



www.montrosecounty.net



www.voahealthservices.org



www.thelarkandsparrow.com



www.tristategroup.org



www.alpinebank.com



www.prospace.biz



www.smpa.com



Howard Davidson Agency

www.farmersagent.com/hdavidson



www.dmea.com



www.scottsspringing.com



www.montrosehospital.com



www.montrosecchamber.com



<http://deltacolorado.org>



THE MONTROSE MIRROR

FRESH NEWS FOR BUSY PEOPLE...WEEKLY ON MONDAYS!

Issue No. 200 Dec. 19 2016

WOMEN'S GIVING CLUB DEBUTS FEB. 6 @ BRIDGES

By Caitlin Switzer

MONTROSE-In a region where salaries lag and non-profit organizations meet many essential needs, community donations are a vital source of financial support. Have you ever wished you could afford to give more? Now, a group of local women have found an innovative way to stretch their philanthropic dollars through a giving club, modeled after the concept of "100 Women Who Care."

The Montrose Giving Club is in the formative stages, with the very first meeting set for 5: 30 p.m. on Feb. 6 at the Bridges of Montrose. Founding members include Phoebe Benziger, Sue Hansen, Julee Wolverton, Kristy Barrett, and Sarah Piper Fisher. The idea came from a meeting that Benziger attended, of the Grand Junction Giving Club.

"It was one of the best feel good nights ever," Benziger said. "And the beauty of it is networking and socializing between women—what's not to love?"

[Continued on page 4](#)



Montrose Giving Club organizers Phoebe Benziger and Sue Hansen believe the concept will be a win-win for Montrose. The first meeting will be Feb. 6 at the Bridges.

TRUST, BUT VERIFY: WHAT HAPPENED @ SHANTY2

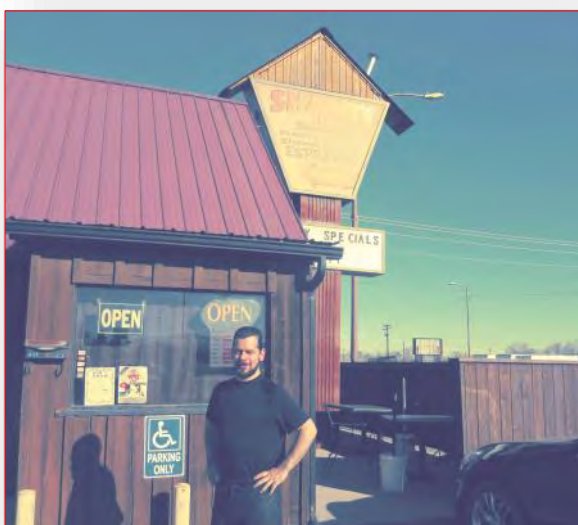
By Caitlin Switzer

MONTROSE-When he spoke to the *Montrose Mirror* last March, Luis Guillermo Cadena of Montrose was successfully running his own restaurant, Shanty 2, at 411 North Townsend Avenue. The 43-year-old entrepreneur had an appreciative and steady clientele, built up over seven years. He liked nothing more than to chat with his customers when he had a moment away from the grill.

Cadena had originally come to Montrose because of his parents, who worked at the Russell Stover Candy Factory, and spent most of his adult life in the region. "Before I opened at this location, I was in Ridgway, and before that in Telluride for 13 years," he told the *Mirror*. "I was the second chef at Los Montanas."

Today, Cadena is nowhere to be seen at Shanty 2, at his Montrose home, or behind the wheel of one of the four vehicles he

[Continued on page 3](#)



In this Mirror file photo taken last March, Luis Cadena stands outside of his restaurant, Shanty 2.

in this
issue

[Gail Marvel's Houses
of Worship column!](#)

[Art Goodtimes...
Up Bear Creek!](#)

[Regional
News Briefs](#)

[Rob Brethouwer writes
On Holiday listening!](#)

[Lavender
Emporium opens!](#)

HOUSES OF WORSHIP - MONTROSE UNITED METHODIST CHURCH

By Gail Marvel

Jesus said, "For where two or three come together in my name, there am I with them" (Matt 18:20 NIV).

MONTROSE-The average Sunday attendance at the Montrose United Methodist Church for three services is 220. However, on Dec. 5, 2016 the second presentation of "Joy Christmas Choral" drew 100 people to the 11:15 am traditional service.

The service began with announcements which included cursory results of a church survey to evaluate the need for three services. Fifty-two members responded to the survey and Rev. Steve Reinhard said. "The membership doesn't want to overburden the pastor and they would like to get more acquainted with those in other services." He chuckled and said, "But they are attached to the time for their service. When we do have a combined service people tend to sit with people they already know."

A special offering for the mission project Nomads, referring to people traveling in motor homes to help build and repair facilities, was presented on video.

Ceremonial aspects of the worship service included lighting the Second Advent candle, Passing the Peace and presenting tithes and offerings before the Lord.

For the first half of the service the presentation "Joy Christmas Choral" retold the Christmas story through traditional hymns and modern praise songs which were interspersed with commentary. Under the direction of Music Director Kelly Thompson, the message in song was presented chronologically beginning with the shepherds leaving their flocks in the field and ending with the birth of Jesus...and the charge to those who believe to, "Go Tell it on the Mountain." A baby grand piano and drums accompanied the 30-member choir, who freshened up familiar Christmas hymns by changing tempos and placing dramatic emphasis on words and



Montrose United Methodist Church Music Director Kelly Thompson directs the choir in "Joy Christmas Choral Presentation." Photo by Gail Marvel.

phrases.

Romans 15:4-13 was the foundation for the sermon titled "You are the only Bible that some people will ever read." Rev. Reinhard began by explaining the Human Library Project, "You can have people on loan. People of different faiths, singles, unemployed, those with AIDS, Muslims... and British butlers. Ever since Downton Abbey people have an interest in British butlers!"

The Human Book site allows you to make an appointment with someone, such as a Vietnam Vet, the deaf, blind or homeless and for half an hour have a conversation. Reinhard said, "What if people checked us out? What if people borrowed us for 30 minutes? Would we be hard to read, or would we be an open book? What would they learn?" Quoting the Apostle Paul "You yourselves are our letter, written on our hearts, known and read by everybody. You show that you are a letter from Christ, the result of our ministry, written not with ink but with the Spirit of the living God, not on tablets of stone but on tablets of human hearts" (2 Cor 3:2-3

NIV). Reinhard said, "You yourselves are our own letter in Corinth and in Montrose. We need to be in the Word so that the Word is in us and spreads through us. When we have hope, we are hope-givers. Would you agree that the world needs hope?"

Making personal application Reinhard said, "No one is more loved by God than you...and no one is less loved by God than you. We, with the Spirit living in us, we are the body of Christ. The news of the Gospel has never been more needed than in our culture today."

Referencing the post-election trust deficiency in organizations, including the church, Reinhard said, "For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace" (Isaiah 9:6 NIV).

Contact Information:

Montrose United Methodist Church
19 S. Park Ave
Montrose, CO
Rev. Steve Reinhard 970-249-3716



No reprints without permission.

Publisher: Caitlin Switzer, Circulation 8,000+

Digital Content Producer: William B. Woody

Featured Freelance Writers: Liesl Greathouse, Gail Marvel, Rob Brethouwer, Art Goodtimes

Post Office Box 3244,

Montrose, CO 81402

970-275-0646

www.montrosemirror.com



TRUST, BUT VERIFY: WHAT HAPPENED @ SHANTY2 Frm pg 1

owned. Instead, he is in Mexico, unable to return to the United States, while an ex-girlfriend and his adult daughter run the Shanty 2 under a limited liability company created on the day he was suddenly arrested and deported, Aug. 9.

According to Montrose Attorney Dan Lowenberg, who represents Cadena, his client would now be homeless in Juarez but for the presence of an Uncle who has taken him in.

Cadena's former girlfriend and daughter seized control of all of his business and personal assets and vehicles at the time of the arrest, citing a Power of Attorney that was intended to allow Cadena's daughter to use his assets to represent him while he was in Mexico.

However, the Power of Attorney had been revoked when Cadena grew suspicious of his daughter's motives and behavior, Lowenberg said.

A transcript of an Oct. 14 Montrose District Court hearing in which a special conservator was appointed to represent Cadena's interests reveal that his daughter, Veronica Galvez, acknowledged having already spent more than \$10,000 in cash that had been left in a safe at the restaurant in just two months.

"We needed extra clothes, shampoo, basic things to live off from," she told the Court, and insisted, "...all of this was for me and my daughters to live off from."

However, Cadena himself told the Court by phone, "I did not tell her to give my stuff away or keeping it to her, no."

District Court Judge Mary Deganhart ordered Galvez and Cadena's ex-girlfriend to transfer remaining assets to back Cadena and the conservatorship. The two must also account for profits earned by the Shanty2 since his deportation.

"I want the Montrose community to know

what happened to Luis," Lowenberg told the *Mirror* today. "He's a good guy. I miss his cooking.

"And I'm his advocate. I'm going to see that he is vindicated and that he gets his belongings back."

Lowenberg said he currently has a request pending with the Court for a final hearing on claims of theft against Cadena's ex-girlfriend and daughter.

"They were blinded by greed," he said, adding that others who find themselves being taken advantage of by loved ones or even strangers should not allow themselves to be bullied, but should fight back when they realize what is happening.

"Trust, but verify," Lowenberg said.

"Even the people closest to you—if you have a feeling something is not right, stand up for yourself. If someone is trying to steal from you, fight back—or get someone else to fight for you."



SAVING FOR RETIREMENT SHOULDN'T BE DIFFICULT. Get smarter about your financial future with help from a Farmers Insurance and Financial Services Agent.



FARMERS
INSURANCE

We Can Help Provide the Foundation for Your Financial Future.

Financial security is a goal we're all striving for. In today's uncertain world, Americans want to have choices, flexibility, and a measure of certainty that their futures are secure. Whether it's saving for retirement, protecting your family, or saving for college, your Farmers Insurance and Financial Services Agent can help you with a financial strategy that fits your needs and your objectives. **Contact Howard today.**

WE MAKE INVESTING EASY. CALL TODAY!



HOWARD DAVIDSON AGENCY

970.249.6823

HOWARD DAVIDSON
Your Local Agent

1551 Ogden Road
Montrose, CO 81401
www.farmersagent.com/hdavidson

You should consider the objectives, risks, charges, and expenses of any investment or variable insurance product before purchasing. This and other important information is contained in the prospectuses or offering statements, which can be obtained from your Farmers Insurance and Financial Services Agent. Please read carefully before investing. Securities offered through Farmers Financial Solutions, LLC. Member FINRA & SIPC.

