resigned. In my case, they gave me a second job to do when another staffer resigned, cut me back to 20 hours a week, and refused to train me for the new job or pay me more—and yet I still had to do invoices and answer phones all the while.

“They like to talk about how they are saving money by cutting staff, but how much are we really

Continued page 9

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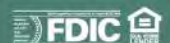
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IAWC CONTINUES TO LEAD WITH HERITAGE RESTORATION, REGIONAL TOURISM EFFORTS



Restoration workers on the Hanging Flume. Courtesy image.

By Caitlin Switzer

MONTROSE—It was one of the region's first "economic development" projects, and portions of the fascinating structure can still be seen to this day. And yet, for many, the Hanging Flume remains as mysterious in 2015 as when it was completed in 1891.

Learn more about this marvel of early day engineering from 6:30 to 7:30 p.m. on March 24, when the Interpretive Association of Western Colorado (IAWC) holds its annual meeting at Bill Heddles Rec Center (530 Gunnison River Dr.). In conjunction with the meeting, IAWC will screen the 60-minute documentary, *The Best Kept Secret of the Wild West, The Hanging Flume.*

—The Flume is the longest Historic Structure in the State of Colorado," notes the news release issued by IAWC.

—Travel back to 1891 when the flume carried water 10 miles and, as designed, powered hydraulic cannon at the Montrose Placer Mining Company Claims downstream along the Dolores River."

Though the Hanging Flume is listed on

the National Register of Historic Places, the World Monument Fund named it as one of the "100 Most Endangered Sites in the World" in 2006. The Hanging Flume is located in Montrose County, on State Highway 141 along the Unaweep/Tabeguache Scenic and Historic Byway, and represents an important element of Western History, according to the [Interpretive Plan](#) developed for the Flume by Durango firm Interpretive Design, LLC. The plan also notes that though most of the nation's historic flume structures have fallen into disrepair, "Due to the arid conditions of the southwest and the general southern exposure of the Montrose Placer Mining Company Hanging Flume, many segments remain visible on the sandstone cliff face." According to IAWC, which helped reconstruct 48 feet of the Hanging Flume in 2012 with funds from a state historic grant, the Flume in its heyday carried 80 million gallons of San Miguel River water every 24 hours, through 13 miles of wooden flume and earthen ditch to a site just four miles from the confluence of the San Miguel and Dolores rivers.

—An engineering marvel, the Flume was constructed using earthen and wooden canals, wooden bents and a wooden box secured by iron rods and fasteners," the [IAWC web site](#) notes. —Without photographs or written accounts of the Flume's construction, experts can only speculate on how it was built."

Founded in 1988 to coordinate the scientific, educational, historic and interpretive activities of local public lands agencies such as the Bureau of Land Management and US Forest Service, [IAWC](#) celebrates its 27th anniversary this year.

Among other exciting developments, the non-profit is taking over operation of Fort

Uncompahgre Living History Museum in Delta, and will be working closely with the City of Delta, and the National Old Spanish Trail organization to connect the history of the fur trapping with the history of the north branch of the Old Spanish Trail that came through Montrose, Delta and Grand Junction. The Interpretive Association will work with the BLM, Forest Service and CPW to create a Public Lands Information Center that will provide current information to visitors about the region's Public Lands. The Interpretive Association is now taking applications for volunteers to help with the operations of the Fort's Visitor Center and Gift Shop, and is now booking school tours for the months of April and May.

The opening weekend event will be free to the public.

—Organization of a Friends of the Fort and the Old Spanish Trail Advisory Group will top the list of priorities," IAWC Executive Director Chris Miller said. —IAWC also needs volunteers that are interested in Exterior Exhibits and Trails, Social Media, Historic Restoration Workshops, Ethno-History Programs, and Cultural & Natural History programs."

Volunteer Training will be provided, she said, and incentives for volunteers will include an annual pass to the Fort and a Year-end Volunteer Appreciation BBQ at the Fort. A minimum of four hours per week of volunteer time is requested.

For information contact Chris Miller, Executive Director, [970-874-6695](tel:970-874-6695) or email info@interpcolorado.org. IAWC plans to operate the Fort seven-days a week, opening in June to the Public when the new parking structure is completed and closing the end of September for winter, Miller said.

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MONTROSE CHAMBER RIBBON CUTTING-THE TREASURE CHEST



Special to the Mirror

MONTROSE-The Chamber of Commerce and their ambassador group, the Redcoats, celebrated the opening of The Treasure Chest Thrift Store with a ribbon cutting. Proceeds from The Treasure Chest Thrift Store benefit students with learning disabilities. The store is located at 16376 S. Townsend Avenue.



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MONTROSE-From the South Montrose City Market...Lindsay worked in a factory for 30 years before coming to work for City Market seven years ago. "I LOVE coming to work here," Lindsay says, "every day." Thank you Lindsay!!

MONTROSE WOMENS CLUB FLEA MARKET APRIL 4

Special to the Mirror
MONTROSE-The Montrose Woman's Club is sponsoring their annual Flea Market at the Montrose County Fair Grounds, Friendship Hall on Saturday, April 4th, 2015 from 8 am to 4 pm. There will be 100 tables full of new and used items. Breakfast and lunch will be provided by Big Head BBQ. There is no admission charge and all proceeds from this event go to local charitable organization here in the Montrose. If you would like to be a vendor, please call Carol Davis at [970-964-4721](tel:970-964-4721).

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CITY PUBLIC WORKS A HOSTILE WORK ENVIRONMENT, STAFFERS SAY -From pg. 5

saving when John Harris gets to drive his city-owned vehicle back and forth to Delta County where he lives every day, and Bill Bell drives his new, \$40,000 City-owned Tahoe on his family vacations to California? To me, it makes sense for (City Street Superintendent) Jerry Sieversen to drive a city truck—he is on call at all hours,” the source said. —But Bill and John are not on call. They don’t have the GPS trackers that everyone else who works for the City has, either.”

Meanwhile, the crew that cared for 29 parks has been reduced to just five, he said, and the management of [Cedar Cemetery](#) [has just been put out for bid](#).

—They’re not saving the taxpayers anything in the end,” the former staffer said. —The pattern has been to replace the top tier of city workers—those of us who are at the top of the pay scale because we have worked hard for years. Now, workers have their titles changed from things like, —Equipment Operator” to —street worker,” which means the City can pay them less.

—But our beautiful cemetery will not look as good as it always has,” he said, —because those guys really cared; seasonal workers won’t.”

Montrose City Manager Bill Bell, in a response to an inquiry from the Parks Advisory Board (which he later disbanded)

explained his management philosophy of eliminating full-time, year-round Public Works staff: —The simplest way to describe the concept of seasonal versus full-time, benefited positions is to use the following example,” Bell said. —FE “A” makes \$60,000 salary plus approximately \$20,000 in benefits and works approximately 2,000 hours per year for a total cost of \$80,000.

—The same position can be filled with five full-time seasonal positions (approx. 5,000 hours per year) incurring no health insurance and benefit costs for approximately \$60,000,” Bell said. —This saves the City a net of \$20,000 and gives us over twice the amount of man-hours worth of work, thus making it a very effective staffing method for general maintenance jobs throughout the City.”

In the March 2015 [City Beat Newsletter](#), Bell notes that in 2014, —The City had 149 full-time employees at year end, down 20.7% from a peak of 188 in 2008.”

Former Parks Advisory Board (PAB) Chair Marge Morgenstern, who along with other PAB members worked closely with City public works crews, called Bell’s conduct toward longtime staffers —criminal.”

—These people should not be out of work,” Morgenstern said, and added that she has requested the compensation packages of both Bell and his Assistant City

Manager Rob Joseph, who had no municipal experience prior to arriving in Montrose as a Department of Local Affairs Intern in January of 2012.

A current Public Works staffer, who has been in the department for many years and who also asked not to be identified publicly for fear of retribution, shared a similar personal experience with Harris’ leadership style.

—John was a nice guy when he was an engineer,” the longtime staffer said. —But as Public Works Director, he became a tyrant; I made the mistake of asking the wrong supervisor for a family leave—I asked my own boss, but I learned later from John that they had changed the policy and that it was unauthorized leave. I should have asked him instead—though I had my shifts covered and had arranged everything in advance.

—He took away two days’ pay as a penalty, and for months, he would walk right by me and not even acknowledge me.

—I drive a trash truck,” he continued. —I have been broke down three days this week because I am —waiting on a part.’ It seems like it can take a real long time to get parts in when you get on somebody’s bad side.

Still, —We love our City,” he said. —We have worked very hard for our community, and we have done a good job.”

