

Like us on Facebook

Visit us online at
montrosemirror.com

Please Support
our Advertisers:



www.montrosecounty.net



www.montrosehospital.com



www.smpa.com



Howard Davidson Agency

<http://www.farmersagent.com/hdavidson>



www.dmea.com



www.scottssprinting.com



<http://deltacolorado.org>



Proud partner of the Alpenglow Arts Alliance!
Please go to www.alpenglowarts.org for more information.

www.alpenglowarts.org



THE MONTROSE MIRROR

Fresh News for Busy People-Weekly on Mondays!

Issue No. 161 March 14 2016

'EVERY YEAR IS DIFFERENT' SO FAR, WATER OUTLOOK AVERAGE FOR 2016

By Caitlin Switzer

REGIONAL-Western Slope water consumers can likely expect a normal irrigation season, with average water levels and yet another Front Range effort to pass Public Trust legislation in the state. According to the Denver University Law Center, "public trust doctrine provides that "the state holds certain natural resources in trust for the benefit of its citizens." The state may provide for the private use of these resources, and allow private entities to obtain property rights in those resources, but the state must always ensure that the purposes of the trust are fulfilled."

While efforts to pass public trust legislation were dropped last year, they tend to be as perennial as spring crops, notes Colorado Division of Water Resources Division Four Assistant Engineer Jason Ullmann. "Those public trust initiatives are always looking to get on the ballot," he said, noting that if it is ever passed, the legislation would give government more power over water use. Ullmann advised voters to educate themselves about the ramifications of Public Trust doctrine. "It's

Continued on page 5



Blue Mesa Reservoir in summer, as seen on the Gunnison Crested Butte Facebook Page. Regional water storage reservoirs like Blue Mesa and Taylor Park will fill this year, officials say. Courtesy photo.

VALLEY FOOD PARTNERSHIP COVERS GROUND



The Valley Food Partnership Food and Farm Forum, above, draws interested growers every year, and is timed so that even busy farmers can attend, Courtesy photo.

By Liesl Greathouse

REGIONAL-Promoting whole foods for the whole family is one of the key goals of the Valley Food Partnership. It helps the local community in a variety of ways, from connecting consumers to food producers, helping schools set up gardens, and teaching families how to prepare delicious and healthy meals everyone will enjoy.

According to their website, the Valley Food Partnership "is a small group of dedicated volunteers who are working together to grow a healthy community by connecting local farms to local forks. Their membership includes farmers, parents, health professionals, restaurateurs, chefs, educators, non-profit organizations, and community based organizations such as the hospital, school district, recreation departments, and senior programs."

It is the love of helping people get healthy that is the heart of the organization for President Carol Parker, who has been part of the group since its inception in

Continued on page 21

in this
issue

Gail Marvel's
Club Connection!

Mom, son escape
carjack attempt!

Library Tables Peace
Pole request!

Local stories,
Local photos!

Regional events
Calendar!

BOCC VOTES ON FIRST READING TO ALLOW OHV'S, ATV'S ON OLD PARADOX ROAD; BEAVER HILL HEIGHTS NEIGHBORS EXPRESS CONCERN



In other business, Sandra Tyler informed the BOCC it is time to begin recycling efforts at Montrose Regional Airport.



Also at the meeting of March 8, Montrose Clerk & Recorder Tressa Guynes recognizes her department members and the County's vital statistics team, honored for excellence by the state for the third year in a row. "Only one other County holds this distinction, Guynes said. "It is really remarkable."

By Caitlin Switzer

MONTROSE- Beaver Hill Heights homeowner Sherman Mathieu addressed the Montrose Board of County Commissioners (BOCC) at a regular meeting March 8, expressing concern over Agenda Item 7; Ordinance 2016-1, which authorizes the use of off-highway and all-terrain vehicles on the Old Paradox Road. Originating at an intersection with the Popular Road, Old Paradox Road ascends from the valley floor to the higher elevations of the Uncompahgre Plateau. Mathieu said that the road currently identified as Old Paradox Road is just 60 feet in front of his home, and that significant research shows that the actual route should be 300 feet to the southeast.

"We need to get everybody into a room and come to an agreement," Mathieu said.

The plan is not necessarily set in stone, but the County needs for the Beaver Hill Heights homeowners to come up with a plan they can agree on, said County Commissioner Glen Davis.

"We want to make everybody happy, but we can't seem to get everybody on the same page," Davis said. "We are perfectly

willing to work with the group as a group, but we can't do

this on a one-on-one basis. We are open to any solution that most of the people can agree on; we hope you will take the opportunity to work with the County."

Beaver Hill Heights Homeowner Dean Reimann also addressed the BOCC. "I wish we could all work together on this. It seems like we lack communication."

On March 8, the BOCC passed 2016-1 on first reading. "It is not our intent to impose hardships," Davis said. "We are willing to work with your group. But we need to move on." To make the requested change at this stage in the process would require almost unanimous agreement on the part of Beaver Hill Heights homeowners, he noted.

Mathieu thanked the BOCC for its willingness to cooperate, and reiterated that the majority of Beaver Hill Heights residents are willing to cooperate as well. "We have no illusions that balking at the process is

going to stop it. Some property owners just don't understand the process, and have an uncooperative attitude...we may have to hog-tie some neighbors, but we're willing to do that, if we could just have six weeks." Seven properties are currently in contention, Mathieu said. A total of 50 property owners live within the Beaver Hill Heights subdivision, and 15 would be impacted by the chosen route.

The current route was identified through GPS, County Manager Ken Norris said.

This is probably one of those situations where some people are just not going to be happy, Commissioner Ron Henderson said. "This is the first reading; maybe in the meantime you can suddenly up and come to an agreement," Henderson said. "We realize that there are going to be some unhappy people. But sooner or later you have to drive a stake in the ground and get 'er done."



No reprints without permission.

Publisher: Caitlin Switzer, Blast Circulation: 8k Social Media 2, 998+

Featured Freelance Writers: Liesl Greathouse, Gail Marvel,

Rob Brethouwer

Post Office Box 3244,

Montrose, CO 81402

970-275-0646

www.montrosemirror.com

editor@montrosemirror.com

THE
MONTROSE MIRROR

OPINION/EDITORIAL: COMMENTARY

HOME RULE VS. COUNTY GOVERNMENT



Gail Marvel.
Courtesy photo.

By Gail Marvel
Editor's note: In full disclosure Gail Marvel served on Montrose City Council 2008-2012.

MONTROSE- Candidates running for Montrose City Council and Montrose County Commissioner are all singing a song of unity. They seem to agree

that the administrative staffers of each entity work well together and that the angst and consternation occurring between them lies at the feet of the elected officials and those folks behind the scenes wanting to direct the use of taxpayer dollars.

Many constituents, and even some of those running for elected office, do not understand the difference between home rule (municipalities) and county govern-

ment. Sam Mamet, Executive Director for the Colorado Municipal League (CML) was asked to give a simple explanation of the difference between home rule and county government. He wrote:

"Municipal home rule is in the constitution, and it grants the right to any resident of a city or town to initiate home rule. It grants power and authority to a municipality to look first at the community to see what ordinances need to be passed and services provided, rather than look towards the State Capitol for permission. There are a lot of court cases defining municipal home rule. It has been in the constitution since the turn of the last century. One hundred of the 278 cities and towns in Colorado, like Montrose, operate under a home rule charter.

County powers, however, are specified in the Colorado constitution. Generally speaking, they can only perform those functions specified by the State of Colora-

do.

They are considered agencies of the state at the local level for many powers. There is county home rule in the constitution, and it is more restricted than municipal home rule. In Colorado two of the 64 counties operate under home rule: Weld and Pitkin."

In Montrose the common thread of public disagreements between elected officials of the city and county can be traced back to money, power and control. Generally speaking, county revenue comes from property tax and city revenue is generated through sales tax, a more variable form of revenue. Elected officials come and go (two to four year cycles), as do community watchdogs with their pet projects — all of whom think they are the best stewards of tax dollars. When governmental agencies covet one another's pocketbook it should come as no surprise that there are conflicts and differences of opinion.

Local Support for Your Business



FARMERS
INSURANCE



Brenda Swank
Agent Producer

HOWARD DAVIDSON AGENCY

- Business Owners • General Liability
- Commercial Property & Auto
- Contractors • Workers Comp

CALL US TODAY!
970-249-6823

GET A QUOTE

COME SEE US!

1551 Ogden Road • Montrose, CO 81401

www.farmersagent.com/hdavidson



RIDGWAY MOONWALK

Ridgway Creative District
MoonTalk:

Sharing
Our Area
Through
Words

Saturday
March 19, 2016

5:30-8:30pm

Ridgway Community
Center

5:45pm

*Panelists talking about this
area and their creative work*

Ann Dettmer

Deidra Krois

Kellie Day

**Rosemerry Wahtola
Trommer**

Kierstin Bridger

7 pm

*Interactive book project
with Ann Cheeks
and the community!*

For more information:

Diedra Silbert at 970.626.5308 ext.215
and dsilbert@town.ridgway.co.us

RidgwayCreativeDistrict.com
and facebook.com/RidgwayMoonwalks



Ridgway MoonWalks are a project of the Ridgway Creative District

WATER OUTLOOK AVERAGE FOR 2016 From pg 1

something people need to watch for," he said, "and that you need to learn something about it if goes to the ballot box."

Part of the role of the Division Engineer's office is to educate the public on Colorado's priority water system of First in Time, First in Right. "Water is already in the public trust," Ullmann observed. "It is a public resource that can be appropriated by the people; you can get a portion to use for beneficial purposes, but you have to meet certain criteria." The job of the Division of Water Resources is to enforce Water Court decisions, which are almost always opposed by Environmental Groups. Division Engineer Bob Hurford does presentations to the public and to interested organizations on efficient irrigation and water use, [including one to Club 20](#) in February.

"It takes a certain amount to irrigate a field," Ullmann said, noting that even water that runs off is not wasted. Rather, unused water flows back into the ground or stream. "That water can be used later," Ullman said, pointing out that water effi-

ciency can be a difficult subject to comprehend.

"A crop uses the same amount of water no matter how much you put on," he said. And while piping ditches decreases the amount of water lost en route, such efficiencies also have [consequences](#). [An article in the Western Slope Watchdog](#) last year highlighted the impact of one ditch piping project on Rogers Mesa. Though the project was undertaken to decrease salinity and increase water efficiency, neighbors suffered from property disturbances and loss of wildlife habitat.

Trees and plants can be the result of an irrigation ditch, Ullmann said. "We don't control private ditch companies," he said. "Piping is a benefit to them, because they don't lose as much water, and the federal government is paying for projects that reduce the amount of salts that go into the Colorado River."

Snowpack data compiled by the NRCS as of March 12 shows snowpack in the Gunnison River Basin at 95 percent of an aver-

age year.

"We're doing better than last year, but not as good as people think," Ullmann said. "But average is good; we have enough water to fill Blue Mesa and Taylor Park."

Soil moisture is also strong going into the season, he said. "We had quite a bit of low snow early on, and the snow stuck around," Ullmann said. "But now the ground is drying out."

When it comes to irrigation, timing is everything. "Timing of precipitation affects irrigators," Ullmann said. "If it is dry early on, the irrigators want their water early. If it's wet, they are not as keen to water. So far, they want it on early—the UVWUA is talking about opening the tunnel March 21."