DON'T MISS NINA SUZANNE'S STORE CLOSING

**AND RETIREMENT SALE NOW THRU DECEMBER 31.
NINA SUZANNE'S AT 336 E MAIN IN DOWNTOWN
MONTROSE, CO 252-7337.**

WOMEN'S GIVING CLUB DEBUTS FEB. 6 @ BRIDGES From pg 1

Helping to promote and organize the Montrose Giving Club is Sue Hansen of Sue Hansen Speaks.

"Sue has really taken the ball and run with it," Benziger said. "The idea is to get some people together and it will grow from there."

Sue Hansen said that with the recent minimum wage increase, donations will be more vital than ever to area non-profits of all sizes. "We want younger women to realize that they do have the option to give," she said.

Overall, women make more philanthropic decisions than men, Hansen said, a statement that is supported by extensive research. The *Wall Street Journal* reported in February that, "women are more likely to give, and to give more, than men in similar situations."

And the beauty of a giving club is that income level doesn't matter.

"The playing field is level," Benziger said.

Giving Club members join as individuals with a commitment to providing \$400 a year (or \$100 a quarter) and all are equal when it comes to casting a vote. Members must be present to vote, and must bring a

blank check to each meeting.

Each member gets one vote. A small hospitality (tbd) fee will cover one drink ticket and appetizers at the events. And members who work for or support local non-profits are welcome to join and pitch the group.

The names of nominated charities are placed in a hat, and three choices are drawn from the hat at each meeting. The nominated organizations can present for five minutes, followed by a question and answer period and a vote. The charity that receives the most votes wins the evening's contributions—in the case of 20 women, that means \$2,000 for the organization. Past recipients of Grand Junction's Giving Club include the Western Slope Center for Children; Roice Hurst Humane Society; Mesa Land Trust; Fruita Monument High School Band; the Riverside Educational Center; and the Grand Junction Imagination Library.

"There were 170 women at the last Grand Junction meeting," Hansen said.

Funds are awarded to the recipient within 48 hours, and there are no guidelines on how the funds are to be spent, Benziger

said. A follow up email is sent to club members to let them know the results of the vote.

"We want this to be as simple as possible," she said. "In five years, I would hope that we have more than 100 women in the club."

Benefits of membership in the giving club include not only a feeling of good will, but the chance to hone public speaking skills, Benziger said.

Every meeting will last just one and a half hours. And though the Club does not provide charitable tax deductions, the individual non-profits do, she said.

Once an organization "wins" the evening's donations, that non-profit will be out of the running for two years.

"Our bigger non-profits have a system for raising funds," Hansen said. "But the smaller ones struggle."

Quarterly Giving Club meetings for 2017 are scheduled for 5:30 p.m. Feb. 6, May 1, Aug. 7, and Nov. 6, and are open and inclusive to all. For more information contact Hansen @

sue@suehansenspeaks.com or Benziger @ phebenator@hotmail.com.

Presented By

- The Market at Mountain Village
- David & Gaynelle Mize
- Dawn & Dave Gordon
- The Ridgway Mountain Market



March 5, 2017 Montrose Pavilion
 Afternoon Matinee 2:00pm
 Evening Performance 6:30pm

Team 1 - Katie, Corie, and Linda



Katie Angelico's most important job is to love and laugh with fiancé Justin and their 3 happy boys. Katie has worked with Montrose County Child Protective Services for the past 6 years.

Corie Wilber has worked for Montrose County Health and Human Services for almost 9 years. Corie has two girls and two doggies.

Linda Russo is busy working, cooking, eating and making a home with her husband Anthony and their six children. Linda enjoys dancing in her kitchen while preparing the evening meal.

Choreographer: Natasha Pyeatte

Dancing for

Weehawken Creative Arts

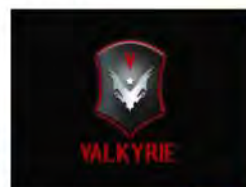
At Weehawken Creative Arts, we are in the business of changing lives, nurturing dreams, and helping kids and adults in Ouray County and neighboring communities discover their creative potential through the arts.

We offer transformative, individualized arts education programming led by extraordinary instructors, as well as a variety of art-inspired events. More than that, we offer a place for you to find your very own community of kindred spirits, wherever your artistic passion lies.

For more information visit: www.weehawkenarts.org

Purchase Tickets Here

Champion Sponsors



Teams Here



MONTROSE PAVILION

2:00pm and 6:30pm

- LIVE AUDIENCE VOTING
- DIVERSE DANCE TEAMS
- CHECK IT OUT AT www.casa7jd.org

Save the Date!

REGIONAL NEWS BRIEFS

PAHGRE ROAD CLOSED FOR CULVERT REPLACEMENTS

Special to the Mirror

Montrose County Road & Bridge Department will be closing Pahgre Road between Trout and Kinikin on Dec. 19, 2016 for culvert replacements. Motorists are asked to use alternate routes. For more information please call Montrose County Road and Bridge Department at 970-249-5424.



SMPA Wishes you & yours a Merry Christmas!

Our offices are closed
Monday, Dec. 26
Basic services still available at
970-626-5549

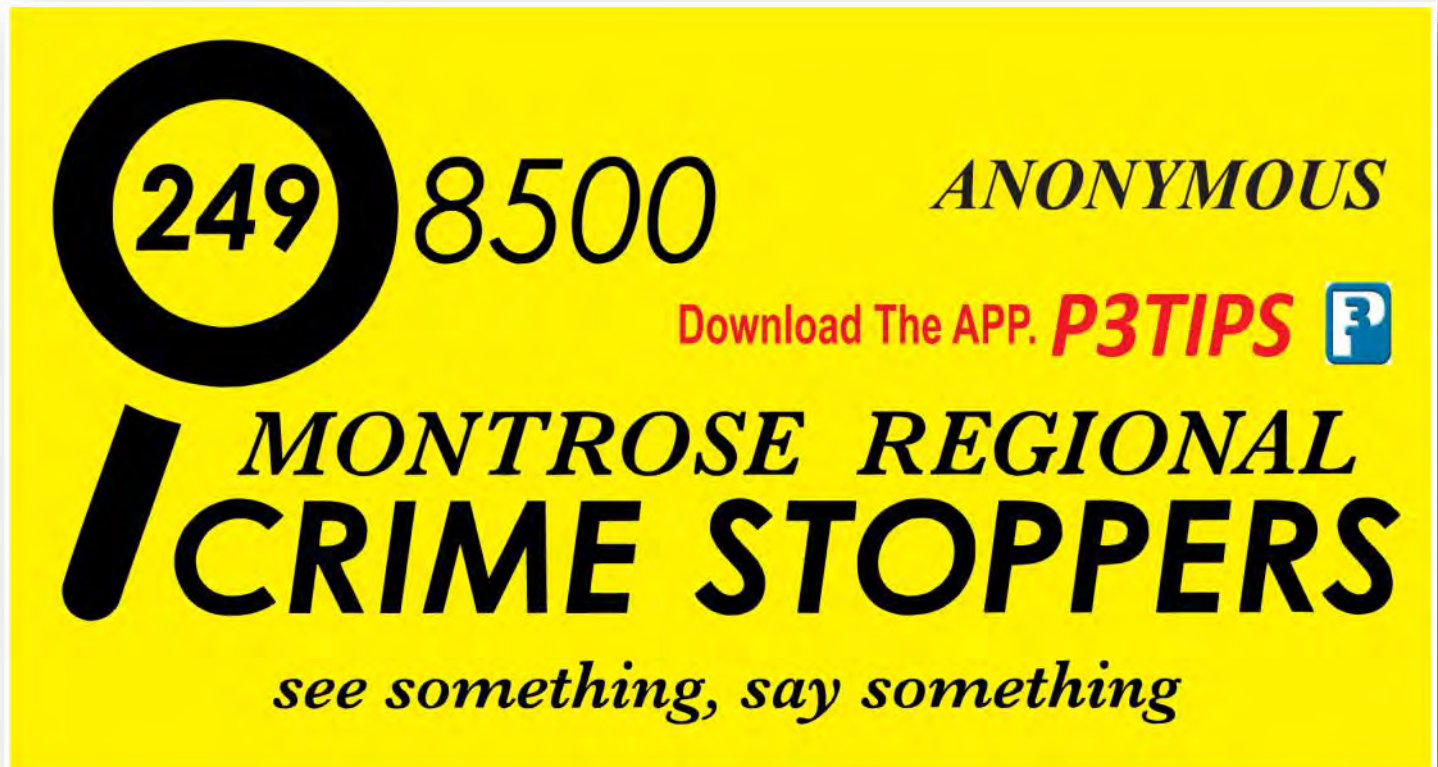
Touchstone Energy® Cooperatives
The power of human connections®

SAN MIGUEL POWER ASSOCIATION


SMPA is an equal opportunity provider and employer.

VOLUNTEERS SOUGHT FOR MONTROSE LIBRARY BOARD OF TRUSTEES

The Montrose Regional Library District Board of Trustees seeks volunteers interested in joining them in representing the community on the Library Board as a Trustee. Direct any questions to Paul Paladino, Director, 249-9656 Or any of our current Trustees. Please send a letter of interest including qualifications by Jan. 10, 2017 to ATTN: Trustee Applicants, Montrose Regional Library District, 320 S. 2nd St., Montrose, CO 81401



249 8500 *ANONYMOUS*

Download The APP. **P3TIPS** 

MONTROSE REGIONAL CRIME STOPPERS

see something, say something

Thanks to our Mirror readers for another great year...have a joyous holiday season!

REGIONAL NEWS BRIEFS

FOREST SERVICE AND COLORADO DEPARTMENT OF NATURAL RESOURCES RELEASE COLORADO ROADLESS RULE RECORD OF DECISION AND FINAL RULE

Special to the Mirror

REGIONAL-The Rocky Mountain Region of the U.S. Forest Service and the Colorado Department of Natural Resources announced today the release of the Colorado Roadless Rule Record of Decision and Final Rule.

This action codifies an important piece of the compromise that the Forest Service, the State and Coloradans forged during the extensive process to develop the 2012 Colorado Roadless Rule. The 2012 Colorado Roadless Rule protects undeveloped areas of the National Forests by prohibiting new roads and other development activities that could undermine their natural resource value. The rule conserves 4.2 million acres of pristine backcountry in Colorado's eight National Forests, nearly 400,000 more acres than the 2001 Roadless Rule it replaces. Importantly, the Colorado Rule provides significantly increased protection for 1.2 million acres of high-

quality roadless acres. In return for additional protections, the Colorado Roadless Rule provides flexibility for potential expansion of ski areas on about 8,000 acres and for temporary road construction and placement of methane vents associated with underground coal mining on about 19,700 acres in the North Fork Coal Mining Area.

