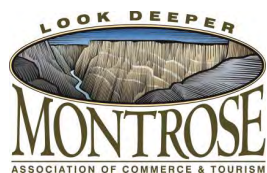




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THE MONTROSE MIRROR

Your Source for Local Business News and Information

Issue No. 52 Jan. 16 2013

LOMO COMES ALIVE WITH INTERACTIVE ART CRAWL...DRESS WARM AND HIT THE STREETS!



Cedaredge sculptor Michael Short's bronze "Tug of War" was dusted by snow Monday. An Interactive Art Crawl is planned for the West Main district Jan. 17.

By Caitlin Switzer

MONTROSE—Sure, they are calling their new series of events an Interactive Art "Crawl."

It's pretty clear that Sarah Brewer, Naomi Dyer and Krystina Maixner have actually hit the ground running. The three young visual artists will bring art and art appreciation to the streets of the emerging LoMo arts district along West Main in Montrose on a regular basis, starting this month.

On Jan. 17, The ReneWest Interactive Art Crawl will kick off with a feast for all of the senses—locals and visitors alike are encouraged to hit the streets of the West Main arts district in search of fine art, fun, drinks, drama, music and more. Events are planned for the third Thursday of each month, to tie in with the popular First Friday Art Strolls Downtown and with summer's Main in Motion events. This month's Art Crawl, which features a theme of "Light it Up," will showcase bicycles, with a bicycle lighting contest hosted by Papa Wheelies Bicycle Shop (207 East Main St.). Businesses on West Main will stay open

Continued on Page 3

PUTTING PETS FIRST AT PRAIRIE DOG TREATS

By Caitlin Switzer

MONTROSE--As stores across the nation scrambled to pull contaminated Chinese-made pet treat brands from shelves last Wednesday, one of Montrose's newest entrepreneurs breathed deeply and prepared to conquer the market—with safe, delicious treats for beloved pets, made right here at home.

Ira Goldfarb's two local companies--[Prairie Dog Antlers](#) (225 North Townsend Ave.), and [Prairie Dog Treats](#), (146 West Main St.)--are both designed to make sure your little pet has healthy snacks that will promote—rather than destroy—good health and well-being. After just six years in the business, Goldfarb's products are sold in most major pet retailers.

"We are American sourced, and American made," Goldfarb said. "In fact, most of our products are sourced right here in Colorado."

Antlers provide numerous nutritional benefits, including essential minerals like collagen, lipids,



Ira Goldfarb is excited to share his latest business venture, Prairie Dog Treats, with the community. The six-year old company has already built a market worldwide.

Continued on page 6

**in this
issue**

Your Waterwise
Landscape!

Local faces, local
features...

Terri takes over at
Welcome Montrose

Electrifying the World
from the San Juans!

Crested Butte
Songwriters Fest!

FIRST FRIDAY STROLLS BRING ARTISTS, COMMUNITY TOGETHER



The chance to watch artists at work—for example (from left) potter Melody Searle, glass artist Diane Quarles and polymer clay artist Karen Brueggemann, is an opportunity not to be missed. First Friday Stroll organizer Yesenia Duncan of A+Y Design Gallery, which hosted the artists above, encourages community members to come Downtown for the next First Friday Stroll event on Feb. 1 for more art in action, as the Young Aspiring Artists program debuts at A+Y. Other popular local galleries include Amy and Will Harmsen's Canyon Gallery (300 East Main St.) and Around the Corner Art Gallery (447 East Main St.).

By Caitlin Switzer

DOWNTOWN MONTROSE--An often overlooked program bringing new energy and increased vitality to Downtown, the First Friday Strolls have been growing in popularity over the past year, according to organizer Yesenia Duncan of A+Y Design Gallery (513 East Main St.).

First Friday Strolls, which welcome the public to "stroll" through a diverse selection of local shops and galleries, present community members and visitors with a different side of Montrose—along with a chance to experience the eclectic variety of merchandise showcased in local shops and galleries and observe live demonstrations by sought-after artists and artisans from around the region.

Next month, A+Y Gallery will debut its

Young Aspiring Artists program during the First Friday Stroll on Feb. 1.

The idea is to share the professional side of displaying and selling artwork with area teens.

"We are looking for more teens interested in displaying their work," Duncan said. "The goal is to teach these young artists the business side of trying to make it as an artist; they will price their own pieces, title them, and create their own format for display. They will be on hand at the event as well, to learn how to sell and network with community members."

In addition to sharing and showcasing the work of the artists themselves, First Friday Strolls offer a low-cost form of entertainment for the entire community, she said.

"These First Friday Strolls take place

year round, right here in our vibrant Downtown," Duncan said. "We encourage people to come out and make a night of it—sample a glass of wine or beer, indulge in some one-of-a-kind shopping opportunities, and take in a demonstration by one of our outstanding local artists—this is the perfect chance to witness the creative process, and to discover how labor and time intensive the work really is."

Among the local artists whose work can be viewed and appreciated at A+Y Design Gallery are Matthew Curtis, Jenny McIntyre, Wayne Brown, Sven Krebs, Paola Caldararo, Barb Bichon, Wendy Persch and Melody Searle, Duncan said.

To learn more about upcoming First Friday Stroll events in Montrose, contact Duncan at 970-240-7914.

THE MONTROSE MIRROR
MONTROSE

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LOMO COMES ALIVE WITH INTERACTIVE ART CRAWL...

Continued from Page 1

late, and many will feature performances by local musicians and other special treats.