In the end, uncertainty remains the only certainty when it comes to water. "You just never know," Ullmann said. "We could still get dumped on. May of last year was our biggest ever."

Every year is different."

It's That Time!

★

Ballots

FOR CITY COUNCIL WILL BE IN YOUR MAIL DURING THE WEEK OF MARCH 14TH.

★

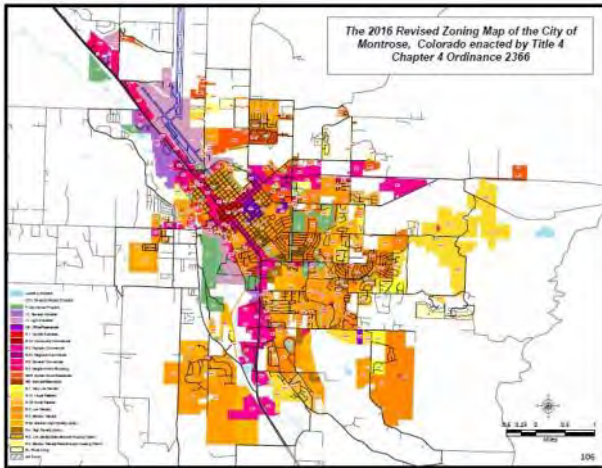
MARGE MORGENSTERN

for City Council

Please **VOTE** *for Marge by April 5th!*

PAID FOR BY THE MORGENSTERN ELECTION CAMPAIGN

CITY COUNCIL TO PASS SWEEPING ZONING CHANGES



City of Montrose updated zoning map.

Mirror Staff Report

MONTROSE-Three new staffers will be introduced to the Montrose City Council at the [regular work session](#) of March 14. Joining the City as employees are Animal Shelter Technician Rachel Lund; Street Division Workers John Komives and C. Ben Munoz. Council will welcome the first grade class from Pope John Paul II Academy, and will discuss the Uncompahgre Valley Association's proposed Dark Skies Initiative. Assistant City Attorney Andrew Boyko will provide Council with an update on documents required by the Montrose Emergency Telephone Service (METSA).

City Manager Bill Bell will present Council with information on the Rural Jumpstart Resolution; City Public Works Director John Harris will provide information on engineering design upgrade

recommendations for the Montrose Wastewater Treatment Plant Headworks. Harris will also present information on the Columbine/Pomona Safe Routes To School Project Construction Contract; the West Side Arterial Phase II Design Change Order; and the City's expanded recycling program.

[Written reports include a City Youth Council Report; Colorado Municipal League Policy Committee Report; and Region 10 League for Economic Assistance & Planning report.](#)

Future Work session discussion topics include the pending Dark Skies Initiative proclamation; Trattoria di Sofia Beer and Wine liquor license application; City Council Appointments to Region 10 and TRAC; Swearing in of new City Council members; Selection of Mayor and Mayor Pro Tem; Youth Council report to City Council; Community Leaders Fellowship Project Final Reports; and an "Economic Development Plan" prepared by government officials.

[A presentation to Local Law Enforcement Officers](#) by Thin Blue Line Event Organizer Megan Hess of Signature Events is on the schedule for the regular City Council meeting of March 15.


Council will hear as well an update from the City's Office of Business & Tourism, provide by OBT Director Rob Joseph.


Sweeping zoning changes are proposed in

Ordinance 2366, which will be heard on first reading. Ordinance 2366 repeals and reenacts the City's zoning regulations and Official Zoning Map.



Consent Agenda items include consideration of Resolution 2016-05, which authorizes the Montrose Police Department to file a two-year, \$54,263 Victims of Crime Act (VOCA) Grant through the Colorado Department of Public Safety, Division of Criminal. The funds will pay for 50 percent of the full-time base salary of the senior level Victim Advocate position along with the purchase of a Veridesk Unit.


Council will consider approving Ordinance 2365 on first reading, an ordinance that imposes a 70 cent surcharge on service users of the Montrose Emergency Telephone Service Authority (METSA); Ordinance 2364 on first reading, an ordinance authorizing the release of a dedication of real property to Gregory Fulks and Benjeana Hadley; Resolution 2016-06 appointing Chief Tom Chinn to the to the METSA Board of Directors; and Resolution 2016-07, a general resolution affirming the provision of incentive payments, exemptions, or refunds, as appropriate, to all new businesses under the Rural Jump-Start Program. Council will also consider approving the purchase of three Hustler Super Z mowers from Spradley Barr Ford Lincoln of Greeley for \$30,497.94 total; the purchase of three Ford F250 standard cab trucks from Spradley Barr Ford Lincoln of Greeley for \$78,837 in total; and the purchase of one John Deere 310S backhoe loader from Honnen Equipment for \$98,164.






**Men's
Sizes
7-13**







Landscape Collection

The Landscape Collection highlights Ahnu's performance products featuring Numentum Technology – designed to get everyone onto mountains and trails with ease and comfort for all-day adventures



316 East Main St., Montrose, CO • 970-249-3668 (FOOT) • www.DMediciFootwear.com



REGIONAL NEWS BRIEFS

CDOT, TOWN OF RIDGWAY AND PROJECT CONTRACTOR HOST PUBLIC OPEN HOUSE FOR SH 62 RAMP UP RIDGWAY

Special to the Mirror

OURAY – One-hundred twenty-five years after incorporation, Ridgway is finally getting paved roads in the historic downtown area with work scheduled to begin the week of March 21, 2016. This project is a joint effort of the Town of Ridgway and the Colorado Department of Transportation (CDOT).

American Civil Constructors (ACC) has been hired by CDOT to make improvements to State Highway (SH) 62 and several of the main commercial streets in this historic Colorado town including utilities, curb, gutter and paving. The project is slated for two construction seasons with a winter shutdown November 2016 – March 2017 and final completion in October of 2017. Despite construction, the town is preparing for active spring and summer event and tourist seasons, including the Love Your Valley Festival on May 21 celebrating Ridgway's 125th anniversary.

CDOT, ACC and the Town of Ridgway will hold a public meeting on March 17th to introduce the community to the construction team and review the preliminary project schedule. The meeting will be held at the Ridgway Town Hall located at 201 N. Railroad Street. There will be an open house from 5:30 – 8:00 with a public presentation at 6:00 pm. If you can't attend the meeting you are encouraged to

sign up for project updates or contact the team using the following resources:

<https://www.codot.gov/projects/sh62rampupridgway>

Project Information Line: 970-430-0933

Direct Con-

tact: SH62Ridgway@accbuilt.com

American Civil Constructors (ACC) is a Colorado based contractor with 41 years of experience building projects throughout southwest Colorado including projects such as the Bear Creek Bridge replacement on Red Mountain Pass, Wolf Creek Pass

Safety Improvements, slide repairs on SH 145 at Trout Lake, Ophir culvert repairs and in the early 90's they built the Ridgway State Park south access roads and pedestrian paths.

The SH 62 and Ramp Up Ridgway project is funded in partnership by CDOT, the Colorado Department of Local Affairs and the voters of the Ridgway community (76 percent in favor) who passed a 2014 ballot initiative that increased property taxes and allowed to Town to bond for these improvements.

*Nina
Suzanne's*

A fun place
to shop for
uniquely
stylish
fashions
and great
personal
service.

*Located in
Downtown Montrose*
336 E. Main St.
970-252-7337



Thanks for
reading the
Montrose Mirror!
Fresh News for
Busy People!
970-275-0646

weeklynews@montrosemirror.com

CUSTOMER SERVICE RECOGNITION...RETAIL!



Mirror Staff Report

MONTROSE-Customer service recognition...Target! Jannie at Montrose Target is the best. She never fails to smile, ask if she can help, and remember you. We loved her friendly attitude back when she had her own bookstore in Delta, and we still appreciate her today. Thank you Jannie!!

The Mirror welcomes your suggestions for customer service recognition...email us at weeklyn-ews@montrosemirror.com, Or call 970-275-0646!



FROM NAPA VALLEY TO NEW YORK CITY
WE STAND OUT FROM THE REST WITH
QUALITY & PRECISION
 AWARD-WINNING CUSTOMER SERVICE
 VOTED BEST OF THE VALLEY 13 YEARS RUNNING
SCOTT'S PRINTING & DESIGN
 IS A SMALL PROFESSIONAL
PRINTING & DESIGN
 FIRM BASED IN MONTROSE, COLORADO
 WITH THE TALENT & TECHNOLOGY
 TO HELP YOU PUT IT IN PRINT.

[tel] 970.249.2611 :: [fax] 970.249.7068

Look for the time and temperature sign at 315 South 12th Street – or visit us online at www.scottsprinting.com

WHEN YOU SAVE MONEY ON YOUR ENERGY BILL...

...naturally, you feel like a

ROCKSTAR.



2016 DMEA Rebates

Refrigerators & freezers
Clothes washers
Clothes dryers
Dishwashers
Water heaters
Electric motors
LED lighting
Heat pumps
Split system air conditioning

Energy Star appliances, efficient heating and cooling systems, and LED lighting can save you energy and money on your electric bill. DMEA offers financial incentives for qualified products and can help you choose the right system for your home, based on your family's needs.



A Touchstone Energy® Cooperative
DMEA is an equal opportunity provider and employer.

1-877-687-3632 | www.dmea.com

LIBRARY BOARD OF TRUSTEES VOTES FOR FRIDAY CLOSURE, TABLES SPIRITUAL AWARENESS CENTER'S REQUEST FOR PEACE POLE PLACEMENT

By Gail Marvel

The Montrose Regional Library District (MRLD) Board of Trustees meeting was held March 7, 2016. Board members present were Anne Gulliksen, Emily Schneider, Tim Conner and Shelley Karo (by phone); those absent were Caroline Evans and Ed Hagins. There is still one vacancy on the board and applications are being accepted.

The trustees accepted the recommendation from Executive Director Paul Paladino and voted unanimously to close the library on Fridays beginning April 1st. Referring to the failed mill levy ballot issue they acknowledged that, "elections have consequences." Paladino said, "We have been maintaining staff [levels] by using reserves."

Since the failure of the ballot issue some people in the community have stepped forward and contributed \$7,000 in support of the library, however there is still a shortfall of \$420,000.

"I don't want to close at all, but it is the solution to the staffing issues right now," Paladino said.

Many of the thirteen members of the community who attended the meeting came to discuss the proposed installation of a Peace Pole on MRLD property.

The Peace Pole Project, whose goal is to plant 100 poles in the Montrose community, is proposed by the Spiritual Awareness Center. Project director Rev. Arlyn Macdonald made a formal presentation, "This is not a religious symbol; all it says is peace [in different languages]. We would like to have a community wide project that reminds us about peace. If Montrose installed 100 poles, we would have more Peace Poles than any other city in the US." Atlanta, Georgia currently holds the record with 55. Macdonald referred to the peace pole as a "silent" pole that would not necessarily draw groups of people celebrating or worshipping.

However, detractors pointed out that the pole at the Ute Museum is not a silent pole and it has been well documented in the media about the activity associated with the pole. Macdonald acknowledged that her group holds six or seven gatherings a year at the Ute Museum Peace Pole.

Board member Anne Gulliksen asked Macdonald how many people were members of her church (50). Ms. Gulliksen reasoned that if all the church members put a Peace Pole in their own yard the group would be half way to their goal and wouldn't need to install poles on public property.

Currently there are five poles in Montrose and 10 more are on order. According to Macdonald the Ute Museum, which currently has one pole, plans to add another pole next to their new facility once construction is complete.