The Final Rule announced today reinstates the North Fork Coal Mining Area exception as written in the 2012 Colorado Roadless Rule, and will apply to about 19,700 acres (about 0.5% of Colorado roadless area). This addresses a State-specific interest in managing roadless areas while providing opportunities for energy development and other benefits such as supporting local economies. The Colorado Roadless Rule exception would not authorize any new leases; it would simply allow for the construction of temporary roads, so the option for coal mining is not

foreclosed. Any proposal for mining activity, new leases or lease modifications, would be subject to a separate environmental review and public involvement and decision-making processes. The Final Rule also corrects Colorado Roadless Area (CRA) boundaries based on more accurate inventories of forest road locations and aligns the North Fork Coal Mining Area boundaries to the CRA boundaries.

To address the findings of the District Court of Colorado in *High Country Conservation Advocates v. United States Forest Service*, the Rocky Mountain Region of the U.S. Forest Service and the Colorado Department of Natural Resources announced the availability of the Supplemental Final Environmental Impact Statement (SFEIS) in the Federal Register Nov. 18.

The coal lease modification decisions vacated by the Court are being addressed by the Forest Service in a [separate environmental analysis](#).

Wishing You a Very Merry Christmas and a Prosperous 2017



ProSpace⁺
Since 1970
Office Furniture | Space Planning | Installation



GO BIG, NOT BROKE

LIGHT UP YOUR HOLIDAY SEASON WITH LEDS.

LEDs use up to 75% less electricity than traditional strands and can last as many as 40 holiday seasons. They're hard to break and stay cool to the touch, reducing the risk of fire. Plus, you can find them in a variety of colors, shapes, and lengths.

Happy Holidays!



877-687-3632
www.dmea.com

**DMEA IS
A PROUD
SPONSOR OF
THE GARDEN
OF LIGHTS**

December
9 - 10
16 - 18
26 - 27

5:30-8:30 PM

Montrose Botanical
Gardens

More info at:
montrosegardens.org

REGIONAL NEWS BRIEFS

CELEBRATE PIC PLACE @ OPEN HOUSE ON MONDAY DEC. 19

Special to the Mirror

MONTROSE-The Center for Mental Health, Community Dental Clinic, and the Delta School District through the Delta-Montrose Technical College are hosting a ground-breaking ceremony Monday, Dec. 19, 2016 at 87 Merchant Drive in Montrose, Colorado as they begin construction on their new facility that will become the PIC Place (Partners in Integrated Care). The community is invited to come out at 1 p.m. and help celebrate the beginning construction of this innovative health care resource for the region.

When the renovation is complete, the PIC Place will offer individuals, living on

low-incomes, the opportunity to experience excellent whole body care in one location including: comprehensive primary care, preventative and restorative dental care, and mental health and substance use care.

All services will be offered on a sliding fee scale based on income by a diverse and highly skilled group of providers. The Clinic will also offer patient-friendly hours including weekend and evening appointments. Services will be respectful of language and culture so that all people are comfortable receiving care at the Clinic.

In addition, the PIC Place will offer individuals the opportunity to enroll in voca-

tional and career-track education through the Vo-Tech and their on-site classroom. Classes will be focused around health care and will offer "rotations" in the Clinic so that students gain valuable experience, along with their education, increasing the likelihood of obtaining employment in new and emerging health care fields. With a purchase and renovation cost of \$2,174,956, partners to the project have raised nearly \$2 million dollars to date. The project is expected to be completed in the spring with a proposed opening of April, 2017.

Stryker & Company was awarded the design build contract.

DON'T FALL VICTIM TO CYBERSCAM TARGETING REAL ESTATE BUYERS & SELLERS

Special to the Mirror

DENVER - The Colorado Division of Real Estate at the Department of Regulatory Agencies (DORA) warns Colorado consumers to beware of a national cyber-scam currently taking place that steals money directly from home buyers and sellers.

The Division continues to receive information about this cyber scam in which cybercriminals hack the email accounts of real estate brokers, title companies, and consumers who are in the process of buying or selling a home. In other instances, they create alternative email accounts with just minor changes to the name of the email account, which typically goes unnoticed by the recipient of the email.

"Unfortunately the costs to Colorado consumers can be in the tens to hundreds of thousands of dollars with just one successful scam," stated Marcia Waters, Director of the Division of Real Estate. "Unless you pay very close attention, everything may look right -- the email signature, address and the website. But, by the time homebuyers realize something is wrong, the money is already gone and in an untraceable bank account, leaving them at the closing table with no money

and eliminating their ability to purchase the home."

This past February, a Colorado seller lost over \$80,000 from the sale of their property to one of these scams.

How do the scams work? Often the computer hackers monitor email exchanges between the parties of a real estate transaction and gain specific information, such as the buyer and seller names, subject property address and file numbers. As the closing date approaches and arrangements are made to wire the money to the closing company, or wire the proceeds from the sale of the house to the sellers, the scammer will send a last-minute email from a hijacked account or similar looking email address updating the wiring instructions to request the money be transferred into a fraudulent bank account. The email looks legitimate and often contains the transaction specific information the hackers obtained in the body of the email or as an attachment.

"This scam reflects the increasing technical sophistication of computer hackers and all home buyers and sellers are potential victims," noted Waters.

Buyers and sellers can take just five

minutes by reading the below tips to protect themselves from becoming a victim of wire fraud:

Verbally contact your broker: Prior to wiring any money, you should always verbally contact your real estate broker to confirm that the wiring information is accurate. Do not rely on telephone numbers or website addresses provided within an unverified email.

Do not email financial information: Emails and texts are not secure methods to transmit financial information.

Keep a record of websites that hold your financial information: And before providing that information, confirm that the websites in which you input financial information are secure. Look for the URL to start HTTPS, the "S" stands for secure.

Don't click on links: Don't use links in emails to get to websites. Instead, search and find the company and directly link to their website from your search.

Update your computer: Keep your operating system, browser and security software up-to-date.

Report any fraudulent activity to the Federal Bureau of Investigations through its [Internet Crime Complaint Center](http://www.fbi.gov/intercrime).

“THE LEGAL IMMIGRATION IS BROKEN,” ADVOCATE SAYS



Montrose business owners Debbie and Ray Blanchard celebrate at the ribbon cutting for D/Medici Footwear in March of 2012. The two were married in August of 2013. Originally from Canada, Debbie was officially approved as a citizen on Dec. 8. File photo Montrose ACT ribbon cutting.

By Caitlin Switzer

MONTROSE—In the end, it was only with assistance from Congressman Scott Tipton's office that one Montrose business owner was able to prove to the Federal Government something that her friends and neighbors have known for years—that she and her husband are legally married.

“I was finally approved on December 8,” said Debbie Blanchard, who is originally from Canada. “I am now a landed immigrant.”

Still, it hasn't been easy. Blanchard endured repeated requests for documents that had already been submitted, forms lost in the system, and at one point, her application papers strangely, were mailed back to her.

“You're not supposed to speak to any of them,” Blanchard said of Immigration officials. “You're not supposed to even talk.”

With years of legal costs, paperwork and nothing to show but frustration, Debbie Blanchard enlisted the help of Tipton's office and sent a five and half page letter to Immigration. “I knew I had all my ducks in a row,” she said. “I was ready to become a poster child if I had to; I felt like I was being bled to death.”

The nation's present immigration system does not serve anyone well, said Ricardo Perez of [Hispanic Affairs Project](#). “The legal immigration is broken,” Perez said. “Normally, for every citizen in this country

there is some opportunity. But right now the system is obsolete, old, and not responding to economic and social needs.” Perez noted the recent example of a California business owner with 5,000 workers—and no immigration status. “He was undocumented for many years, before he married a citizen,” Perez said. “We do not know who is documented, and who is not. And there is no chance for someone undocumented to receive immigration status, no matter who he is.”

Among those hardest hit by the present system are farm and commercial workers, and small business owners. “You could be the best person, and the system still cannot grant you immigration status,” Perez said. “Many undocumented workers are living in the United States, paying taxes and working for 15-20 years—but they do not collect benefits.

“In order to protect our families, our community, and have a better economy, we must be sure our system is providing opportunities for everyone.”

The recent experience of longtime Montrose business owner Luis Cadena (see related story) details a specific case in which the system was misused. As immigration officers arrested and deported Cadena on Aug. 9, an ex-girlfriend and his daughter took possession of his home, business, at least 10K in cash, and four vehicles that same day. Cadena, a successful restaurant owner and local employer who found himself suddenly homeless in Mexico, has since retained an attorney to regain control of his property.

“There are so many abuses (of the system),” Perez said. “Labor, trafficking, harassment...these are things that only happen to those in our community who are vulnerable. “President Obama deported almost 2.5 million people over the last eight years,” he said.

“We agree that people who commit a crime should be deported. The problem is when the system is not working, and targets those individuals with no criminal record.”



Val Mulkey
Certified Surgical First Assistant
MMH Employee for 24 years

MONTROSE MEMORIAL HOSPITAL

Why We Love MMH

Driving through the Western Slope and stopping in at MMH, Val knew he had found a place to call home. And, MMH being home, he's found support to continue to reach his professional goals and to provide the kind of quality healthcare that makes Montrose what it is.



Montrose Memorial Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

800 South Third Street, Montrose, CO 81401 970.249.2211 MontroseHospital.com

CITY OF MONTROSE EYES IGA WITH REC DISTRICT, WILL DESIGNATE RIVERFRONT PROPERTY AS BLIGHTED

Mirror Staff Report

MONTROSE-At the regular [Work Session of Dec. 19](#), Montrose City Council will hear from All Points Transit Director Sarah Curtis, and will consider an Intergovernmental Agreement (IGA) with the Montrose Recreation District.

In exchange for providing legal, financial, information and maintenance services and the fields at Cerise Park to the Rec District, the Rec District will waive the Tier 3 Corporate Membership fee for City Council and City staff. The City will also provide sanitation utility service and recycling service to the District for both the Field House and Community Recreation Center locations at no cost. In return, the District will also offer the Participant Membership Fees (equivalent to a 15 percent discount) to City employees and Council for the family and adult annual pass at the effective rate at time of purchase.