For Sarah Brewer, a mother of two and breast cancer survivor at age 28, it's really a celebration of life. A charcoal portrait artist and painter in acrylics, Brewer and her husband left Montrose several years ago with the idea of relocating, and found themselves in communities where well-established art walks formed a staple of the social scene. When her husband's career instead brought them back home, Sarah decided to recreate some of that artistic energy right here.

"I decided this was an opportunity," said Brewer, whose work has been recently featured in the Montrose Farm Market mural Downtown.

After arriving home in August, she arranged to meet with Downtown Development Authority Director Scott Shine, who offered suggestions, resources and support for the project.

"This is about creating a more diverse culture Downtown," Brewer said. "In February we will feature ice sculptures, and in March we plan to hold a masquerade."

Also planned for the initial "Light it Up" event is a silent auction fundraiser, featuring upcycled thrift store lamps to be bid on by participants.

"The lamps will displayed in local businesses through the evening," she said.

Although the Interactive Art Crawl does



The Montrose Farmers Market Mural in Centennial Plaza was created by Sarah Brewer, one of three young artists who is bringing the ReneWest Interactive Art Crawl to West Main.

not yet have non-profit status, Brewer said that is a goal and hopes that locals will support the events with generous donations and by shopping at participating shops.

Among the local businesses excited about the Interactive Art Crawl are Papa Wheelies, The Riddled Raven (24 South Grand Ave.), Pickled Painter (209 West Main St.), Amelia's Hacienda (44 South Grand Ave.), The Wild Rose (206 East Main St.), 2 Rascals Brewpub (147 North First St.), Chow Down Pet Supplies (202 West Main St.), Sushtini (228 East Main St.), and

Dance Around (413 North First St.), which may offer hip hop classes in connection with the Art Crawl events. Also on board is one of Montrose's newest manufacturing businesses, Prairie Dog Treats (146 West Main St.) Brewer said that eventually the Art Crawl hopes to incorporate some of the local clubs, and to display art work by high school students. For now, she simply hopes for a strong turnout at the kick-off event on Jan. 17.

"Dress warm," she advised, "and hit the streets!"

Valerie Meyers' Weekly Monday



**REAL ESTATE
MARKET REPORT**

from the Road

Valerie Meyers, Realtor, GRI
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*Click here to catch Valerie's weekly Monday
Real Estate Market Report video...from the road!*

FORMER CHAMBER EXEC TAKES OVER WELCOME MONTROSE

By Caitlin Switzer

MONTROSE—She cut her teeth in the banking industry back east, interacting with and helping to build businesses large and small. She later made a name for herself by working with entrepreneurs here in Montrose, first through the former Montrose Chamber of Commerce and later through the very successful Women's Business Alliance (now Western Business Alliance).

For Terri Leben, helping other entrepreneurs succeed is a labor of love. Now, Terri has expanded her role in the community by taking over Welcome Montrose, a 34-year-old local business that ensures new residents will receive a warm, personal welcome to the community, along with a gift bag of coupons and fun items and leads to ensure a successful transition.

"I assist businesses looking for innovative ways to improve their market share by connecting them to specific audiences that will refer to them or become direct customers," Leben said. "These businesses benefit in that I am so passionate about helping the business community that I act as their personal public relations team. My best client is a client who truly is looking for a new approach to grow their business."

As a former executive herself, Leben knows that companies survive by increasing revenue. Her work with local business owners has also left her with a strong understanding of the other factors that contribute to success.

"Having come here new myself, and learning what fun things there are to do and all of the places to go, this is a perfect

fit," Leben said, who arrived in Montrose with her husband Bruce, an avid bow hunter. "If everybody shares and helps each other, we all benefit. And now I get to meet new people, and help them promote their businesses!"

Welcome Montrose visits with newcomers in person or by telephone, and encourages established local businesses to reach out to newcomers as well through promotional gifts that can be included in the gift bags. Membership in the organization costs \$55 per month, and members are guaranteed to be promoted at least 30 times each month.

"Each month we will email a report of the visits we have made, so you may follow up with them," Leben said. "This is an affordable way to reach newcomers, who typically stay where they start doing business."

Statistics show that major life changes trigger increased spending, she noted.

"Moving has been the number one reason for more spending--and moving means making new choices," she said.

According to Leben, new residents spend up to ten times more on products and services during their first six months in a new home than established residents spend in two years; are looking for places to eat, shop, work out, have fun, get their car repaired, etc.; are unencumbered by shopping habits and are receptive to establishing new business relationships; are loyal to new community connections and are five times more likely to become regular customers than customers acquired from other sources; and are optimistic about their new home and community and are ready to spend money to become comfortably es-



Terri Leben of Montrose (left) will take over Welcome Montrose, the longtime local welcoming service, which was previously owned by Riyanon Keep (right). Courtesy photo.

tablished.

Welcome Montrose was formerly run by Riyanon Keep, who had purchased the company from longtime owner Rhonda Skiff two years ago. Although Keep enjoyed welcoming newcomers to Montrose, the growth and success of Black Dog Equipment, which she owns with husband Eric Keep, was placing increasing demands on her time and talents.

To learn more about Terri Leben and Welcome Montrose, call 970-901-6761, or visit www.welcomemontrose.com.

Change a Life, Volunteer for the New Year

Special to the Mirror

REGIONAL--Hospice & Palliative Care of Western Colorado is looking for dedicated people to make volunteering their New Year's resolution in 2013 to provide support and companionship to members of the community. Volunteering is such a rewarding experience Joyce Raney explains, "I wanted to give back to the community, what I didn't realize was that I was getting much more than I could give -- if I volunteered seven days a week I couldn't repay

Hospice for all that they've done for me. It gives me peace, joy and hope."

