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THE MONTROSE MIRROR

Fresh News for Busy People-Weekly on Mondays

Issue No. 111 March 30, 2015

VOLUNTEERS, EDUCATION KEY TO GROWTH AT BOTANIC GARDENS: CREVICE GARDEN GURU KENTON SETH TO LEAD APRIL WORKSHOP

By Caitlin Switzer

MONTROSE-You can already hear Meadowlarks, and see spring blossoms. It is a green, growing space for the entire community, a dedicated garden for all to come and find peace, learn about horticulture, discover beauty and new growth, celebrate life events, remember lost loved ones, and reconnect with the Earth.

What it is not, however, is a municipal park--though the gardens are located on 3.5 acres of leased City property and have enjoyed generous City support--most recently in the form of that gorgeous new sidewalk to the nearby Montrose Pavilion--the Montrose Botanical Gardens are actually cared for by a dedicated team of volunteers known as --wed warriors." Overseeing the gardens and its programs is a non-profit board that raises funds, plans for the future, and organizes garden volunteers.

Pulling weeds is just a small part of what those volunteers do, according to Montrose Botanical Society Board President Sarah Ungrodt, a landscape architect by profession.

Continued pg. 4



Daffodils in bloom at the Montrose Botanic Gardens. The gardens continue to grow into their three-and-a-half acre space near the Montrose Pavilion.

HEARTBREAK TIMES 3 FOR WEST CENTRAL REGION



"It's ok to be angry, it is OK to grieve," said Suicide Prevention Specialist Robin Berndt of the Center for Mental Health, above. "Our community is hurting so."
Photo by Sarah Berndt.

By Caitlin Switzer

REGIONAL-There were few dry eyes in Montrose and surrounding communities last week, as word spread of a heartbreaking string of untimely deaths. The loss of a 20-year-old Ouray County resident just over a week ago was followed in a matter of days by the deaths of Montrose High School student Caitlyn Haynes, who ended her own life, and the suicide of a Gunnison High School according to a news release issued Friday by the Gunnison County Sheriff's Office.

Even mental health professionals can find themselves in tears, and at a loss. Just ask Robin Berndt, Suicide Prevention Specialist for the Center for Mental Health in Montrose. Though she was on the job Wednesday, working with other staffers to prepare a card with resources for self-healing and dealing with grief, Berndt took time just to sit with other staffers and cry.

"The main thing right now is to understand that it is ok to be angry, and it is ok to grieve," Berndt said, struggling to keep back tears as she spoke.

"Our community is hurting so."

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MONTROSE GOP SPEAKS UP AT OPEN MIC NIGHT

By Gail Marvel

MONTROSE—On March 26 the Montrose GOP hosted an “Open Mic” night and invited the community to join in discussion and share ideas about how to unite the local Republican Party and move forward. The demographics of the approximately 40 in attendance revealed that men outnumbered the women two to one; that age was divided equally between those still in the work force and retirees; and that many of the GOP establishment, as well as Republican elected officials, were noticeably absent. Newly-appointed Clerk and Recorder Tressa Guynes was the lone elected official to attend the function and hear constituents’ views about the GOP on the local, state and national levels. The session, which opened with prayer and the Pledge of Allegiance, was moderated by KUBC Sports Director Jim Kerschner. Those signed up to speak were allotted three minutes during round one, and an additional two minutes in round two for either follow-up, or to continue their thoughts. The rules for this community conversation were, “There will be no opportunity for debate, no rebuttal and no personal attacks.” Of brief mention and general interest were forced vaccinations, lawlessness in all branches of government, government control, fraud, states’ rights, elected officials who refuse to speak the truth, and getting land back from the federal government. Comments of local concern included:

Breach of by-laws on local, state and national levels.

Barbara said, “[GOP] By-laws say we don’t support a candidate until after the primary. Our party supported one establishment candidate before the primary and it affected the election. We think our by-laws prohibit this from happening, but I can tell you they do not.”

The 9/12/ Tea Party.

Barbara noted the split and divisions in the GOP with the inclusion of the 9-12/Tea Party group. Doug said, “We need to listen to the people of the 9-12. Republicans are destined to lose the battle if we don’t listen. This country needs leadership and we’re not getting it from the Senate, or the House. We’ve had the Senate and the House [Republican controlled] for over three months and not one issue is re-

solved.” Sharon said, “A lot of people don’t like the Tea Party, but they stand for a balanced budget, a budget that shrinks, free market capitalism and curtailing special interest groups — regulating the environment is killing us.” Kay noted that he started attending Tea Party meetings because, “They talk about the issues. The Central Committee has a business meeting where elected officials give reports and they’re not getting to the meat of the issues.”

On Republicans and Democrats.

Sharon said, “There is no difference between Republicans and Democrats; both parties really stink.” Becky said, “I’m tired of Republicans eating their own. There are ways we can bring people together. I’m tired of hearing that they [a certain candidate] can’t be elected. Pick a candidate we believe in and fight for them all the way.” Barbara said, “It’s not just Democrats, but Republicans too are ruining our country. We need to look at who is signing onto [legislative] bills. There were Republicans signing onto Common Core, we need to find out who they are.” Pete said, “Why did I leave the Republican Party? The GOP started to resemble the Democratic Party. I wasn’t voting for a President, it was voting against the Democratic nominee. I changed to Independent. Political correctness is rampant.”

On the Republican Party.

Sue said, “I know I’m running the risk of sounding like a Democrat, but I don’t feel like this is my Republican Party. We need to dig deeper into a younger generation. There are waves of aging in the party. I’m not so much about divisive issues and being single-minded; I’d like to be more involved.” Terri told why she is a Republican and a capitalist, but no longer a member of the local Republican Party. “You are an exclusive group and I don’t feel included. You’re not reaching the 50-somethings.” During the last presidential campaign stop in Montrose, Terri, who was seated in the bleachers behind the candidate, was asked by the local GOP to move so younger people would be the backdrop for the candidate. Under the threat of being removed by the Secret Service Terri refused and said, “Bring on the Secret Service!”

On Single Issues.

Jim said, “I’m not very excited about any issue. I’m about winning an election. It makes me crazy when people choose so far to the right that we don’t have a chance to govern. If we have a single-issue candidate we will lose. If we can agree on 19 out of 20 issues, let’s vote together [don’t let one issue divide you]. Don’t stand on the side and harp.” Curtis said, “Issues are symptoms of the problem. We need to support the Constitution; the single issue is the Constitution.”

On Patriotism.

Gary said, “The American flag is never to be placed lower than another [national] flag. There is a business in town that has the Mexican flag [displayed] on the same level as the American flag. Maybe they’re not aware. I’ve filed a complaint with City Hall, but I don’t have much faith in the City Council.” Pete said, “We need to declare we are a Christian Nation. God bless America!” Jeff said, “We must restore the Constitution.”

On Elected Officials.

Curtis said, “They get elected and then they don’t want to hear from you. If you don’t want to listen to your constituents, don’t run for the (deleted) office.” Dennis said, “We need to bug them daily. I’ve held my nose for 32 years. They [the establishment] keep giving us the candidate they want, not the one we want.”

Terri said “There are people on City Council who have an ‘R’ behind their name and they voted for a tax increase.” Teryl said, “I’m getting sick and tired of Republicans saying the President is stupid and doesn’t know what he is doing. We need to tell the truth about him. He’s not stupid, he knows exactly what he is doing and he’s doing what he wants to do!”

During a break in the meeting Montrose Republican Party Chairman Dave Laursen, who attended as an observer rather than a participant said, “It’s interesting the all of the comments are on issues. Our job is to elect Republicans and we get hung up on issues.” Laursen will take the information learned at the meeting and relay it to the Central Committee for continued discussion. As the meeting wound down a groan rippled through the audience when someone said, “If we have a candidate that is no better than Hillary Clinton in 2016 we’re going to be saying, ‘Madam President!’”



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THE
MONTROSE MIRROR

REGIONAL NEWS BRIEFS

NEW SPORT FOR THE MONTROSE INDIANS!

Special to the Mirror

MONTROSE-In the spirit of combat, lacrosse has been around for years, but this is year one for the Montrose Indians. We are excited to see this sport develop and grow. Lacrosse is a team sport played using a small rubber ball and a long-handled stick called a *crosse* or lacrosse stick. This is a full contact sport with 10 team members per side, including the goalkeeper.

Offensively, the objective of the game is to score by shooting the ball into an opponent's goal, using the lacrosse stick to catch, cradle, and pass the ball to do so. Defensively, the objective is to keep the opposing team from scoring and to gain the ball through the use of stick checking and body contact or positioning. Whether we win or lose, players in the game bring glory and honor to themselves and their community by participating. The next home game is scheduled for: Friday, April 3, 2015 against Grand Junction High School at 4:00 p.m. at Cerise Park. Please join our community on the sideline. We look forward to seeing you!



Photo By Jason Arebalos. Courtesy image.

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VOLUNTEERS, EDUCATION KEY TO GROWTH AT BOTANIC GARDENS From page 1



Above, the Valley Garden area will eventually be shielded from Pavilion Drive by evergreens. At right, Landscape Architect and Botanical Society President Sara Ungrodt holds the plan for the Valley Garden portion of the Montrose Botanic Gardens.



—Our volunteers are our family,” Ungrodt said. —We have about 45 of them altogether, and between 10 and 20 come every week for Weed Warrior Wednesday. We try to keep them spread out so they learn more—people tend to find favorite spots, so we work to keep them expanding their comfort zones. And they do a lot more than pull weeds—they plant, they fertilize, they prune, and they mow. They also do rock work.”

Because volunteers spend time outside, sun care is especially important, Ungrodt said.