Council will also discuss the disposal of City owned property with Public Works Director John Harris, and will consider an ordinance to allow tastings in retail liquor stores and the designation of official posting places. Included in the meeting packet is a report from the Gunnison Ba-

sin Roundtable. Upcoming topics for discussion will include Planning Commission Appointments on Dec. 20; and a Crime Stoppers Month Proclamation and Liquor License Hearing for The Vine Market Bistro on Jan. 3. The 2017 Plan of Annexation and proposed Urban Renewal Authority Ordinance will be considered on Jan. 16, and Youth Council will report to City Council on Jan. 17.

At the [regular City Council meeting](#) of Dec. 20, Council will appoint Josh Freed and Gary Seitz to the Montrose Planning Commission, and will appoint Thomas Busker as an alternate.

Council will also consider Resolution 2016-26, "a resolution finding that one or more blighted areas exist in the City of Montrose, the need for the redevelopment and rehabilitation of such areas in accordance with the Colorado Urban Renewal Law, declaring it to be in the public interest that the Montrose Urban Renewal Authority exercise the powers provided by law and designating the City Council and representatives of affected taxing bodies as the Urban Renewal Authority."

The [final plat of the Northside Park Sub-division](#) is up for approval, and Council will

consider approving vehicle and equipment purchase recommendations.

Council will approve five recent annexations on second reading—Colorado Outdoors Annexation No. 1; 2096 Miami Road Addition; 14600 Marine Road Additions No. 1 and 2; 804 Chipeta Road Addition; and the Chipeta Lake Addition.

Also to be approved on second reading are Ordinance 2407, amending the zoning district designation of 801 S. Hillcrest Drive from "R-3", Medium Density District and "R-4", High Density District, to "B-2" Highway Commercial District (though Hillcrest is not a Highway, as Councilor Judy Ann Files noted at first reading) with conditions; Ordinance 2409, repealing and reenacting the City's Municipal Code; and Ordinance 2408, amending Ordinance 2362 which appropriated funds for defraying the expenses and liabilities of the City of Montrose, Colorado, during the fiscal year beginning January 1, 2016; said expenditures of the City of Montrose over and above those anticipated at the time of the adoption of the original budget for the fiscal year beginning Jan. 1, 2016.

Following staff reports, Council will adjourn.

12 ways to develop

AN ATTITUDE OF GRATITUDE

1 KEEP A DAILY GRATITUDE JOURNAL

2 TAKE TIME TO PLAY

3 IMPROVE YOUR HEALTH

4 CUT OUT THE NEGATIVE!

5 ADJUST YOUR POSTURE

6 MONITOR YOUR EMOTIONS

7 SPEND TIME WITH POSITIVE PEOPLE

8 BECOME SOLUTION ORIENTED

9 LEARN FROM EXPERIENCES

10 USE POSITIVE LANGUAGE

11 HELP OTHERS

12 CONTROL YOUR REACTIONS

970.252.3200
FOR MORE INFORMATION

970.252.6220
EMERGENCY SERVICES

WWW.CENTERMH.ORG

CMH
THE CENTER
for mental health

SMPA: SOLAR ARRAY COMPLETED IN NORWOOD



Special to the Mirror

NORWOOD-On Monday, Dec. 12, San Miguel Power Association (SMPA), San Miguel County, the Colorado Energy Office (CEO), GRID Alternatives (GRID) gathered for a site tour and program at the Norwood Transfer Station, to recognize and complete the development of a community solar array that will lower the electric bills for 30-40 qualified low-income families in the SMPA's service territory. GRID staff, families who will benefit from the system, solar industry job trainees, and local volunteers installed the 200-kilowatt solar array. The community solar array will meet approximately 50 percent of the energy needs for each participating family over 20 years, reclaim a local landfill and prevent 6,000 tons of greenhouse gas emissions. The project is the sixth of its kind in a statewide initiative designed to demonstrate how community solar models reduce energy costs for utilities' highest need customers.



CENTENNIAL MIDDLE SCHOOL DRAMA SHOWCASE



MONTROSE-Ms. Gann and Ms. Christensen's Centennial Middle School Seventh and Eighth grade students presented a delightful drama showcase for family, friends and fellow students last week. Mirror staff photo.


Fleece that's softer on the planet.

To make our solid-color, recycled polyester fleece styles, plastic bottles are collected, melted down and spun into fiber. This reduces our reliance on petroleum products and keeps discarded bottles out of landfills. There are 18 bottles in each Boys' Retro-X Jacket and 13 in a single Girls' Re-Tool Snap-T Pullover.



patagonia


Men & Ladies available at Hypoxia

300 East Main Street | Montrose 
(970) 249-1622 | hypoxiamontrose.com

Regulate with Comfort

Missions in the mountains can be frigid, but the exertion that gets us to the top can often make the body hot. How to battle the constant push-and-pull nature of getting after it? You've heard it time and time again: Layers build the foundation for staying comfortable in the mountains, especially when those layers employ Polartec fleece. From breathable baselayer to versatile mid layers, what lies under the hood works harder so you can work smarter.



300 East Main Street | Montrose 
(970) 249-1622 | hypoxiamontrose.com

patagonia

Men & Ladies available at Hypoxia

REGIONAL NEWS BRIEFS

CSU BRINGS AG OUTLOOK STRATEGY FORUM TO MONTROSE PAVILION JAN. 11

Special to the Mirror

Producers know their costs of producing crops and livestock continue to be high while market prices are going down. As profits decrease or there are losses, producers may have difficulty securing operating loans or have to take money from the savings they accumulated over the past few years of good prices. What are they to do?

Colorado State University Extension will host six outlook and strategy forums throughout Colorado in January and February. Producers participating in the forums will learn about the outlook for commodity prices, production costs for each area, current Farm Service Agency programs, and various strategies for being profitable when prices are low.

Dr. Stephen Koontz, CSU agricultural

marketing expert, will present current outlook information for commodities common to the areas in which the forums will be conducted. Koontz is well known throughout Colorado and the U.S. for his knowledge of the domestic and world factors that drive market prices for such things as corn, wheat, cattle, oilseeds, and hay. He is also familiar with imports and exports.

Brent Young, Jeff Tranel, and Jenny Beiermann, CSU agricultural and business management economists, will discuss the costs and returns for various commodities. They will also explore strategies, including new crop insurance products, that a producer might use to change his production and marketing to better match his individual costs with forecasted market prices. USDA Farm Service Agency personnel will talk about the FSA programs available to producers in Colorado.

The Ag outlook and strategy forums will be held in Montrose at Friendship Hall on Jan. 11, Sterling at the NJC campus on Feb. 7th, Burlington at the Community Center on February 8th and Limon at the Hub City Senior Center on Feb. 15th. All programs will be held from 11 am to 2:30 pm and lunch will be provided.

Registration is required and fees are \$30 online and \$35 by phone. To register online go to <https://2017agoutlook.eventbrite.com> by phone call (970) 522-7207 and ask for Rebecca.

Two additional forums will be held in Greeley at the Farm Show on Jan. 26th and in Lamar on Feb. 3rd as part of an all-day Ag event.

For more information about the forums, please contact Brent Young at 970-522-7207 or brent.young@colostate.edu.



A Lavender Emporium LLC

*A Unique Place for Showcasing
Colorado's Craftsmen & Artisans*

Colorado handcrafted sensibly-grown products. Most products are from the farm where the crops are thriving. Now the farmers are distilling their own genuine essential oils and creating these useful products for culinary and personal use.

.... TRACY HARRISON

230 S. 2nd Street • Montrose, CO 81401
970-210-8782 • beltzakatua@gmail.com

.... CO-OP RETAIL SPACE FOR RENT

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



Puppet Shows!



DECEMBER 29TH

10:00 AND 11:00

Live actors and a cast of puppets present a
45-minute show for the whole family!

Seating is first come, first served and shows are bound to fill up.
Come early to find parking and a spot to enjoy the show!

Marguerite H. Gill Children's Room
970-249-9656, Option 2
www.montroselibrary.org
Find us on Facebook (www.facebook.com/montrosekids) and
Twitter @MontroseLibKids



MONTROSE REGIONAL
LIBRARY DISTRICT

REGIONAL NEWS BRIEFS

DORA: BE WARY OF INVESTMENT ADVICE FROM FAMILY, FRIENDS

Special to the Mirror

STATEWIDE-Many subjects are taboo to discuss during the holidays. One topic that we should be cautioned against discussing around the holiday dinner table is investing your money. Yet, many Americans don't see an issue with getting investment tips and advice from loved ones and acquaintances. In fact, a recent survey conducted by the Financial Industry Regulatory Authority (FINRA) Foundation found that over a third of investors make investment decisions solely based on conversations with family and friends. Which makes this time of year ripe for affinity fraud.

While many people have an outspoken relative who will inevitably bring up an uncomfortable topic, consider also the cousin, or perhaps even a cousin's new boyfriend, who will bend your ear about a "can't miss" opportunity in the finance world. In the regulatory industry, we often caution people against what we call "affinity fraud." The U.S. Securities and Exchange Commission defines affinity fraud as "investment scams that prey upon members of identifiable groups." The FINRA Foundation survey also found that

among victims of fraud, a whopping 70 percent had relied on financial advice from friends or family.

Families or groups of friends fall into this "affinity" category, and even if the person who is expounding upon the merits of investing in a "get rich quick" deal with high returns and zero risk isn't the scammer, he/she very well could be propagating a scheme in which he/she is being victimized as well.

If you think it can't happen to you, think again. Just last year, a Jefferson County adviser pleaded guilty to securities fraud after he had been investigated by the Division of Securities for running a Ponzi scheme. A Ponzi scheme takes place when early investors are paid supposed returns with the money from new investors instead of with legitimate profits. This adviser had relied heavily upon the affinity within a men's prayer group to promote the fraudulent investments. After word of his supposedly lucrative deals circulated among the friends in the group, many of the members ended up losing a lot of money through the scheme.