If placed on the library property, the proposed Peace Pole would be gifted to the library by Western Colorado Friends of the Himalayas. Spokesperson Val Burnell said, "It would give us some publicity if we could put one at the library to make it a community project." Vandalism was also brought up as a point to consider. Paladino said, "We have a lot of unintended consequences from amenities we have on our property. We spend thousands of dollars on [cleaning] the sculpture benches. I've started to look at everything as a target." Vandalism at the library includes skateboarding, using felt tip markers and knives on bench sculptures, etching on glass and



Rev. Arlyn Macdonald, pastor of the Spiritual Awareness Center, shows the MRLD Trustees a smaller, garden variety Peace Pole that she intends to put in her own yard. The Peace Pole proposed for MRLD property is a larger version. Photo by Gail Marvel.

removing screws from plaques in the lobby.

Since two members were absent, the board voted to table any decision until all members were present. The next meeting is scheduled for April 4th at 1 p.m. at the Naturita library.

Other items of discussion were: Training sessions on work place violence, consideration of hiring an administrative assistant, custodial care of the facility, and the lack of information getting out to the public; specifically, the posting of draft agendas for meetings so that the public can attend meetings of interest to them.

Tim Conner volunteered to put library information on Facebook; however, Paladino was hesitant, "I don't like to use Facebook because not everyone is on it."

The board made committee assignments and elected officers for the calendar year. Serving as officers: President - Anne Gulliksen, Vice President - Emily Schneider; Secretary - Tim Conner.



Just in thyme for spring ...

The Mirror

Homegrown content with flavor.

REGIONAL NEWS BRIEFS

CHERRY CREEK RADIO WINS "STATION OF THE YEAR" AND SEVEN OTHER CBA AWARDS!



Special to the Mirror

DENVER-Cherry Creek Radio of Montrose took home eight awards at the annual Colorado Broadcasters Association's awards ceremony this past weekend in Denver:

- Radio Station of the Year: 94 KIX
- Best Sales Event or Live Remote Broadcast: Cherry Creek's "Happy NewMerryThanksmas" show
- Best Afternoon Show: DJ Roberts, 94 KIX
- Best Entertainment Program: "Theresa's Sports Week Rewind"
- Best Public Service Announcement
- Award of Merit: Scott & Theresa in the Morning 94 KIX
- Award of Merit: "The Dan Show", KUBC
- Award of Merit: Radio Commercial

Cherry Creek Radio in Montrose includes 94.1 KKXK, Sunny 103.7, and AM 580 KUBC. The awards Cherry Creek received are for the medium market level.

GREG'S TREE SERVICE is offering 20 percent off on all jobs scheduled this month and next...because hiring a licensed, insured, and professional tree company can keep you and property safe, and your landscape beautiful. Call 970-240-1872 to schedule work today!

FULL SERVICE TREE COMPANY · PROFESSIONALLY TRAINED · FULLY LICENSED & INSURED

**WHEN YOU NEED
THE BEST**

CALL US!

GREG'S TREE SERVICE

Pruning
Tree Trimming

Removals
Stump Grinding

970.240.1872

Building a home?



- 1 Choose a great local contractor
- 2 Stay involved
- 3 Budget realistically
- 4 Keep your financial picture the same throughout the process

5 Select the right bank for your construction loan



Alpine Bank

alpinebank.com



Member
FDIC



WRITER GAIL MARVEL'S CLUB CONNECTION

HUMANIST, ATHEIST, FREETHINKER, AGNOSTIC (HAFTA)



Members of the Montrose Humanist, Atheist, Freethinker, Agnostic (HAFTA), left to right, Cindy Buttermore, Al Read, and second time attendees from Cedaredge, John and Karen. Photo by Gail Marvel.

By Gail Marvel

MONTROSE—On March 6, 2016 I joined the Humanist, Atheist, Freethinker, Agnostic (HAFTA) for their monthly meeting at the Coffee Trader. When I mentioned being bewildered by their newspaper invitation to “worship,” retired bio-chemist Al Read said, “That’s sarcasm.” *Oops, unfortunately there is no font for sarcasm!* Their ad goes on to say, “Meet people who share your outlook and talk about things that interest you. No dogma, no sermons, no one sent to hell, and great coffee.” The group was established in 2014 and is affiliated with the Western Colorado Atheist and Freethinkers (WCAF) in Grand Junction.

Loosely organized, the group has no officers, however Mr. Read keeps the discussions flowing and Cindy Buttermore takes minutes and collects money used for maintaining the web site. This day there were 10 people in attendance, however they have 52 on the mailing list. One attendee, whose family has yet to learn of her persuasion, asked that her name not be used,

“I’m only just [now] out of the closet as an atheist.”

Group discussion is a potpourri of ideas with very little structure. Participants contribute when a topic is brought up, but they also return to the previous topic when they have additional thoughts. Ms. Buttermore anticipated the meeting would be controversial, but after consideration they removed the item from the agenda because, “It had not yet been resolved.” For this meeting the group also chose to limit their discussions on politics.

Mr. Read, who is a self-described troublemaker, likes to write letters to the editor to counter news items that promote a faith-based conservative view. Recently he took exception to a Daily Press religion column and made arrangements to meet with the columnist at the Horsefly Brewery. Over “beer theology” the two men exchanged books from their extensive libraries. Read said, “Look what he gave me, ‘The Language of God’ by Frances S. Collins!” Not to be out done in this book exchange duel Read said, “I gave him, ‘Who Wrote the

Bible!’”

The group brainstormed on ways to stay connected and Karen gave them a list of books for recommended reading, “We could have a book club where we all read the same book and then discuss it at our meetings.” John said, “What do you think is the mission [of the group]? I’m not an activist; not a fighter. I just want separation of church and state. I come because it has the social that I’m looking for.”

Mr. Read brought the conversation back to letters, “Has anyone written a letter to the editor recently? They need to come from individuals and not representing the group.” One woman spoke up, “Holly [VonHermes] has quit writing letters.” Laughter rippled through the group when she added, “I think I’ll ask her to keep writing and submit the letters under my name.”

It was decided to put the topic of elections on the April agenda. John said, “I don’t think I can just assume that everyone in this group is a Democrat. I hesitate bringing up politics, it can be as divisive as religion. I suppose there are some Freethinkers who are Republican. We need to be respectful of everyone’s opinion.” One woman added, “I’m an Independent. I don’t like either party!”

Recently the group held a potluck social and those who attended were grateful for the time they had to visit with one another and get acquainted.

“It’s a breath of fresh air to talk to like-minded people. It was so nice to not be concerned about what you say.” Another potluck with an Irish theme was scheduled for March 20 in Cedaredge. Volunteering to host, Karen said, “I’m a vegetarian so I’ll eat the cabbage...but not the corned beef!”

Contact Information:

Humanist, Atheist, Freethinker, Agnostic (HAFTA)

Meets at 9:30 a.m. on the first Sunday of the month

The Coffee Trader - upstairs

970-209-4058 (Al); 970-417-4183 (Cindy)

The Mirror:
Coverage with vision for the future.



Learn About Parkinson's Disease Therapy Techniques



Join Us for a Free Program with Professional Therapists

A physical and voice therapy program is helping patients with Parkinson's disease to improve function and slow motor deterioration by retraining sensory, motor and cognitive functions through intensive exercise and patient empowerment. The LSVT BIG & LOUD therapy program is a standardized exercise approach developed from 20 years of research and has shown documented improvements in balance, trunk rotation, faster walking with bigger steps, as well as speech volume and clarity. Learn more about this therapy and how it can help you or a loved one. Presented by Suzie Stramel, Physical Therapist and Christi Masimer, Speech-Language Pathologist, Horizons Health Care & Retirement Community.



TWO CLASSES AVAILABLE:

Thursday, March 3, 2016: 12:45 pm-1:30 pm - Montrose Senior Center (Montrose Pavilion), 1800 Pavilion Drive, Montrose

Tuesday, March 15, 2016: 4:00 pm- 5:00 pm - Region 10 Building, 300 N Cascade Ave, Sneffels Conference Room



Contact Erin Berge at 970-275-1220 or eberge@voa.org for more information

PEDESTRIANS DON'T STAND A CHANCE WHEN DRIVERS IGNORE CROSSWALKS, CROSSING GUARDS!



Designated crosswalks remind drivers of Colorado State Law and the right-of-way afforded to pedestrians.

Mirror Staff Report

MONTROSE-If a school crossing guard can't get cars to stop when he is in the middle of the street with his stop sign in hand, then pedestrians don't stand a chance.

Colorado law pertaining to pedestrians' right-of-way in crosswalks states: (1) When traffic control signals are not in place or not in operation, the driver of a vehicle shall yield the right-of-way, slowing down or stopping if need be to so yield, to a pedestrian crossing the roadway within a crosswalk when the pedestrian is upon the half of the roadway upon which the vehicle is traveling or when the pedestrian is approaching so closely from the opposite half of the roadway as to be in

danger... (6)

Any person who violates any provision of this section commits a class A traffic infraction. (Colorado Model Traffic Code, Part 8; 802).

(2) The City of Montrose has adopted the Colorado Model Traffic Code. In the designated school crosswalks around Columbine Middle School vehicles are not stopping for pedestrians — or for school crossing guards.

On March 8th school crossing guard Carlos Hamm stood in the middle of the crosswalk dressed in safety gear and holding a handheld stop sign above his head, but the driver of a midsize vehicle did not slow



Some drivers ignore pedestrian crosswalks as well as school crossing guard Carlos Hamm.

down, much less stop. Unfortunately, the offenders are not just oblivious drivers, but those guilty include, drivers of business and commercial vehicles — a Post Office Delivery van, a Volunteers of America minivan. A Domino's Pizza Delivery vehicle and a Montrose REIJ School bus.

This problem area, in conjunction with Safe Routes to School, is scheduled for a makeover in the summer of 2016.

In the meantime, pedestrians, students and bicyclists need to be alert and use caution as designated crosswalks are offering little protection.





LOVED BY MEN AND WOMEN FOR DECADES...

COME BACK HOME TO BIRKENSTOCK BOSTON CLOG COMFORT.

AVAILABLE IN A VARIETY OF COLORS...
SIZES 35-47
WIDTHS; NARROW, MEDIUM, WIDE.



BIRKENSTOCK
Made in Germany • Tradition seit 1774

300 EAST MAIN ST, MONTROSE
970.249.1622 • HypoxiaMontrose.com
Montrose Chamber Retailer of The Year





Colorado Boy Brewery, Ridgway, CO

Power does some pretty amazing things, in some pretty amazing places.

Like transforming grains, hops, yeast, and water into the prize-winning beers at Colorado Boy Brewery. But its most important job is right at home: your morning coffee, hot showers, movie nights, and . . . your life. New technologies, Energy Star appliances, conservation measures, and renewable energy options make it easier, cheaper, and environmentally-friendly to power your life. Plus, San Miguel Power will give you money back for using these energy-saving products in your home or business.

Power responsibly. Visit www.smpa.com today.



(970) 626-5549 | (970) 864-7311 | www.smpa.com | www.facebook.com/SanMiguelPower
This institution is an equal opportunity provider and employer.

REGIONAL NEWS BRIEFS

BIG GAME LICENSING OPEN HOUSE IN GUNNISON MARCH 29!