—We tell everyone to wear hats and sunscreen, but we are also hoping to put some shade structures in,” she said. Many other new developments are planned for the gardens, which have been a work in progress since the first shovel broke ground in 1995. Though one acre has been built out so far, plans are in place to use the entire three and half acres. The next phase will include the Valley Garden area, now in the developmental stage. Located to the East of the Main Garden, the Valley Garden will eventually cover 18,000 square feet, with waves of grass as well as other plants.

—The Valley Garden will be the largest turf area in the Botanic Gardens,” said Ungrodt. —It will be a place conducive to gathering, where people can sit and enjoy.”

Though ground was broken on the Valley Garden area in 2008 with the help of a grant from Colorado Garden Show, Inc., funds raised at this winter’s Garden of Lights event will help to pay for its completion. The expansion will include planting evergreens to shield the gardens from

traffic on Pavilion Drive, said Ungrodt, who created the master plan for the Valley Garden herself.

And like the rest of the Montrose Botanic Garden, the Valley Garden is intended as a showcase not only for plants, but for wise use of water. A new, state-of-the-art irrigation system (funded through a grant from the Colorado River District) tracks evapotranspiration and allows for observation, so that those areas of the gardens that need less water can be watered less, Ungrodt said. Watering is done through drip irrigation and low-volume spray.

Water will also be featured in a canal that mimics the Gunnison Tunnel as it meanders through the Valley Garden area, which will include seating—benches can be purchased in honor of loved ones—and patio space.

The next phase for the Botanic Gardens expansion will also highlight crevice gardening, an exciting landscape trend that can be used just about anywhere. The Botanic Society will host a Crevice Gardening Workshop on April 25 at 1 p.m. with Mike Kintgen of the Denver Botanic Gardens and Grand Junction horticulture superstar Kenton Seth.

Seth, 28, whose presentations have generated him a cult following among plant nerds,” has been in the business for 16 years already, despite his youth. He said that he intends to do some pre-build and follow up work before and after the crevice gardening workshop, which—much like a cooking show on TV—will walk attendees through each step of the process in building an actual crevice garden on site.

—Crevice gardens were originally de-

signed to grow alpine plants in a maritime climate,” he said. —Here, they allow us to grow cool desert and steppe plants, things like Milk Vetch.”

Though the concept is around a century old, it represents the frontier of the horticulture industry today, he said.

—For plant nerds, crevice gardens allow you to grow more kinds of flowers in a small space,” he said. —And if you just like pretty stuff, these are a great way to enhance your landscape.”

—This is quite an art form,” Sara Ungrodt said. —We want people to come out and take part! We are

creating a permanent garden area here!”

—Planet nerds” will also enjoy the annual Garden Affair plant sale fundraiser from 9 a.m. to 1 p.m. on May 9, with annuals, perennials and hanging baskets on sale to benefit the Botanical Society and Master Gardeners available to answer questions. Other events planned for 2015 include the Garden Tour from 9 a.m. to 1 p.m. on June 13, a program by Astronomist and Garden Volunteer Bryan Cashion at 3:30 p.m. on July 1, and Kids in the Garden, from 9 a.m. to Noon on July 15.

Also new for this season will be a sculpture, on loan through the Public Art Experience (PAX) committee, she said, and as always, a wide variety of plants. Because the Montrose Botanic Gardens are in the Plant Select program through Colorado State University, they are constantly testing and evaluating plants for suitability to this ecosystem.

—We don’t look for exotic plants, but for those that use our water well,” Ungrodt said.

Wise use of other resources has also been a hallmark of the Montrose Botanic Gardens, which has been supported by individuals as well as countless youth and community groups.

Ridgway’s Alternative Power Enterprises even donated the solar panels that power the equipment shed, so that the electric mower can be charged.

The Montrose Botanic Gardens are open from dawn to dusk, when the gates are closed to keep deer out. For more information, visit the web site, www.montrosegardens.org.

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REGIONAL NEWS BRIEFS

DMEA HELPS MEMBERS REDUCE ENERGY WASTE THROUGH EFFICIENCY

Special to the Mirror

REGIONAL-If you are looking for ways to reduce your energy usage, lower your bills, and cut energy waste, Delta-Montrose Electric Association has a program for you! In almost every household and business there are simple steps that you can take to use energy more efficiently, you just have to know where to look. DMEA's Energy Services department specializes in exactly that. They provide: energy efficiency rebates, high bill troubleshooting over the phone, tutorials on how to access your own in-depth energy usage information through SmartHub, and even

in-person energy audits at your home or business. All of these services are available free of charge as part of DMEA's commitment to their member-owners.

DMEA wants to ensure that their members are aware of and take advantage of all the energy efficiency programs that we offer. They offer a wide variety of energy efficiency programs, incentives, and advice to help you reduce energy waste, and save money for the little things in your life that matter most, or to improve the bottom line of your business, farm, or ranch.

According to Virginia Harman, Manager of Member Relations and Energy Services

at DMEA, "Everyone at the co-op understands that our members are looking for ways to lower their energy bills; energy efficiency programs are one way that we can help our members reduce their energy waste resulting in lower bills."

DMEA offers Commercial Energy Efficiency Rebates for:

- * Commercial lighting
- * Street and parking lot lighting
- * LED refrigerator case lighting
- * Electric heat pumps
- * Premium efficiency electric motors
- * ECM for commercial refrigeration
- * Variable frequency drive retrofits

DMEA offers Residential Energy Efficiency Rebates for:

- * Air Source Heat Pumps
- * Geothermal Heat Pumps
- * LED Light bulbs and LED light fixtures
- * Domestic Water Heaters
- * Heat Pump Water Heaters
- * Energy Star Refrigerators and Freezers
- * Energy Star Clothes Washers
- * Energy Star Dishwashers
- * Energy Star Air Conditioners

"In addition to taking advantage of our standard energy efficiency rebates; we also encourage all commercial and agricultural members to contact our Energy Services staff whenever you are working on any project that you think will result in energy savings for your business, farm, or ranch. We can often times help you with a custom project," explains Harman. "It is important that members reach out to us at the beginning of their project as many of our rebates have specific requirements and custom projects require pre-approval."

"Everyone at DMEA is dedicated to providing quality service and value to our member owners and we hope that they will take advantage of the many programs we are putting in place to accomplish that goal," said Harman.

For more information about any of DMEA's energy efficiency programs or to schedule an audit, contact Phil Zimmer or Rod Geiger with DMEA Energy Services.

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Mirror Photographer Sarah Berndt captured these images of a shared meal at Christ's Kitchen, and a tree in bloom.



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MONTROSE-Lynda works at the Downtown Montrose City Market, and has since 1973. She loves her work because of the people--"If they are feeling grumpy or out of sorts, they don't come through my line," she said. "I am waiting on my third generation of customers now." Thank you Lynda!!

RE-1J CHILDFIND SCREENINGS

Special to the Mirror

MONTROSE – Montrose & Olathe School District Child Find is offering a free developmental screening for children birth to five to assure that children with special needs are identified, evaluated, and appropriately served. Screenings cover: gross and fine motor skills, readiness and social skills, speech and language skills, vision and hearing. Year round screenings are available. Written Parent or guardian permission is required. Call Amber Gallegos, Child Find Coordinator at 970-249-2405 to schedule an appointment.

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REGIONAL NEWS BRIEFS

GRAND OPENING OF REGION 10 SBDC SATELLITE MARCH 31



Special to the Mirror

MOUNTAIN VILLAGE – Due to an increase in demand and support from the [Telluride Venture Accelerator](#) (TVA), an initiative of the Telluride Foundation, and the towns of [Mountain Village](#) and [Telluride](#), the [West Central Region 10 Small Business Development Center](#) (SBDC) satellite office is expanding to include San Miguel County and Ouray County.

According to Region 10's Small Business Resource Director Vince Fandel, the West Central SBDC program has been building slowly over the past year with robust programs in Montrose and Delta counties. After receiving requests from TVA and the Town of Mountain Village to expand its program to include San Miguel County, Fandel contacted the [state's SBDC](#) office

and the SBDC's host, Western State Colorado University, requesting a full satellite expansion.

To celebrate the expansion, the SBDC is hosting a grand opening of the satellite office March 31 from 1 p.m. to 3 p.m. at the Region 10 office, located at 300 N. Cascade in Montrose. Representatives from the state SBDC office, Western State Colorado University, and other community members will be available to answer questions.

A popular and invaluable service offered by the SBDC is free access to one-on-one business consulting and no to low-cost business training. According to Fandel, several consultants who live in the region have been screened, are in the certification process, and will be able to specifically serve the area's entrepreneurs. Local companies will also have access to other consultants certified throughout the state. To access services, San Miguel County business owners register online and will be paired with a consultant to discuss in con-

fidential meetings an array of topics like business planning, valuation, accessing capital, financial reports and analysis, just to name a few. Qualifications to become a consultant vary depending upon the individual's expertise.

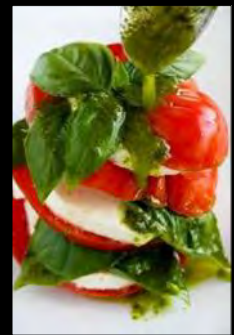
–With the start of TVA, more and more entrepreneurs and small businesses owners have emerged and requested access to mentors and advisors to help them grow their business,” explained TVA Director Thea Chase. –SBDC is a national resource that has provided this assistance for over 40 years, but until now service to our community was limited. We are excited to work with Region 10 and the Town of Mountain Village to build a robust network of consultants to help our local business community and entrepreneurs start and grow successful companies in the region.”

To attend the SBDC grand opening, RSVP [online](#) or at 970.249.2436, and for more information about the SBDC, visit, region10.net/smallbusiness.

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ARTS AND CULTURE

RIDGWAY AMATEUR SCULPTING CONTEST—TWO HOURS, FIVE LBS OF CLAY!