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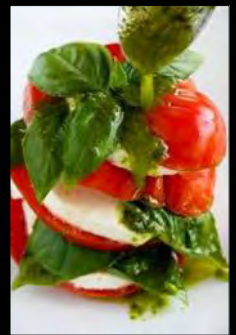
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REGIONAL NEWS BRIEFS

WEST REGION WILDFIRE COUNCIL RECEIVES NATIONAL AWARD

Special to the Mirror

MONTROSE – The West Region Wildfire Council (WRWC) received national recognition as a recipient of a Wildfire Mitigation Innovation Award. The award recognizes the efforts of cities, counties, fire departments or volunteer groups that put into practice innovative and sustainable mitigation programs that directly reduced their wildfire hazards in their community. WRWC will be honored at a local recognition ceremony on March 12 at the Public Lands Center in Montrose beginning at 1:00 p.m.

The National Association of State Foresters states that “these awards are designed to recognize outstanding service in wildfire preparedness and safety across a broad spectrum of activities and among a variety of individuals and organizations. By honoring their achievements, the award sponsors also seek to increase public recognition and awareness of the value of wildfire

mitigation efforts.”

Established in 2014, in response to an overwhelming number of great wildfire mitigation program efforts across the nation, the Wildfire Mitigation Awards are the highest national honor one can receive for outstanding work and significant program impact in wildfire preparedness and mitigation. The Wildfire Mitigation Awards are jointly sponsored by the National Associations of State Foresters (NASF), the International Association of Fire Chiefs (IAFC), the National Fire Protection Association (NFPA), and the USDA Forest Service.

The West Region Wildfire Council (www.COwildfire.org) promotes wildfire preparedness, prevention and mitigation education throughout Delta, Gunnison, Hinsdale, Montrose, Ouray and San Miguel counties. Their mission is to mitigate loss due to wildfire in wildland urban interface communities while fostering inter-

agency partnerships to help prepare counties, fire protection districts, communities and agencies to plan for and mitigate potential threats from wildfire.

Other award winners in western Colorado include Firewise of Southwest Colorado (Wildfire Mitigation Innovation Award), Judy Winzell (Community Wildfire Preparedness Pioneer Award), and Chris Barth (Fire Adapted Communities Fire Service Leadership Award). For more information on all of the award winners, please visit <http://www.stateforesters.org/partnership-announces-inaugural-wildfire-mitigation-awardees>. For information on wildfires and restrictions in the area, call the Southwest District Fire Management Information line (970.240.1070), visit the MIFMU website (http://gacc.nifc.gov/rmcc/dispatch_centers/r2mtc/), or follow us on Twitter (https://twitter.com/SWD_Fire) and Facebook (<http://www.facebook.com/>



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LOCAL ASSISTANCE SITES:
Volunteers of America Offices at:
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REGIONAL NEWS BRIEFS

LOSS OF SECURE RURAL SCHOOLS PROGRAM MEANS REVENUE LOSS TO LOCAL SCHOOLS

Special to the Mirror

MONTROSE-The Secure Rural Schools (SRS) program expired on Sept. 30, 2014. The program was not reauthorized by Congress.

Because the SRS Act has not been reauthorized, the 1908 Act will govern the distribution of [payments to States](#). Due to the lack of re-authorization of the Secure Rural School and Community Self Determination Act (SRS), counties will receive only the first tier of the payment in lieu of taxes for Forest Service lands within their counties. In addition, since Colo-

rado's share is less than \$6 million, these funds can either be used for county roads or schools, but not both.

Montrose County's distribution this year will only be \$58,088. For comparison, between 2008 and 2013, Montrose County received an annual distribution of \$381,385 to \$444,578. The SRS program allocated a portion of these funds to school districts within the county. Montrose County School District, between the fiscal years of 2009-10 and 2013-14, received \$145,005 to \$178,196 on a yearly basis for their portion of the allocation. While the

County cannot legally split the Forest Payments between roads and schools, the County Commissioners have agreed to maintain the Forest Payments in whole for Road and Bridge, and then distribute the equivalence of 50 percent from other revenue sources to the school districts within their county. Montrose and Olathe Schools are expected to receive approximately \$26,200, while West End school district will receive approximately \$1,200. Delta and Norwood will also receive their share of the distribution for students that live within Montrose County.

WEST END YOUTH BASEBALL GEARING UP FOR 2015 SEASON

Special to the Mirror

NATURITA-West End Youth Baseball Association is gearing up for what looks to be a great 2015 Baseball season. We are accepting registration forms from T-ball (4-5) all the way up to Juniors (ages 14 -15). Programs are contingent on having enough players signed up to play so encourage your friends! We also will need parents/guardians willing to volunteer for coaching positions and help run the programs. At this time we have coaches for (1) T Ball team and the Majors (11/12) team. Blast ball will start at a later date and will have its own registration form and fees. Registration Information: We are accepting registration forms at this time. The cost for each player is due at the time of registration. A late registration fee of \$10 will incur on registration rec'd after March 25, 2015. No registrations will be accepted past April 09, 2015. For info call 970-864-7109.



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REGIONAL NEWS BRIEFS

MONTROSE AND OLATHE HIGH SCHOOLS RECOGNIZED FOR PARTICIPATION IN CAREER AND TECHNOLOGY EDUCATION (CTE) PROGRAMS

Special to the Mirror

MONTROSE-On March 11, 2015, 70 students from the Montrose and Olathe High Schools were recognized for their participation in the Career and Technology Education (CTE) Programs.

CTE provides quality educational programs emphasizing core academic content, postsecondary & workforce readiness competencies, technical skills, and seamless transition to further education or employment. Programs, in which students have the opportunity to enroll, are Business Education, Agricultural Education, Family and Consumer Education, Auto Technology and Construction Technology. The CTE Excellence Award recognizes students who excel in demonstrating leadership skills, self motivation and the ability to set and achieve goals through collaboration. The following students received CTE Excellence Awards:

Eduardo Alcaraz, Josiah Andregg, Trace Axtell, Hector Briseno, Matthew Bussing, Andrew Casaday, Ethan Davis, Johnse DeJulio, Dexter Flick, James Flowers, Xavier Gallegos, Marcus Hill, Mariah Hilton, Angelica Jaime Mayorga, Michael Jones, Kaileigh Lyons, Aaron McClenathan, Caitlin McKinney, Michelle Medina-Guzman, Chelsea Middleton, Skylar Moore,

Vanessa Neely, Rene Ramirez Silva, Daryl Rodriguez, Zane Sauer, Mallory Schmitz, Lindsey Smith, Kody Smith, Morgan Sofka, Audrey Stansberry, Heather Stevenson, Bethany Wells and Mauricio Zuniga. National Technical Honor Society (NTHS) honors the achievements of top academic CTE students, provides scholarships to encourage the pursuit of higher education, and cultivates excellence in today's highly competitive, skilled workforce.

The following students were inducted into NTHS: Sean Begin, Keenan Betz, Jessica Burnell, Benjamin Case, Araceli Cortez, Ethan Davis, Samantha Faulk, Morgan Felix, Nickolaus Foster, Mitchell Freismuth, Samantha Garcia De La Cruz, Taylor Gibson, Sara Gladding, Payton Grett, Karina Hernandez, Connor King, Amanda Kinterknecht, Aaron Lenihan, Dominic Lovato, Mackenzie Lyons, Kolby Martinez, Kurik Mattics, Kurtis McCall, Maritza Olide Villafana, Briceida Ortega Quintero, Hannah Pace, Saul Reyes, Josie Roth, Zane Sauer, Emily Schneider, Aspen Sutherland, Theresa Tafoya, Sarah Vanderpool, Jordan Walker, Jared Warren, Zackery Washington and Ashley Watson.

Carolee Ancell was named as an honorary member of the National Technical Honor Society for her 17 years of assisting stu-



Carolee Ancell was named as an honorary member of the National Technical Honor Society for her 17 years of assisting students in the Auto Technology Program as well as serving as a Skills USA Advisor. Courtesy photo.

dents in the Auto Technology Program as well as serving as a Skills USA Advisor.



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DELTA • MARCH 2015

QUICKBOOKS PROGRAMS

PRESENTED BY JUNIPER PHILLIPS



10AM–12PM

Banking Activities in QuickBooks

- How to use the undeposited funds account correctly to ensure accurate revenue reports
- How to reconcile bank and credit card accounts to ensure accuracy of bookkeeping
- Learn how and when to use bank downloads for efficiency and accuracy

1–3:30PM

Inventory Issues in QuickBooks

- What's the difference between inventory and non-inventory items and how do they affect your financial reports?
- Purchasing and selling inventory, and keeping accurate inventory counts and costs
- Collecting and paying sales tax
- Using price levels

TUESDAY, MARCH 17

DELTA CHAMBER OF COMMERCE • 301 MAIN ST. • DELTA

SEATING IS LIMITED! RSVP TO 970-874-8616 • WWW.REGION10.NET

If you have QuickBooks on your laptop, feel free to bring it to this class!