Special to the Mirror

GUNNISON— Colorado Parks and Wildlife will present the proposed big game license allocations for the Gunnison Basin at an open house, 4:30-7 p.m., March 29, at the Gunnison wildlife office, 300 W. New York Ave.

Parks and Wildlife biologists and district wildlife managers will be on hand to talk about the status of deer, elk, bears, pronghorn and moose in Game Management Units 54, 55, 551, 66 and 67. Agency staff will also explain CPW's recommendations for license availability for deer and elk for the 2016 seasons and take comments from the public.

CPW staff will also be available to answer questions about applying for big game licenses for those who need assistance.

For more information, call 970-641-7060.



The poster features a yellow background with a blue border. At the top left, there is a white house silhouette containing the 'Spring Expo' logo, which includes a stylized 'S' and 'W' and the text 'Presented By DACC'. To the right, the text 'Formerly the HOME & GARDEN SHOW' is displayed in a mix of script and bold sans-serif fonts. Below this, the event details are listed: 'At the Bill Heddles Rec Center', 'Friday April 15th 9A-5P', and 'Saturday April 16th 9A-3P', followed by '80+ Vendors'. At the bottom, a dark blue banner contains the 'DELTA AREA CHAMBER OF COMMERCE' logo, which includes a stylized mountain and the text 'DELTA AREA CHAMBER OF COMMERCE'. A Facebook 'f' logo is positioned to the left of the banner. Decorative daisy flowers are scattered throughout the poster.

Spring Expo
Presented By
DACC

Formerly the
**HOME & GARDEN
SHOW**

At the Bill Heddles Rec Center
Friday April 15th 9A-5P
Saturday April 16th 9A-3P
80+ Vendors

DELTA AREA
CHAMBER OF COMMERCE



THE Lark & Sparrow
HISTORIC VENUE
A Music & Event Venue

WEDNESDAY, APRIL 13

DOORS OPEN 6:30 PM • CONCERT 7:30 PM

**ELIJAH
BOSSENBROEK**

SIGNATURE SIPS, SAVORS, & SWEETS AVAILABLE

(970) 615-7277 • 511 E. MAIN ST. • MONTROSE, CO 81401

WWW.THELARKNSPARROW.COM

RESERVATIONS ENCOURAGED

PLEASE MAKE RESERVATIONS EARLY: WWW.THELARKNSPARROW.COM

TICKET PRICES ON EVENTBRITE PAGES:

WWW.EVENTBRITE.COM/O/THE-LARK-AMP-SPARROW-LLC-7889996050

WWW.FACEBOOK.COM/THELARKANDSPARROW





LEGISLATIVE UPDATE BY SENATOR ELLEN ROBERTS

THERE CAN BE NO SACRED COWS IN STATE BUDGET

We've just passed the halfway mark in the 120-day legislative session, which is always a milestone looked to by those working at the Capitol as a signal that the pace will continue to pick up, and we'll be spending more time on the Senate chamber floor as well as in committee hearings.

Unfortunately, my biomass electricity generation bill that included a provision for the production of carbon-negative biochar was killed by the Democrats in the House on a party-line vote.

Given the strong bipartisan support in the Senate for the bill and the many environmental benefits that it offered, it was a disappointing result and demonstrates the need for more independent thinking at the Capitol.

Discussions are underway to see if another bill might be possible this session that would integrate improved forest health, watershed protection and biochar production, so we'll see if there's more to report.

I have several bills on healthcare cost containment this session. One requires the state agency administering the Medicaid program to provide statements to Medicaid clients, listing what the state has been billed for on behalf of the client.

This would allow Medicaid patients, or

their representatives, to know what medical services and equipment are being claimed and, if there is a discrepancy with what is actually sought and received by the patient, they'll be able to spot it and report that difference.

The best testimony in support of the bill came from those permanently disabled with chronic health conditions, and, in one case, from the accountant mother of a child with severe disabilities, who want to be part of the solution in addressing Medicaid fraud in our system.

This bill was tagged with a fiscal note by the state agency that appears not to like it as much as the advocates for the disabled community.

According to the agency, the state will incur costs in notifying the Medicaid clients, so this bill awaits a hearing in front of the Appropriations committee.

Another healthcare costs-related bill of mine comes up for a hearing this week. This bill seeks to have the Colorado healthcare cost commission, a volunteer panel of experts, look into the advisability of a rural pilot program regarding how hospitals are paid.

Given the exponential rise in costs of health insurance premiums, especially on the Western Slope and in my district, that

relate, at least in part, to the increase in healthcare costs billed by hospitals, under this bill, the cost commission will look into what different approaches to governmental payments might be worth trying in certain areas of Colorado.

In yet another area of healthcare cost containment, I had signed on as a senate co-prime sponsor of a bill seeking greater transparency in drug production costs. The pharmaceutical lobby was not a fan of this bill and it died last week in the House committee, so it'll not make it to the Senate this year.

There can be no sacred cows as we look into the challenges of ever-increasing costs to the state budget for the Medicaid program and on the average household.

Given the input from my deeply concerned constituents advising me their family insurance premiums now meet or exceed their mortgage or rent payments, we need to understand the cost drivers as state policies and actions are developed.

Senator Ellen S. Roberts, Senate President Pro Tempore

*State Capitol, 200 E. Colfax Avenue
Denver, CO 80203*

Phone: (303)866-4884

Email: ellen.roberts.senate@state.co.us

Website: www.ellenroberts.com

MONTROSE ROTARY CLUB OPENS GRANT CYCLE FOR LOCAL CHILD-FOCUSED ORGANIZATIONS

Special to the Mirror

MONTROSE-The Montrose Rotary Club would like to announce the opening of its second grant cycle to fund the 2015/2016 Montrose Rotary Year of the Healthy Child initiative.

The Rotary Year of the Healthy Child was conceived after hearing multiple programs that highlight needs for better care involving children within Montrose County. The Rotary Year of the Healthy Child is a community-wide effort to improve education, health, nutrition, safety and welfare of children in Montrose. The Montrose Rotary Club is injecting over \$50,000 this year into efforts to improve the lives of children in Montrose.

As part of that effort, the Montrose Rotary Club is awarding grants to organizations who specifically focus on the mental, physical, educational, emotion, and medical needs of the children in Montrose and Olathe communities. The Club anticipates granting \$20k-\$25k to local organizations who support the Year of the Healthy Child initiative. Organizations can apply for as little as \$250 or as much as \$3,000.

Grant applications are available at www.montroserotary.org. Applications are due April 25th, 2016 by 5:00 pm.

For more information, contact Chelsea Rosty, crosty@nuvista.org or 970-497-5360.

The Montrose Rotary Club is the premiere service club in Montrose. Its members are driven by the Rotary motto, "Service Above Self" as they work toward uplifting and improving life in our community and throughout the world.

REGIONAL NEWS BRIEFS

CITY OF MONTROSE OFFICE OF BUSINESS & TOURISM ACHIEVES DESTINATION MARKETING ACCREDITATION, FIRST ON WEST SLOPE

Special to the Mirror

MONTROSE – The City of Montrose Office of Business and Tourism (OBT) announced today that it has been awarded accreditation from the Destination Marketing Accreditation Program (DMAP) for its Visit Montrose program. DMAP is an internationally recognized accreditation program developed by the Washington, DC based Destination Marketing Association International (DMAI).

In earning the DMAP accreditation, destination marketing organizations (DMOs) communicate to their community, buyers, and potential visitors that their DMO has attained a significant measure of excellence.

“As the first accredited DMO on the Western Slope and one of only 200 in the world, we’re simply honored to receive destination marketing accreditation from DMAI,” said Rob Joseph, assistant city manager and OBT director.

City Manager Bill Bell added, “We are very pleased to be recognized in the destination marketing community for providing outstanding services in accordance with international standards and benchmarks in this field.” Jack Wert, DMAP Board Chair, said, “By applying for and receiving DMAP accreditation, the Visit Montrose program has demonstrated a commitment to quality programs and services.”

He added, “Accreditation communicates to Montrose community stakeholders and



Office of Business & Tourism staffers (left to right) OBT Director Rob Joseph, with team members Kelly Rhoderick, David Spear, Stacy Ryan (back) and Jennifer Loshaw. Courtesy photo.

potential visitors that the OBT has attained a measure of excellence assuring that their trust is well placed and their business is in good hands.” DMAP’s nearly 100 accreditation standards cover a wide variety of topics including governance, finance, man-

agement, human resources, technology, visitor services, group services, sales, communications, membership, brand management, destination development, research/market intelligence, innovation, and stakeholder relationships.

OPINION/EDITORIAL: LETTERS

RE-IJ CUTS ESSENTIAL POSITIONS, NOT TOP BRASS

Dear Editor:

Montrose ReIJ came through with flying colors!....not a single administrator that I can find was listed in the (Daily) Press, March 10, 2016 edition, as having been released and the most critical areas in which there must be a low ratio between teacher-student, i.e. Special Education, Administration/School Board found 11—ELEVEN!—positions to eliminate!...and 4[four!] literacy paraprofessionals!.....Not one coach was released; several custodians were retired or were notified to be cut.

Guess the principals and vice-principals will learn how to maneuver a mop and a floor-wax machine, address the needs of special kids and the District can recruit students to volunteer for some of those positions! I am appalled but not surprised at the selections.

*Marge Morgenstern
Montrose*

VALLEY FOOD PARTNERSHIP COVERS GROUND

From pg 1

2011, having a background in agriculture and interest in local foods and ranching herself. “We focus on improving the health and wellbeing of the community in various ways,” she explained. “We are interested in strengthening the food system and helping people know where their food comes from.”

One of the events that helps with the start of the local food system, the producers, is the Western Colorado Food and Farm Forum, which was held this year on January 22-23. “It was a successful conference and we had people attend from 33 locations, including from around Colorado and out of state,” Parker said. “We service quite a wide net and we pledged to provide quality workshops and resources, with 18 breakout sessions and three pre-conference options.”

With Parker's background in agriculture, she enjoys setting up the Conference. “I really enjoyed the conference and am proud of it being a resource for local producers,” she said. “With my family, if there were conferences we would have to travel and they were held during the Summer, which was our busiest time of the year. So I find the conference to be important.”

Some of the many other programs offered through the Valley Food Partnership include connecting producers and restaurants with Eat Local Eat Healthy, which “supports Local Restaurants and Institutions to connect with Local Farmers by offering healthy meals with local ingredients.”

Helping the community and schools get connected with their food has been a focus with their community and school garden program. Since 2013, they have supported the development of five community gardens throughout the area and six school

gardens.

One of the programs that directly affects local families is the Local Farmacy Rx program. It “is designed to provide assistance and education to Montrose and Olathe families who may be at risk of developing a diet related disease. Local Farmacy Rx fosters partnerships between nutrition educators, community food producers and health care providers. The program is dedicated to increasing the consumption of local fruits and vegetables and improving the health of individuals in the Montrose and Olathe communities.”

The six week program provides a lesson each week for participants, made up of families, who get a stipend each week to spend on fresh fruits and vegetables. The lessons cover information about fresh food and processed food, as well as the basics of cooking.

“We feel that in moving forward it is an important component of the health of the community,” Parker said. “It brings families together to learn about cooking and nutrients, how to use local produce and where their food comes from. It's been great.”

The program has worked so well that the first class who participated wanted to keep meeting together and organized potlucks to stay connected. “We saw families really changing their habits,” Parker said. “One family was made up of a mother, a grandmother and three kids. After school, the grandmother used to pick the kids up and then go get fast food. In the class, the kids started preparing their own fruits and vegetables the night before for an after school snack.”