Special to the Mirror

RIDGWAY-Amateur sculptors from across the Western Slope of Colorado have a shot at winning big-time prize money by participating in the Third Annual Ridgway Amateur Sculpture Contest on May 2. John Billings of Billings Artworks, Michael McCullough of Firehouse Sculpture, Weehawken Creative Arts, the Ridgway Creative District, and the Sherbino Theater have teamed up to present this incredible community event at the Ridgway Community Center.

“Sculpting is the most primal form of art,” McCullough said. “Moving mud around or stacking rocks in an aesthetically pleasing way was probably the first form of fine art that humans experimented with. I don’t know of anyone who hasn’t made a mud pie or stacked blocks. It’s what we do every day – taking three-dimensional objects and assembling them in deliberately pleasing or unpleasing ways.”

Participants will have two hours to sculpt five pounds of clay.

A panel of professional artists will then determine the winners and award cash prizes. McCullough hopes the prize money motivates amateurs across the region — “to want an opportunity to get out there and take a chance on making five hundred bucks.”

Practice clay is available in five-pound

bricks for \$20 from Weehawken Creative Arts Ridgway (630 N. Cora Street or 970.318.0150) or online at Sculpture House, Inc (609.466.2986 or www.sculpturehouse.com). The clay is bees-wax based and will not dry out. (Order item # 577JWB Jolly King Plasteline Grey-Green Clay, five pounds.)

“The only people who aren’t allowed to compete are those who sculpt with clay professionally,” McCullough said.

Participants may bring up to three sculpting tools of their choice on contest day.

McCullough recommends tools such as a cheese slicer and a palette knife. “But my favorite tool is my fingers,” he said.

Registration for adults costs \$30 in advance (by April 24th) through Weehawken Creative Arts or \$40 for those registering after April 24 or the day of the event, if available.

Youth are invited to participate for a \$10 fee, or they may apply for a simple scholarship to waive the fee through Weehawken’s Zina Lahr Memorial Fund. Scholarship applications are available at Weehawken Creative Arts Ridgway (1075 Sherman Street, Ste. 201 in the main entry lobby) or at Ridgway Town Hall (201 N. Railroad St.).

To register, or for more information, visit: www.weehawkenarts.org (under News/Events – scroll down to Amateur Sculpture

Contest). Or call Weehawken at 970.318.0150.

The event schedule is as follows: 1 – 3 PM Sculpting Contest for amateur sculptors - public is invited to silently float in and out to observe (Ridgway Community Center) 3 – 4 PM Judging and transport of sculptures to Sherbino Theater, while contestants and attendees visit restaurants 1:30 – 4:30 P M MoonWalk: Participating restaurants offer sculpture-themed specials for purchase. (Restaurant list available at the sculpting contest.) 4:30 – 7 PM Sculpting Contest Awards Ceremony (5), spring-themed Photography Exhibition and People’s Choice Award, artist demonstrations from Weehawken’s SoulShine Artist Co-op, clay creation and pottery painting stations (Sherbino Theater) Prizes include: Sculpting Contest (Adults): 1st place prize - \$500, 2nd place - \$300, 3rd place - \$200, plus the John Billings Choice Award - \$250 Sculpting Contest (Youth): 1st place prize - \$200, 2nd place - \$100, 3rd place - \$50, plus the John Billings Choice Award - \$150 Photography Exhibition, People’s Choice Award: First place cash prize - \$100. See www.weehawkenarts.org for Calls to Amateur Sculptors and Photographers. Go to www.ridgwaycreativedistrict.com or www.facebook.com/RidgwayMoonWalks for more.

DOLA AWARDS \$1.9M GRANT FOR THE MONTROSE COMMUNITY RECREATION CENTER



Special to the Mirror

MONTROSE-The Department of Local Affairs (DOLA) has announced a \$1,900,000 grant award for the Montrose Community Recreation Center (CRC) and the Montrose Field House (FH). The

source of these dollars is the Energy and Mineral Impact Assistance Fund, which supports communities impacted by energy and mineral production. The grant, along with several others from outside of Montrose including a \$500,000 grant from the Daniels Fund as well as local fundraising, enables the enhanced CRC.

The enhanced CRC includes 10,000 additional square feet of recreation center including a third middle school gym, three more lap lanes in the competitive pool for a total of 11, doubling the size of the indoor walking track to include the ‘hill course’ where the elevation changes, and a solar hot water heating system to upgrade the energy efficiency of the CRC. These improvements will better serve the long-term needs of the community, and the Montrose Recreation District is very grateful for this support.

Earthwork is being completed by local firm Haynes Excavation currently, a necessary process to prepare the site for construction to begin in earnest in May. The official groundbreaking event will happen on Friday April 24. MRD would like to invite the entire community to take part in a 5K family fun run/walk from the original outdoor pool site at Rotary Park/Magic Circle Players, to the new CRC site behind Walmart. The run/walk, beginning at 5:30 pm, will symbolize the progress made by the community regarding our recreation infrastructure.

Free food, free family activities, a bonfire and the official groundbreaking ceremony will then happen on the CRC site, even for those not participating in the run/walk. MRD would like to invite everyone to celebrate this great new addition to our fine community!

REGIONAL NEWS BRIEFS

MONTROSE CHAMBER OF COMMERCE RIBBON CUTTING *CORNERSTONE HOME LENDING*



Special to the Mirror

MONTROSE-Cornerstone Home Lending celebrated their grand opening with a ribbon cutting! Cornerstone Home Lending Inc., the tenth-largest independent mortgage company in the U.S., continues its growth into the Western Slope of Colorado with offices now in Montrose and Ridgway. It is pleased to announce the recently formed local lending team, The Harmsen Team, consisting of Branch Manager and Senior Loan Officer Wil Harmsen, Loan Officer Ninah Hunter, and Loan Officer Assistant Trisha Halderman. They are located at 301 Main Street.



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“THE MAIN THING IS TO BE KIND TO OTHERS” From page 1



A photo shared by Cait Haynes' heartbroken friends at the A+Y Gallery downtown, where the beautiful, gifted teen sold her handmade jewelry. Since her death, Hayne's family and friends have spoken out about the cruel bullying she endured every day during her years at Montrose High School. Courtesy photo.

Being there for one another is the most important priority said Berndt, adding that there are resources available at the Center for Mental Health for those who choose to access them. Winter can trigger Depression, and the arrival of Spring does not always make things better, she said.

—Even the time change can be hard to take sometimes,” she said.

The Center for Mental Health is placing poppies at the Montrose Library and at the offices of primary care providers, to encourage those who don't know how to talk to someone who is troubled or who are troubled themselves to seek help before it is too late. The Center for Mental Health has also prepared a [card](#) to help those who are grieving, entitled, —Suicide Grief-

Healing after a loved one's suicide, offers coping strategies.”

—We always offer suicide prevention tips and training,” Center for Mental Health Marketing Director Janey Sorenson said. —But we felt that all of our communities would be grieving, and with the need so great, we put this together.”

Tips offered include some that might seem obvious—brace for powerful emotions, understand the grieving process, adopt healthy coping strategies, listen with compassion. Others are not as intuitive, however.

—The card also has coping strategies, and tips for how to talk to someone who has lost a loved one to suicide,” Sorenson said. —One of our goals is to do our best to prevent suicide, but we are also here for healing.”

The Pdf can be accessed from the Center for Mental Health Web Site, www.centermh.org, or on [Facebook](#).

Re-1J Schools Communications Specialist Erica Jiron found herself playing dual roles in the wake of recent tragedies. While working closely with school district officials, parents and the media to share information about resources and respond to questions, Jiron also had to be a source of strength for own family; her own child was close to one of the three young people whose deaths have rocked the region.

—A district, our approach is to Choose Respect,” Jiron said. —We are offering condolences, resources, a link to the [Cen-](#)

[ter for Mental Health](#), and a link to Safe2Tell.org. We are putting resources together and sharing them, to let people know that is ok to go through the grief process.

—Each of our schools has counselors available, from elementary through high school, to promote positive social and emotional growth. Our crisis team has been fielding calls, and working with staff and students.”

Because the friends and family of Caitlyn Haynes have spoken openly about the cruel bullying that Cait experienced daily at Montrose High School, the schools are also sharing the anti-bullying strategy of, —Stop. Walk. Talk.”

—This is about informing others—I don't like what you are doing,” Jiron said. —You are telling them, —Stop your behavior. Then you Walk to an adult, and you Talk to that adult.

—It's about creating awareness; it is important that we choose to respect others' differences, and our similarities,” Jiron said. —Our greatest priority as a school district is the safety of our students and our staff.

—As a community, we need to support one another and pull together.”

The main thing is to be kind to others, Berndt noted.

—The most important thing right now is to start the healing process,” Berndt said.

—It's time for our community to come together and just be there for each other.”



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REGIONAL NEWS BRIEFS

REGION 10 HIRES KARLA DISTEL AS REGIONAL TRANSIT COORDINATOR



Karla Distel.
Courtesy photo.

Special to the Mirror REGIONAL- With smaller population centers unable to drive private-sector solutions, dwindling public-sector resources, long distances between municipalities, and an increasingly mobile,

commuting workforce, transit continues to pose challenges for communities on the Western Slope.

New Region 10 Transit Coordinator Karla Distel will confront these challenges, thanks to a one-year, grant-funded, contracted position that is designed to bring together stakeholders and resources to improve and develop transit opportunities within the West Central region. Funding for the Transit Coordinator position was provided by Colorado Department of Transportation (CDOT).

“I’m just here for the short burst of energy to help get everybody together, so the existing partnerships can continue to flourish,” said Distel, who brings nearly 30

years of experience in local government to Region 10. As a Fort Lewis graduate, her fondness for Durango influenced her to begin working in the Finance Department for La Plata County, where she eventually became Director of Finance.