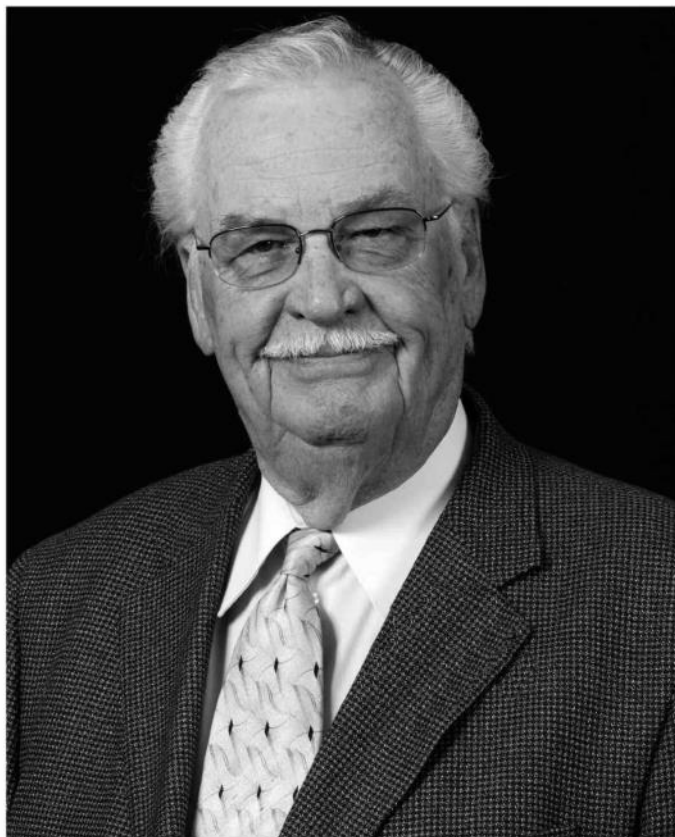
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REGIONAL NEWS BRIEFS

MONTROSE MEMORIAL HOSPITAL

CONGRATULATES



N. Robert Brethouwer, D.O.

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800 South Third Street, Montrose, CO 81401
970-249-2211
MontroseHospital.com

MONTROSE RADIO STATIONS WIN TWO CBA AWARDS IN DENVER

Special to the Mirror

MONTROSE-Cherry Creek Radio took home two awards at the annual Colorado Broadcasters Association's "Awards of Excellence" on March 7, 2015 in Denver. Best Morning Show: Scott Staley and Katie Mitchel

Best Station-Sponsored Community Event: Operation Sweet Tooth, Jim Kerschner

Cherry Creek Radio in Montrose comprises radio stations 94 Kix, Sunny 103, and AM 580 KUBC. The awards Cherry Creek received are for the medium market level.

"PUMP" FEATURED AT SHERB SUNDAY CINEMA MARCH 22

Special to the Mirror

RIDGWAY- PUMP plays Sunday, March 22, 7:30pm, at The Sherbino Theater, and spends roughly half of its ninety minutes giving a thorough overview of the history of the oil and gas industry: where names like Rockefeller, Standard Oil, and OPEC are writ large. It then takes us to China, where approximately 347 million people have moved into its cities, looking for work, cars, and gasoline to fill them. As the supply of oil diminishes while its demand increases, PUMP projects an all-out, us vs. them battle, to not only find it but secure it.

COUNTRY ROADS QUARTET TO PLAY DELTA, MONTROSE

Special to the Mirror

REGIONAL-On April 10-11, Black Canyon Barbershop Quartet present will present their 40th Annual Show, with special guest quartet Country Roads. Tickets \$13 in advance, \$15 at the door. 7 p.m. at Delta Performing Arts Center April 10; 7 p.m. at the Montrose Pavilion April 11. Tickets for Afterglow (April 11) are \$10. Call to purchase tickets with credit card, 970-249-7015.

MONTROSE CITY COUNCIL PREVIEW WEEK OF MARCH 16



Montrose City Council meets in the Elks Civic Building at 6 p.m. on Tuesday, March 17. Photo by Jack Switzer.

Mirror Staff Report

MONTROSE—Two new City employees will be introduced at the Montrose City Council work session March 16: Marketing Manager Kelly Rhoderick and part-time Pavilion Technician John Morella.

Discussion items will include an update on a grant application to Colorado Department of Local Affairs for broadband; Liquor License Compliance Check Violation penalties for three local establishments (Beer Barn, Drive-In Liquors and Blair's Truck Stop); and a proposed ordinance for commercial rafting permits.

A "State of the City" report will also be discussed, and written reports will be read from the Downtown Development Authority (DDA), Montrose City Youth Council, Region 10 League for Economic Assistance & Planning, and Project 7 Water Authority.

Though an item that was removed from the City Council agenda on March 3 was no longer listed on either the work session or council agenda for this coming week, the [work session packet](#) reveals that POTENTIAL TIF PROJECT NO. 2015-01 — "PROXIMITY CENTER" was discussed at the DDA meeting of Feb. 17—though not by the project's proponent Josh Freed of Abrams, but by City Manager Bill Bell himself.

The proposed Tax Increment Financing project, which would encompass the property formerly occupied by Jeans Westerner, was presented as "new business" at that meeting.

Though according to Bell, "Abrams may

or may not invest," the parties involved were listed as the "City of Montrose, Abrams Advertising, Bagel Shop, Megapixel, as anchor tenants (except the City)."

Possible tenants listed include the Montrose Chamber, Montrose Economic Development Corporation (MEDC), a Region 10 satellite office, high tech, telecommuters, and "white collar" self-employed/Contractors. The space would derive revenue through "membership" in shared workspace with access to desk, computers, internet, phones, office equipment, conference space, etc."

At that meeting, the DDA board questioned Bell as to why he was presenting the information on behalf of Abrams, a private business, and board member Ray Blanchard asked directly — "who owns the loan?"

Also at that meeting, the DDA's promotions committee submitted an Initial budget request of \$34,287; the DDA Board voted to give \$15,000 to promotions through year's end.

At the City Council meeting (6 p.m., March 17), [Consent Agenda](#) items (in addition to approval of the minutes of the March 3 Council meeting) include: consideration of Resolution 2015-07, authorizing the City of Montrose Police Department to file a 2015 "Click It or Ticket" enforcement grant through the Colorado Department of Transportation (CDOT) and the National Highway Traffic Safety Administration (NHTSA), requesting \$8,400 to provide overtime funding for occupant safety enforcement activities; authorizing the Police Department Project Coordinator to act in connection with the application and to provide such additional information as may be required; and authorizing the City Manager, Police Department Project Coordinator and Finance Director to sign the grant documents; consideration of Special Events Liquor Permit in conjunction with the closure of Selig Avenue between Main Street and S. First Street for an event associated with the San Juan Independent Film Festival on Friday, April 10, 2015.

Item 7 on Council's agenda will be consideration of the purchase of one (1) rough mower and one (1) fairway mower for Black Canyon Golf Course, two (2) pickup trucks for the Utility Division, one (1)

pickup truck for the Engineering & Building Services Division, one (1) street sweeper and one (1) crack sealer for the Street Division, and nine (9) Police Department vehicles.

Item 8 on the March 17 agenda will be consideration of Resolution 2015-08, a resolution of the City Council of the City of Montrose, Colorado, supporting Colorado Mesa University's application for an Energy and Mineral Impact Assistance Grant requesting up to \$2,000,000 to rehabilitate the 336 South 3rd Street property to house new education programs. The City will provide \$100,000 in 2015 to assist CMU in purchasing the property.

Item 9 on Council's agenda will be consideration of Resolution 2015-09, a resolution of the City of Montrose, Colorado, authorizes the City to participate in an Energy and Mineral Impact Assistance Grant application to be submitted by Region 10 to implement the portion of the regional broadband plan within the municipal boundaries of the City of Montrose, hereinafter referred to as the Montrose Community Anchor Institution Network.

The agenda notes that "The City's participation shall be specifically for the Montrose Community Anchor Institution Network and is budgeted at a cost \$1,500,000. The cash match for the City of Montrose portion of the Region 10 grant application will be 50 percent of these budgeted costs or \$750,000; setting forth the Montrose Community Anchor Institution Network fiber-optic infrastructure installed in conjunction with this project shall be owned and operated by the City of Montrose and become a part of its larger municipally fiber-optic infrastructure; setting forth the intent of the City of Montrose to operate the municipally-owned fiber-optic network in a manner as to allow access to third parties to provide retail services over the network; authorizing City staff to participate in the application creation and grant processes on behalf of the City of Montrose; and authorizing the City Manager to act in conjunction with the application and provide such additional information as may be required." Item 10 will be a first reading of Ordinance 2354, an ordinance of the City of Montrose, Colorado, pertaining to the amendment of alcoholic beverages, optional premises licenses; Item 11 is a discussion of the South Townsend Avenue sidewalk project contract. Item 12, also a discussion item, will concern the Lift Station Elimination Design Project, with City staff reports to follow.

WEST CENTRAL WOMEN OF INFLUENCE...PATTY GABRIEL



Patty Gabriel.
Courtesy photo.