The nutrition educator for the Local Farmacy Rx program in 2015, Karen Hunter, got to see firsthand how the basics of whole foods and learning to cook can

change families. “I had learned about the program in 2014 but was unable to help at the time,” she explained. “I told them that as soon as they started again, I wanted to help somehow. It focused on eating whole foods and gave skills for how to use whole foods.”

One story of how simple, healthier lifestyle changes can make a big difference in people's lives was the story of one woman in particular that stood out to Hunter. “We taught a lesson on sugar and one woman saw how much sugar is in soda and she quit drinking soda and switched to water,” Hunter said. “She ended up losing nine pounds in a couple weeks just by cutting back on sugar.”

Throughout the program, Hunter's favorite part was interacting with the participants and watching them change. “My favorite part was seeing when the light went on, especially with the kids,” she said. “To see the kids get excited about helping with meals and having fun. Local Farmacy Rx made it possible for me to positively affect the lives of 14 families.”

In general, the Valley Food Partnership covers a lot of 'ground' in helping promote the health and wellbeing of the local community. From supporting producers to bringing families together over food, the organization continues to grow and develop in new ways every year. “We help educate the community, support them, and give kids ways to develop knowledge about what they are eating and where their food comes from, especially with school gardens,” Parker explained. “We are very inclusive of all producing methods, and we'd like people know that the community can get involved in many ways.”

For more information or to get involved with any of the programs, call 249-0705 or visit valleyfoodpartnership.org

**WAKE
UP...**

and smell the ~~coffee~~ **NEWS!**

The Mirror is the regional leader when it comes to business, fresh news and feature stories! Read the latest today ...

www.montrosemirror.com

LOCK YOUR DOORS, LOOK AROUND, KEEP YOUR GAS TANK FILLED... ELDERLY, MOMS WITH KIDS ARE MOST COMMON TARGETS FOR CARJACKING



Caitlin Switzer

By Caitlin Switzer
MONTROSE- Sometimes, you only have enough time to hit the gas. When an unknown, extremely skinny male attempted to step into the back seat of my Landcruiser at an intersection

on South First Street last Friday shortly after 4 p.m., I was alone with my 12-year-old son. I had waved the guy across the street because he appeared to be stepping off the curb, but he sidled along next to our car instead of moving straight ahead. Having noticed the man's neck, covered with dark "jail ink" as he passed too close in front of our car, I was not caught com-

pletely off guard by his evil smile as he opened the back door of my car. So I hit the gas, the door slammed itself, and we sped off. My son and I were shaken, but we did our best to share what little information we had with local police.

After also sharing my experience on Facebook, it quickly became clear that other mothers in my neighborhood had probably encountered this same man in recent weeks. When they returned my 911 call, the police asked me what I thought the man was after, and I realized I really had no idea. I don't keep much cash on hand. So I did some research. Apparently, mothers alone with children are second only to elderly drivers when it comes to presenting an attractive target for carjackers, who are usually after your vehicle. Also, these crimes are generally violent—so the last

thing you want is to end up in your car, going somewhere with your attacker, because you most likely won't return.

According to the [U.S. Department of State](http://www.state.gov), rural roads are actually the second most likely place to be carjacked, following high crime areas.

So lock your doors, look around, keep a full tank of gas, and if you are bumped in traffic on purpose by another car, remain in your vehicle and keep your cell phone close at hand.

Because with two East Main Street hotels now catering to temporary residents, at least one heroin treatment facility, and two large, extremely run down mobile home parks all within walking distance, you never know who that guy might be sidling a little too close to your car in Downtown Montrose.

THE OURAY COUNTY PLAYERS PRESENTS THE OTHER PLACE AT THE SHERBINO THEATER

Special to the Mirror

RIDGWAY-The Ouray County Players" Theater Company of Ouray, Colorado will be present their spring play, "The Other Place", at the Sherbino Theater in Ridgway and the Wright Opera House in Ouray. "The Other Place" by Sharr White, a dramatic play, is a thrilling journey into the mind of a brilliant scientist (played by Kate Kissingford) where nothing is as it seems. The play will show at the Sherbino Theater in Ridgway on Saturday, Mar 26. Doors and a cash bar will open at 7:00pm with a show time of 7:30 pm. Tickets are \$15 with no student price due to the R rating for explicit language. Tickets can be purchased in advanced for the Sherbino show at, Cimarron Coffee Roasters in Ridgway, or at the door the night of the event.



SHERB TALKS

CONVERSATIONS WITH EXTRAORDINARY PEOPLE





THURSDAY 7:30pm
Doors & cash bar @ 7

ROLAND MCCOOK
THE UTE PEOPLE:
YESTERDAY AND TODAY

\$10 Admission
First-Come, First-Seated

3/31 THURS

REGIONAL NEWS BRIEFS

ALL POINTS TRANSIT TRANSFER STATION COMPLETED



All Points Transit's Downtown Transfer Station is complete. Courtesy photo.

Special to the Mirror

MONTROSE --All Points Transit's Downtown Transfer Station is now finished, with protective walls, benches, an informational kiosk, trash cans and a bike

rack, thanks to funding received from the Boettcher Foundation.

"We have been waiting a long time for this project to be completed," said Sharon Fipps, Executive Director of All Points Transit, "and we could not be happier with the final product!"

Shortly after All Points Transit moved to their downtown location at South 2nd St. and Cascade in November of 2014, the concrete pad and frame of the transfer station shelter was constructed in partnership with the Colorado Department of Transportation and the City of Montrose. For over a year, the structure sat unfinished, as the organization sought out funds to complete the project.

During that time, All Points Transit worked with local architect John Eloie and Ridgway Valley Enterprises to design the shelter walls and create a plan for ameni-

ties, including benches, trash cans and bike racks.

With the help of grant writer Lori Sharp, All Points Transit received a \$30,000 grant from Boettcher Foundation to finish off the transfer station. The final touches were put on this week, when the much-needed benches were installed. "We are thrilled to offer more amenities to our passengers," said Fipps. "Our riders have been without any place to sit or protection from the elements since the bus routes began in 2010."

All Points Transit is looking forward to adding more benches and shelters at public bus stops later this year, with funding support from the Colorado Department of Transportation. Donations toward this effort are welcome. Contact Sarah at 970-249-6204 if you would like to make a donation.

OLATHE'S JORDAN SOLSETH ACCEPTED INTO US COAST GUARD ACADEMY

Special to the Mirror

OLATHE- Jordan Solseth, was accepted into the U.S. Coast Guard Academy in CT. The Cadet Candidate Evaluation Board offered Ms. Solseth a full appointment to the Class of 2020. Over 2,200 students applied for an appointment this year and from this group, fewer than 350 appointments were accepted, so it is quite an honor. It will offer a full 4 year ride, along with medical, dental, full benefit package. Congratulations!

Thanks for reading!
Reach the Montrose Mirror at
970-275-0646 or email us at
weeklynews@montrosemirror.com.



Volunteers Make A Real Difference

Are you interested in making a real difference in people's lives while building your network of friends, strengthening your leadership skills, and implementing new ideas?

Share your gifts and talents and become part of real change for an older adult.

We work with your schedule, so the time you spend is effective and enjoyable.



1-800-VOA-4YOU

VISIT US AT WWW.VOAHEALTHSERVICES.ORG

WWW.FACEBOOK.COM/VOAWESTERNSLOPE

REGIONAL NEWS BRIEFS

WEST END RELIABILITY PROJECT BEGINS

Special to the Mirror

WEST END-Two power outages affecting the West End of Montrose County have been scheduled:

The first will last approximately 15 minutes and will affect the entire West End. It is scheduled for Monday, March 21st at 12 noon.

The second will last about 2 hours and it will affect the towns of Nucla and Naturita. It is scheduled for Wednesday, March 30th at 3 pm.

The 15 min outage:

This is required to energize a new mobile substation and prepare it to take the load from the old transformer that is currently being used.

The 2-hour outage:

This outage is required in order to actually transfer the load onto the mobile substation. (The mobile substation is intended to temporarily handle the load until the new permanent transformer is installed.)

IMPORTANT:

The West End Reliability Project will require further outages before it is complet-

ed. The dates and times of these future outages will depend upon conditions to be determined during the aforementioned operations. After March 30th, we will provide more information about these upcoming outages.

Background on the West End Reliability Project:

In the summer of 2013, lightning struck the transformer at the Nucla substation, cutting power to the West End for nearly 17 hours. In order to get power flowing to the region again, SMPA crews installed an older transformer that had recently been taken out of service due to its age. Members of the West End are still being served by that old transformer. The power is on, but the solution is not permanent.

To improve the situation, SMPA has obtained a new transformer. Crews will be installing it later this Spring. While they're at it, they'll upgrade two circuit breakers and associated protective devices that are also outdated. This will give SMPA the ability to keep power flowing during maintenance activities and it will minimize

the impact of outages by enabling better communication with the Nucla Power Plant.

These activities will require multiple scheduled outages in the outlying areas. Of course, members to be affected will be given advance notice by phone and announcements may be heard on the radio or seen on SMPA's Facebook page (www.facebook.com/SanMiguelPower).

San Miguel Power Association, Inc. is a member-owned, locally-controlled rural electric cooperative with offices in Nucla and Ridgway, Colo.

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




RECOVERY

it's a process
it's work
it's possible
it's worth it

970.252.3200
FOR MORE INFORMATION

970.252.6220
EMERGENCY SERVICES



THE CENTER
FOR MENTAL HEALTH

Providing Help, Hope & Healing

AMERICA'S MATTRESS, THE DURAY CHALET INN
AND WEEHAWKEN CREATIVE ARTS PRESENT:

THE WIZARD OF OZ

APRIL 30TH @ 6 PM & MAY 1ST @ 2 PM
AT THE MONTROSE PAVILION

FEATURING OVER 145 DANCERS
FROM MONTROSE
& DURAY COUNTY
AGES 2.5 - ADULT

*TICKETS:

\$16 ADULT, \$12 SENIOR, \$8 CHILD
TICKETS ON SALE IN EARLY APRIL
AT MOUSE'S, TIFFANY ETC, & CIMARRON COFFEE

*RESERVED SECTION SEATS AVAILABLE BY PHONE AT A HIGHER RATE AT 970.318.0150



970.318.0150

WWW.WEEHAWKENARTS.ORG

REGIONAL NEWS BRIEFS

DELTA-MONTROSE TECHNICAL COLLEGE IS AWARDED NATIONAL ACCREDITATION BY COUNCIL ON OCCUPATIONAL EDUCATION

Special to the Mirror

ATLANTA – The Commission of the Council on Occupational Education (COE) has granted accreditation to Delta-Montrose Technical College. Announcement of the action was made by Mr. Al Salazar, Commission Chair, following the COE Winter Commission Meeting of the Council on Occupational Education on Feb. 22, 2016.

The award of accreditation status is based on an evaluation to demonstrate that the institution meets not only the standards of quality of the Commission, but also the needs of students, the community, and employers.

The Commission's evaluation process includes an extensive self-study by the institution and an intensive review by a visiting team of professional educators representing the Commission's member institutions from other states.

Delta-Montrose Technical College was accepted as a candidate for accreditation in September 2013 and began its self-study in October 2013. They underwent a team visit in August 2015. The visiting team chairperson was Bob Naylor.