Patient & Family Support Volunteers are able to be a part of the community, meet new people, and make a difference in someone's life. Hospice offers flexible scheduling, ongoing support and training, and a variety of tasks the volunteer can choose to participate in, including: visiting with a patient, sharing hobbies and stories, reading to a patient, running errands, relieving the caregiver for a small amount of

time, and providing transportation.

"Our patients need your help," said Director of Volunteer Services, Diane Dickey. "Hospice volunteers make everything possible in this organization. Each volunteer makes a fundamental impact on the lives of other in our community. We have a need for volunteers to give of their time and talents in a variety of ways." Call Priscilla Cozzens, Volunteer Coordinator, to find out how your skills and talents can be utilized in the New Year at 970-252-2642.

WANTED: A NEW HOME FOR A DREAM HOME!



The house now situated at 847 South Fifth Street will house the Welcome Home Montrose Dream Job program once a new location is found. Courtesy photo.

Special to the Mirror

MONTROSE—It's a case of a home needing a new home...when Montrose Memorial Hospital recently donated the house at 847 South Fifth Street to Habitat for Humanity, the only requirement was that the non-profit find a new location for the structure. The 1,000 square-foot house will be moved to a new lot in the Downtown area once an appropriate site is found, said Montrose Habitat Executive Director Colleen Burke. No longer needed for its original purposes, the house will eventually house an important community organization.

"We are seeking a donated lot within City limits," Burke said. "We also welcome cash donations and volunteers to help with the project. Habitat will work in partnership with Welcome Home Montrose to

move the house and rebuild it so that it is a safe, warm, and efficient home for the Welcome Home Montrose Dream Job program."

"The Hospital is happy to donate this house to Habitat for Humanity," Montrose Memorial Hospital Spokesperson Leann Tobin said. "In the past we have housed medical and nursing students here; however, we no longer have that need and are excited to give it to someone who can use it."

By working together, community groups can help to ease the transition for wounded soldiers as they return to civilian life, said Welcome Home Montrose Founder Melanie Kline.

"WHM is honored to partner with the amazing organizations here in Montrose as we join together on behalf of our heroes," Kline said. "The people in this community have stepped up to insure that we have the resources in place to succeed. Thank you to Montrose Memorial Hospital, Habitat for Humanity, Timberline Bank, Ralph and Karen Walchle, and the dozens of people and many groups helping to make this initiative possible."

The project will make a difference in the community, said Burke, who expressed gratitude for the donation.

"We are very honored to receive such a generous donation from Montrose Memorial Hospital," Burke said. "This is an exciting opportunity for us to collaborate with another Montrose non-profit organization to support housing and job training for Veterans. Habitat for Humanity of Montrose County is experiencing a very

exciting time as our capacity grows and we are able to take on special projects such as this. In addition to this housing project for Veterans, we will begin construction on a new home this spring."

Welcome Home Montrose (WHM) is a 501(c) 3 organization that is bringing together public and private resources with the goal of making the City of Montrose, Colorado, an open arms community with a NO BARRIERS' environment, a place where the wounded warriors of America's Armed Forces can rebuild their lives and find purpose regardless of their physical abilities. A centralized, community-wide effort, WHM coordinates the development and growth of programs designed to assist veterans and their families with the burdens they will face as they transition into society and reintegrate with family life, from jobs, homes and services to recreation. WHM embodies a caring community whose goal is to prevent the isolation and suicide of American combat soldiers and the heartbreak of the families who love them.

Over the past 20 years, Habitat for Humanity of Montrose County has empowered 42 local families to help build and move into homes of their own. To organize a build day with your company or community group, please contact Bill Bond at 970-901-9576. To volunteer, please contact us at re-store@habitatmontrose.org or 970-252-9304. To learn more about Habitat for Humanity in Montrose, email colleen@habitatmontrose.org, or call 970-252-9303.

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RAT TO HOST PUBLIC FORUM, BIKE FILM AT SHERBINO

Special to the Mirror

RIDGWAY-- The Ridgway Area Trails Group is hosting a public information session on the proposed 16-22 miles of new single track on BLM property in Ridgway. The trail system is currently in its final stages of approval with the BLM issuing a draft Environmental Assessment (EA). The EA is in its public comment period and all interested parties are asked to submit comments by Feb. 1 to http://www.blm.gov/co/st/en/fo/ufo/travel_management.html.

The public information session is aimed at answering any questions, providing RAT's recommended solution, and also providing a venue to submit comments to the BLM. In addition to a quick information session, the RAT group will present the movie Klunkerz, a film on the history of mountain bikes featuring mountain bike pioneers Gary Fisher, Joe Breeze, Mike Sinyard, Tom Ritchey and Charlie Kelly.

The event will take place at the Sherbino Theater on Jan. 19th at 7 PM. For more information, please visit www.sherbinotheater.com or call 970-201-8570. Admission is \$5 and there will be great giveaways (swag, t-shirts, stickers, etc.) at the end of the movie. All proceeds from this event benefit the Colorado Plateau Mountain Biking Association. This event is sponsored by our friends, New Belgium Brewing and the Sherbino Theater.

About the RAT--Ridgway Area Trails



Dallas Trail, in a photo from the Ridgway Area Trails Facebook page. The RAT trail system is currently in the final stages of BLM approval. A public information session will be held at the Sherbino Theater on Jan 19.