*Interview by
Gail Marvel*

OLATHE-Previously Patty Gabriel held the position as Finance Director for the town of Olathe, but in 2013 she was hired as Olathe Town Administrator. However, rather than leaving one position for another, the positions were combined. While both jobs give her a

better knowledge base, "The work load makes it harder for me to get out into the community as much as I'd like, or to attend meetings in other communities."

Patty is torn between which meetings to attend, "But I'm fortunate to have a great staff, who have stepped up to the plate to help get things done."

Patty attributes some of her leadership recognition to the fact that she is a local girl with deep roots in the Montrose/Olathe communities. Having graduated from Montrose High School, she was a member of Student Council. "A school or group settings it seemed like I would naturally be in leadership roles. I don't know that I aimed for that." She laughed, "And now I am a leader!"

A self-described worker, Patty sees her leadership as a progression.

"I'm still a work in progress and learning the skills of how to be a leader. I was raised with the understanding I could compete with the boys, so I've never been afraid to take a leadership role." Passive by nature, there are times when Patty feels she over compensates. "Sometimes women are portrayed as demanding, too forthright, and not quite as equal. It's hard for women to be heard and in some cases we have to be outspoken to be heard." Patty has observed that even men who seem to lack presence often carry more weight than women.

"Women have to push a little bit more to have the same presence."

Currently the Olathe Town Board consists of five men and two women. Patty is comfortable and works well with her board, but notes changes can come quickly because the board has the potential to change every two years. "I can weather storms that come my way, but in a small community change not only affects me, but the rest of the staff as well."

As for her style of leadership, Patty focuses on teamwork and facilitating. The majority of the 15 employees under Patty's purview are men, but gender has not been an obstacle or an issue.

"In smaller communities you have to wear many hats, and one strength of women is the ability to multitask."

Although Patty worked in the private sector for a few years, it was her love of local government that brought her back to public service. "It's hard to get people to understand that they can work together for the common good. Right now I'm still in the honeymoon stage of my job." She laughed, "I hope it stays there!"

Patty feels she has been treated fairly by the media. "I've had a few interviews and they have been great." Patty doesn't see herself as climbing a career ladder; however she leaves the door open. "I was raised to be civic minded and feel that nothing can hold me back — I wouldn't close any door of opportunity."

Patty's advice to women pursuing leadership: "Women have a lot to offer. They need to have a strong voice and not be afraid to use that voice. Be comfortable with yourself and committed to what you are doing and the public perception will fall into place. Do everything with integrity. I have a son and a daughter, but I need to give my daughter more encouragement."

She laughed, "I've never had to tell my son that he [his career] might be hindered because he's not a woman!"

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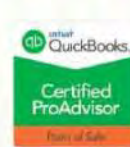
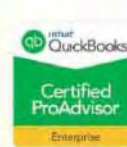
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MONTROSE • MARCH 2015

QUICKBOOKS PROGRAMS

PRESENTED BY JUNIPER PHILLIPS



10AM–12PM

Banking Activities in QuickBooks

- How to use the undeposited funds account correctly to ensure accurate revenue reports
- How to reconcile bank and credit card accounts to ensure accuracy of bookkeeping
- Learn how and when to use bank downloads for efficiency and accuracy

1–3:30PM

Inventory Issues in QuickBooks

- What's the difference between inventory and non-inventory items and how do they affect your financial reports?
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WEDNESDAY, MARCH 18

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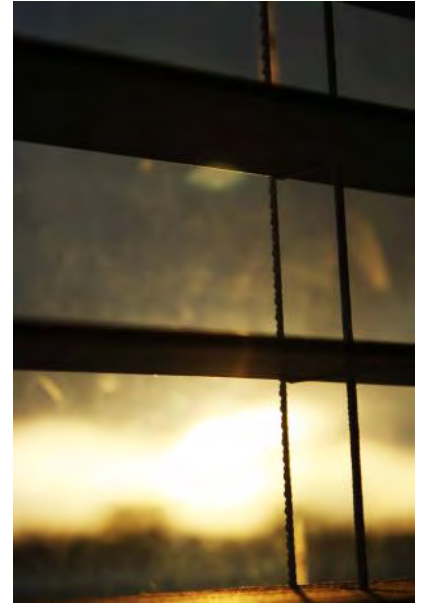
MIRROR IMAGES...OUT AND ABOUT!

A passerby checks out a massive cottonwood stump cut down on South San Juan Avenue by Greg's Tree Service last week.



The always friendly Joetta Burns of Delta's Homestead Natural Meats welcomes a customer to the store at 741 West Fifth St. in Delta.

Photographer Sarah Berndt captured this striking image, below, last week.



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Experiencing the (local) Church

WRITER GAIL MARVEL VISITS OLATHE CHURCH OF CHRIST



By Gail Marvel

OLATHE-Olathe was home to the first Church of Christ on the Western Slope, but because of dwindling membership in the early 2000's their presence was unsustainable and the few people left joined with the Delta contingent. In January 2012 a group decided it was time to reestablish the Olathe church and ironically, they are now meeting in the same building where the original church met in the early 1900's.

These believers look forward to having their own facility, but in the interim each Sunday the members transform the Olathe Community Center into a house of worship. Attendance on Dec. 28, 2014 was under 30 and I was greeted by a number of people who went beyond simple introductions in an effort to get acquainted.

Hymnals were placed on chairs and tables and selections were sung a cappella (no instruments), some in four-part harmony. Levi, the song leader introduced the first selection, "Silent Night, Holy Night," by reading the origin and history surrounding the beloved hymn. Other selections included: "We're Marching to Zion," "What a Friend We Have in Jesus," "He Bore It All," and "All Hail the Power of Jesus Name."

The communion meditation was given by

Tom and based on a prophetic Old Testament passage referring to Jesus, "He was oppressed and afflicted, yet he did not open his mouth; he was led like a lamb to the slaughter, and as a sheep before her shearers is silent, so he did not open his mouth" (Isiah 53:7 NIV).

The prophecy was then fulfilled in the New Testament with the crucifixion of Christ. The communion emblems (wafer and juice) were served to the congregation. This particular unleavened wafer had a distinct taste of olive oil which lingered long after the elements were consumed giving added emphasis to the body of Christ.

The fourth Sunday of each the month the regular pastor, Richard Rogers, takes a respite and gives others experience in presenting sermons.

This day the lesson was delivered by Paul Guthrie who began by thanking the audience for the opportunity to speak. "I dearly love every one of you." He joked, "Tom has said he will throw his Bible at me if I go too long."

Growth for this congregation is important and Paul reflected on once thriving small towns that are now drying up. "Olathe is worthy of having a large body (of believers). We are here because Christ's church

meets here and Christ is the founder. Jesus said this is going to be my church — not *your* church, but my church."

Expounding on the reason believers come together in worship Paul quoted the writer of Hebrews, "And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching" (Heb 10:24-25 NIV). Laughter rippled through the group when Paul said, "Growth doesn't come by sitting around on our premises.... and other things. We have to get up, get excited and get motivated."

The goal for attendance in 2015 is 50. Paul said, "Most of you would like to have your own building, but at least we have a place to meet. We don't have to meet down by the river under a tree in the middle of December!"

At the conclusion of the service Pastor and Mrs. Rogers positioned themselves at the door and shook hands with everyone as they departed.

Contact Info:
Church of Christ, Olathe
115 Main Street
Olathe, CO 81425
970-765-5137

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.

REGIONAL NEWS BRIEFS

REGION 10 COMMUNITY LIVING SERVICES APRIL EVENTS

Special to the Mirror

MONTROSE-Estate Planning, "Beyond the Basics" - Tuesday, April 7th, 4:30-5:30 pm; Sponsored by Region 10 and Brown and Brown P.C. Learn about will and trust estate plans and how to decide which one is right for you. This don't-miss workshop includes in-depth information about specialized trusts including pet trusts, how to protect your special needs child using trusts, asset protection trusts, how to protect your heirs using trusts and more. We'll also delve into advance directives and powers of attorney and how to incorporate them into your estate plan. 4:30-5:30 pm; (sign-in at 4:15, we will start promptly at 4:30). Location: Region 10, 300 N. Cascade in the Sneffels room. **Registration required:** Register online at www.region10.net or call 249-2436.

2nd Annual Caregiver Summit & Retreat - Wednesday, April 15th, 9 am - 4

pm, sponsored by Regions 10, the ADRC. The 2nd annual Region 10 Caregiver Summit will offer caregivers the opportunity to be pampered, educated and honored for their efforts to help others. This year the education component focuses on effective communication with experts in the field giving real life examples of what works and why. Sue Hansen will open the Summit with a lively and uplifting presentation and Laura Wayman "The Dementia Whisperer" will help the audience understand how not to take it personally. Breakout sessions consist of: Powerful Tools for Caregivers, Validation, Essential Conversations and The transitions between homecare, home health and hospice should be seamless. The Retreat at Hilltop's Day Haven, is a great way to get your person out to enjoy the company of others and have some fun. For care recipients who need to stay home Region 10 will provide in home respite with professional caregiv-

ers. For more information call Region 10 at 970-249-2436 or register online at www.region10.net.