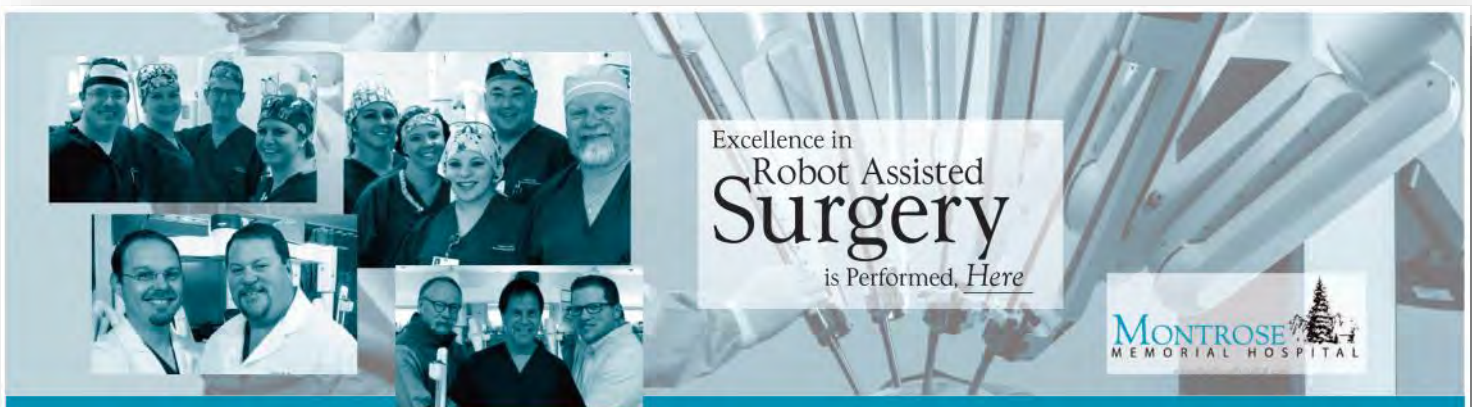
This is not to say that one should never consult knowledgeable acquaintances to

get well-respected advice. But don't make it the only thing on which you rely. Seventy percent of the fraud victims surveyed also admitted that they didn't follow up social investment conversations by checking the license of a recommended professional, and 65 percent conceded that they never confirmed that a financial product was properly registered with regulators.

It only takes five minutes to supplement one of these conversations with a visit to askDORA.colorado.gov, where you can find instructions on how to research the license and background of a professional, or the validity of an offering. This small step can often be enough to alert you to a bad deal.

So remember, if your sweet auntie asks about your personal life, it's ok to humor her. And if your outspoken uncle starts talking about world events, you can gently decline to give your opinion. And if your well-meaning cousin asks you to invest in an amazing new enterprise that brought him 16 percent returns, perhaps it's just best to excuse yourself from the table!

Take 5 to Get Wise by checking out all of DORA's helpful [holiday-related consumer advisories](http://askDORA.colorado.gov). Visit askDORA.colorado.gov.



Excellence in
Robot Assisted
Surgery
is Performed, *Here*

MONTROSE
MEMORIAL HOSPITAL

Because You Deserve the Most Advanced Care Available

800 South Third Street,

Montrose, CO 81401

970.249.2211

MontroseHospital.com

LEADING FOR THE LOVE OF IT...VOLUNTEER CHELSEA ROSTY

By Liesl Greathouse

MONTROSE-Is one of your New Year's goals to help others and make a positive change in your community? Volunteering might be the perfect place to start. To help you get an idea of how volunteering can benefit the community and you, let's talk with a local volunteer who shows that no matter how much you can do, we can all make a difference.

Chelsea Rosty (currently VP Marketing & Community Relations at NuVista Federal Credit Union), devotes time to helping various organizations in a multitude of ways in our community. "I first started volunteering in Montrose as a member of Grace Community Church," she said.

"We started a program called the Butterfly Project, which still exists in a different form today. This one-day event was a place for single mothers and widows to experience make-overs as well as have professional before and after photographs taken to highlight their beauty both inside and out.

"I also used to volunteer at Gym's Diner, which is a lunch program at Grace CC that provides a safe place for high schoolers to get a warm meal and fellowship. I was also involved in youth ministry for awhile. In 2015, I helped bring St. Baldrick's to Montrose. St. Baldrick's is a foundation that exists solely to raise money for childhood cancer. In 2015 we raised about \$17,000. We had a second event this year and raised approximately \$6,500.

"This year, I was the Marketing Chair for the KIDS Campaign to pass Referendum 3A to rebuild Columbine School. I've also done several volunteer events as a Rotarian such as their Dictionaries for Kids Program, Shoes for Kids, Salvation Army Bell Ringing, and general fund raising. I currently serve on the Board of the Montrose Chamber of Commerce."

Why did she decide on those particular volunteering positions? "My volunteer experiences are deeply rooted in my faith in God," she explained. "I commit myself to these types of things as an act of love for Him, my community, and the world."

Her love of volunteering started young,

when Rosty was involved with various organizations as a child. "I was involved with Girl Scouts and we did a lot of volunteer activities," she said. "I also recall once starting a Kool-Aid stand to raise money for flood victims in a far-away state. I cannot pinpoint the exact reason why I started volunteering, however there's always been a driving force inside me to make the world a better place, and volunteering is a wonderful way to do that."

One of the highlights of her volunteer work in our community has been seeing the strength of those going through the hardest of circumstances. "My fondest memories are the St. Baldrick's headshaving events," she said. "Both years, I've been fortunate enough to honor local childhood cancer survivors and hear their stories. It really drives home the 'why' when you're standing in front of a kid who is currently battling cancer and still shaves her head to show how brave she is in her fight."

Working with other volunteers and seeing the impact that people can make on our community has also left a deep impression on Rosty. "There are some incredible people who live in Montrose, Colorado," she said.

"People who generously give their money, time, and expertise to improve the quality of life for us all. I can promise you volunteers in this community have saved lives. I also think there are those types of people who will simply take a moment to offer someone else a word of encouragement, or lift them out of a struggle or hardship. That is the type of volunteering that has real impact to me."

For people who are thinking about volunteering, but wonder about how much time and what kind of skills they can offer, Rosty shares this advice.

"There are so many different ways to make a difference," she explained. "Think about something you love to do and go help the world in that area. Love mountain biking? Why not help to clean up or build new trails? Love history? What about giving a few hours a month to the

Ute Indian Museum? Love shopping? Look at serving on the Downtown Development Board of Directors or helping with specific events.

There is no one single person who can do it all, but we have to start somewhere."

She added, "Find that place in your heart. I always ask God to break my heart for what breaks His. When my heart is breaking over something happening in this community, that is where I focus my efforts...We all possess talents, gifts, and riches of some sort. Pouring those blessings into the world around us is a wonderful thing, but in the end it will be the volunteer who is richer from the experience."

For 2017, Rosty plans to focus on deepening relationships rather than trying to cover the most ground with volunteering. But volunteering will remain a big focus in her life.

"I have developed some incredible relationships with people," she said. "I have felt joy in my heart knowing I made a difference to someone. Volunteering has given me some incredible educational experiences I wouldn't have otherwise had. Volunteering has always provided far more than it has taken."

For anyone interested in learning more about various volunteering opportunities in our community, Rosty suggests contacting any one of the following organizations and see which one might be a great fit for you: Grace Community Church at gracemontrose.org, Rotary at montroserotary.org, Montrose Chamber of Commerce at montrosechamber.com, and St. Baldricks at stbaldricks.org.



When she is not on the job at Nu Vista Federal Credit Union, where she serves as vice president of marketing & community relations, Chelsea Rosty, above, serves the community as a volunteer for a number of essential organizations. Courtesy photo.

REGIONAL NEWS BRIEFS

MONTROSE MEMORIAL HOSPITAL RECEIVES AWARD FOR PATIENT OUTCOMES

Special to the Mirror

MONTROSE-In partnership with the National Office of State Offices of Rural Health (NOSORH), iVantage Health Analytics has recognized Montrose Memorial Hospital (MMH) for overall excellence in patient outcomes, reflecting top quartile performance among all rural acute care hospitals in the nation.

The award is based on analytics from the iVantage Hospital Strength INDEX, a data-driven program designed to identify excellence across a broad spectrum of indicators relevant to hospital performance and patient care. iVantage's analysis indicates the hospital offers exceptional patient outcomes when compared against all rural hospitals nationwide.

"We're proud of this important achievement recognizing our positive patient outcomes," said Steve Hannah, MHA, CEO of Montrose Memorial Hospital.

"Our mission includes giving our community care with excellent service and compassion. We feel this award is a testament to our employees and physicians delivering the award-winning patient care our community deserves."

"These top quartile performers should take great pride in this recognition. It showcases their commitment to continuous performance analysis and improvement... it's an honor to celebrate their achievement as they continue to serve their communities despite the many mar-



The Performance Leadership Award certificate received by Montrose Memorial Hospital. From left to right: Chief Medical Officer Dr. Al Saliman, Chief Nursing Officer Joan Napolilli, Chief Executive Officer Steve Hannah, Chief Financial Officer Al White.

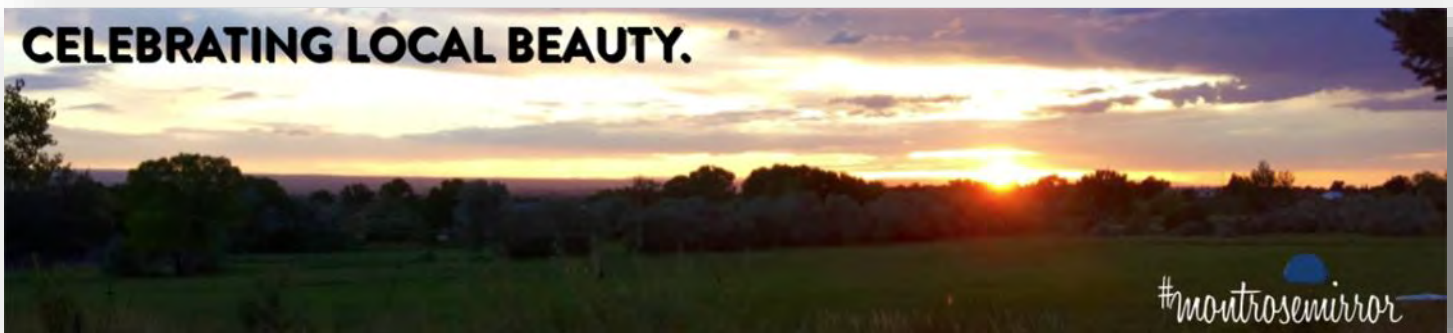
ket, regulatory and financial pressures they face." said Michael Topchik, National Leader of the Chartis Center for Rural Health.

The Hospital Strength INDEX captures performance metrics for all rural and Critical Access Hospitals in the nation. Leveraging data from public data sources, the INDEX aggregates data from 66 individual metrics into three major categories and nine pillars to derive a single strength overall rating for each facility. The analysis

from this data gathering allows the INDEX to identify top performers in each category of performance tracking.

The award marks a banner year for Montrose Memorial, which in months prior has received high marks from other analyses—including being named a Four Star Hospital by the Centers for Medicare & Medicaid Services (CMS), and receiving recognition from iVantage Health Analytics as one of the nation's Top 5% of rural hospitals in the country.

CELEBRATING LOCAL BEAUTY.