Her transit-related experience includes involvement in such projects as La Plata County’s senior service and transit programs, Durango’s in-town transit route, and Southern Ute Community Action Program’s (SUCAP) Road Runner program. She also worked closely with the La Plata County Road and Bridge Department, providing prudent financial analysis and projections that met the department’s strategic goals. Before retiring, Distel served a two-year stint as the CFO for the Grand Junction Housing Authority, and she started her own consulting business, Distel Consulting LCC, to stay busy during retirement.

Distel will hit the ground running with a number of transit-related projects already set in motion. Region 10 recently contracted with Felsburg Holt & Ullevig (FHU) to design a strategic implementation plan for the region. The goal of the plan is to devel-

op cost-effective solutions for transit in a six-county (Montrose, Delta, Ouray, Gunnison, San Miguel and Hinsdale) region, through ridesharing, volunteer programs, and public-private partnerships.

The strategic implementation plan will present plausible action steps, with options for funding. The kickoff meeting with FHU takes place on April 9th at the Region 10 office (300 N. Cascade, Suite 1, Montrose) from 2-4 pm. Distel will secure funding and facilitate stakeholder relationships throughout the region.

“What a great opportunity to collaborate and make the most of the dollars that we have available,” said Distel, who will also be responsible for coordinating with the region’s numerous transit advisory committees.

Ouray, San Miguel, and Montrose counties already have existing volunteer groups dedicated to transit coordination.

If you are interested in learning more or becoming engaged in the transit conversation, Distel can be reached by email (karla@distelconsulting.com) or phone (970.799.4419). To learn more visit www.region10.net.

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REGIONAL NEWS BRIEFS

GUNNISON BASIN ROUNDTABLE WATER PLAN MEETING TO BE APRIL 6

Special to the Mirror

MONTROSE—Members of the Gunnison Basin Roundtable (GBRT) and its representative agencies urge the public to attend a crucial input meeting at 7 pm on Monday, April 6 at 1391 South Townsend Avenue in Montrose (The Holiday Inn).

The intent of the meeting is to gather, consider, and incorporate changes and comments to the regional basin plan which will then be submitted to the state by mid-April. The entire Colorado Water Plan (encompassing feedback from all nine roundtables) is scheduled to be completed by Dec. 2015.

The GBRT was formed by statute in 2005, under the Colorado Water for the 21st Century Act; it is one of nine similar roundtables in Colorado, charged to “encourage locally driven collaborative solutions to water supply challenges,” assess “basin-wide consumptive and non-consumptive water supply needs,” and “serve as a forum for education and debate regarding methods for meeting water supply needs,” according to Colorado Governor’s Office.

Its 32 members represent all local governments and significant economic and environmental actors in the Basin.

The Gunnison Basin Implementation Plan (GBIP) was created by the GBRT for submittal to the Colorado Water Conservation Board (CWCB). It is designed to support regional water planning through the roundtable process established by the Colorado Water for the 21st Century Act.

The GBIP builds on previous roundtable work to propose and fund projects for meeting water needs. The GBIP also provides critical grassroots input to the forthcoming Colorado Water Plan (CWP).

To encourage locally-driven and balanced solutions to water supply challenges, the plan identifies water projects through targeted analyses of water issues in the Basin.

The GBIP includes analyses of water shortages, water availability under variable hydrologic conditions, and various site-specific water supply issues.

The ultimate purpose of the plan is to better identify water priorities in the basin and highlight proposed projects that will excel at meeting these priorities in the near future.

For additional information, visit: The Gunnison Basin Roundtable has prepared a more thorough guide to the CWP, keyed to the PDF chapters that can be downloaded from the website above. You can find this guide on the Colorado Mesa University website: <http://www.coloradomesa.edu/watercenter/>.



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REGIONAL NEWS BRIEFS

MONTROSE EDUCATION FOUNDATION NAMES RE-1J TEACHERS OF THE YEAR!



Montrose-Olathe 2015 Teachers of the Year are (left to right) Erin Martinez of Olathe High School; Meghan Waschbusch of Centennial Middle School; and Jody Hovde of Pomona Elementary School. Courtesy photo Montrose Education Foundation.

Special to the Mirror

MONTROSE-The Montrose Education Foundation, Inc. hosted a breakfast for the Teacher of the Year nominees on March 24, 2015.

Fifty-two teachers were nominated this year and were introduced during the American Education Week Reception which was held on November 20, 2014. Twenty-six outstanding educators completed the Candidate Questionnaire and were eligible for consideration.

Congratulations to the following recipients:

Elementary - Jody Hovde, Pomona Elementary Academic Coach. "Jody champions her school's students and colleagues daily, taking personal responsibility for Pomona's performance and outcomes."

Middle - Meghan Waschbusch, Centennial Middle Seventh Grade Science Teacher. "Megan tries to make things as fun as possible while we learn as much as we can. She is a perfect mix of sternness and joyfulness."

High - Erin Martinez, Olathe High Agricultural Teacher & FFA Advisor. "Erin is a truly dedicated teacher. She puts all of her time and energy into her classes and program. There is nothing Erin wouldn't do to help her students be successful."

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WEST CENTRAL WOMEN OF INFLUENCE...

AMY MCBRIDE



Amy McBride
Courtesy photo.

Interview by Gail Marvel

MONTROSE- Amy McBride, Montrose Regional Library District Development Officer, grew up in Iowa. However, her ancestral roots are firmly planted on the Western Slope, including great-great grandparents who homesteaded on

what is now known as Sleeping Indian Ranch. "Every summer we would come back to Montrose to visit family."

During her high school years Amy participated in a program called Future Problem Solving in which teams and individuals tackled big problems.

Working with a coach, students were given two hours to work on a problem and identify solutions. Competition was held on a regional, state and international stage and one year Amy was awarded third place internationally.

"I was third place in the world!"

Amy's parents were each leaders in their own right and she embraced both their passions — her dad's love for Colorado and the environment and her mother's pro-

pensity for activism. Amy's activism blossomed in college and it was there that she took to the streets marching for numerous causes.

Sports often play a role in developing leadership skills, but not in Amy's case.

"I took up rugby in college because it looked like fun. To this day I can't tell you how the game is played." She laughed, "I just loved tackling people. It's so much fun to throw yourself at someone and throw them to the ground!"

After graduating from college Amy took a position as community organizer and fundraiser for the Western Colorado Congress (WCC), a job she held for 16 years.

"Community organizing is one of the toughest jobs there is."

With WCC Amy participated in many controversial campaigns, such as trying to stop radioactive waste from being imported to the West End.

"Controversial issues and activism take a toll on you, so I switched my focus and energies more toward community service."

Areas of community involvement have included the Montrose Academic Booster Club, KVNF Public Radio Board, Montrose Regional Library Board and Rotary.

"In any organization I join I usually become president. I can't give 100 percent unless I'm fully committed to the organization; I want to see things get done."

When Amy sets her mind on something she is a force to be reckoned with. "I love

fundraising and putting people's giving in touch with something that makes them happy. Giving makes people happy; they *feel good* when they give. I truly, truly believe people need to give fully of their talents and resources." Amy's current fundraising project is for more books in the library.

Amy approaches everything as a cause, up to and including childbirth. "I thought okay, if you're going to be a parent, do it fully. If I'm going to have children, let's do it at home!" Amy's sons, Aidan (18) and Liam (15), were born in the family log cabin on Log Hill with the help of a midwife.

Aside from giving birth to her sons, one of Amy's proudest accomplishments was helping secure \$1.3 million in funding for the Naturita library. She joked, "It was like giving birth to my third child."

As for her style of leadership Amy realizes the importance of having a team.

"Everyone brings strength to a team; there is no 'I' in team. I don't want to be authoritative, but keep the team moving successfully in the same direction."

Amy's advice to leaders: "If you are going to do something, do it whole hog. Don't be afraid to get involved; the journey is part of the process and it's as important as the outcome."

"Every day we should be trying to develop leaders, passing down characteristics that turn leaders into community leaders."



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REGIONAL NEWS BRIEFS

COMMUNITY SPIRIT UNITED CHURCH OF CHRIST TO HONOR HOLY WEEK WITH SELF-GUIDED SERVICE APRIL 2

Special to the Mirror

MONTROSE-Community Spirit United Church of Christ in Montrose is entering into Holy Week in a very different way this year. "Holy Week can be so much more than an earnest reflection on the events surrounding Jesus' last days and hours on earth. This ancient story is telling itself in our time, if only we will but pause to reflect on struggles and injustices near and far," offers Rev. Karen Winkel, the church's pastor.

With this in mind, Community Spirit Church has planned a service for the evening of Maundy Thursday (April 2nd) that

will enable those attending to reflect on parallels between scenes from Jesus' final hours with his disciples and realities in play in participants' lives today. Prayer stations will dot the main entry to the church, each one inviting participants to consider contemporary and personal examples that relate to that station's focus scripture. Examples include Jesus washing the feet of his disciples, Jesus insisting that Peter will deny him three times, and Jesus asking God that his bitter cup might be removed.

For those who wish to walk it, a 36' Chartres Cathedral-style labyrinth will

grace the sanctuary. This ancient spiritual tool provides those attending an opportunity to deepen contemplation prompted at the prayer stations as they walk and pray.

Holy Communion will be available as a concluding experience.

Located at 2900 Sunnyside Way at St Paul Episcopal Church, Community Spirit Church's "self-guided" service will be offered from 6:15 p.m. to 8:15 p.m. For a richer experience, worshipers are encouraged to stay at least 45 minutes. There is no charge. Rev. Winkel can be reached at 970-765-7070.

2015 STUPID BAND SPRING EARTH DANCE

April 25, Doors open at 7:30 p.m.