Medicaid Waivers and Veteran Benefits - Tuesday, April 21, Noon - 1 pm; Sponsored by Region 10 and Montrose County Adult and Veterans Services, presenters; Stephanie Holsinger Adults Services Director and Sheldon Smith Veterans Services Officer. No one can make a sound long term care decision without exploring all of the options available.

There will be an open discussion about Long Term Care Medicaid Benefits, programs and Veterans Benefits. Learn how they are structured and how they may be used in certain situations to help you or your loved one remain living in the community safely.

Cost: Free Location: Region 10, 300 N. Cascade Ave. Registration required: Register online at www.region10.net or call 249-2436.

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

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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



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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** for more information on Validation and **www.voahealthservices.org** for a list of providers in Western Colorado.

www.facebook.com/VOAWesternSlope



REGIONAL NEWS BRIEFS

SMPA CALLS FOR BOARD NOMINATIONS IN DISTRICT TWO

Special to the Mirror

MONTROSE-San Miguel Power Association, Inc. (SMPA) is officially accepting candidate nominations for their District Two Board Representative.

In order to seek candidacy, members must reside in and or maintain their primary electric account in District Two.

District Two includes the Town of Telluride from Townsend Avenue, east of South Tomboy and North Townsend Streets, north to Tomboy Road, and east to approximately .5 mile from Royer Lane.

Members can locate their district assignment on their bill. Members with multiple electric accounts can determine their primary account by calling SMPA.

Relatives of SMPA employees and current board members are not eligible. A complete list of director eligibility guidelines is available at www.smpa.com.

District Two members interested in running for the board position can pick up a nomination petition form at either SMPA office in Nucla or Ridgway, CO. The nomination petition must be signed by 15 or more registered members from district two and returned to SMPA on or before 5:30 p.m., April 27, 2015. SMPA will not be responsible for missed deadlines due to delays in mail service. Nomination peti-

tions can be mailed to or dropped off in person at any of the following office locations:

Mailing Address

P.O. Box 1150, Ridgway, CO 81432

P.O. Box 817, Nucla, CO 81424

Physical Address

170 W. 10th Avenue, Nucla, CO 81424

720 N. Railroad Street, Ridgway, CO 81432

SMPA board members serve four-year terms and have the responsibility of setting the strategic direction for the cooperative. Directors are required to represent the membership on a fair and impartial basis for the best interest of all members and attend regularly scheduled board meetings. Attendance at national, state, and local meetings is often necessary as well.

Ballots will be mailed to District Two members in late May. Ballots must be returned by mail to the independent election post office box or dropped off in person to the lock box in the front lobby of either SMPA office (Ridgway or Nucla), by 5:30 p.m., June 10, 2015. The District Two elections will conclude at SMPA's Annual Meeting on June 11, 2015, 5:30 p.m.

The Annual Meeting will be held at SMPA's office in Ridgway, CO, 720 North Railroad Street.

SMPA members wishing to make changes to their account, such as adding or removing a spouse or designating a new primary account, must do so prior to May 1, 2015 in order for those changes to be in effect for this year's election. Contact a local SMPA office at [\(970\) 864-7311](tel:9708647311) or [\(970\) 626-5549](tel:9706265549) to make account changes.

For more information about SMPA's board elections or Annual Meeting contact Toni Bertorello, Executive Secretary at [\(970\) 626-5549 ext. 210](tel:9706265549) or toni@smpa.com. A full election schedule can be found online at www.smpa.com.

San Miguel Power Association, Inc. is a member-owned, locally-controlled rural electric cooperative with offices in Nucla and Ridgway, Colo. It is the mission of San Miguel Power Association to demonstrate corporate responsibility and community service while providing our members safe, reliable, cost effective and environmentally responsible electrical service. SMPA serves approximately 9,600 members and 14,000 meters and supports local communities with \$300,000 annually in property taxes and \$200,000 in energy efficiency and renewable energy rebates. This institution is an equal opportunity provider and employer.

TIME BANK HOSTS VOLUNTEER PROGRAM PRESENTATION/ORIENTATION AND POTLUCK

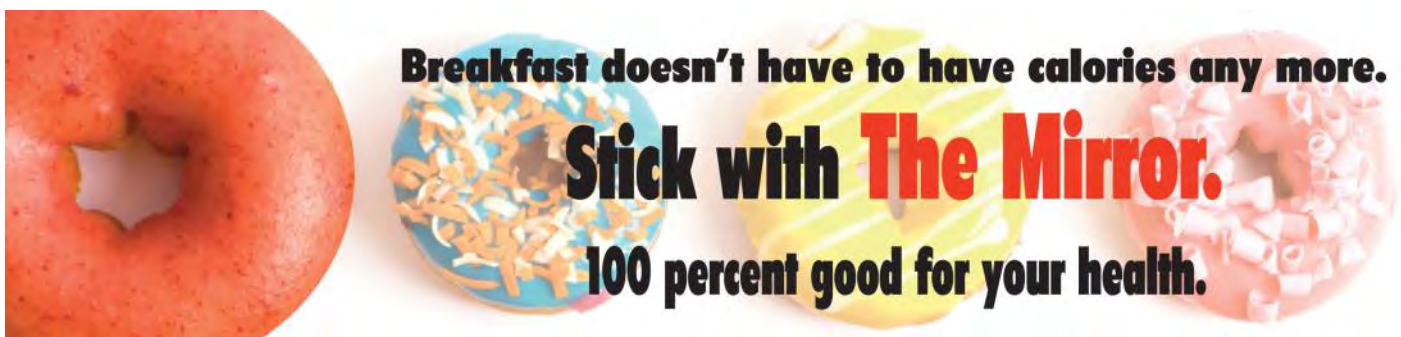
Special to the Mirror

MONTROSE-Volunteer Program Presentation/Orientation and Potluck - sponsored by Time Bank of the Rockies and Region 10 Community Living Services. If you want to join the local time bank or just want to learn more about what time banking is, come join us on the third Tuesday each month: How the Time Bank Works: For every hour you spend providing support to another member you earn a time

credit to be used to receive a service from another Time Bank member, not necessarily the same person you provide to assistance. Although some skills are generally perceived as having a higher value than others, Time Banks recognize that everyone is equal no matter what job they perform. The goal is build healthier communities based on mutual respect for everyone's efforts, talents and skills. Join us Tuesday, Apr. 21st. Location: Region 10,

300 N Cascade Ave. Montrose, CO. Enter from the main door on Cascade Ave. Presentation/Orientation - 3:30 - 5:30 pm - If you can, bring your laptop if you are planning on joining.

Following the Presentation and Orientation stay and join us in a potluck and meet other time bankers. Potluck 5:30 pm, Please bring your table service. For information and to register, call Cynthia at 970-209-6886.



ARTS AND CULTURE!

JIM DONINI PRESENTS TALK ON FIRST ASCENTS AT SHERBINO

Special to the Mirror

RIDGWAY-On Wednesday, March 25th, March's Second *Sherb Talk* will feature climber Jim Donini, with a slide illustrated presentation of his four decade pursuit of first ascents in the world's greater ranges and a special emphasis on the key partnerships that made it all possible.

Jim Donini began climbing in 1966 in the Tetons after a three-year stint with the US Army Special Forces.

He moved on to Yosemite in 1970 and

began establishing new free routes culminating with the first ascent of "Overhang Overpass" in 1974, arguably Yosemite's first 5:12. Jim Donini's career has continued by pioneering hard alpine climbing in Patagonia, Alaska, the Karakoram Himalaya, China, Peru, Venezuela and Antarctica.

A former Exum guide and a founder of the American Mountain Guides Association, Jim has been awarded the prestigious Underhill Award for outstanding moun-

taineering achievement by the American Alpine Club. Having climbed on all seven continents, Jim has chosen to live in the beautiful San Juan Mountains, with a yearly pilgrimage to Chilean Patagonia where he continues to explore the pristine wilderness of the Aysen region.

Doors and cash bar are at 7 pm and the lecture will begin at 7:30 pm. There will be a \$10 cover charge at the door with free entry for individuals who work for Ouray Mountain Rescue.

SHERBINO PRESENTS GRAMMY AWARD WINNER MOLLIE O'BRIEN

Special to the Mirror

RIDGWAY-The Sherbino Theater is excited to announce the return of Grammy-Award winner, Mollie O'Brien, along with her husband Rich Moore, to play The Sherbino Theater on Thursday, March 26th. Music will start at 7:30p m on the night of the 26th with local musician, David Sneed, opening for Mollie O'Brien and Rich

Moore. Tickets are \$15 in advance and are available for sale at Cimarron Books and Coffee in Ridgway until March 25th. Ticket price will increase to \$20 the day of the event, and can be purchased at The Sherbino Theater when doors open at 7:00pm. For more information about Mollie O'Brien please visit her website at www.mollieobrien.com.