The Council on Occupational Education, based in Atlanta, Georgia, offers quality assurance services to postsecondary technical education providers across the nation. Organized as a non-profit corporation, the mission of the Council is to assure quality and integrity in career and technical education. Services offered include institutional accreditation (recognized by the U.S. Department of Education), program quality reviews for states and technical education providers, and informational services. Most of the Council's work is carried out by qualified professional volunteers who are experts in technical education.

Institutional membership in the Council is

voluntary, but can be achieved only by becoming accredited.

The Council's current membership makes it unique. Members include postsecondary public technical institutes, specialized military and national defense schools, Job Corps Centers, private career schools, non-profit technical education providers, corporate and industry education units, and federal agency institutions. No other agency accredits and serves the diversity of organizations served by the Council. There are over 500 institutional members at the present time.

Delta-Montrose Technical College is a public career and technical college in Delta, Colorado.

It offers 57 secondary and postsecondary certificates in 12 different programs. All certificates can be earned in two semesters or less, with many of them only one semester in length.

MONTROSE MEMORIAL HOSPITAL

Welcomes Dr. Smolin



Matthew Smolin, MD, FACC

Cardiology

Board Certified

Now Accepting New Patients

Resume/CV

Medical School

New York Medical College, Valhalla, NY

Internship/Residency

Fitzsimons Army Medical Center, Aurora, CO

Fellowship

Walter Reed Army Medical Center, Washington, DC

Office

17 North Mesa, Montrose, CO
Phone: 970-252-1020



www.MontroseHospital.com

Over 100 Physicians Choose to Practice Here

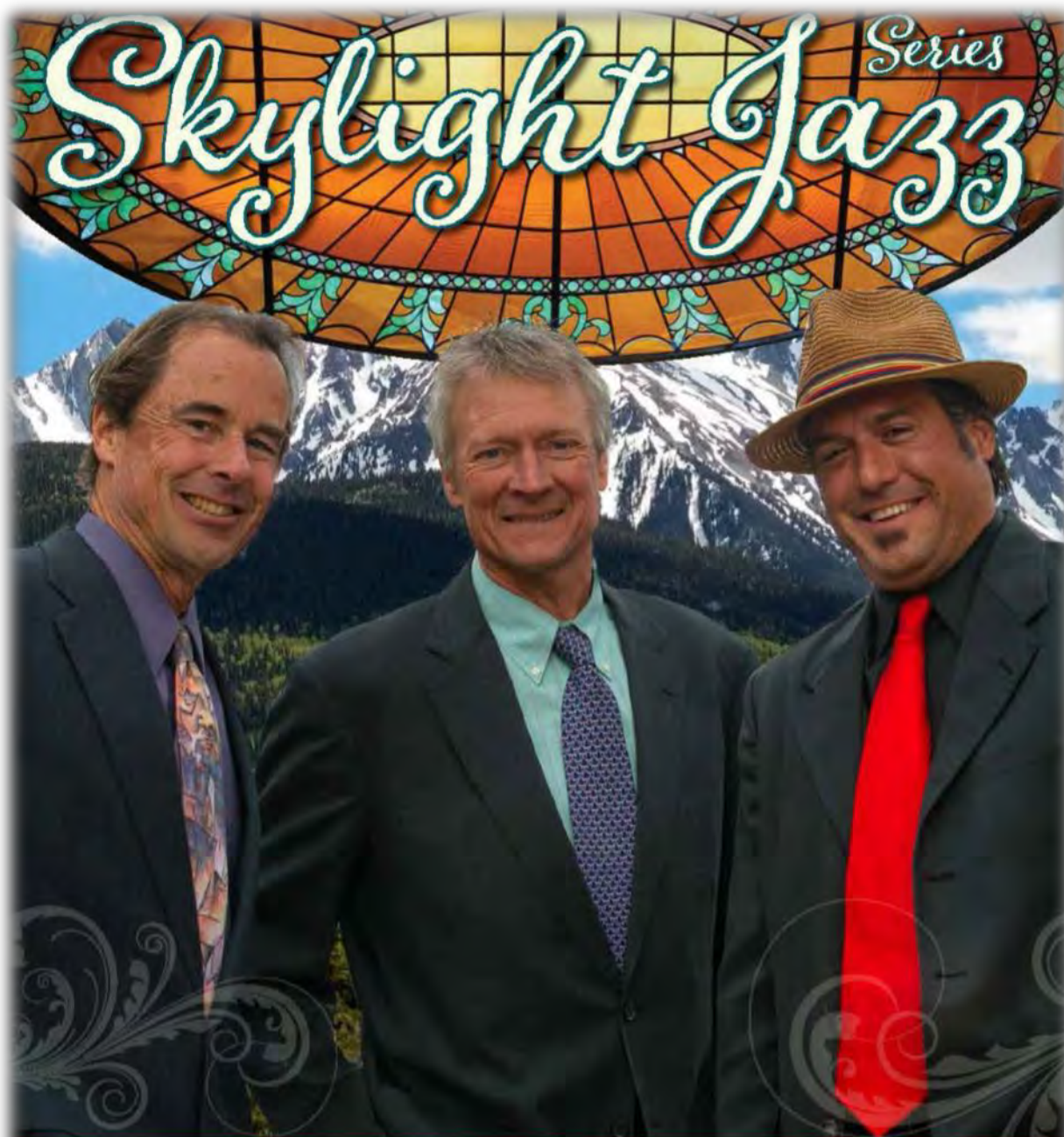
BOCC MEETING WILL BE MARCH 18 AT NUCLA R&B

Special to the Mirror

NUCLA.-- The regularly scheduled Board of County Commissioners meeting for March 16th in Nucla, has been moved to March 18th at 10:30 a.m. The meeting will be held at the county's road and bridge facility at 27881 Dd Road in Nucla. By moving the meeting to this facility, the county is able to set up a live video conference for east end county residents at the county board room at 161 South Townsend Avenue.

On-demand and live-streaming will not be available; however, individuals wishing to watch or participate in the meeting in the Montrose area are encouraged to do so at the county's board room at 10:30 a.m., on Friday, March 16th. The agenda will be available

at www.montrosecounty.net one day prior to the meeting. Please call [970-249-7755](tel:970-249-7755) with any questions.



KEVIN MCCARTHY JAZZ TRIO

Saturday,
March 26

**PLEASE MAKE
RESERVATIONS EARLY:**
WWW.THELARKNSPARROW.COM

**TICKET PRICES ON
EVENTBRITE PAGES:**
[WWW.EVENTBRITE.COM/O/
THE-LARK-AMP-SPARROW-
LLC-7889996050](http://WWW.EVENTBRITE.COM/O/THE-LARK-AMP-SPARROW-LLC-7889996050)

THE
**Lark &
Sparrow**
HISTORIC VENUE

A Music & Event Venue

WWW.THELARKNSPARROW.COM



WWW.FACEBOOK.COM/THELARKANDSPARROW

**Signature Sips,
Savors, & Sweets
Available**

(970) 615-7277
511 E. MAIN ST.
MONTROSE, CO 81401

**RESERVATIONS
ENCOURAGED**
DOORS OPEN 6:30PM
CONCERT 7:30PM

REGIONAL NEWS BRIEFS

CPW OFFERS NOVICE YOUTH A CHANCE FOR MENTORED, PRIVATE LAND TURKEY HUNT IN MEEKER



Colorado Parks and Wildlife is offering three young novices an opportunity to learn how to hunt responsibly at a spring turkey hunt on private land near Meeker, April 22-24.

Special to the Mirror

MEEKER—Colorado Parks and Wildlife is offering three young novices an opportunity to learn how to hunt responsibly with the help of experienced mentors during a high-quality spring turkey hunt on private land near Meeker, April 22-24. The guided hunt is part of the agency's multifaceted [Hunter Outreach Program](#), a continuing effort by CPW to instill respect for wildlife, encourage enjoyment of the outdoors and educate novices about Colorado's hunting traditions.

Several landowners from the Meeker area, in partnership with CPW wildlife managers, have continued to support the annual hunt by offering access to prime turkey hunting areas on their private properties.

"Most kids that have never hunted just need a good mentor to show them how, and that is where we come in," said Bailey Franklin, hunt organizer and District Wild-

life Manager in Meeker. "We offer this hunt each year to teach ethical hunting, wildlife management and the safe way to handle a firearm, among the many other important things these young hunters will learn over this weekend."

Franklin adds that all novice youth hunters are encouraged to apply; however, those that have no prior hunting experience, have special family circumstances, or have health conditions that limit their ability to hunt have priority over experienced youth that come from hunting families.

"We are focusing on true beginners," he said. "This is about education, not just a chance for a private land hunt. We ask folks to respect that."

The opportunity is open to youths under the age of 18 that possess a Hunter Education card.

Applicants must mail their entry by April 4, 2016 to:

DWM Bailey Franklin
PO Box 1181
Meeker, CO 81641

The application packet should include: The youth's name, address and Hunter Education card number; A parent or guardian's contact information; including an email address and phone number; An essay of 500 words or less, handwritten by the youth and in their own words, about why he or she should be selected.

The applicant's lack of experience, reasons that have kept them from participating in a hunt and the desire to learn are suggested topics for the required essay.

The three hunters will be selected based upon the contents of the essay and will be notified by CPW on or before April 15, 2016.

All participants selected for this hunt will be required to attend a pre-hunt orientation at Colorado Parks and Wildlife's Meeker office, Friday, April 22, from 3 - 5 p.m., accompanied by a parent, guardian or mentor.

Colorado Parks and Wildlife will provide shotguns, ammunition, blinds and calls. Successful applicants must provide their own camouflage clothing, lodging and food.

For more information, call the CPW office in Meeker at 970-878-6090.

For more information about turkey hunting, visit www.cpw.state.co.us/thingstodo/Pages/Turkey.aspx

To learn more about Colorado Parks and Wildlife's Hunter Outreach Program, go to www.cpw.state.co.us/learn/Pages/HunterOutreach.aspx

CPW is an enterprise agency, relying primarily on license sales, state parks fees and registration fees to support its operations, including: 42 state parks and more than 350 wildlife areas covering approximately 900,000 acres, management of fishing and hunting, wildlife watching, camping, motorized and non-motorized trails, boating and outdoor education. CPW's work contributes approximately \$6 billion in total economic impact annually throughout Colorado.

THANKS FOR READING THE MONTROSE MIRROR! FRESH NEWS FOR BUSY PEOPLE!

CALL 970-275-0646 FOR AD RATES AND INFORMATION!



Alzheimer's Disease

FREE PROGRAMS

March 21 ~ 1:00-2:00 pm

The Basics: Memory Loss, Dementia and Alzheimer's

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, and treatment.

March 28 ~ 1:00- 2:00 pm

Understanding and Responding to Dementia-Related Behavior

Provides participants with a four-step model to address behavioral aspects of dementia. The program details the model and then applies it to some of the most common behaviors associated with the disease.

Refreshments Provided


alz.org® | alzheimer's association®

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

Hosted At:

The Homestead of Montrose

1819 Pavilion Drive, Montrose



Please RSVP to (970) 256-1274



Volunteers of America®

REGIONAL NEWS BRIEFS

MONTROSE COUNTY REPUBLICAN ASSEMBLY HELD SATURDAY AT CENTENNIAL



Above, at the Montrose County Republican Party Assembly March 12, paper ballots are collected and then tallied to determine the winner of the contest. At right, Candidate Ed Ulibarri, who garnered 21 percent of the vote cast at the assembly, lost his bid to be on the Republican primary ballot. Kristin Repass, a resident of only one week, moved to Montrose from Texas to take a position with the Colorado Republican Committee. "My job is to help get more Republicans mobilized in the western area." Mirror Staff Photo.