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Experiencing the (local) Church

WRITER GAIL MARVEL VISITS CHURCH OF THE COVENANT



By Gail Marvel

MONTROSE—My visit to the Church of the Covenant took place on Oct. 12, 2014. There were eighteen in attendance and half of those were children. Pastor and Mrs. Michael Elliott deserve at least some recognition for filling the church pews because five of the young children are theirs — with another on the way. The children, all with biblical names, were proud to introduce themselves—Preul (a Hebrew name and the only girl), Gideon, Isaac, Aseph, and Silas. Mrs. Elliott laughed, “We started to realize we were neglecting [names in] the New Testament.”

Church of the Covenant is affiliated with the Covenant Presbyterian Church denomination and they meet in the conference room of the Quality Inn. In effect they are a portable church and each Sunday they bring in the accoutrements needed to transform the conference room into a place of worship. The chairs are set up, a podium put in place and emblems placed on the communion table.

The service began with responsive readings which were printed in the bulletin. Rather than a hymnal, the hymns were printed on an insert and the accompaniment was prerecorded audio music. This body of believers handles the Word of

God with utmost respect as evidenced in prefacing a Scripture reading with, “Hear the Word of the Lord ...” With the exception of one prayer delivered by Brad Fell, Pastor Elliott presided over all other elements of the worship service.

Originally Pastor Elliott developed his sermon around Matthew 24:1-35, but he was inspired to change directions and use Romans 10 as the basis for his message, “What is the Gospel?”

The word gospel in the Greek means “god news.” In New Testament times, news proclaimed throughout the land relied on a messenger going from town to town and literally putting the message in the ears of listeners. Pastor Elliott said, “What we do today is old-fashioned proclaiming the good news — but the good news about what? Jesus preached the gospel of the kingdom of God.” Similar to a seminary class lecture, Pastor Elliott went from one passage of Scripture to another in rapid fire succession, building upon his message. In an expository style of preaching the pastor explained and added insight into selected passages that were taken verse by verse.

The pastor referred to two types of attraction found on the current religious landscape — false paths and distractions. The first is that of *doing better*, “You are

doing some good; you just need to get better.” The second is *trying harder*, “Your best is good enough because God grades on a curve.” There is no one with perfect actions or desires that will satisfy God, “A person left to himself has no idea of how sinful they are.”

The communion table, the bread representing Christ’s body and the juice representing His shed blood, contained one large piece of flatbread and small goblets of juice in varying sizes. This congregation partakes of communion in family units and a representative from each family goes forward to pick up the elements — a piece of the bread torn off from the whole and a goblet of juice that will accommodate the size of family.

My perception of Pastor Elliott’s scholarly personality was proved out when he gifted me with two copies of the magazine *Voice of the Martyrs*, the quarterly *Free Grace Broadcaster*, and the devotional/daily Bible study *Tabletalk*. I had to laugh; I think he gave me homework!

Contact information:

Church of the Covenant
Quality Inn Conference Room
(Behind McDonald’s on S. Townsend)
2751 Commercial Way
Montrose, CO 81401
970-765-8028

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

ASSOCIATION OF MONTROSE CHURCHES HOLY WEEK SERVICES

Special to the Mirror

MONTROSE-The Association of Montrose Churches invites you to attend Holy Week Services the week of March 30 to April 3. The services will be held at 7 a.m. each morning and will conclude around 7:30 a.m. A continental breakfast will be served following each service. The services will be hosted by the following AMC churches:

Monday, March 30

1st United Methodist Church
19 South Park Avenue

Tuesday, March 31

First Church of the Nazarene
705 South 12th Street

Wednesday, April 1

Church On The Hill
(formerly Valley Baptist Church)
62985 Highway 90

Thursday, April 2

All Saints Anglican Church
2057 South Townsend Avenue

Friday, April 3

Seventh Day Adventist Church
Behind Holiday Inn on Townsend Avenue

A free will offering will be taken each day to benefit the Association of Montrose Churches Rent and Utilities Assistance Fund.



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

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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



Caring for people with dementia through Validation communication

Volunteers
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What is **VALIDATION**?

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

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

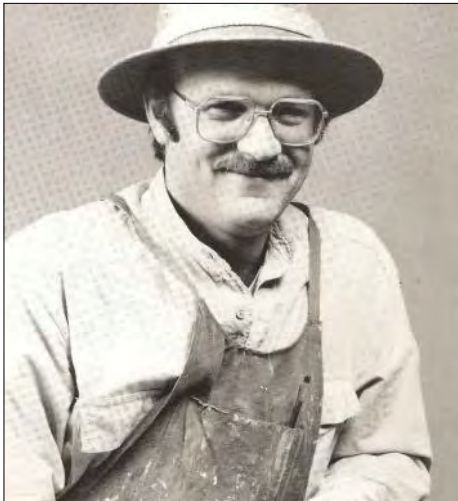
Visit **www.voavalidation.org** for more information on Validation and **www.voahealthservices.org** for a list of providers in Western Colorado.

www.facebook.com/VOAWesternSlope



ARTS AND CULTURE

THOMAS WINNE'S "FURNITURE SCAPES" ON DISPLAY IN APRIL



Classically designed furniture and paintings (right) by artist/craftsman Thomas Winne (above) will be on display at Creamery Arts Center in April. Courtesy photo.



Special to the Mirror

HOTCHKISS-The Creamery Arts Center will feature one of the area's finest artist/craftsmen during the month of April. Thomas Winne will exhibit his classically designed furniture and paintings in the Peach Gallery from April 8th through May 4th. There will be an opening reception held Friday, April 10th from 6 to 8 pm. Thomas Winne is one of the newest artist members of the Creamery and has mesmerized many people with his painting demonstrations during art openings.

After many years of home construction, cabinet making, and studies in the areas of art, business & economics; Winne Fine Furniture was established in 1974. From his residence in Mesa, Colorado Tom designs and builds high quality furniture, with projects ranging from privately commissioned works to large commercial pieces. As an artist, Winne combines his talent for oil painting with excellent craftsman-

ship resulting in beautiful —Furniture Scapes". Milling is done by machine and hand. All wood is shaped and sized before assembly, hand carved for uniqueness, sanded and put together with corner blocks, screwed, glued and doweled. After many stages of sanding, scraping and hand finishing with layers of stains, dyes and lacquers, pieces are buffed to a rich patina with hand blocks, oils, and powdered polishes. This process produces the finest finish possible and can take as many as eighteen steps to achieve.

The concept of visual design that is incorporated into Tom's furniture is enhanced by his hand painted landscapes. His genius with paints, palette knife and brushes combined with his flair for color adds elegance to the pervasive beauty of these fine pieces. Personal everyday items are enclosed in the beauty of his superbly constructed and artistically finished furniture. Blanket chests, armoires, entertainment centers, dressers, accent pieces and hinged room

screens (some as long as nine feet), along with several paintings will be featured in this first of its kind show at the Creamery Arts Center.

Please join us in celebrating Tom Winne's exceptional talent and imagine a special time and place you treasure, captured in a painting and brought to life in a form you can use every day. Tables full of refreshments, local wines and great company combine, promising an event worth attending. The Creamery Arts Center is located at 165 W. Bridge St. in Hotchkiss, CO. They are open 11 to 5 Mon - Sat. For more information they can be reached at 970-872-4848. You may also follow them on Facebook or visit creameryartscenter.org



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ARTS AND CULTURE!

AUSTIN PIAZZOLLA QUINTET TO PLAY WRIGHT OPERA HOUSE APRIL 11

Special to the Mirror

OURAY – Shake off the winter chills with a hot night of music and dancing as one of the foremost tango ensembles in the country performs a cabaret-style concert at the Wright Opera House on Saturday, April 11 at 7:30 p.m. The highly acclaimed Austin Piazzolla Quintet draws inspiration from the music of the late Argentinian composer Astor Piazzolla and has been described by Denver's Dazzle Jazz club as "one of the foremost tango ensembles in the country."

Founded by violinist James Anderson, the APQ has been performing to captivated audiences since 2009. With Jonathan Geer (piano), Mike Maddux (accordion, bandoneon), Tony Rogers (cello), and Pat Harris (bass), all from diverse musical backgrounds, the band continues the tradition of nuevo tango through intense live shows which feature unique arrangements of Piazzolla's compositions, innovative original works, and fiery improvisation.

Cabaret-style seating, a cash bar and authentic tango dancers will lend atmosphere to this unforgettable evening. Seating is limited so advance ticket purchase is highly recommended. The Austin Piazzolla Quintet concert at the Wright Opera



The highly acclaimed Austin Piazzolla Quintet draws inspiration from the music of the late Argentinian composer Astor Piazzolla and has been described by Denver's Dazzle Jazz club as "one of the foremost tango ensembles in the country."

House is presented by the Ouray County Performing Arts Guild. Showtime is 7:30 p.m. Tickets cost \$15 and are available online at www.ocpag.org or by calling 970-626-2970. For more information about the band, visit apqtango.com. The Ouray County Performing Arts Guild is a not-for-

profit organization bringing quality events in music, dance, theater and other genres to Ouray and Ridgway. Its purpose is to sponsor presentations and performers of the highest caliber in the performing arts for the enjoyment of Ouray County's residents and visitors.

HONORABLE MENTION

To Menudo's, for the delicious tamales by the dozen...

To the Montrose Postal Annex, for the kind of amazing, go-the-extra-mile customer service nobody expects from a Federal Agency...

To Mirror Government Beat Reporter Sandra Tyler, for sitting in on and reporting what happens at municipal meetings, item by item...

To all of the community members now speaking out about school bullying, and sharing their own experiences through public forums and in the media.

To public libraries across the Western Slope, in particular the Montrose Public Library, which also serves as an informal, essential, all-ages community center.

To you...thanks for reading!

REGIONAL NEWS BRIEFS

2015 NATIONAL MAYOR'S WATER CHALLENGE APRIL 1-30

Special to the Mirror

MONTROSE – City of Montrose Mayor Bob Nicholson is joining mayors across the country in asking residents to make a commitment to conserve water and cut pollution by taking part in a national contest aimed at drastically slashing water and energy use across the nation. In return residents can win a new Toyota Prius, water-saving fixtures, and hundreds of other prizes.