About Opener David Sneed:

David Sneed is a native of Oklahoma and has been around roots music all of this life. From his first church gig on Christmas Eve at the age of five, he has followed the gospel plow to bluegrass and beyond. His high and lonesome soulful sounds ring from Telluride to Tulsa through Texas to Twang.

HONORABLE MENTION

To U.S. Veteran Jared Bolhuis, for rescuing a young child who had fallen in the Uncompahgre River last weekend...a true hero...

To John Casedy and the new Montrose Eagle Taxi Service, for keeping our community safer after hours...

To Small Business Counselor and strategist Susan Bony of the Small Business Development Center satellite at Region 10, for excellence in outreach; Susan's perfectly-timed news release for the Montrose Eagle Taxi Service helped get the word out about this valuable community resource just in time for St. Patrick's Day—and generated more than 16,000 views on the Mirror Facebook news site in three days...

To Welcome Home Montrose and the Warrior Resource Center, for taking resources to the West End once a month...

To Greg's Tree Service of Olathe, for safely removing three massive, dangerous cottonwood trees on the South San Juan Avenue City right-of-way last week...thank you!

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SUSAN BONY, MBA



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WWW.REGION10.NET



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ARTS AND CULTURE

LEARN ABOUT ROCK ART OF THE COLORADO PLATEAU

By Dr. Carol Patterson

MONTROSE-Dr. Carol Patterson, cultural anthropologist and archaeologist, will give an illustrated lecture on the cultural affiliation of three different Native American groups represented in the rock art of the Colorado Plateau. The Barrier Canyon Style, Uncompahgre style, Fremont style, and Anasazi or Gateway style have distinctive iconography that will be discussed in terms of the mythic tradition of these three different cultures. These include culture heroes, creator deities and religious ceremonies that distinguishes one culture from one another. These cultural diagnostics found throughout western Colorado and eastern Utah give supporting evidence of three specific linguistic groups that were present from the formative through the historic era. Dr. Carol Patterson specializes in the recording and interpretation of regional rock art. She received her PhD. from James Cook University and has col-

laborated with Dr. Alfonso Ortiz, (San Juan Pueblo), Dr. Greg Cajete, (Santa Clara Pueblo). Bellamino Martinez (Acoma Pueblo), and Clifford Duncan, (Northern Ute), during her career. Dr. Patterson has documented and recorded many of the major rock art sites in western Colorado including the Shavano Valley Rock Art Site, and is the author of *On the Trail of Spider Woman: Petroglyphs, Pictographs and Myths of the Southwest*. Her latest publication is, *Sacred Landscapes* Chapter 9 *Concepts of Spirit in Prehistoric Art According to Clifford Duncan, Ute Spiritual Elder* with Clifford Duncan. Smith Publications/London. She has written an article on the rock art of Colorado for the Colorado Encyclopedia, currently under review. The lecture will take place on March 18, 2015 at the Montrose Methodist Church Meeting Room, 7 PM, located at South 1st and Park Ave. The lecture is part of Colorado's Archaeology and Historic



Patterson with Ute elder Clifford Duncan, who explains the meaning of a petroglyph in Dominguez Canyon. Courtesy photo.

Preservation Month celebration and is free to the public.

**CLICK HERE TO VIEW CSU'S MARCH GARDENING
CALENDAR FOR MONTROSE COUNTY!**

Photo by Sarah Berndt

REGIONAL NEWS BRIEFS

REGISTRATION OPEN FOR MONTROSE YOUTH COMPETITIVE BASEBALL LEAGUE

Special to the Mirror

MONTROSE – The City of Montrose's Youth Competitive Baseball League is now accepting registrations for players ages nine to 15. The league offers competitive baseball programming that aims to combine athletic development with character-building through a focus on sportsmanship, teamwork, and integrity.

Registration is \$95 per player. This fee includes the cost for each player's hat and jersey, the mid-season training camp, and the end-of-the-season tournament. Some travel is required as this is a competitive league. Destinations may include Hotchkiss, Olathe, Telluride, the West End, and Cedaredge. Registration will remain open until the start of player evaluations at 10 a.m. on April 25.

Detailed information about the 2015 program, including registration forms and instructions, updates, and schedule information are available at CityofMontrose.org/Baseball, or call Program Coordinator Erica Weeks at (970) 497-8525.

CITY OF MONTROSE YOUTH COUNCIL "TEEN OPPORTUNITY EXPO"

Special to the Mirror

MONTROSE – The City of Montrose Youth Council is sponsoring a "Teen Opportunity Expo" (TOE) on Wednesday, March 25, from 1:30-4 p.m. in the Montrose High School cafeteria. Area youth ages 13-19 are invited to attend this free event to visit with local business and organization representatives for summer jobs, volunteering, and internships. Interested local businesses and organizations can obtain more information about the event by contacting the City of Montrose Youth Council Coordinator Tina Woodrum at 240-1415.

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TELLURIDE

7 PM - 10 PM



MONTROSE COUNTY BOARD OF COMMISSIONERS WORK SESSION MARCH 10



Sandra Tyler.
Courtesy photo.

By Sandra Tyler
Government Beat
Reporter
MONTROSE--The date for the **Olathe BOCC meeting** has been set for April 29, 6 pm, Town Hall on Horton Avenue.

Ms. Emily Smith,

Welcome Home Montrose was present March 10 to discuss the plans for Welcome Home Montrose to take their services to the West end once a month to serve vets in the area where the percentage of the population is heavier on the vet side than here in Montrose. They have HUD vouchers for homes for vets and a case manager.

She has met with the Nucla Town Council and looked at various potential areas (Red Rock area, Court Room at the annex and the airport building) for the housing of the services behind closed doors with a central area and an area for coffee. After a discussion with the three Montrose County Commissioners, they sanctioned the use of the airport building. As Ron Henderson said, "It is really embarrassing to think that

an airport building is the only appropriate building to house these important services." In Montrose, the weekly Thursday coffee time is attended by up to 70 vets. That coffee time is restricted to vets ONLY. It is their time to sit, talk, roan and enjoy.

Broadband in Montrose County. The commissioners are supportive of the concept and are ready to see a complete plan for review.

I was surprised to hear an interesting statistic that if a company ties up 55 percent or more of their budget in employee payroll, they are on the road for demise as this expense will continue to rise with the increase due to higher pay for performance. Mesa County is in the red as the number of employees is above 1000.

Health and Human Services--Montrose County Director of Public Health Kristin D. Pulatie, JD MPH, presented a recap of what is coming up for approval in the future. The Single Entry Point contract has been amended. Funding for the Nurse Family Partnership Program for 2016 is coming up.

The state has funded the Immunization Program with \$7,000. This program allows nurses to provide education and gath-

er information on those who have had flu shots or not. An Ebola Preparedness Program has been awarded (\$20,000) and the money will also be used for other diseases such as measles, small pox, etc.

The attorney has visited with staff, such as case workers, to discuss appropriateness in the release of files to outside individuals or representatives. This was well received by those attending. The attorney will assist with policy review and/or writing of policies similar to that for child protective services clients and this has very good procedures regarding the release of files.

Attorney Update: there is an ordinance adding two new roads to ATV access in Nucla; the ordinance regarding 911 \$.70 fees will remain the same; the gravel pit issues on ongoing and the commissioners needs to move carefully and allow for the potential of continuing public hearings to work out concerns, issues; Mesa County is composing a letter re the sage grouse issue; attendance at the Hospital Board of Trustees meetings is limited to Carolyn only to avoid a conflict of interest issue. *FYI--All work sessions for the Board of County Commissioners and the City Council are open to attendees. These are where to find what is coming up in the future.*

MASONIC SKYLIGHT RESTORATION BEGINS TODAY

By Caitlin Switzer

MONTROSE--It is a community jewel, a work of stained glass art that has survived for 106 years. Today, the new owners hope to restore the skylight in the Masonic Building (509-511 Main Street) so that future generations can see it and appreciate the artisans of yesterday while listening to and enjoying today's gifted musicians and performers.

When Harris and Yvonne Meek purchased the historic temple in 2014, they knew that restoring the breathtaking 1911 structure, designed by Montrose architects White & Okey for Montrose Masonic Lodge #63, would be a labor of love. One of the features that inspired the purchase was the stained glass skylight in the Great Hall--still stunning but damaged by time and the elements.

"We'd planned to repair only what was needed, but it turns out the whole dome needs to be restored. Scottish Stained Glass of Centennial will be doing the res-

toration," Yvonne Meek said. "They visited on in January and began removing sections to restore. The leading in several sections pretty much crumbled to the touch, so this is something that MUST be done."