(RAT) was conceived in 2004, when local residents approached the Ridgway State Park and the Bureau of Land Management (BLM) with a proposal to develop a multi-use trail system on the adjoining parcels of land these agencies manage. Identifying this land, which resides on the outskirts of the Town of Ridgway, as having ideal terrain, trail connectivity, and access, the process of obtaining permission for this project began. For more information, please contact Brian Scranton, 970-201-

8570 or visit www.ridgwaytrails.com.

About COPMOBA--COPMOBA, a 501 (c)3, is a group of mountain bikers dedicated to the development and maintenance of regional mountain bike trails on the Colorado Plateau. Their main trails include Kokopelli's, Tabeguache, and Paradox, and the group also works on all mountain bike trails in the area and are always working to get new trails built. For more information, please visit www.copmoba.org.

PUTTING PETS FIRST AT PRAIRIE DOG TREATS *continued from page 1*

glucosamine, calcium, iron, potassium, magnesium and phosphorus.

Because the quality of the naturally shed and harvested antlers used to make Prairie Dog Antlers is very high, they do not splinter or chip, but aid in kidney function and healing of wounds, while building a healthier coat and cleaner teeth. Prairie Dog Treats contain no fillers, by-products, added fat, artificial colors or flavors, and do not incorporate wheat, corn or soy. They come in a variety of all-natural

"steakhouse" selections, and are produced in human-grade facilities with 100-percent pure meats raised in the U.S.A.

Goldfarb, who was raised in Philadelphia and who has lived in the pet-friendly community of Telluride, notes that in addition to all-natural meat proteins, Prairie Dog Treats contain such healthful ingredients as sweet potato and apple.

The manufacturing facility is set to open Feb. 1, he said.

More than 30 local employees work for

Prairie Dog Antlers, while Prairie Dog Treats is expected to employ more than 40 locally-hired staffers. Goldfarb had high praise for the City of Montrose, and for the locals who have been hired to help run both businesses—and for his business Manager, Scott Stephens, in particular.

"We are a growing company," he said, "and the City has been great to us. Montrose is a beautiful place, and the incentives to build our business here have been phenomenal."

Light it Up

January 17th
5pm-10pm

3rd Thursdays Interactive Art Crawl

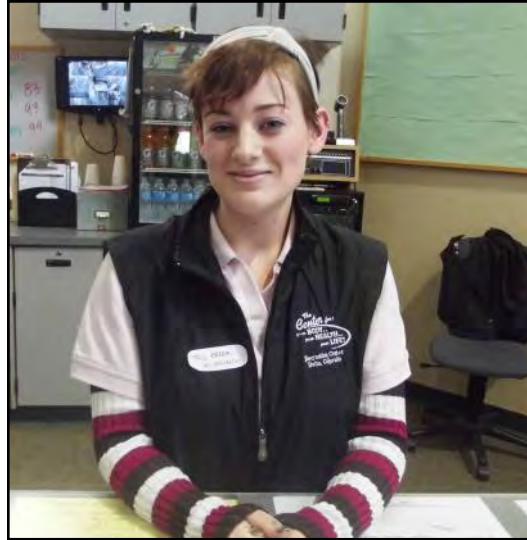
Music, Dance, Drama and Fine
Arts
on West Main in Montrose

-Upcycled Lamp Silent Auction
-Bike Lighting Competition

OUT AND ABOUT IN THE REGION!



Above, Farmers Insurance Agent Howard Davidson speaks with a potential client at the 15th Annual Business to Business Expo at the Montrose Pavilion on Jan. 12...top center, what a delight to see young mom and old friend Erika Blake welcoming guests to Bill Heddles Rec Center in Delta on Jan. 12...below, May Epling welcomes guests to The Firehouse, the wonderful new eatery she owns with husband Jim (stop by for the best breakfast in town if you haven't already).



Above, Rustic Arts Chainsaw Carving adds an element of visual fun to the shops at the Boardwalk south of town. Below, CSU students Marissa Isgreen, left, and Claire Clemens were among those who showed up to watch the big game at the RnR Saturday.



Right, it was standing room only at the League of Women Voters Fracking seminar at Bill Heddles Rec Center in Delta on Jan. 12. The controversial energy extraction technique continues to impact Colorado residents, and the League wants locals to have the information they need to understand the issues and environmental concerns.



REGIONAL NEWS BRIEFS

SMPA Calling for 2013 Scholarship Applications

Special to the Mirror

RIDGWAY--San Miguel Power Association, Inc. (SMPA) is once again offering scholarships to this year's high school graduating class. Each year the co-op awards nine scholarships, totaling \$14,000, to graduating seniors from across the service territory. Applicants must attend school within SMPA's service territory, be a dependent of an SMPA member, be on schedule to graduate in 2013, and plan to attend a secondary education institution.

SMPA offers three different scholarships. The San Miguel Power Association Scholarship, in the amount of \$2,000, is awarded to one graduating senior from each of the six high schools within the service territory. The Tri-State Scholarship, in the amount of \$500, is awarded to two gradu-

ating seniors from the service territory.

The Basin Electric Power Cooperative Scholarship, in the amount of \$1,000, is awarded to one graduating senior from the service territory.

Applications are available online at <http://www.smpa.com/Youth/scholarships.cfm>.