The Wyland Mayor's Challenge for Water Conservation, April 1-30, is a non-profit national community service campaign to see which leaders can best inspire their residents to make a series of informative, easy-to-use online pledges to reduce water and energy usage. The 4th Annual event provides an opportuni-

ty for communities to raise awareness about the importance of conserving and protecting this precious resource.

For the past three years, the City has announced the National Mayor's Water Challenge leading up to and as part of its Earth Week festivities, this year slated for Monday, April 20 – Saturday, April 25. —The theme of the City's 2015 Earth Week celebration is "Connect the Drops," said Mayor Nicholson. —The National Mayor's Water Challenge dovetails nicely with this year's local focus on "all things water."

Mayor Nicholson is encouraging Montrose residents to conserve water, save energy, and reduce pollution on behalf of Montrose at www.mywaterpledge.com/

[national](http://www.mywaterpledge.com/) throughout the month of April. Last year, residents from over 3,600 cities in all 50 U.S. states pledged to reduce their annual consumption of fresh water by 1.4 billion gallons, reduce waste sent to landfills by 36 million pounds, and prevent more than 179,000 pounds of hazardous waste from entering our watersheds.

—hope you'll pledge at www.mywaterpledge.com to help Montrose win in 2015," said Mayor Nicholson. —Cities with the highest percentage of residents who take the online, no-cost, non-profit challenge win bragging rights and participants become eligible to win prizes. We're hoping for great participation for the 2015 Challenge."

REGION 10 CLS HONORS ALL POINTS TRANSIT WITH ABOVE AND BEYOND AWARD

Special to the Mirror

REGIONAL-All Points Transit has gone Above and Beyond to create solutions to the transportation challenges facing Montrose and Delta counties. The organization currently provides nearly 2500 rides a month to seniors through the Older Americans Act program. They are working with community stakeholders to develop a volunteer transportation program in order to reduce the waiting list and offer older adults who do not need paratransit, other options. Region 10 Community Living Services is pleased to recognize All Points Transit for these creative efforts to improve transportation services to older adults and people with disabilities. If you are interested in learning more about these efforts please contact Sarah Curtis (Mobility Manager) at 970-249-6204.

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THE STUPID BAND

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doors open at 7:30 pm
\$10 admission plus two items for the food bank

ARTS AND CULTURE

LIPBONE REDDING TO PLAY GRAND JUNCTION'S RADIO ROOM APRIL 9

Special to the Mirror

GRAND JUNCTION-Lipbone Redding will play the Radio Room at KAFM April 9. Making a leap of faith in 1998, Lipbone began playing in the subways of Manhattan. An already accomplished performance artist and aspiring songwriter, he honed his craft in the late-night cathedrals and underground labyrinth of the New York City Transit system.

In 2001, Lipbone began an epic adventure that is still unfolding. He traveled to South America where he witnessed the power of music opening the hearts and homes of strangers. He was struck with a revelation that music was the key to spirituality and community.

Upon his return to the states, Lipbone loaded up his little camper truck, "The Beautiful Flying Machine," and made his way from town to town via the highways and byways of America. In 2003, his travels led him to San Francisco, where he

performed for early morning yoga classes and in the clubs at night, quickly earning a reputation as a versatile artist with a positive message. It was in San Francisco that he was introduced to the music of India and South Asia.

That same year he followed the Ganges in India into the Himalayas. There he remained for a year, living in ashrams, and playing music with local masters.

Several of Lipbone's songs have become Americana and Jamband radio hits throughout the U.S. and he can be heard on NPR, Internet and Community radio stations, as well as in tv and film sound tracks.

Since he first began in the subway, Lipbone has released eight albums and many live recordings selling thousands worldwide and with his blessing, pirated by many more. He has collaborated with art-



ists, musicians, theater & dance troupes, and toured widely, performing over 200 shows a year.

Check out Lipbone Redding's music at <http://www.lipbone.com/>. Admission to the concert is free if you have made an early, paid pledge to support KAFM of \$60 or more. Otherwise, tickets are \$20 at the door. The Radio Room is located at 1310 Ute Ave. Doors open at 7 p.m.

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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.



DMEA ELECTION IS ON THE HORIZON!

By Karen Connor

Delta-Montrose League of Women Voters REGIONAL-Does your vote make a difference?

Many eligible voters say that the reason they do not vote is that it doesn't make any difference, so why vote.

As a single vote among many, one vote probably will not make any difference in the outcome of an election.

HOWEVER, if all those voters who decided not to vote actually cast a ballot, then the sum total of these votes could make a difference.

Choosing not to vote is actually casting a vote for whoever wins; even if that is not the person or issue they would have voted for. So does one's vote make a difference? Imagine what our Counties might look like if every eligible voter was registered AND voted! Think about it and vote in the upcoming DMEA election in June. One person's vote along with others could make a difference.

Be sure to mark your calendars for the DMEA Candidate Forums so when you cast your vote you know why you are voting for the candidate of your choosing. Candidate forums are scheduled for Tuesday, May 12 at the Montrose DMEA offices, 11925 6300 RD and again on Thursday, May 14th at the Hotchkiss Sr. Center, 276 West Main Street, Hotchkiss. Both forums will start at 6 P.M.

Election ballots will be mailed to DMEA members 25 days prior to the date of the Annual Meeting. **Members' mail-in ballots should be received by June**

15th. Members may instead choose to vote at DMEA's 2015 annual meeting itself which will be held in Cedaredge, Colorado at the Cedaredge Assembly of God Church, 159 SW 9th Street, on June 17th, 2015. Votes will be counted by Survey and Ballot Systems.

Becoming a candidate and voting

In June of this year, 2015, DMEA member households will be asked to elect DMEA Board members for the following districts. The boundaries for these districts can be found on the specified URL addresses below each district.

District 1 comprising east central Montrose

[http://www.dmea.com/images/stories/DMEA%20BOARD%20DIST\(1\).pdf](http://www.dmea.com/images/stories/DMEA%20BOARD%20DIST(1).pdf)

District 2 including Olathe and surrounding areas

<http://www.dmea.com/images/stories/DMEA%20Board%20Dist2.pdf>

District 5 including west Montrose & surrounding areas

<http://www.dmea.com/images/stories/DMEA%20BOARD%20DIST%205.pdf>

If you would like to serve as a DMEA Board member there are some guidelines you need to know in order to become a candidate for one of the open Board positions.

If you have access to a computer, click on [DMEA election information](#) for information on becoming a candidate.

Petitions for candidacy will be available in early April, 2015

Eligibility

Aside from the exceptions listed below,

any member who has resided within the district a minimum of 45 days may become a candidate upon written petition.

The petitions for candidacy and other election materials will be available in April, 2015.

To be on the 2015 election ballot, **candidates must file a petition signed by at least 15 DMEA members.**

Those excluded from running for the DMEA Board are:

DMEA employees;

Members related to a DMEA employee, specifically a DMEA employee's spouse, daughter, son, father, mother, sister, brother, mother-in-law, father-in-law, son-in-law, daughter-in-law, brother-in-law or sister-in-law;

Members out of compliance with Article III, Section 3 of the [DMEA by-laws](#). Questions about bylaws & policies, contact Alex Shelley in DMEA's Communications Department at 1-877-687-3632 x207 or email communications@dmea.com This e-mail address is being protected from spambots. You need JavaScript enabled to view it .

DMEA's election policy and timetable, bylaws, and [district maps](#) will soon be available.

For more information on how to become a DMEA candidate or regarding DMEA's election process, please contact Alex Shelley in DMEA's Communications Department at 1-877-687-3632 x207 or email communications@dmea.com This e-mail address is being protected from spambots. You need JavaScript enabled to view it .

[CLICK HERE TO VIEW CSU'S
APRIL GARDENING CALENDAR
FOR MONTROSE COUNTY!](#)



MIRROR IMAGES...MONTROSE DOWNTOWN STYLE!



Above, Diana Hunter at [Creative Corner Artisans Coop](#) creates intricate and beautiful peyote bracelets under the name Royal Creations by Diana. All items at Creative Corner are juried, and the diversity of artisanal work has made 344 Main Street a shoppers' destination all year round.



Above, Nancy Turley of Shear Beautè II in LoMo (970.252.1011) has started carrying the popular L'Dara serum!



Above, Nina Crozier of Nina Suzanne's at 336 East Main St. always has something just right for that getaway you have planned...whether you are heading for France, Italy, Spain, or Crested Butte. Locally made SOM shoes continue to be hot sellers, she says. Nina has L'Dara too!

Below, Julian Keenan of [Ouray Silversmiths](#) at 312 East Main St. in Montrose and 630 Main St. in Ouray advises that if they don't have exactly what you want, they will design something beautiful just for you.



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- WHO COMMITS THESE CRIMES
- HOW TO PROTECT YOUR COMPANY AND REPUTATION
- LEARN ABOUT THE COLORADO ELECTRONIC CRIMES TASK FORCE, A COLLABORATIVE CRIME-FIGHTING ENVIRONMENT IN WHICH THE RESOURCES OF ITS PARTICIPANTS CAN BE COMBINED TO SIGNIFICANTLY IMPACT ELECTRONIC CRIMES.

MONTROSE • WEDNESDAY, APRIL 15 • 3-4PM

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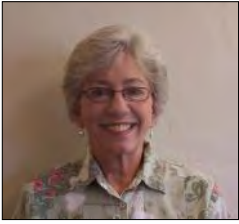


DISTRICT ATTORNEY
SEVENTH JUDICIAL DISTRICT



SANDRA TYLER-GOVERNMENT BEAT

MONTROSE BOCC WORK SESSION 3/24/15



Sandra Tyler,
Government Beat.