Trained in Scotland, Scottish Stained Glass company owner and founder, Martin Faith, is a gifted stained glass artist with more than 20 years of experience in both residential and commercial applications. His creativity and glass design skills have been on display in the Denver metropolitan "Parade of Homes," as well as at the Colorado Central Station Casino, the Gilpin Hotel & Casino, and Disney's Boardwalk Resort in Florida. The company has taken some of the glass panels back to its workshop, and will focus on restoring the integrity of the center of the skylight. "When they started to pull it apart, the consultants told us that we could not have waited much longer--if we had hosted a loud musical event, it could have shattered," Meek

said.

The buildings original plans show the skylight, she added. Because the cost of the restoration will be \$75,000, the contractor will donate a portion of the cost, and the Meeks hope to raise funds to help further defray the cost.

"We will be taking donations through the Skylight Social Club," Meek said. "We don't have the \$75,000 in our budget--when the rest of the work is done we will have spent another \$100,000 on top of the purchase price, even without the skylight. "We need a little help!" she said. The project is expected to take around four months. "When the project is complete, the skylight will be functional and safe," Meek said.



The Skylight.
Courtesy image.



The Earth Day Spring Dance

THE STUPID BAND

Turn of the Century Saloon
Saturday, April 25th 2015
doors open at 7:30 pm
\$10 admission plus two items for the food bank



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 13th

Tuesday, February 10th

Tuesday, March 10th

Tuesday, April 14th

Tuesday, May 12th

Tuesday, June 9th

NO July class

Tuesday, August 11th

Tuesday, September 8th

Tuesday, October 13th

Tuesday, November 10th

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.



MIDDLE EAST SCHOLAR TO DISCUSS ISIS APRIL 1

Special to the Mirror

GRAND JUNCTION-In an ongoing campaign of terror that includes beheadings and destroying priceless artifacts, the Islamic State of Iraq and Syria is sparking outrage around the world. The rise and expansion of ISIS represents a major turning point in international relations, according to Dr. Nader Hashemi, a Middle East scholar who will speak in Grand Junction April 1.

"Not only has this group destabilized the Middle East but it has now morphed into a global security crisis," Hashemi said. "It seems as if we are going through another '9-11 moment' in our battle with Islamist extremism."

In a presentation set for 7 p.m., Wednesday, April 1, at the Avalon Theatre, Hashemi will examine the roots of this crisis in the Middle East. His lecture will also address these questions: How should United States and the international community respond to the menace of the Islamic State? Does the U.S. have the right strategy in confronting the ISIS crisis?

Hashemi's lecture is entitled "A Framework for Understanding the ISIS Crisis: Examining the Root Causes of Islamist Extremism" and will be hosted by the World Affairs Council of Western Colorado. WACWC members and students will be admitted at no charge. There will be a suggested contribution of \$5 for non-members.



Dr. Nader Hashemi.
Courtesy photo.

Hashemi is the director of the Center for Middle East Studies at the Josef Korbel School of International Studies at the University of Denver. He holds a Ph.D. in political science from the University of Toronto.

Before joining DU in 2008, Hashemi was at the Center for Middle Eastern Studies at Harvard University. Prior to his time at Harvard he was an associate professor at the University of California, Los Angeles.

His scholarship includes the book, "Islam, Secularism and Liberal Democracy: Toward a Democratic Theory for Muslim Societies." His forthcoming book is "Iran's Green Movement: A Political and Intellectual History." More information about Hashemi may be found at <http://naderhashemi.com>.

"Attendance at this presentation offers a unique opportunity in Grand Junction to learn about the newest world crisis," Paul Didier, president of World Affairs Council of Western Colorado, said. "It is very possible that the U.S. could take a larger role in defeating ISIS and it therefore should be of interest to people of all ages and political persuasions." World Affairs Council of Western Colorado is a non-profit, non-partisan organization dedicated to advancing a deep and broad understanding of international affairs and how events in the world affect life in Western Colorado. More [information](http://www.wacwc.org) about WACWC may be found at www.wacwc.org.

The Black Canyon Barbershop Chorus

Presents our
40th
Annual Show

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www.blackcanyonchorus.org

Special GUEST QUARTET

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Saturday Evening Post

Directed by MaryAnn
Rathburn

With radio personality
Jim Kerschner from
KUBC

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Hailing from the Rocky Mountain District, Saturday Evening Post has a long and rich history of performing all over the world entertaining audiences far and wide with their unique brand of barbershop harmony.

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Saturday Evening Post

Fourmata

Rocky Road

DelRose chorus

Advance tickets to either show and the afterglow are available from any member, at the Chamber of Commerce in Delta, at DeVanny's Jewelry and the Pavilion in Montrose.

Tickets can be purchased with a credit card by calling 249-7015

Tickets are good for either show

April 10, 2015, at Delta Performance Arts Center at 7:00 pm
April 11 at Montrose Pavilion at 7:00 pm

Advance tickets: \$13

Tickets at the door: \$15

Tickets for Afterglow (April 11): \$10

**2015 STUPID BAND
SPRING EARTH DANCE**

April 25, Doors open at 8 p.m.

Turn of the Century Saloon

Admission is \$10 and two non-perishable food items for a local food bank!



LEGISLATIVE UPDATE BY SENATOR ELLEN ROBERTS

BILL ALLOWS RURAL FIRE DEPARTMENTS TO PURSUE NON-PROFIT STATUS

My first bill was signed into law last week, which was a bipartisan bill to give volunteer fire departments the option to form as nonprofit organizations. This is aimed at aiding the more rural areas of the state without the tax base to support a fire district. Through this bill, such areas can now apply for state assistance in acquiring firefighting equipment. No area of Colorado is immune from wildfire dangers and, facing what may be another tough, dry year, we should be as proactive and prepared as possible in protecting our communities and citizens.

Another bill of mine, SB 15-205, was recently introduced and proposes state support for recruiting and maintaining wildland firefighting and wildfire mitigation veteran corps, employing young veterans transitioning back to civilian life. I invited a bipartisan team to sponsor the bill with me, including two young veterans now serving in the legislature.

I've also been putting a lot of time and effort into the issues surrounding police reform. Denver-area legislators are particularly interested in passing legislation this session prompted by current events such as the confrontations in Ferguson, Missouri, and elsewhere.

Being in these conversations is important to me for a number of reasons. First, as the Senate judiciary committee chairwoman, it's likely such bills will be assigned to my committee. Engagement in the issues before we hear those bills will help me be better educated on the intent and impacts of the proposed legislation.

Second, while my home is in rural, remote Colorado, for almost a decade now, I've lived in downtown Denver during each legislative session. I have a pretty good grasp of the challenges that exist in such different circumstances, but it helps to hear firsthand from law enforcement and their communities in the urban areas, especially in Denver.

Third, I want to understand what the urban legislators, and their constituents, view as the problems in state law to be, so that any solutions attempted to be passed at the legislature address those problems and don't have unintended consequences in the more rural areas of the state.

To be clear, I start from a place of trust in our law enforcement. They're dedicated public servants who place themselves in harm's way, daily, for complete strangers. Rather than disparaging law enforcement in general, we can acknowledge that "bad apples" exist in every profession and we

should focus our attention on those individuals.

Working with the law enforcement organizations including district attorneys', sheriffs' and the police chiefs' associations, and along with the new senator who was the Weld County sheriff, I'll be introducing a bill creating greater transparency for law enforcement agencies in the hiring process, so they're aware of applicants with a history of lying or use of excessive force prior to making a hiring decision.

We're also introducing a bill providing for greater transparency into decisions made to not prosecute officers involved in shootings. A third bill proposes gathering data of officer-involved shootings.

We've met regularly with Denver legislators, who are House Democrats, seeking common ground where we can. This may include bills regarding increased use of officer body cameras and expanded police training. These are thorny topics, but I'm committed to working with others to find reasonable approaches to challenges we face in our communities across the state, urban and rural.

2015 Legislative Session Contact:

200 E. Colfax Avenue, Denver, CO 80203

Capitol phone: (303) 866-4884

ellen.roberts.senate@state.co.us

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HOT WHEELS MEALS CELEBRATES FIRST ANNIVERSARY

By Liesl Greathouse

MONTROSE-Tomorrow will mark the one year anniversary of Hot Wheels Meals, a program created by seniors to help local homebound seniors.

In October, 2013, the vendor who previously provided senior meals in Montrose (Volunteers of America) changed their service for homebound seniors (Hot Meals on Wheels) from a weekday hot meal delivered by Golden Circle volunteers, to six frozen meals twice a month (total of 12 per month), delivered by an employee.

The Golden Circle Seniors (head of the Senior Center in Montrose) believed that frozen meals delivered twice a month by VOA did not meet the nutrition or social needs of Montrose's homebound seniors. The VOA did not inform the Golden Circle Seniors that change was imminent and the group ended up having just a month to come up with a new plan. Thus Hot Wheels Meals was born.