In addition to the application, students must also supply an official transcript of grades, an essay of 250 to 500 words and two letters of recommendation. They must demonstrate community involvement and identify an intended course of study. Applications are due Feb. 19, 2013. Late applications will not be considered. Completed applications can be returned to: SMPA Scholarship Committee
Attn. Becky Mashburn
PO Box 1150

Ridgway, CO 81432

Students may also submit applications electronically by emailing the documents to becky@smpa.com. For more information contact Becky at (970) 626-5549 ext. 212.

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 by offering approximately \$400,000 in energy efficiency and renewable energy rebates.

HONORABLE MENTION

To Susan and Brian Scranton of Ridgway, for heroism—within a few days of each other, Susan helped to rescue a baby from a burning building and the Ridgway Chautauqua Society, of which Brian is a member, helped to rescue Ridgway's historic Sherbino Theater. ...Amazing!

To the Town of Ridgway, the first designated creative district in the state to be included in Colorado's Main Street Initiative Program...

To Dahlia Floral Design, congratulations on the new space at 431 Main Street, set to open Feb. 1...

To M-E Spirek of Ridgway for being named Woman of the Year by the Ouray Elks Lodge. The contributions M-E and Dick have made over the years have made a real difference to the community.

To Chicks with Picks Founder and Life Coach Kim Reynolds for empowering people...and for writing her truly excellent column about life issues. We can't get enough, whether once a month in the [Watch](#) or at [Kim's own blog site!](#)

Healing Gardens

By—Rick Spalenka, PLA, RN, Licensed Landscape Architect

Before we ask “what is a healing garden” let’s ask ourselves, “what is healing?”

Healing (literally meaning to make whole) is the process of the restoration of [health](#) to an unbalanced, diseased or damaged organism. Healing may be physical or psychological and not without the mutual reception of these two dimensions of human health.

(From Wikipedia – The Free Encyclopedia).



Recreate a larger landscape in a manageable size like the Asian garden designers did

That said, how does this apply to gardens? We are not referring to a vegetable garden with healthy foods or a “cannabis” garden with mystical healing herbs but a garden in its original context. The word, “Garden” comes from the German word “gart” meaning an enclosure or compound. During the *Dark Ages* people feared areas outside their “forts” or “walled cities.” With passing time prosperous individuals started creating their own “enclosed” areas to have an **escape or refuge** from hostile, crowded, despoiled, and unhealthy places surrounding them. These early areas of refuge were eventually called **gardens**. The earliest gardens were places to seek refuge from stressful times and harsh environments by enclosing areas that brought nature down to manageability. Many of these gardens were private and only a limited privileged few were allowed access. Also, clergy in the Middle

ages developed monastery medicinal gardens to provide herbs for curing illness.

The word “disease” finds its origin in taking the word “ease” and making it negative as in dis-pleasure, dis-like, or dis-arm. You are at ease when you feel less stress and you remove the associated “disease.” If your garden is effective in making you feel comfortable and at ease with less stress you have a **healing garden**.

The **modern** world is very stressful on our **ancient** body. When you look closely at the timeline of human presence on this planet our presence is just a blink of the cosmic eye. The earliest archeological evidence of human existence is about 2 million years. However, humans have been coping with a “modern” world in only the last 200 years. I think of it like living with a Flintstone body in a Jetson world. We went from an agrarian society to a “high tech” society almost overnight. In that ancient or agrarian society our stressors were more primitive in nature, just meeting Maslow’s hierarchy of needs – shelter, clothing and food to name the basics, plus the need to escape danger for survival. Our bodies sensed that danger similar to the way animals interpret danger – the need to survive. Modern times have, within our society anyway, redefined that survival to just coping. Our modern dangers are not bad guys or tigers but bad stresses, like; jobs, taxes, social relationships, and numerous mental challengers. Our bodies coped in the past with the old stressors the same way animals do – **fight or flight**. Our bodies physiologically make biological changes, the “**responding mode**”, to run like heck or fight like banshees. If we respond that way in today’s modern society we may face social consequences so we end up internalizing our coping responses. Many of these coping outcomes can end up in very serious news headlines if we cannot deal with the stress. The “**fight and/or flight**” biological trigger can be responded to by “**pretending**” we are fighting and / or fighting by engaging in physical exercise that mimics the fight/flight exertion. As the old caveman saying goes, “you don’t have to run fast, you only have to run faster than the guy next to you.” The other stress coping activity is pretending we found the refuge after fighting just like our primitive ancestors did. Once we feel “safe” our bodies go into the “**calming mode**.” When you “sense” you are in a safe environment your body automatically goes into that calming mode

by releasing hormones to slow your heart rate, reduce your respiration rate, shunt blood back to your digestive system (removing the butterflies) and relaxing your muscles. This is all done subconsciously and automatically by your body's endocrine system.



Medically, this is called the Sympathetic and Para-sympathetic hormonal responses. This is science and not myth. Stress causes dis-ease and reducing stress creates natural healing from dis-ease. Here is how we can incorporate relaxing triggers to our senses in our gardens.

NATURE – There is a word for the love of nature, it is “biophilia.” We are creatures of nature and love nature. Humans evolved from the grass lands of Africa and thus have a genetic connection to grasslands and the color **GREEN** as well as the need for **SHADE**. Research has been done to test our response to nature. In-patients following surgery were assigned hospital rooms where some just viewed the blank walls or walls painted to look like bricks and others had rooms overlooking trees and flowers or the walls painted to look like the forests. Those patients viewing nature had significantly less demand for pain meds, had shorter stays in the hospital and responded more



I feel safe



Make gardening comfortable

positively to their hospital stay. We respond positively to nature be it the sight of trees, grass, flowers, sky, and light or the sounds of birds, beautiful insects, water, and light rain. There is a lot of scientific evidence to this pleasant fact.