By Sandra Tyler
Government Beat
Reporter
MONTROSE-
BOCC WORK SES-
SION 3/24/15-The
Board of County
Commissioners are
supporting the grant
application to De-
partment of Local

Affairs for \$1.5 million for broadband development in Montrose County by providing funds for the "last" mile that will connect the anchor institutions to the broadband. The commissioners are requesting staff investigate what these anchor institutions currently have or don't have regarding access to broadband and what equipment (I-Pads, computers) will assist in providing better services to their clients. The list of these anchor institutions is confidential information. It was mentioned that the Naturita phone company has offered to "hook up" the airport there at no charge.

MEDIA RELATIONS UPDATE-April is Child Abuse Prevention Month. There will be a proclamation from the BOCC and a "Honk-a-thon" at Demoret Park on Main and Townsend from 4:30-6 PM. The theme for 2015 is "Stand Up for Children" and blue pinwheels will be seen a lot.

JIM PLUMHOFF & FAIRBOARD-BEER GARDEN-Mr. Jim Plumhoff and Fairboard members presented the idea of a Beer Garden at the Fairgrounds during the rodeo and motor-cross events on Friday and Saturday. He reminded the Commissioners that since 1920, when the land was deeded to Montrose, intoxicating beverages have been prohibited on the premises. The grandstands are on a parcel of the County land that Road and Bridge over-
sees. Plumhoff has worked with other cities that have Beer Gardens at their rodeos and the sale of beer has brought in \$10-\$12,000, of which some would go to a charitable organization in need. Use of off-duty sheriff staff in uniforms could be used as security per Mr. Rick Dunlap and observation of intoxication. People will be able to buy one ticket at a time from one area and then proceed to turn the ticket in for a beer from local brewery distributors at the event (2 Rascals, Horsefly, and two others have been contacted), thus allowing two opportunities to observe potential for

over-inebriation. There would be checkpoints to contain persons leaving the grounds with beer. The commissioners requested that staff check County policy re the consumption of intoxicating beverages on any county property.

PUBLIC WORKS-The purchase of a four-speed loader for \$19,950 vs the budgeted amount of \$350,000 for a loader was presented. The available loader is a '94 diesel, has used 3,000 hours, is versatile, easy to use, and parts are still available in the market. (my comment-WOW! There is a source of saved expenditures of \$330,050 that could be used for the broadband project.) For the Montrose County Road and Bridge 2014 Monthly Activity Summary Report, go to <http://www.montrosecounty.net/DocumentCenter/View/7706>

FINANCIAL REVIEW-Positive review of the Sales and Use Tax Report that can be found on line at <http://www.montrosecounty.net/documentcenter/view/7749> was presented. All revenues are trending well and are at the expected expenditures of 7.4 percent. The HHS Director position was recently filled. There are Dispatch vacancies, and the Fleet Manager position is vacant. It was noted by Mr. David White that the airport is overspent and the reason is unknown but Airport Manager Lloyd Arnold will be contacted. Mr. Glen Davis noted that \$25 million in construction is going on in the County. The clerk and recorder fees budget is lower this year but is also on track.

HHS UPDATES-The Family Planning Center Fee schedule for tests such as cancer screening will need a resolution of support from the BOCC. The rates have NOT changed. Title 10 supports with monies.

A discussion of the Homemaker Services provided on the West end through the County occurred. This was started when there were no companies in the community to provide assistance in the home setting to allow a client to remain in their own home as long as possible. Now there are organizations such as PASCO and Tri-County to provide this service. HHS is contemplating the eventual discontinuation of the Homemaker service at some future time.

The Tobacco contract has had no educator in the position for more than six months. Advertising of the QUIT LINE will continued to be marketed. There are

no anticipated future applications for this grant money. Smoking cessation will still be strongly advocated in their various health programs.

Upcoming Oct. 6 is an application for a grant of \$15,000 to collaborate with local partners to provide services to residents. No other information offered.

COUNTY ATTORNEY UPDATES-There has been no major changes in lawsuits. United Companies has secured a bond for 20 years. FAA is on board with the bond language and has put that in writing. It is expected that this will help in the Cossick lawsuit "going away." The mandatory training that Ms. Theresa Williams is conducting is going well and is having positive results with appreciation from those trained. There is potential concern re one of the Fair board members. The commissioners are aware of the issues and a recent caustic and threatening action by that member will result in removal of that person. It was suggested that there be consideration for Ms. Williams to let the community know about the need for various volunteer members for all the boards though Rotary, Heidi's Forum, etc.

Commissioner David White commented about several bills coming up in Colorado. One to report the race, gender, age for every citizen encounter; one regarding Officer truthfulness as currently if an officer lies, they are terminated but then the information becomes confidential, with the person involved being possibly rehired without knowledge of the issue; another bill to have "officer-involved shootings" be required to have a third party investigate. No bill numbers were given for me to research on the internet to provide information for you, the readers. I did find these: <https://legiscan.com/CO> and <http://www.colochiefs.org/pdf/Police%20Reform%20Press%20Release%203.16.15.pdf>. Sheriff Rick Dunlap shared that here in Montrose, any "officer-involved shootings" already are reviewed by a team composed of two sheriffs, two police officers, two from the Seventh judicial district, an investigator from the District Attorney's office, and an investigator from the Sheriff's Office.

He remarked that it is done differently in other counties. Congrats to the BOCC for being in the dugout and being willing to step up to the plate for broadband in Montrose County!

SANDRA TYLER-GOVERNMENT BEAT

MONTROSE REGIONAL DISPATCH CENTER WORKING GROUP 3/26/15

By Sandra Tyler

Government Beat Reporter

MONTROSE-Montrose Regional Dispatch Center serves not only Montrose County but also Ouray County and the municipalities of Telluride and Mountain Village. At the fifth meeting of the various entities on March 26 (including Montrose County Sheriff's Officers, Airport Fire, West End-Paradox Fire and EMS combined, West End-Nucla Naturita Fire and EMS combined, Montrose Police Department, Montrose Fire and EMS combined, Olathe Police Department, Olathe Fire Department, Olathe EMS, Ouray Police Department, Ouray Sheriff's Officers, Ridgway Marshal, Ridgway Fire Department, Log Hill Fire Department, Telluride) served by the Dispatch Center, those present heard from Dispatch Manager Susan Byrne, who provided information about staffing issues such as the current mandatory overtime policy to cover shifts meant for 19 with a current staff of 13 and the recent information learned during a recent trip to the Grand Junction Dispatch Center.

Montrose County Sheriff Rick Dunlap opened the fifth meeting with a request to refrain from discussion of the Public Safety Tax as that is controlled by others. Thirty percent of the Public Safety Tax is used to supplement various public safety entities (drug task force, emergency management, public health programs, other programs undertaken by the Public Safety Organizations acting within Montrose County, district attorney's office, Seventh Judicial District, coroner's office, fire protection district, fire department, and the 911 system) and 70 percent went to the Montrose County Sheriff's Office to hire 12 more deputies, expand training, and improve response times.

The Public Safety Sales tax of 3/4 of one percent was voted on in 2007 and was implemented on Jan. 1, 2008, providing \$5,200,000 on an annual basis. Since that

was done more than six years ago, the budgets of those entities mentioned have probably been reset to use the funds each year, leaving no remaining funds in reserve. Should of, would of, could of is now all in the past. Hence THE GAP needs to be rectified, which will be the agenda for the next meeting in two weeks at 3 PM, April 9, at Friendship Hall either downstairs or upstairs.

Ms. Byrne presented concrete information that the current staff is below the national recommendation level of 19. Currently there is a tough environment of stress for the current staff of just 13. The hiring to a level of 16 persons was felt to be adequate for the Montrose Dispatch Center to eliminate overtime costs.

The tour of the GJ Dispatch Center provided statistics that Montrose staff are paid below that of the GJ Center by \$6/hour and even lesser than the National hourly average.

After one year of experience, the salaries at the GJ Center are increased by \$3/hour. After one year, the staff in the Montrose Dispatch Center receive a 1.3 percent increase and have potential for merit raises. The tendency of staffers to move on to other, higher-paying dispatch positions either in GJ or other larger cities after obtaining that one year of experience leaves our center with less than the best scenario for scheduling to cover shifts. Hence the recent request of approx. \$200,000 to hire three more staff. This latter number is necessary to eliminate the mandatory overtime (paid at 1.5 times hourly rate), and to cover vacation time, family leave time, sick leave time, and holiday time. If they work holidays, they are paid at the regular hourly rate). Those present asked excellent questions that were answered well by



The next meeting of the regional dispatch working group will be at 3 p.m. on April 9, at Friendship Hall. Photo by Sandra Tyler.

Ms. Byrne and Mr. Dunlap. Two County Commissioners, Mr. Glen Davis and Mr. Ron Henderson, and County Manager Mr. Ken Norris were present and asked questions.

Other information such as cost/incident revealed that Montrose is below (\$22, remember salaries are \$6 less/hour) that of GJ (\$29); cost per capita is below (\$30, again salaries are \$6 less/hour) that of GJ (\$36.40), population served/number of dispatchers is higher (5,236 incidents/dispatcher) than that of GJ (4,387 incidents/dispatcher), incidents per person capita are above (1.39) that of GJ (0.98), and residents/dispatcher are below (3,363) that of GJ (4,479). Costs and numbers served/dispatcher are less but incidents are higher.

Do we call 911 more often or are there more tourists calling in? We can only guess but one thing is certain, we need more staff, we need to be competitive in salaries, and we should consider what the dispatcher does that could be done by a lower paid individual (such as the making of tapes as requested by attorneys and residents).

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BLACK CANYON BARBERSHOP CHORUS CONCERT FUN FOR THE WHOLE FAMILY!

By Liesl Greathouse

REGIONAL-For family-friendly fun and music, the Black Canyon Barbershop Chorus' Annual Concert provides a wonderful evening for all to enjoy.