Mirror Staff Report

MONTROSE-The Montrose County Republican Party Assembly was held on Saturday, March 12, 2016 at Centennial Middle School.

Candidates for county commissioner in District 1 – Keith Caddy, David Frank, and Ed Ulibarri. District 3 candidates – Doug Casebier and Roger Rash. Candidates needed 30 percent of the total votes cast in order to have their name placed on the ballot for the Primary Election.

Results in District 1:

Keith Caddy 125

Ed Ulibarri 43

Dave Frank 28

Caddy will appear on the ballot. Frank and Ulibarri did not meet the 30 percent threshold and will not advance to the Primary Election. However, both men received over 10 percent of the votes cast which affords them the right to petition onto the ballot by collecting signatures.

Results in District 3:

Roger Rash 113

Doug Casebier 81

Both Rash and Casebier met the 30 percent vote threshold and will advance to the primary ballot. Based on the totals, Rash will appear before Casebier on the ballot.

The Colorado State Primary Election will be held on June 28, 2016 and the General Election will be held Nov. 8, 2016.

THE LEAGUE OF WOMEN VOTERS OF MONTROSE COUNTY SERVING MONTROSE & DELTA COUNTIES



INVITES THE COMMUNITY TO ATTEND

WHAT IS COLORADOCARE?

AMENDMENT 69 WILL APPEAR ON OUR NOVEMBER BALLOTS,
SO TAKE THIS OPPORTUNITY TO LEARN ABOUT IT!

WEDNESDAY, MARCH 23, 5:30PM

HOLIDAY INN EXPRESS, MONTROSE

Guest speaker: T.R. Reid

internationally known journalist, author, film writer, public radio commentator and speaker, has studied health care around the world and has committed his support to
ColoradoCare Amendment #69

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

REGIONAL NEWS BRIEFS

OLATHE MIDDLE HIGH SCHOOL HITS THE MARK! OMHS Students Excel in Colorado Virtual Archery Tournament

Special to the Mirror

OLATHE-Olathe Middle High School Physical Education Program participated in the National Archery in the Schools Program as part of the PE program.

Students learned the basics of archery, the compound bow and shooting techniques at part of their physical education.

To wrap up the program, 240 students from OMHS participated in a school wide tournament. Students who wanted to participate in the Colorado Virtual Archery Tournament had their scores from the school tournament forwarded to the Colorado Virtual Archery Tournament.

OMHS students surpassed all expectations.

OMHS had two middle school teams and a high school team entered in the tournament, and all 60 participants competed as individuals as well.

Olathe Middle School Team #2 took first place in the Middle School Division, with Olathe Middle School Team #1 taking third. The Olathe High School team took second in the High School Team Division.

Sixth grader Luke Hutto took first for Middle School Boys in the state and won a new Genesis Bow. Sixth Grader Sarah Baugh took second for Middle School Girls and 8th grader Dayton Sofka took second for Middle School Boys in the state. Seventh grader Garrett Schlottman was 3rd for MS Boys in the state. Valeria

Padilla and Alicia Gonzalez, both 7th graders took 4th and 5th respectively in the MS Girls Division.

OHS students Nate Hoey, 11th grade, and Makenna Pope, 9th grade, took second in their respective HS Divisions for the State Tournament.

Shyann Dahl was third for the HS Girls Division. Overall OMHS qualified one team and 22 individuals for the National NASP Tournament in Louisville, Kentucky May 12th – 14th.

Anyone who would like to make donations or help raise money for these students to travel to the national tournament in Kentucky are asked to contact Scot Brown at Olathe Middle High School.

MONTROSE HIGH SCHOOL RECOGNIZES DIVISION AWARD WINNERS!



Left to Right: Draven Warren, Baily Howe, Kadin Gurney, Shawnee Steel, Dakota Kinas, Michaela Ladage, Carlos Gomez, Thomas Ceniceros, Kyle Hawks, Carlos DeLaCruz Guardado and Nathan Ormsbee. Courtesy photo.

REGIONAL NEWS BRIEFS

MHS TECHNOLOGY STUDENTS ASSOCIATION EXCELS AT STATE



Special to the Mirror

MONTROSE – Montrose High School salutes the Technology Students Association state qualifiers! Pictured: Back row: Mariah Trujillo, Tim Schieldt, Tristan Bingham, Sam Distel. Front row: Colby Kennedy, Mariah Hilton, Sterling Jensen, Heather Stevenson, Victoria Bowen. Sterling Jensen -- 3rd place -- Rat Trap Drag Racing Competition; Mariah and Heather -- 4th place -- Architectural Renovation.

Montrose Woman's Club is sponsoring their annual Flea Market at the Montrose County Fair Grounds, Friendship Hall on Saturday, April 2, 2016 from 8 am to 4 pm. There will be 100+ tables full of new/used items. Breakfast and lunch will be provided by Big Head BBQ. If you would like to be a vendor, please call Paulette Wells at 249-6381.

Many Older Adults Need Our Help... *in the most fundamental ways.*

- **FOOD:** In the most affluent country on earth, seniors have to choose between food and medicine.
- **SHELTER:** Imagine having to find a decent, secure place to live on an income of \$800 per month.
- **SAFETY:** For older adults, home can often become a dangerous place without proper repairs.
- **SUPPORT:** Sometimes we all need a little help from our friends.
- **CARE:** When living at home is no longer an option, we can help.
- **CONNECTIONS:** When you outlive all of your friends and family, who do you turn to?



We provide a connected network of services that make a significant difference in our part of the world.

Join us in supporting our vision to enrich and uplift the lives of our local older adults.



www.voahealthservices.org
www.facebook.com/VOAWesternSlope
 1-844-VOA-4YOU

LEAGUE OF WOMEN VOTERS TO HOST PUBLIC MEETING ON COLORADOCARE AMENDMENT 69

Special to the Mirror

MONTROSE—On March 23 at 5:30 pm at the Holiday Inn Express, the League of Women Voters of Montrose County, serving Montrose and Delta counties will sponsor a public meeting about ColoradoCare Amendment 69, an initiative on the November 2016 Colorado ballot. Writer and filmmaker T.R. Reid is the featured speaker.

The League of Women Voters of Colorado is supporting ColoradoCare Amendment 69 because the League's healthcare positions agree with the principles of ColoradoCare.

ColoradoCare is a resident-owned, non-governmental health care financing system designed to ensure comprehensive, quality, accessible, lifetime health care for every Colorado resident.

T. R. Reid has become one of the nation's best-known reporters through his books and articles, his documentary films, his reporting for the Washington Post, and his commentaries on NPR's Morning Edition.

ASSOCIATION OF MONTROSE CHURCHES HOLY WEEK SERVICES

The Association of Montrose Churches invites you to attend Holy Week Services the week of March 21st to March 25th. The services will be held at 7:00 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 21

1st United Methodist Church

19 South Park Avenue

Tuesday, March 22

First Church of the Nazarene

705 South 12th Street

Wednesday, March 23

All Saints Anglican Church

2057 South Townsend Avenue

Thursday, March 24

Church On The Hill

62985 Highway 90

Friday, March 25

Cedar Creek Church

3rd and South Townsend Avenue



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

OBITUARIES

DOMINIQUE PEREZ 1989-2016



DOMINIQUE PEREZ, a coal miner and life-long resident of Montrose, CO, died unexpectedly on February 27, 2016 at the age of 26 after a long battle with diabetes.

Dominique is survived by his wife Jennifer Perez; son, Donovan Perez; stepson, Austin McCartney, father Marcos Perez; sisters, Correne Soto-Barrella and Jaimie Jorgenson-Mautz. He is predeceased by his mother, Linda Miller.

Dominique was born in Montrose on August 24, 1989 to Marcos Perez and Linda Miller. He graduated from Montrose High School in 2007. On April 18, 2007, Dominique and Laura Mae Pladson welcomed Donovan Perez to the world. On September 13, 2014, he married Jennifer Hahn and welcomed stepson, Austin McCartney into his life.

Dominique loved fishing, camping, and any outdoor fun he could have with friends and family. No matter what he had going on in his life, he was always there for the people around him, whether it was a friendly word to say or just spending quality time with them. He was always there for anyone in need. He will be deeply missed by his family, friends, and all who knew him.

A memorial service is scheduled for 10 A.M. on Friday, March 18, 2016 at Sunset Mesa Funeral Directors, 155 Merchant Drive, Montrose, Colorado.

Visit the tribute website and send condolences to Dom's family at www.SunsetMesaFuneralDirectors.com. Memorial contributions may be offered at Sunset Mesa Funeral Directors, 155 Merchant Drive, Montrose, Colorado 81401.

MARCH DEATH NOTICES

MR. FRANKLIN WAYNE CARLYLE, 35, passed away at his home in Delta Friday, March 4, 2016. Funeral arrangements are being handled under the direction of Sunset Mesa Funeral Directors, (970) 240-9870.

MR. MATTHEW FRAZIER HEWLETT, 33, passed away at Montrose Memorial Hospital Saturday, March 5, 2016. Funeral arrangements are being handled under the direction of Sunset Mesa Funeral Directors' Colorado Cremation, Inc., (970) 249-1130.

MRS. MARY ESTELLE DUNCAN, 94, passed away at Valley Manor Care Center in Montrose Sunday, March 6, 2016. Funeral arrangements are being handled under the direction of Sunset Mesa Funeral Directors, (970) 249-9870.

MR. WILLIAM REID, 60, passed away at his home in Austin Monday, March 7, 2016. Funeral arrangements are being handled under the direction of Sunset Mesa Funeral Directors' Colorado Cremation, Inc., (970) 249-1130.

MR. WILLIAM SCOTT ELLIGOTT, 49, of Colorado Springs passed away skiing in Telluride Wednesday, March 9, 2016. Funeral arrangements are being handled under the direction of Sunset Mesa Funeral Directors, (970) 240-9870.

MRS. VICTORIA ANN IRWIN, 72, passed away Wednesday, March 9, 2016. Funeral arrangements are being handled under the direction of Sunset Mesa Funeral Directors, (970) 240-9870.

**THE MIRROR Welcomes Community
Death Notices and Obituaries free of charge.
Please send to
editor@montrosemirror.com.
To reach us call 970-275-0646.**

REGIONAL NEWS BRIEFS

THIRD SUICIDE IN COUNTY IN TWO WEEKS "ALARMING" SAN MIGUEL COUNTY SHERIFF SAYS

Special to the Mirror

TELLURIDE – In the wake of the third suicide by firearms in the last two weeks in San Miguel County, Sheriff Bill Masters said March 10 that there is cause for concern and is encouraging the community to take meaningful steps to prevent another tragedy.

"It's alarming – our rate (San Miguel County) of suicide by firearm in the past 12 months is now six times higher than the national average," Sheriff Masters said.

While the three victims had little in common (they were all white, and over age 55), they all had access to firearms. Sheriff Masters said, "Keep firearms locked, and

in some situations, you may need to remove them from immediate access by anyone having difficulties with depression or substance abuse."