PRIVACY – You can create a garden that makes you feel safe. Many of today's poorly designed “healing gardens” ignore what makes you feel safe. A “bush and a bench” does not make a healing garden if you don't have the other elements of a “sanctuary.” I have seen many “healing gardens” that are in a location where the users feel they are in a fish bowl or invading someone else's privacy. A sanctuary needs to feel private. This is the primitive need to feel we are safe from danger.



Healing garden design class taught at the Chicago Botanical Garden



Sensory Garden in Portland, OR

CONTROL – If the garden is static and immovable we feel insecure. However, if there are options as to where we can place ourselves in the garden, or there are seating furniture to create our own private space, or we have a feeling of entering and leaving on our own we feel in control. We are not held hostage to the surrounding world. Many garden lovers are most happy when they have an opportunity

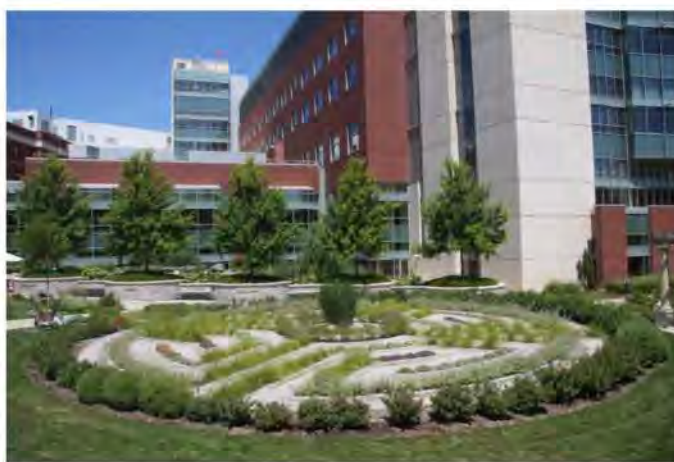
to contribute to the garden by planting and harvesting from their garden. A **Therapeutic Garden** is a garden where a person can *strengthen* their bodies, minds and souls. Physical therapy can be practiced in a garden as well if not better than in an indoor physical therapy center. Engaging in horticulture by dividing, planting and harvesting in your garden gives you both physical exercise and mental satisfaction. Therapeutic Gardens should be designed to accommodate those with physical challenges.

SOCIALIZATION – We are social animals. We also like our privacy. An effective garden should allow us to choose how we want to feel in our garden. One of the great masters of landscape architecture, Jens Jensen, would incorporate a “council ring” much like a Native American Pow-Wow fire circle in his gardens as his signature. When you

Google "Council Ring" you will discover many examples of this design element used in public and private gardens today. Another example of socialization activity is the use of the labyrinth and crane dance. Though you may not see many crane dances today the labyrinth is becoming very popular in public gardens as a means to cope with stress in an ancient method.



Labyrinth garden in a Phoenix (Gilbert) AZ hospital



Labyrinth garden in a Madison, WI hospital. (I worked at this hospital for 5 years as an orderly in the early seventies)

REFUGE - The outside world feels hostile. In the healthcare arena we feel that hostility whenever we enter a hospital, doctor's office, or any other place where we know other people have come to treat their dis-ease. Many hospitals recognize that not only do the inpatients feel uneasy but so do family, visitors and the healthcare staff. Many hospitals are hoping to relieve that stress by providing areas of refuge. The more successful refuges follow the principles listed above.

There is a need for refuge in our daily life. The first task pioneers did when they settled the hostile West was to create a place familiar to them. After meeting their survival needs they transformed their new home by planting shade trees as a refuge from the sun in the grass plains and desert areas. This is why I consider it strange that many people now think we must "re-transform" our Western home back to the desert. They call it "sustainability" and I call it "living like a lizard."

We are NOT lizards.

Garden design originated in the deserts of the Near East to escape the heat and in hostility of that desert. Humans do not survive long in deserts. We came from the grass lands, followed the grass lands and created the grass lands to make our new homes hospitable. I'm not promoting turning your desert home into an English country estate but how many homes have now become lizardscapes with no one enjoying being out doors? We have opportunities to create manageable and properly scaled refuges to find our own little paradise so we can enjoy less stress and less dis-ease in our lives.



Note: In addition to being a Licensed Landscape Architect in Colorado and Virginia, Rick Spalenka is also a Colorado Registered Nurse with a BSN in Nursing. Rick served this last year as Chairman of the Healing and Therapeutic Design Professional Practice Network (H&TD PPN) of the American Society of Landscape Architects (ASLA).

REGIONAL NEWS BRIEFS

ROCKY MOUNTAIN HEALTH PLANS ACHIEVES PLATINUM WELL WORKPLACE

Special to the Mirror

GRAND JUNCTION – The Wellness Councils of America (WELCOA) has designated Rocky Mountain Health Plans a Platinum Well Workplace. The Platinum Well Workplace Award represents the pinnacle of results-oriented worksite wellness programming and makes Rocky Mountain Health Plans one of the nation's ten most health-conscious work sites. As WELCOA's highest designation, the Plati-

num Award is granted only to organizations which have previously achieved a Gold Well Workplace designation and are continuing to meet rigorous health promotion standards and demonstrate a commitment to improving the health and well being of its employees.