REGIONAL NEWS BRIEFS

DELTA HOSPITAL STAFFERS HOLD FOOD DRIVE COMPETITION, HELP FAMILIES WITH CHRISTMAS



Above, Gretchen Pulver, Food Services Manager and Larry Vincent, Chief Financial Officer start tabulating how many pounds of food was donated in an annual Delta County Memorial Hospital department team competition – this year some 7,459 pounds of food was donated to Delta County food banks and the Abraham Connection. Courtesy photo.

Special to the Mirror

DELTA-Delta County Memorial Hospital employees opened their hearts and wallets to hold a food drive competition between departmental teams to see which team could bring in the most food for Food Banks in Delta, Cedaredge and Hotchkiss and Abraham Connection, said Mary Grosvenor, MS, RD, CDE, Director of Nutrition Services

DCMH is donating 7,459 pounds of food to area food banks and the homeless shel-

ter this year. The nine hospital department teams collected a total of 4,269 pounds of food, and an anonymous donor added another 3,190 pounds of onions, beans, potatoes and carrots.

A visitor in the hospital cafeteria gave DCMH an additional \$5 for our cause when she saw what we were doing, commented Grosvenor. The winners of the contest were Team #2 - Administration, Business Office Admission, Nutrition, Human Resources, Maintenance, Med Staff

and Medical Records hospital departments with 1,346.45 pounds of donated food. Team #1 - Radiology, ICU and Quality hospital departments came in a close second with 1,234.20 pounds of donated food. In another annual tradition at DCMH, 21 individuals, mostly children were "adopted" by hospital employees and departments in a Secret Santa project to provide warm clothing, toys and gifts so that these families could also enjoy Christmas.

PAPER NEWS SOURCES STILL HAVE THEIR USES...

For today's readers: Fresh News for Busy People!

Mirror Publishing Group—8,000 pre-share circulation

Because by the time it's in print, it's history!

www.montrosemirror.com Call 970-275-0646



ISSUE 76 Dec. 19, 2016

ART & SOL

LAVENDER EMPORIUM BLOOMS IN MONTROSE



By Liesl Greathouse

MONTROSE-For lovers and discoverers of lavender, Montrose now boasts a fantastic little store that provides all 'handcrafted lavender and herbal personal and culinary products, grown, distilled and made in Colorado' at A Lavender Emporium.

Opened on Nov. 25, owner Tracy Harrison has been excited to share her love of lavender with the area, as well as help support local lavender creators. She decided it would be a great opportunity to use the large front space of her salon to provide such an outlet. "I wanted to get it opened and create a retail co-op space, where I cultivated all lavender handcrafted products," she said. "I opened after helping at the Lavender Festival held by the Lavender Association of Western Colorado(LAWC). There I saw people buying lots of products and liking them, plus

getting an education about lavender. I had this space, so I decided to open this up as a place to showcase different products and for people to learn about lavender."

With a wide selection of products, A Lavender Emporium offers gifts and resources for both men and women. For those with a culinary interest, there is hot cocoa with lavender, culinary buds for cooking, jams and honey all mixed with lavender. For body care, there are lip balms, face creams and body butters. Pillows, sachets and dryer bags also help to bring a hint of lavender to every day life.

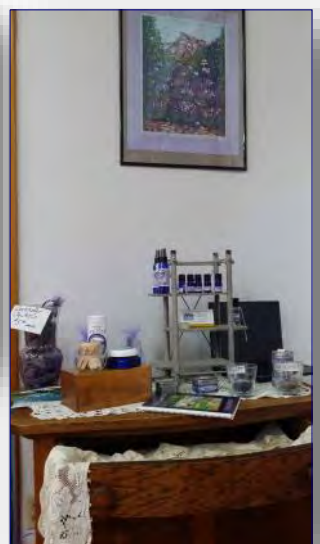
Harrison's interest in lavender resulted from her love of gardening. "I have always really enjoyed plants," she explained. "My grandma was an avid gar-



Tracy Harrison, center, at her new Lavender Emporium, 230 S.2nd St. Montrose.

dener and I got my green thumb from

her. I became a Master Gardener 14 years ago and along with the other Master Gardeners in the area we got interested in lavender. We were allowed as a group to plant lavender as an experiment at the CSU extension office in Mesa County and it blossomed from there. Through the Master Gardener program, people started to grow it as a viable crop (just not as a sole crop) and began to integrate it with their gardens and farms. We formed the Lavender Association of Western Colorado in 2009, have held a Lavender Festival for 6 years and have done a lot of education about lavender for people."



Continued next page

LAVENDER EMPORIUM BLOOMS IN MONTROSE From pg 20

Harrison's love of lavender comes from its many uses. "Lavender is a hardworking, useful plant," she said. "I love when I'm working in my yard and I back into a lavender plant and start smelling it. You know it's calming you and there are wonderful things to use it in: cooking, bath, body. It's a very useful plant."

While she currently gets her products through members of the LAWC, Harrison is also working to have space for rent for other artists and craftsmen, who would pay rent and help one day a week at the store.

As with any new business, Harrison is focused on getting the word out and getting repeat clients, as well as providing an avenue for people to learn more about lavender in general. "I want to help people find the value of using lavender," she explained. "I always find that people gravitate to what they know, so it's about helping them learn about lavender...and using more pure products to help take better care of themselves."

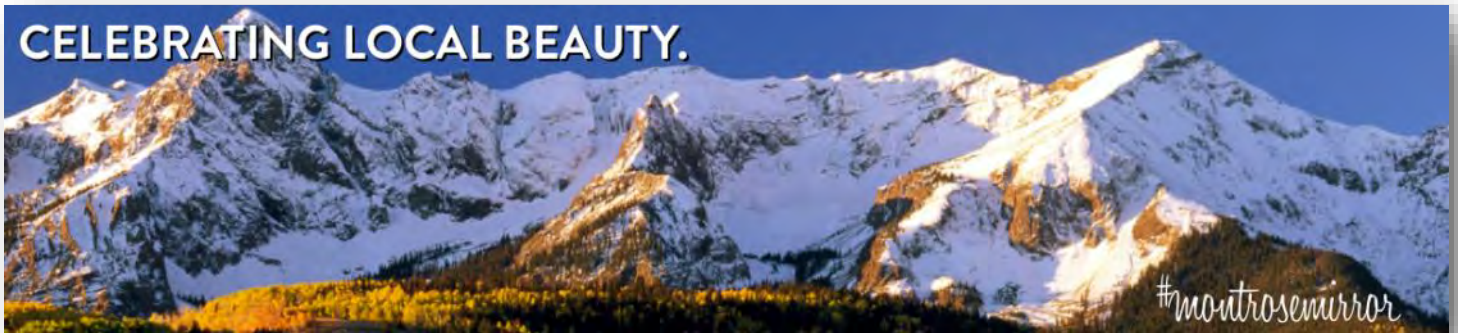
SHARING THE SPIRIT OF THE SEASON...DELTA COUNTY ASSESSOR



Submitted Photos by Paul Janzen

DELTA-The dreary business of dealing with property values is brightened by the Christmas spirit of the ladies in the Delta County Assessor's Office.

CELEBRATING LOCAL BEAUTY.





The Mirror

CELEBRATING 200 EDITIONS

Sparking Conversations ...

COMMUNITY NEWS BRIEFS: RECREATION

SNOWSHADOW GYMNASTS PLACE AMONG COLORADO'S BEST



Hannah Sekscenski and Diana Coronado.
Courtesy photo.

Special to Art & Sol

MONTROSE-Montrose High School student Hannah Sekscenski won Fifth Place All Around Gymnast in Colorado, while Columbine Middle School's Diana Coronado won Seventh Place All Around Gymnast in Colorado at the 2016 USA Gymnastics Women's Jr. Olympic Colorado State Championship Level Three event in Fort Collins.

Both Snow Shadow Gymnastics students in their first year of competition placed individually in each of the four events, and secured respectful titles among the top 14 All-around positions. "I personally and proudly acknowledge their year-long personal goals as extraordinary accomplishments by placing on each apparatus within one year of training and consistency," Snowshadow Gymnastics Coach Bruce Kirk said.

Kirk is a veteran of more than 39 years in the sport of women's Olympic style gymnastics and opened Snow Shadow Gymnastics High Altitude Cross-Training 17 years ago.

"Remember to congratulate your classmates and help grow more champions here in our community whether for academic accomplishments or sport related activities," he said.

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.

Like us on Facebook

[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.scottspainting.com

Your 2017 Resolution... Maintain Your Brain With

F A M E
Focus, Attention, Memory Exercises



This program embraces a holistic approach to brain health through a series of customized exercises, designed to develop new neural pathways in the brain (referred to as neuroplasticity), which can improve focus, attention and memory.

F A M E can benefit healthy aging adults and be effective in treating:

- Stroke survivors
- Depression and anxiety
- Alzheimer's and dementia
- ADD/ADHD (youth and adults)
- Traumatic brain injuries and PTSD

For your free **F A M E** consultation contact

Michele Gad

970-948-5708

michelegad.fame@aol.com



COMMUNITY NEWS BRIEFS: ARTS & EDUCATION

MONTROSE ALTRUSA PRESENTS APPLE AWARDS TO EDUCATORS



Special to Art & Sol

MONTROSE-Altrusa International of Montrose is continuing our support of educators in Montrose with our Altrusa Apple Award on a monthly basis. We are honored to recognize administrators, staff and teachers in our schools that exemplify the educational spirit throughout the school year. We recognized the recipients at the School Board meeting in November and December.

November Photo Information (above right) (L to R): Tracy Reinhard, Johnson Elementary, Bobbi Fresquez, Early Childhood Center, Allison Nadel, Altrusa Member, Lisa Jahnke, Cottonwood Elementary

December Photo (above left) Information (L to R): Laura Dehart, Olathe Elementary, Allison Nadel, Altrusa Member, Joe Brummitt, Olathe Elementary Principal (Not Pictured: Emily Barton, Oak Grove Elementary and Lisa Bright, Northside Elementary)



*Struggling to care for a loved one
with dementia or Alzheimer's?*

Dementia Care – Validation Support Group Meets the 2nd Thursday of every month 2:00 – 3:00 pm

Bring your loved one and activities will be provided while we meet.

Our group is open to anyone wanting to learn more about dementia or Alzheimer's disease, caregivers taking care of a loved one at home, or friends and family members who want to lend extra help from time to time.