—We helped homebound seniors go from getting frozen meals delivered..., to a warm meal delivered,” said Carol McDermott, Logistics Coordinator for the program. The need was there, with 80 people at the original planning meeting for trying to find a solution to the meals problem. —We have faced road blocks, confusions, misrepresentations, but we overcame them,” McDermott said. —Ad people are very satisfied. We have only had one woman decide to not participate in the program anymore and only one person for one month that has not paid, and they are not in the program any more. Those two are out of 50 different people who have been in the program.”

In its only one year of existence, Hot Wheels Meals has delivered 4,751 meals since its inception, approximately 20 a day, with 10,200 miles driven by 35 volunteer drivers.

The program has come in under budget, making sure to pay the restaurants that helped create meals for the homebound. Originally 10 different restaurants provided 2,022 of the meals for the program, figuring out ways to offer food for \$5 each. After receiving \$9,900 from the Daniels Fund, the program was able to hire a cook in August of 2014 to cook all

the meals, as well as purchase basic supplies such as stamps, kitchen tools and pay for certain insurance.

Another funding option is the Adopt-A-Senior program, which began in December of 2013. For \$300 a year people can donate to cover food for a local homebound senior. They just need to drop off their donations at the local Alpine bank, specifying 'Golden Circle Seniors Meals.' That money is only used for the meals, no other expenses. —We got the idea out there because we needed money to support seniors who are not able to pay the full amount,” McDermott explained. —The community is supporting the Adopt-A-Senior program marvelously. Some participants are only doing it for \$1, but nobody is doing it for nothing. We have one woman that has two church ladies who adopted her, subsidizing her specifically.”

Winifred Tappan, a member of the original committee that helped create Hot Wheels Meals, believes that the program is going well. —It impresses me how they have made it self-sufficient,” she said. —It is fantastic that ordinary people took over doing it.”

The Golden Circle Seniors had to recruit new drivers, asking everyone who walked in the door, and even giving a speech at the United Methodist Church in Montrose.

Golden Circle Seniors President Madeline Lake was a driver for Meals on Wheels and continued to the Hot Wheels Meals, making her driving contribution a total of 18 years. —I love making contacts with people and becoming well known on a route,” she said. —It is important to check in and make sure homebound seniors have social contact. The people know that someone will come and talk for a bit with them. It makes me feel good to help these people.”

Volunteer Don Jovan has been a volunteer driver for 20 years, originally part of the Meals on Wheels program. His favorite part of delivering the meals is the enjoyment of seeing people, showing them that someone cares about them. —Some may not get a chance talk to anyone but me, making me the only person they see,” he explained. —It is also the only meal some of the people get.”



A senior takes part in the Hot Wheels Meals program. Photo by Clay Greathouse.

Stories from the drivers show that the benefits of the program expand beyond just nutrition. —On the north route, the driver rang the doorbell, did not hear anyone, so they went inside since the participants were expecting them,” McDermott explained. —The driver heard a tapping in the back and found the woman had fallen a couple hours before, not able to crawl to a phone, and was in great pain. 911 was called and the woman had a hip replacement the next day. If we had not found her, it would have been another 5 hours before her daughter had checked on her after work. We were able to save that woman extra pain.”

Another instance was a couple where the driver helped the husband get his wife back up after she had fallen.

McDermott wants people to understand that the term 'homebound' has a much broader definition than is normally believed. —The homebound seniors are not crazy or sick, they are just regular people who are not able to drive,” she explained. —We are different from the government programs. If someone is, say, recovering from hip surgery and is homebound, we do not need to know their income in order to deliver meals to them.” She emphasized: —We give our participants respect, privacy, and dignity.” For more information, to volunteer or to register, call 970-252-4889.



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-

March 17-World Affairs Council of Western Colorado, Panel Discussion-International Women's Issues, 7 p.m., Houston Hall Room 139 Colorado Mesa University, Grand Junction.

March 17-Region 10 SBRC Quickbooks Programs in Delta-Delta Chamber of Commerce at 301 Main Street-10 a.m. to Noon (Banking Activities in Quickbooks) and 1 to 3:30 p.m. (Inventory Issues in Quickbooks). \$15 Delta Chamber members, \$25 non-members. RSVP to 970.874-8616 or visit www.region10.net.

March 17-Paul Janzen to present program on reverse mortgages, Montrose Library Community Room 11:30 a.m. to 12:30 p.m.

March 18-Region 10 SBRC Quickbooks Programs in Montrose-Montrose Chamber of Commerce at 1519 East Main Street-10 a.m. to Noon (Banking Activities in Quickbooks) and 1 to 3:30 p.m. (Inventory Issues in Quickbooks). \$15 Montrose Chamber members, \$25 non-members. RSVP to 970.249-2436 or visit www.region10.net.

March 18 - "Gardening for Birding"— Open free to the public, Pete Loncar, an experienced gardener and birder, will be presenting for the Montrose Botanical Society at 7 PM in the Centennial Room off Centennial Plaza, Montrose. An update on the Botanic Garden activities will be given. Additional information at www.montrosegardens.org or 249-1115.

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

March 18- Chipeta Archaeological Society Lecture Series presents Dr. Carol Patterson, 7 PM at Baldrige Hall / Montrose United Methodist Church, S.1st Street and Park Avenue, Montrose, Colorado to discuss "Cultural Affiliations with the Rock Art of the Colorado Plateau during the Formative through Historic Era." Contact Dr. Carol Patterson @ 970-252-8679.

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 20-22-The Western Slope Concert Series will present two concerts with brilliant young violinist Sharon Park: on Friday, March 20 at 7:30 PM at the Unitarian Universalist Church, 536 Ouray, Grand Junction, and on Sunday, March 22 at 3:00 PM at the Montrose Pavilion. Tickets are available online at www.JunctionConcerts.com, and at Roper Music in Grand Junction and the Montrose Pavilion. All seats are reserved, and start at \$9 in advance and \$12 at the door for adults. Get your tickets early. Call (970) 241-4579 for more information, or buy tickets online at www.JunctionConcerts.com.

March 21-First Annual Alpine Photography Club Exhibit, Holiday Inn Express Montrose, Noon to 6 p.m. Admission is free.

March 24-IAWC Lecture series, Bill Heddles Rec Center, 6:30 p.m. "Best Kept Secret of the Wild West: the Hanging Flume."

March 22--Frank French will Play J.S Bach : Goldberg Variations at 2 PM at First Baptist Church, 720 Grand Avenue in Grand Junction.

March 22-"Pump" to be featured at Sherb Sunday Cinema in Ridgway, 7:30 p.m. at the Sherbino Theater.

March 24-Annual Meeting, Interpretive Association of Western Colorado (IAWC), 6:30 to 7:30 p.m., Bill Heddles Rec Center at 530 Gunnison River Drive. In conjunction with the meeting, IAWC will screen the 60-minute documentary, *The Best Kept Secret of the Wild West, The Hanging Flume*."

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 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 25-Region 10 Small Business Resource Center and the Montrose Chamber of Commerce present a Publisher class with MBA and SBDC Counselor Susan Bony, from 5:30 to 7 p.m. at Region, 300 North Cascade. Call to RSVP 970-249-2436.

March 25-City of Montrose Youth Council Teen Opportunity Expo, 1:30 to 4 p.m. Montrose High School Cafeteria. Contact City of Montrose Youth Council Coordinator Tina Woodrum for info at 240-1415.

March 25-"First Ascents in the World's Greater Ranges;" March's Second *Sherb Talk* will feature climber Jim Donini Doors and cash bar are at 7 pm and the lecture will begin at 7:30 pm. There will be a \$10 cover charge at the door with free entry for individuals who work for Ouray Mountain Rescue.

March 26-Grammy Award winner Mollie O'Brien will play Ridgway's Sherbino Theater. Tickets are \$15 in advance and are available for sale at Cimarron Books and Coffee in Ridgway until March 25th. Ticket price will increase to \$20 the day of the event, and can be purchased at The Sherbino Theater when doors open at 7 pm. Show starts at 7:30 p.m. For more information about Mollie O'Brien please visit her website at www.mollieobrien.com.

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.

March 26-Montrose Regional Dispatch Working Group to meet, 2:30 to 4 p.m. Friendship Hall.

March 28-Delta Chamber of Commerce Wild, Wild West Annual Mtg and Awards Banquet, Bill Heddles Rec Center (531 North Palmer Dr.) 5 to 9 p.m. \$20 admission includes dinner and one alcoholic beverage, please call 970-874-8616 to RSVP.

April 1-Lenten Music at Noon - Featuring various local artists, Noon-12:30pm, Montrose United Methodist Church, 19 South Park Ave.

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

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.



Contact the Montrose Mirror:
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Photographer Sarah Berndt snapped these images of the Valley Vixens Roller Derby Team practicing at Friendship Hall (right), and the view of the Cimarrons through peace flags.



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