The achievement represents continuous progress since 2006, when Rocky Mountain became the first Western Slope employer to win a Bronze Well Workplace

Award, followed by a Gold Well Workplace Award in 2009. "We are honored to receive WELCOA's Platinum Well Workplace distinction," said Steve ErkenBrack, chief executive officer of Rocky Mountain Health Plans. "At Rocky Mountain Health Plans, we believe it's important to foster a culture of health that emphasizes and supports wellness and healthy behaviors through educating and empowering employees to take charge of their health."

Are You A Desert Lizard

or

Do you want an Oasis in the Desert?

Too many Western Slope landscapes are nothing more than reproductions of lizardscapes.



Designing oasis-scapes for over 30 years and award winner of true Water-Wise landscapes. *Gravelscapes and stonescapes are not xeriscapes.*

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LET THERE BE LIGHT...L.L. NUNN AND THE AMES POWER PLANT



L.L. Nunn. Historic photo.

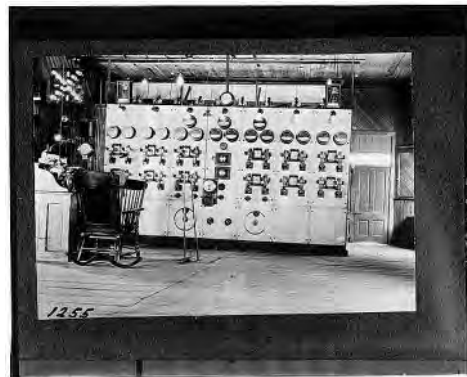
By Caitlin Switzer

TELLURIDE—Flip a switch, and the lights come on. Today, few take time to remember the dark, cold days before electricity—or the early days of the industry in Colorado's high country. Yet the legacy of the power plant constructed by Lucien L. Nunn at Ilium in the 1890's lives on, in a world awash with light and accessible power.

Nunn, a native of Ohio who moved to Leadville and then Durango to open restaurants in the 1880's, eventually closed those businesses and walked to Telluride with his partner Malachi Kinney in the spring of 1881, according to a timeline compiled by the Southwest Studies Center at Fort Lewis College. After a brief stint as a carpenter—he and Kinney are credited with building the first bathtub in Telluride—Nunn opened a law practice in 1882 dealing with real estate matters, and then branched out into other ventures.

Not only did he establish San Miguel County's only bank at the time, Nunn tried his hand at journalism—and gold mining. He organized the Ilium Gold Mining Company and built a ten-stamp mill in Ophir in 1881, notes the FLC timeline, although he also took on a managerial role with the Gold King mining interests, brought a number of his enterprises together under the umbrella of the San Miguel Gold Placers Company, and developed a homestead where he began to run cattle in Delta around the same time.

Though his partner Kinney left for Salt Lake City in 1887, Nunn continued to grow his business empire. Author Davine Pera, in her excellent oral history compila-



Interior view of the Ames Hydroelectric Plant Power House switchboard circa 1895. Library of Congress.

tion *Conversations at 9,000 Feet* (Western Reflections Publishing, 2000/2006), recalls how Nunn established two local power plants that later became part of the Western Colorado Power Company.

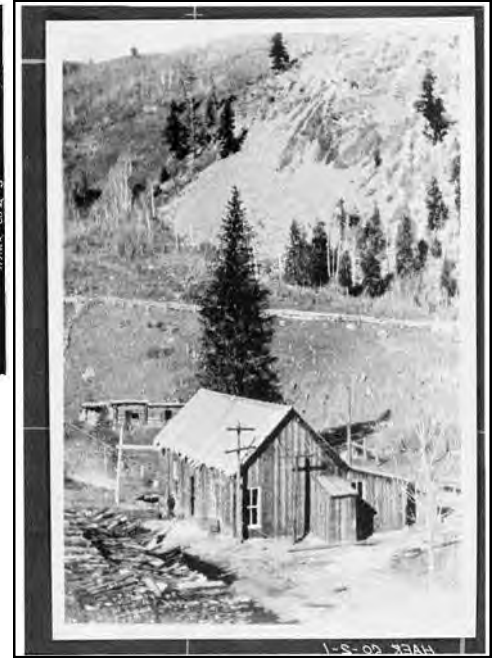
"In the early 1890's, L.L. Nunn brought alternating current to the Gold King Mine in Alta Basin," Pera wrote. "To do this, he built a hydroelectric plant two and a half miles away at Ames where the Lake and Howard forks of the San Miguel River converge. In 1906, another hydroelectric plant, Ilium, was constructed downstream. Water for the two plants was routed from Lake Hope and Trout Lake."

Nunn built the first plant at Ames with the help of George Westinghouse, when traditional fuel costs were on the rise. The plant was designed by Nikola Tesla, who believed that Alternating Current electricity, rather than the Direct Current championed by Thomas Edison, would power the future. The Ames Hydroelectric Plant transmitted its first current in 1891, and continued to run smoothly for the next 30 days. While that first transmission only covered 2.6 miles, its high-energy jolt of 3,000 volts was enough to change the world forever. By 1894, the Ames Hydroelectric Plant was powering mines throughout the region.

According to Wikipedia, the Ames Plant was part of Nunn's Telluride Power Company, later absorbed into Utah Power and Light.

In 1906 Nunn built his second power plant at Ilium, where the Rio Grande Southern Railroad began its 7.4 mile journey from the main railroad line to the town of Telluride.

Montrose native Charles Hosner shared



1894 view of the original 1891 Ames Power House. Library of Congress.

his own memories of the impact of the Ames plant in *Conversations at 9,000 Feet*.