Sheriff Masters also asks that the community watch for signs of distress in their family, friends and co-workers. Sheriff Masters was quick to add they he was not insinuating these steps would have made a difference in any of these recent cases, rather they are prudent measures overall. There is little indication any of the victims were behaving in a manner that would cause their family or friends alarm prior to taking their lives.

"We are deeply saddened for these fami-

lies and their losses," Sheriff Masters said. And finally, if you yourself is suffering from depression or feeling suicidal, please seek help.

"Talk to someone, reach out. Suicide is not the answer." The Center for Mental Health in Montrose operates a 24 hour crisis line (970-252-6220) for mental health emergencies.

The San Miguel Sheriff's Office, located in Telluride, Colorado and established in 1883, serves 7,800 residents and countless visitors across the 1,288 square miles of San Miguel County. Sheriff Bill Masters has been serving as the county's elected Sheriff since 1980.

GRAND JUNCTION'S FIRST BAPTIST CHURCH PRESENTS AN EASTER CANTATA MARCH 20

Special to the Mirror

GRAND JUNCTION-The First Baptist Church Chancel Choir will present an Easter Cantata on Palm Sunday, March 20th, 2016 at 10:15 AM in the Sanctuary at 720 Grand Avenue. There is ample parking across Grand Avenue in the R5 School Parking Lot. We do have an elevator, which will take you from the parking lot to that Sanctuary. For more information, check our Facebook Page at First Baptist Church of Grand Junction or call the Office at 970-242-5645. Visitors are always welcome!

HONORABLE MENTION

To Cindy LaJoy, for the well-written, well-argued, intelligent, loving and inspirational LaJoy Family [blog posts](#). If you have not read her lately, you're missing the chance to learn more about love and life...



...and remembering the life and legacy of Jim Isgar, at left, a Colorado leader who wore many hats for the Western Slope and for the State, all of them very, very well...

...to Sharon Wood Marquez, my lifelong friend since freshman year at Fort Lewis College. Life is short, but true friendship lasts forever. Happy birthday Sharon!!

...and to registered, informed voters everywhere. Because casting your vote could be the most important thing you ever do.

Hold the Date! Upcoming Business and Cultural Events

ONGOING-

LARK AND SPARROW VENUE-Fridays beginning in February-Every Friday from 4:30 to 7 pm : Sparrow's Social Hour, Live @ 5 . . . Music by Local Artists in Sparrow's Library. 7:30 pm : Lark's Skylight Jazz Club. Live Jazz Weekly : The House Blend Combo & Guest Artists. Every Third Friday : Cabaret "Open" Stage.

SATURDAY NIGHT LIVE @ THE GALLERY • MUSIC BY YOUTH, Second Saturdays from 7 to 9 p.m. at Healthy Rhythm Community Art Gallery in Sampler Square.

MONTROSE WINTER FARMERS MARKET 10 am - 1pm *Location: Behind Straw Hat Farm Kitchen Store 514 S. 1st Street* (Every other week through April 23) **Feb. 27; March 12, 26; April 9, 23.**

THE ALPINE PHOTOGRAPHY CLUB meets every second Tuesday at St. Mary Catholic Church in the St Paul Room, 1855 St Mary's Drive, Montrose. The Public is welcome to attend. For more information, email alpinephotoclub@aol.com.

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 JAM SESSION AND SING ALONG, Mondays from 4 to 6 p.m. at the Montrose Pavilion Senior Center.

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.

MONTHLY-

March 16- Chipeta Archaeology Society presents Preservation Archaeologist Paul Reed to discuss The Greater Chaco Landscape, at 7pm at United Methodist Church - Baldrige Hall South 1st and Park Avenue. Free to the Public.

March 17-CDOT, ACC and the Town of Ridgway will hold a public meeting on March 17th to introduce the community to the construction team and review the preliminary project schedule. The meeting will be held at the Ridgway Town Hall located at 201 N. Railroad Street. There will be an open house from 5:30 — 8:00 with a public presentation at 6:00 pm. If you can't attend the meeting you are encouraged to sign up for project updates or contact the team using the following resources: <https://www.codot.gov/projects/sh62rampupridgway>. Project Information Line: 970-430-0933 Direct Contact: SH62Ridgway@accbuilt.com.

March 18-7:30 p.m. - "Rabbit Hole", a slice-of-life drama, explores something all of us have experienced--the loss of a loved one and how we cope with that. Ticket information for the Magic Circle Theatre play can be found online at magiccircleplayers.com or by phone at (970) 249-7838, or in person at the Magic Circle Theatre box office, 420 S. 12th St., Montrose, beginning March 8 from 2 to 5 pm, Tuesdays, Wednesdays, and Thursdays.

March 18--An evening at the Studio--Snow Shadow Studio. Limited tickets and reservations. Music, appetizers, green drinks. 535 South First Street, Montrose, Park Avenue Entrance. \$35 per couple, \$20 per person.

March 19-- 10 a.m. to 5 p.m., Gown Extravaganza, the AppleShed in Cedaredge 250 S. Grand Mesa Drive. , 10 a.m. to 5 p.m. All gowns are \$40, proceeds benefit National MS Society, ARC of Western Colorado and Delta High School Astra Club.

March 19-7:30 p.m. - "Rabbit Hole", a slice-of-life drama, explores something all of us have experienced--the loss of a loved one and how we cope with that. Ticket information for the Magic Circle Theatre play can be found online at magiccircleplayers.com or by phone at (970) 249-7838, or in person at the Magic Circle Theatre box office, 420 S. 12th St., Montrose, beginning March 8 from 2 to 5 pm, Tuesdays, Wednesdays, and Thursdays.

March 20- 2 p.m. - "Rabbit Hole", a slice-of-life drama, explores something all of us have experienced--the loss of a loved one and how we cope with that. Ticket information for the Magic Circle Theatre play can be found online at magiccircleplayers.com or by phone at (970) 249-7838, or in person at the Magic Circle Theatre box office, 420 S. 12th St., Montrose, beginning March 8 from 2 to 5 pm, Tuesdays, Wednesdays, and Thursdays.

March 20-The First Baptist Church Chancel Choir will present an Easter Cantata on Palm Sunday, March 20th, 2016 at 10:15 AM in the Sanctuary at 720 Grand Avenue. There is ample parking across Grand Avenue in the R5 School Parking Lot. We do have an elevator, which will take you from the parking lot to that Sanctuary. For more information, check our Facebook Page at First Baptist Church of Grand Junction or call the Office at 970-242-5645. Visitors are always welcome!

March 23--Public forum- at 5:30 pm at the Holiday Inn Express, the League of Women Voters of Montrose County, serving Montrose and Delta counties will sponsor a public meeting about ColoradoCare Amendment 69, an initiative on the November 2016 Colorado ballot. Writer and filmmaker T.R. Reid is the featured speaker.

March 24-Colorado Parks and Wildlife is offering a free "Turkey Hunting 101" class, 6-8 p.m., March 24 at the CPW office in Montrose, 2300 S. Townsend Ave. The class is limited to 25 people. To sign up, go to the Montrose office, or call 970-252-6000. For more information about turkey hunting in Colorado, go to:<http://cpw.state.co.us/thingstodo/Pages/turkey.aspx>.

March 25-7:30 p.m. - "Rabbit Hole", a slice-of-life drama, explores something all of us have experienced--the loss of a loved one and how we cope with that. Ticket information for the Magic Circle Theatre play can be found online at magiccircleplayers.com or by phone at (970) 249-7838, or in person at the Magic Circle Theatre box office, 420 S. 12th St., Montrose, beginning March 8 from 2 to 5 pm, Tuesdays, Wednesdays, and Thursdays.

March 26-The City of Montrose and the National Park Service will host a premiere of the upcoming PBS series "Heart of the World: Colorado's National Parks," on Saturday, March 26, 2016, at the Montrose Pavilion, 1800 Pavilion Drive. Part 3 of the series, entitled "Life", will be screened starting at 6 p.m. Doors open at 5 p.m. Admission is FREE. Attendees will hear remarks from City of Montrose Assistant City Manager and Office of Business and Tourism Director Rob Joseph, and Park Superintendent Bruce Noble before the showing. Filmmaker Chris Wheeler will also be on hand to talk more about the making of the film. The screening of this series is part of a year-long celebration of the Centennial of the National Park Service. More information about upcoming events can be found at www.nps.gov/blca and www.findyourpark.com.

March 26-7:30 p.m. - "Rabbit Hole", a slice-of-life drama, explores something all of us have experienced--the loss of a loved one and how we cope with that. Ticket information for the Magic Circle Theatre play can be found online at magiccircleplayers.com or by phone at (970) 249-7838, or in person at the Magic Circle Theatre box office, 420 S. 12th St., Montrose, beginning March 8 from 2 to 5 pm, Tuesdays, Wednesdays, and Thursdays.

April 2-The Montrose Woman's Club is sponsoring their annual Flea Market at the Montrose County Fair Grounds, Friendship Hall on Saturday, April 2, 2016 from 8 am to 4 pm. There will be 100+ tables full of new/used items. Breakfast and lunch will be provided by Big Head BBQ. There is no admission charge and all proceeds from this event go to local charitable organization here in the Montrose. If you would like to be a vendor, please call Paulette Wells at 249-6381.

April 15-16-Delta Area Chamber of Commerce Spring Expo, Bill Heddles Recreation Center in Delta. 80+ vendors! Friday 9 a.m. to 5 p.m., Saturday 9 a.m. to 3 p.m.

April 23-Annual Stupid Band Earth Dance! Turn of the Century Saloon in Montrose.

April 28-Leader Training - Healthier Living Colorado-This four-day class is for the person wanting to make a difference in the lives of those with chronic conditions! Participants will: illustrate following the Leader Manual content and process; recognize how to handle problem people appropriately; use positive reinforcement techniques with group members; apply strategies to encourage group participation and use effective modeling strategies. *PDA requirements. A CEU from COAW is equal to 10 contact hours (PDAs).*



The Homestead Fundraising



AT MI MEXICO MEXICAN RESTAURANT

**Come and enjoy delicious meal.
Every 1st Wednesday of the month.**

Over 200 entrees to choose from!

After dining, attach the flyer to the bill and
deposit it in the box labeled "The
Homestead". The 20 % of your total bill will
be donated to The Homestead at Montrose
Assisted Living.

**SUPPORTING
IS NOW
DELICIOUSLY
REWARDING.**



**1706 E Main St (Hwy 50)
Montrose, CO. 81401
(970) 252-1000
(970) 252-1111 Fax**

*Coupon must be present.

Contact the Montrose Mirror:

Post Office Box 3244

Montrose, CO 81402

970-275-0646

Editor@montrosemirror.com

www.montrosemirror.com



At left, beautiful downtown Montrose in early evening...top right, Montrose local Erik Stucky performed with the amazing Nathan McEuen at the Lark & Sparrow on Saturday, March 12. "Erik's dad is a dentist here in Montrose," McEuen said. "But we don't know any dentist songs." Even so, they drew raves for an outstanding and highly entertaining show with great music and plenty of humor.



Home Health of Western Colorado
Montrose, CO

The Homestead at Montrose
Montrose, CO

Senior CommUnity Care (PACE)
Montrose, CO • Eckert, CO

Valley Manor Care Center
Montrose, CO

Senior CommUnity Meals
Eckert, CO

Horizons Health Care and Retirement Community
Eckert, CO



Thinking About Your Health Care Options?

Let us help you find the right solutions;
call today: 1-844-VOA-4YOU



www.voahealthservices.org
www.facebook.com/VOAWesternSlope