Valley Manor Care Center Memory Care Community

1401 South Cascade Ave., Montrose

Led by Brandi Garcia
Certified Dementia Care Validation Instructor

970-249-9634 or 970-275-6115

Email: bgarcia@voa.org



Happy Holidays

from your friends at  **Alpine Bank**



Because where you bank *matters.*

INDEPENDENCE • COMMUNITIES • COMPASSION • INTEGRITY • LOYALTY

alpinebank
.com

Member
FDIC



COLORADO NEWS BRIEFS: SPORTS & RECREATION

SOME TRAILS NEAR RIDGWAY STATE PARK CLOSED FOR WINTER WILDLIFE PROTECTION

Special to Art & Sol

RIDGWAY— In order to protect critical winter habitat areas for deer and elk, recreational trails on the east side of U.S. Highway 550 on BLM property and on Ridgway State Park property are closed until April 30. The closures are clearly marked with signs, and the gates are locked.

All wildlife feel winter's effects, but big game animals are most vulnerable to disturbance. During the warm months big game find abundant food in the high country which allows them to develop the fat stores they need to survive the winter.

But little food is available during the winter and wildlife lose weight throughout the cold months. The animals are in a starvation mode and if they are disturbed they are forced to burn calories they need to survive.

"The closure area provides an important refuge for big game during the winter," said Kirstin Copeland, manager at Ridgway State Park. "We need the cooperation of trail users to protect Colorado's wildlife."

Throughout the state, many wildlife areas maintained by CPW and some federal agencies enact closures for locations that

provide winter refuge for big game. These "winter range" areas are critical for the animals' survival and people are prohibited from entering those areas during the closure periods. People should also avoid approaching deer and elk herds that gather in any other area. If animals appear alerted to your presence or start to move away, you are too close and forcing the animals to burn energy unnecessarily.

Many trails remain open in the Ridgway and Montrose area during the winter. For information, go to the website of the Ridgway Area Trails group.

*Prevent
Breakage—
Get Your Trees
Ready for
Winter!*

GREG'S TREE SERVICE

Pruning
Tree Trimming

Removals
Stump Grinding

CALL US AT
970.240.1872

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

Up Bear Creek by Art Goodtimes

BEEN A LONG HARD RACE O' WRITING

CHANGING HORSES ... As I leave public office after 20 years of full-time work on behalf of the people and have a bit more time to put into my writing, I'm delighted to move my *Up Bear Creek* column to the *Montrose Mirror*. The editor and I are old friends. I love the new paradigm model she's creating for community journalism. And she has given me much more support and exhibited more professionalism than my last editor ... I'm hoping some of my San Miguel County readers will join us for a looksee at what good regional information sharing and community-building looks like – not just the dysfunctional sensationalism of the old paradigm print tabloids. Or cash cow advertising rags pretending to be community papers ... Politics was my new job back in '96. I started the *Up Bear Creek* column back in 1982, when I moved from rental house to mobile home in Telluride and worked as reporter and eventually editor of the *Telluride Times* ... Technically, my title on the masthead was "Associate Editor," since the owners didn't trust me, but I was the only one left standing (who knew how to run the paper) after my fun-loving mentor Peter Jaffe left town, somewhat precipitously. For a while, around the office I was known as the "Ass Ed" – until Bob Beer came to work for us. Then it was "Beer & Goodtimes" ... *Bear Creek* was the town's cathedral trail into the San Juans. And even before Rich Salem and others purchased the area and made a preserve of it, it was sacred ground for the new breed of Telluriders. And it was just a couple block walk from the old *Times* offices in the reputedly haunted Pick 'n' Gad building – former bordello, or "sporting house" as they'd say up on the northslope society side of Colorado Avenue. Snorting coke was the wildest thing I ever saw happen there and no ghosts bothered me when I had to sleep over after a long night of paste-up ... It seemed natural to call my column *Up Bear Creek*. It was where we'd hike during our lunch breaks. In a way, it was a play on the old *Times* papers in the office archives which had a regular column



called "Along the San Miguel" – composed of shorts about going-ons around the county ... And shorts were a critical part of the style I borrowed from the *San Francisco Chronicle's* ace columnist, Mr. Baghdad-by-the-Bay, Herb Caen. He called it "three dot journalism" and I loved the pastiche of gossip, stories, puns, historical tidbits, juicy news items and literary flourishes that marked Caen's columns. It's still the format I love ... *Up Bear Creek* started at the *Times* but it's moved around a lot – from the *Times* to the *San Miguel Journal* to the *Telluride Mountain Journal* to the *Telluride Times-Journal* to the *Daily Planet* to the *Watch*, and now to the *Mirror*. But that's the journalism biz. Never a dull moment and lots of lateral action ... I welcome a more interactive readership. If you find items of art, or science, or achievement, short stories or funny tales, especially things unique to our southern tier of Colorado's Western Slope, or anything you think might be of interest to our readers – oldtimers and newcomers alike -- send 'em my way via the *Mirror*.

LEAVING ON A HIGH NOTE ... After years of posters and political campaign sloganeering, "More Goodtimes," the new county call is "Enough Goodtimes," and I'm more than fine with that. You have to respect the majority in a democracy. Or at least we do on the local level ... Unless, perhaps, the political class tries to impose its elite super-delegate filtering system on local elections – maybe by creating County Electoral Colleges? ... Okay, I'm joshing. But as a great believer in majority rule, as opposed to minority rule, I like it when a body makes decisions with most people in favor ... At the local level, in Colorado and most other states, we balance our budgets



Elissa Dickson, San Miguel County Poet Laureate, reading on the Traveling Gourd Tour at La Zona Colona Dec. 7th. Her performance in Telluride last week was riveting and played to a standing room crowd of 60 or 70 people at the Telluride Arts offices across from the Wilkinson Library. Photo by Art Goodtimes.

and have truly democratic representation: you win the majority of the electorate, you win the job. The Feds could learn a lot from how local government works ... Anyway, it's been super rewarding getting accolades from peers and colleagues as I drop out of elected office ... The heavily Republican state organization of counties, CCI (Colorado Counties Inc.) -- a collection of county commissioners from all 64 counties in the state -- gave me its annual Distinguished Service Award for 2016 ... The U.S.F.S.'s GMUG National Forest Supervisor Scott Armentrout and his great staffer Corey Wong and Matt Zumstein presented me with a Certificate of Appreciation ... Even Sheriff Bill Masters got in on the act and presented me with a special plaque at his annual holiday party in his Illium Road offices ... As I've repeated several times in several venues, it's been a huge honor to come to San Miguel County as a hippie woodsie rainbow poet and retire after 20

Continued next page

Up Bear Creek From [previous page](#)

years as a respected Green Party community leader. Thank you for that opportunity and that privilege ... Now I get to write. A lot.

BEDROCK BRIDGE ... It seems CDOT is giving the damaged Bedrock Bridge across the Dolores River in the Paradox Valley to Montezuma County, according to the *Dove Creek Press* ... The metal bridge is 129 feet long and is being replaced. A temporary one serves Colorado State 90 highway traffic currently. CDOT estimates the new concrete bridge will be finished by late summer next year.

FORTUITOUS ... Met Chris Holland at Cimarron Coffee & Books in Ridgway. He builds bridges. He is working with Forest Service Norwood District Ranger Matt Zumstein to see if Europeans standards can be applied to Telluride's Via Ferrata like they've done in Jackson Hole ... Lets honor those who build bridges (instead of those who kick over cairns).

SUBSIDIZED HOUSING ... That's what La Zona Colona's Craig Jackman calls it. Not affordable housing – nothing is in resort towns. Not employee housing, because employees buy free market units too. Not workforce housing, since that seems to exclude housing for professionals and managers ... What most non-free market housing has in common is that it's subsidized. So let's call it what it is.

MORE CORRECTIONS ... that only seem to exacerbate the insult ... "Karol Wojtyla was referred to in Saturday's *Credo* column as "the first non-Catholic pope for 450 years". This should, of course, have read "non-Italian pope." --*London Times* ... "Correction: An earlier version of this article misidentified the number of years E.B. White wrote for *The New Yorker*. It was five decades, not centuries." --*The New York Times* ... "Just to keep the record straight, it was the famous Whistler's Mother, not Hitler's, that was exhibited at the recent meeting of the Pleasantville Methodists. There is nothing to be gained in trying to explain how the error occurred." --*Titusville (Pa.) Herald*.

THE TALKING GOURD

Christmas Eve

"Let's buy one," she said
but all the trees in the lot
stood nailed to a wooden cross
& Jesus Mary & Joseph
I began to weep



COMMUNITY NEWS BRIEFS: SHARING THE LOVE!

HOUSE OF PROMISE RECEIVES \$500 DONATION, FOOD FROM HOME LOAN STATE BANK-MONTROSE



The House of Promise is a faith-based nonprofit that provides survivors of sex abuse and sex trafficking unconditional love, acceptance, and a place to heal. Their goal is to disrupt the destructive patterns of slavery through education and care for the survivors. They do this through training, counseling, and helping the young girls/women relearn basic skills, so that they can reintegrate into society.

"Home Loan State Bank Montrose is honored to donate to such a wonderful organization. We take pride in giving to non-profit organizations in our community as a way of giving back to those in need," said the Home Loan State Bank-Montrose Branch President, Mark Harmon.

"Getting to see the smiles of the little guys that we get to help is such a blessing. I'm glad we are able to support the community in this way," commented Tish Saunders, Sr. Vice President of Home Loan State Bank-Montrose.

The resident children who will benefit from the donation were happy to take a picture with the donors who came to visit.

Special to Art & Sol


MONTROSE-On Tuesday Dec. 13, the local non-profit organization House of Promise

received a generous donation of [\\$500](#) and food from the local bank, Home Loan State Bank-Montrose.

Down Insulation

Lightweight, compressible and resilient, down provides deep "at-rest" warmth in cold, dry conditions



300 East Main Street | Montrose 
(970) 249-1622 | hypoxiamontrose.com



patagonia

Men & Ladies available at Hypoxia



NOTES FOR THE JOURNEY...

Exploring Classical Music With Rob Brethouwer

THE ENDURING POWER OF A TIMELESS CLASSIC

It is the time of the year when you are simply going about your daily business, shopping for groceries, buying gifts, and even listening to the TV in the background as you do things around the house. There is a constant soundtrack everywhere that you turn and it often goes unnoticed. The soundtrack of day-to-day life from Thanksgiving through New Years Day and beyond permeates our unconscious mind and is really only apparent when you take a pause to listen to your surroundings. The clattering in the background may be canned holiday schlock put together by those that care nothing for music. However, it is highly likely that the sounds you hear everywhere are bits and pieces of much larger, famous, and very familiar compositions.