The 40th Annual Black Canyon Barbershop Chorus Acappella Music Concert 'Country Roads' will be April 10 in Delta and April 11 in Montrose. It will feature quartets Rocky Road and Fourmata, the Del Rose Chorus, and guest quartet Saturday Evening Post. The emcee will be Jim Kerschner.

The show will be on Friday, April 10 at 7 p.m. at the Delta Performing Arts Center, 822 Grand Avenue, and on Saturday April 11 at 7 p.m. at the Montrose Pavilion, 1800 Pavilion Drive.

—Having done this for 10 years, it is always amazing how much the show comes together in the last month,” said the Chorus' PR-VP Dennis Olmstead. —We pick two or three songs that we have either not performed in a while or have never done before to sing at the concert. They sound terrible at first, but we end up with very good music.”

—We are featuring western music, such as songs by The Sons of the Pioneers, one of the all-time top western singing groups,” explained Director MaryAnn Rathburn. —Last year our show was about Las Vegas, so it is fun to shake it up and do something different this year.”

This year's show features western, spiritual and barbershop singing. Some of the great selection of songs includes 'This Is My Country', 'He's Got The Whole World In His Hands', a 'Spiritual Medley', 'Home On The Range', 'Oh Bury Me Out On The Lone Prairie', 'It's A Pity To Say Good-night' and 'Are You Lonesome Tonight'.

—This year we have some spiritual melodies and rockin' church songs,” Olmstead said. —I like 'Just A Closer Walk' and 'He's Got The Whole World In His Hands.’”

—Home on the Range' is a beautiful, haunting arrangement,” Rathburn added. —With our 'Spiritual Medley,' while Barbershoppers are normally acapella, they all agreed to let me play the piano and we are having tambourines with it. I was dying to play the piano and it will be utterly different than anything else in the show.”

The guest quartet Saturday Evening Post

is made up of Bobby Gray (tenor), Allen Gasper (lead), Brian Beck (baritone), and Thomas Wilkie (bass). The group has a long and rich history of performing all over the world and entertaining audiences with their unique brand of barbershop harmony. From jazz to Broadway, gospel to pop, the group performs a delightful mixture of American favorites. —I have heard them sing, but I have not seen them perform,” Rathburn said. —I hear that they are funny and fun to watch. Guest quartets take the show up a notch.”

The group has also enjoyed a successful career in the Society's International Quartet Contest, having won a bronze medal in the 2004 contest in Louisville. The group also recently came out of "contest retirement" one more time to compete and win the 2015 Seniors Quartet Championship! —They have been singing together as a group for a long time, which does not normally happen,” Olmstead explained. —Normally people retire, get tired of it or just do not want to do it anymore. They are very, very good and they showed that by winning first place.”

For more information on the quartet, visit seppquartet.org.

The Black Canyon Barbershop Chorus was formed in the spring of 1975 and now proudly represents both Delta County and Montrose County with roots in the communities of Hotchkiss, Cedaredge, Delta, Olathe and Montrose. Any man that likes to sing is invited to join the Chorus in song on Thursday evenings, 7 p.m. at the United Methodist Church, 518 Hersum Avenue in Olathe. It is a great opportunity to sing and create lasting friendships. For more information on being part of the group or



This year's guest quartet, Saturday Evening Post, is made up of Bobby Gray (tenor), Allen Gasper (lead), Brian Beck (baritone), and Thomas Wilkie (bass). Courtesy photo.

to check it out, call 486-0126.

Both Olmstead and Rathburn are excited for people to see the show.

—From a singer's standpoint, we would like people to know that we have a real good time singing and we want the audience to have fun at the show,” Olmstead explained.

Rathburn said, —The world is so crazy right now, and overall, for me personally, I want the show to be comforting to people and provide them with peaceful music.”

In Delta, tickets are for sale at the Delta Chamber of Commerce. Tickets in Montrose are available at DeVinny's Jewelry and the Montrose Pavilion. Tickets in advance are \$13 each, \$15 each at the door. In Montrose there will be an Afterglow show, with food, for \$10 each at the door.

For more information, visit blackcanyonchorus.org.



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 30-April 3-Montrose Association of Churches Holy Week Services listed on page 21.

March 31-Grand opening celebration for Region 10 West Central SBDC San Miguel County satellite office. To attend the SBDC grand opening, RSVP [online](#) or at 970.249.2436, and for more information about the SBDC, visit, region10.net/smallbusiness.

April 1-Montrose County Historical Society Presents "Saving the Historic 1885 Enos T. Hotchkiss Barn," related by Chris Miller, Executive Director of Interpretive Association Western Colorado, 7 pm, Pioneer Room Friendship Hall, 1001 N.2nd St., Montrose. For more information call 970-323-6466.

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

April 1-Delta Chamber of Commerce, Women in Business event, 5:30 to 7 p.m. Delta Chamber, 301 Main Street.

April 1 - "A Framework for Understanding the ISIS Crisis: Examining the Root Causes of Islamist Extremism" lecture by Dr. Nader Hashemi of Denver University. 7 p.m., Avalon Theater in Grand Junction.

April 2-Montrose-Delta League of Women Voters presents, "An Overview of Social Security," Noon-1:30 p.m. in the Montrose Library Community Room.

April 4-Canyon Creek Bed and Breakfast, Laff Inn Comedy Night, Bridges of Montrose. 7 p.m. Tickets are \$15, show is 21+. For tickets <http://www.canyoncreek.eventbrite.com/>.

April 6-Gunnison Basin Roundtable meeting, 7 p.m. at the Holiday Inn Express in Montrose.

April 7-Estate Planning-Beyond the Basics. 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. 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.

April 7-9 a.m. to 3:30 p.m., UP Collaborative Forest Landscape Restoration Project Annual Stakeholder meeting, Hampton Inn, 1980 North Townsend Avenue, Montrose.

April 8-May 4: Creamery Arts Center in Hotchkiss presents works by Artist/Craftsman Thomas Winne. There will be an opening reception held Friday, April 10 from 6 to 8 pm. The Creamery Arts Center is located at 165 W. Bridge St. in Hotchkiss, CO. They are open 11 to 5 Mon - Sat. For more information they can be reached at 970-872-4848. You may also follow them on Facebook or visit creameryartscenter.org.

April 9-Kickoff meeting for Strategic Transit Implementation Plan, Region 10, 300 North Cascade, 2 to 4 p.m.

April 9-Public Lands Partnership, Montrose Library (320 South Second St.) present lecture, *Native Plants Program*, 7 p.m.

April 9-Delta Listen and Learn. 12:30 to 1:30 p.m. Learn the differences between SSI, SSDI and Social Security Retirement, what the qualifications are and how to navigate the system. This class will take place at the Hotchkiss Sr. Center on 276 W. Main. Check in starts at 12:15 and we will start promptly at 12:30. Required: Register online at www.region10.net or call 970-249-2436 or toll free 1-855-800-6050. Register also with Delta County Senior Resources 712-2295.

April 9-Montrose Regional Dispatch Working Group Meeting, Friendship Hall, Montrose County Fairgrounds, 3 p.m.

April 10-11-Black Canyon Barbershop Quartet presents their 40th Annual Show, 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.

April 10-12-San Juan Independent Film Festival, Downtown Montrose.

April 11-Austin Piazzolla Quintet Concert — Tango music - 7:30 p.m., Wright Opera House, 472 Main Street, Ouray. Tickets \$15, available online at www.ocpag.org or call 970/626-2970.

April 11-Bookcliff Barbershop Harmony Chorus presents "Grand Valley's Got Talent!" *The Bookcliff Harmony Chorus and Quartets, Cover Charge -- Sweet Adelines Quartet, Local Youth Choirs and Singers from schools in the Grand Valley, The Avalon Theater, Saturday, April 11, 2015, 2 pm and 7 pm. Adults \$15, Students \$10.* For tickets or information on the show call 970-257-SONG (7664).

April 14--Montrose County Food Safety Class, Friendship Hall Kitchen 2 to 4:30 p.m. Montrose County Fairgrounds. RSVP to 970.252.5067 or 970.252.5043.

April 15-CSU Tri River Area Extension presents Food Safety Training for Cottage Food Producers, 9 a.m. to Noon, Montrose County Fairgrounds, with Jeanne Rice, CSU Extension Educator, presenting. Preregistration is required - \$25 fee. Please pre-register by calling the Mesa County Extension office at: 970-244-1834.

April 15-Second Annual Region 10 Caregivers Summit and Retreat, 9 a.m. to 3 p.m. at Montrose United Methodist Church. \$10.

April 17-18-Delta Home and Garden Show, Heddles Rec Center, 531 North Palmer St. Call 874-8616 for information.

April 24-Community Groundbreaking Ceremony for new Montrose Recreation Center, 5:30 to 7 p.m. CRC site behind Walmart at Woodgate and Ogden roads. 5K run/walk, beginning at 5:30 pm, will symbolize the progress made by the community regarding our recreation infrastructure. Free food, free family activities, a bonfire and the official groundbreaking ceremony.

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

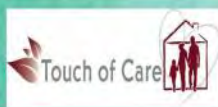
19 S. Park Ave, Montrose

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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www.montrosemirror.com

Below, U.S. Marine Corps veteran and Welcome Home Montrose inspiration Jared Bolhuis kayaks the Uncompahgre at the Montrose Water Sports Park with a friend; at right, Escalante Canyon.



*Back page photos
by Sarah Berndt.*

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locations:**

April 18, 2015 • 8 AM - 11 AM

2770 Alpine Drive, Montrose
1400 East Main Street, Montrose

April 25, 2015 • 8 AM - 11 AM

119 Liddell Drive, Ridgway

May 2, 2015 • 8 AM - 11 AM

1660 Highway 92, Delta



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