Making its premiere in December 1892, *The Nutcracker* was not a success as a ballet. Recognition came to the composer with *The Nutcracker Suite*, a 20-minute composition featuring music from the two-act ballet. It was not until the middle of the 20th century when performances of the *The Nutcracker* became very popular with ballet companies in the United States. Performances were most often featured during the holiday season. It is this author's guess that up to fifty-percent of the revenue earned by many ballet companies comes from its production of this ever-popular ballet.

For our purposes, the story of *The Nutcracker* is secondary to the musical high-

lights. When listened to from beginning to end, the complete recording of this work by Pyotr Ilyich Tchaikovsky will bring the listener many familiar tunes, those types of tunes and melodies that cannot be named but are certainly part of popular culture. This ballet is a perfect example of a piece of classical music that becomes so popular that it is not thought of as classical music when heard. It has been lumped into the general pile of holiday music from *Silver Bells* to *Jingle Bells* to *The Little Drummer Boy*. Everybody likes classical music on some level and the finest example and absolute proof of this is the popularity of this holiday favorite.

The popularity of *The Nutcracker* has meant that a very large number of people have had the opportunity to experience this music. From small towns to big cities and everywhere in between, audiences young and old can likely find a performance within easy traveling distance of where they live. Sugar Plum Fairies, wooden toy soldiers, dewdrops, angels, flowers, and dancers in bright costumes have come to symbolize the holidays themselves. This ballet is the very embodiment of wonder and fantasy. The music, the story,



and the dancing can be modified to meet the needs and abilities of groups from the very young amateur with little budget to the large, professional, with a budget to meet the standards of more discerning audiences.

It is recommended that *The Nutcracker* be seen in a live production. If this not possible, the following recording is a favorite and offers great music that puts special emphasis on the dance sequences. If possible, find and support a local dance company that is bringing this work to the stage this holiday season.

Pyotr Ilyich Tchaikovsky. *The Nutcracker*. Boston Symphony Orchestra, Seiji Ozawa, conductor. Deutsche Grammophon, 1992.



COMMUNITY NEWS BRIEFS: ARTS & RECREATION

STATE PARKS SAW ATTENDANCE SPIKE ON FRESH AIR FRIDAY

Special to Art & Sol

COLORADO-Many Colorado state parks saw the largest attendance of the year on the day after Thanksgiving. Entry to all 42 Colorado state parks was free on Nov. 25 for #FreshAirFriday, Colorado Parks and Wildlife's alternative to Black Friday. Almost every Colorado state park hit record highs for visitors. Many parks, notably those near urban centers including Roxborough and Golden Gate Canyon State Parks, were at or over capacity for the day.

"Colorado Parks and Wildlife is proud to support Coloradans getting outdoors and enjoying our wonderful state parks," said Tony Gurzick, creative services and marketing section manager at CPW. "The ability to provide free entry to our parks on days like Black Friday is our way of giving



back and introducing more people to some of our state's greatest natural resources."

Approximately 10,500 total vehicles visited Colorado state parks on Nov. 25, and about 74 percent of those vehicles did not have a state parks pass. Great Outdoors Colorado (GOCO) covered the costs for free entry to those who would otherwise pay the entry fee, which at most parks is \$7.

The vast majority of the visitors surveyed at the park entrance or visitors' centers on Nov. 25 heard about free access through Colorado Parks and Wildlife or Great Outdoors Colorado. More than 600,000 people were reached through CPW's social media campaign on Facebook, Twitter and Instagram.

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.



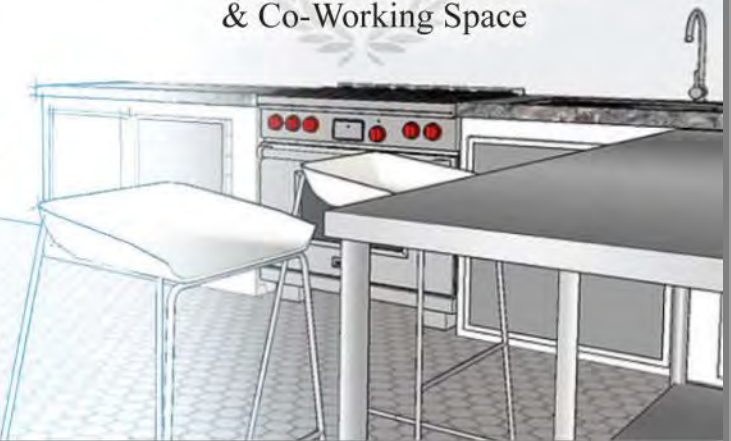
www.voahealthservices.org
www.Facebook.com/VOAWesternSlope.org
1-844-VOA-4YOU Toll Free Assistance Line

**Thanks for
reading the
Montrose Mirror...
wishing you and
yours a joyful
Holiday season!**



2015 Sharing Success Grant Recipient:
WEEDC Community Kitchen
& Co-Working Space

Sharing
Success



San Miguel Power Association Inc., in conjunction with its national cooperative partner, CoBank, is again seeking proposals for funding opportunities that stimulate and enhance our local economies.

Learn more at: www.smpa.com→Community Programs



San Miguel Power Association Inc. is an equal opportunity Provider and employer.

Hold the Date! Upcoming Business and Cultural Events

DECEMBER ONGOING-

MONTROSE SENIOR CENTER LUNCH & LEARN: \$3 lunch & Learn, admission to program, is free. Lunch \$5. Programs are Dec. 8 and Dec. 12 @ Noon.

GARDEN OF LIGHTS AT THE MONTROSE BOTANIC GARDENS-Come enjoy illuminated garden paths and displays, horse drawn wagon rides, music activated light shows and the new Community Tunnel of Lights! Friday & Saturday, Dec. 9th & 10th; Friday, Saturday & Sunday, Dec. 16th, 17th, 18th; Monday & Tuesday, Dec. 26th & 27th, 5:30 pm to 8:30 pm. Check the website for details. www.montrosegardens.org.

FRIENDSHIP FORCE INTERNATIONAL, non-profit organization, was founded and introduced to the world at a ceremony held at the White House on March 1, 1977. FFI provides opportunities to explore new cultures by bringing people together at the personal level. Friendship Force of western Colorado's regular monthly meetings are scheduled for the 3rd Thursday of the month. Meeting location - Red Cross Training Center, 5th and Gunnison in Grand Junction, 6:15 p.m. **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.

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.

SNOWSHADOW GYM-Zumba classes with Maria Gonzalez week nights 5:30 to 7:30; Swing dance with Kevin Mears Mondays 7:30 to 9:30 p.m. 535 S. First St. snowshadowgymnastics@yahoo.com.

MONTHLY-

Dec. 19-Montrose Regional Library presents, 'Ye Olde Toy Shoppe,' A Christmas story with a full cast of characters and puppets, @ 1 p.m.

Dec. 19-The Center for Mental Health, Community Dental Clinic, and the Delta School District through the Delta-Montrose Technical College are hosting a ground-breaking ceremony Monday, December 19, 2016 at 87 Merchant Drive in Montrose, Colorado as they begin construction on their new facility that will become the PIC Place (Partners in Integrated Care). The community is invited to come out at 1 p.m. and help celebrate the beginning construction of this innovative health care resource for the region.

Dec. 28-Ari Hest Holiday Concert @ Healthy Rhythm Gallery, 68 South Grand Avenue. 7 to 11 p.m.

Dec. 29-Montrose Regional Library presents, Ye Olde Toy Shoppe. 45 minute puppet show for all ages @ 10 and 11 a.m.

Jan. 11-The CSU Ag outlook and strategy forum will be held in Montrose at Friendship Hall from 11 am to 2:30 pm and lunch will be provided. **Registration is required** and fees are \$30 online and \$35 by phone. To register online go to <https://2017agoutlook.eventbrite.com> by phone call (970) 522-7207 and ask for Rebecca.

Jan. 20-21-Please join us for the 5th Annual Western Colorado Food and Farm Forum: Healthy Land, Food, People at the Montrose County Fairgrounds on Jan. 20 and the Montrose Pavilion on Jan. 21, 2017. The Food and Farm Forum has a wide array of breakout sessions which convey vital, regionally specific agricultural information in areas including maximizing crop and livestock production, innovative agricultural marketing and management strategies, and specialty crops.

Jan. 20-22-Telluride Fire Festival, Telluride.

Feb. 6- Montrose Giving Club at the Bridges of Montrose, 5:30 p.m. Quarterly Giving Club meetings for 2017 are scheduled for Feb. 6, May 1, Aug. 7, and Nov. 6, and are open and inclusive to all. For more information contact Hansen @ sue@suehansenspeaks.com or Benziger @ phebenator@hotmail.com.

May 1- Montrose Giving Club at the Bridges of Montrose, 5:30 p.m. Quarterly Giving Club meetings for 2017 are scheduled for Feb. 6, May 1, Aug. 7, and Nov. 6, and are open and inclusive to all. For more information contact Hansen @ sue@suehansenspeaks.com or Benziger @ phebenator@hotmail.com.

Give Back Days

At Mi Mexico Mexican Restaurant

Come enjoy a delicious meal and we'll donate 20% *
of your total check to a local non-profit.

Every Wednesday...Every Month...All Day (11 am - 10 pm)

Over 200 entrees to choose from!

1st Wed: The Homestead at Montrose

2nd Wed: All Points Transit

3rd Wed: Montrose Rec Foundation

4th Wed: Valley Manor Care Center

5th Wed: Community Options Inc.

(Note: 5th Wed dates are: March 30, June 29, Aug 31, Nov 30, 2016)

After dining, attach the coupon to the bill
and deposit it in the box labeled
"Give Back Days." 20% of your total
bill will be donated to the
designated charity.

**SUPPORTING IS
NOW DELICIOUSLY
REWARDING.**



Mi Mexico Restaurant
1706 E Main St (Hwy 50)
Montrose, CO 81401
(970) 252-1000
(970) 252-1111 Fax

*Coupon must be present

Contact the Montrose Mirror:
970-275-0646

Editor@montrosemirror.com

www.montrosemirror.com



Special to the Mirror

MONTROSE-On a tour of kindness throughout the region, Express Employment Professionals donated 31 holiday turkeys to the Montrose Salvation Army last Thursday. The company also donated 47 turkeys to the Grand Junction Food Bank, and put 78 new associates to work through a holiday hiring drive. Pictured above are Nina Anderson (standing), Angelina Hernandez, Marilyn Fernandez, and Salvation Army Assistant Store Manager Megan Storey.

Custom Embroidered Apparel

~ Graphic Design ~
~ Logos ~
~ Original Art ~
~ Patches, shirts, and more ~

jeremaya.art@gmail.com
615-375-6292
www.etsy.com/shop/jeremyrobinson

A collage of various custom embroidered patches and designs, including mandala patterns, abstract art, and logos.