"The first plant at Ames was the first high-tension power line that was producing alternating current in the world," Hosner said. "And before that, all these outfits that Edison had built were small municipal power plants, and the power could only go for a few city blocks, because it was direct current and the power lines would have had to have been huge in order to take that power. And then they came in and built this alternating current thing, and Edison fought that tooth and toenail. He was completely against alternating current. But it proved out that this was the birthplace of all the power as we know it today."

Hosner also noted the importance of maintaining the steep flumes that served the fledgling power plants. Flume walkers were an essential part of the enterprise, intrepid souls who traversed the flumes no matter what the weather, and repaired breaches with a putty knife.

"That flume was a real big maintenance thing," Hosner recalled, noting that when the flumes were finally washed out they were too expensive to replace. "Now it would never have been built because it would be too expensive. And when you stop to think, all that stuff was cut and fitted by carpenters using handsaws. There

LET THERE BE LIGHT...L.L. NUNN AND THE AMES POWER PLANT PAGE 2



Above, the Ames Hydroelectric Plant in 1895. Library of Congress.

wasn't a power saw there. It was all hand stuff and they hand nailed it."

Davine Pera's own father-in-law, Telluride native Walter Pera, shared his memories of working on the flumes as a young man in *Conversations at 9,000 Feet*.

"I worked in the mine a couple years," said Pera, who was born in Telluride in 1914. "Then I got to thinking I wanted some fresh air and sunshine in the summer. So come spring, I quit the mine and go to the power company, asked them if they had any summer work for me. Well they did, they had flume work. ...The flume business with the power company was, you might say, their lifeline. They depended on this flume for the water to turn the generators to make the power."

The flume from Trout Lake to Ames was a forty by forty-inch square built of lumber, he noted, and was 12,000 feet long. The flume that served the plant at Ilium was 27,000 feet long, he said.

"What they done then, they picked this same water up at Ames after it went through that wheel and put it in the flume and run it down five miles down the canyon to the Ilium power plant," Pera said. "So they actually got the same water twice."

Maintenance was absolutely essential, he said.

"If the flumes got a leak and leaked under those flume and washed the foundation out, then the flume settled, the leak got bigger and settled more and the leak got bigger and bigger. Pretty soon it washed the flume out. There goes your water. So they had to absolutely be maintained in such condition that they were dependable."

Although most maintenance on the flumes was performed during the warmer months, flume walkers worked year-round, Pera recalled.

"These flume walkers then patrolled both flumes," he said. "They had one flume walker that lived at Ophir, and he walked the Howard's Fork pipeline and the Trout Lake flume every day, looking for leaks. He carried a little sack of oakum with him and a putty knife or some kind of knife that he'd go along and patch the leaks with."

Flume walkers wore snowshoes in the winter, he noted.

Although the original Ilium Plant was destroyed when the dam at Trout Lake (later rebuilt) burst in 1909, according to the Fort Lewis timeline, the facility ultimately remained operational until 1958. The power plant at Ames, acquired by the former Public Service of Colorado in 1992, remains in operation today as part of Xcel Energy, producing 3.75 megawatts of

power, or enough to supply roughly 28,000 homes. According to the Xcel Energy web site, the Ames project inspired the creation of the first Engineering School dealing with alternating current in Telluride, and led to many innovations in electrical generation and lightning protection.

Renowned Colorado author Abbot Fay points out that the famous lines penned by Creede Chronical editor Cy Warman more than 100 years ago—"It's day all day in the daytime, And there is no night in Creede"—probably reflect the emergence of the power industry even more than the boom cycles of a frontier mining town.

"This line has usually been considered descriptive of booming mining camps in the Rockies," Fay wrote in his popular book *More Than I Never Knew About Colorado* (Western Reflections Publishing 2000/2007), "where saloons, casinos and other enterprises remained open around the clock to furnish rollicking excitement; where men on day and night shifts traded sleeping quarters and roamed around town at all hours. However, in the Rocky Mountain Almanac for 1989, editor Lee Olson pointed out that this poem came out the same week that Creede had installed electric lights around the town."

L.L. Nunn himself was not content to rest on his laurels, and went on to build power plants in other locales, including Utah, Idaho, Montana, Canada and Mexico. His plants in Colorado were eventually acquired by the Western Colorado Power Company, which was organized in 1913 according to the [archival records collection](#) at Fort Lewis College.

Nunn, who never married or had children of his own before dying at age 72 in 1925, founded Deep Springs College, and left another lasting legacy in the form of the [Telluride Association](#), which he founded in 1911 and which broke from the Telluride Power Company in the summer of 1912. Originally founded as a resource for the promising young engineers who worked with Nunn in the power industry, the Telluride Association has evolved over the years, into a nonprofit organization that creates and fosters educational communities that focus on teaching leadership and service—in keeping with the spirit of its founder, a man who spent his lifetime lighting the dark.

Enjoy Yourself at All About You Salon!

By Liesl Greathouse

MONTROSE--For anyone looking for a way to pamper themselves in a welcoming environment, All About You Salon aims to please. Samantha Holzmeister, a cosmetologist, is the fun and friendly owner of All About You Salon in Montrose.

Born and raised in Montrose, Samantha did all her friends' hair and nails growing up. After high school, she decided to go to college to learn more about doing hair and nails professionally. She attended Abilene Texas College of Cosmetology and then came back to Montrose to do an internship and work at a local salon.

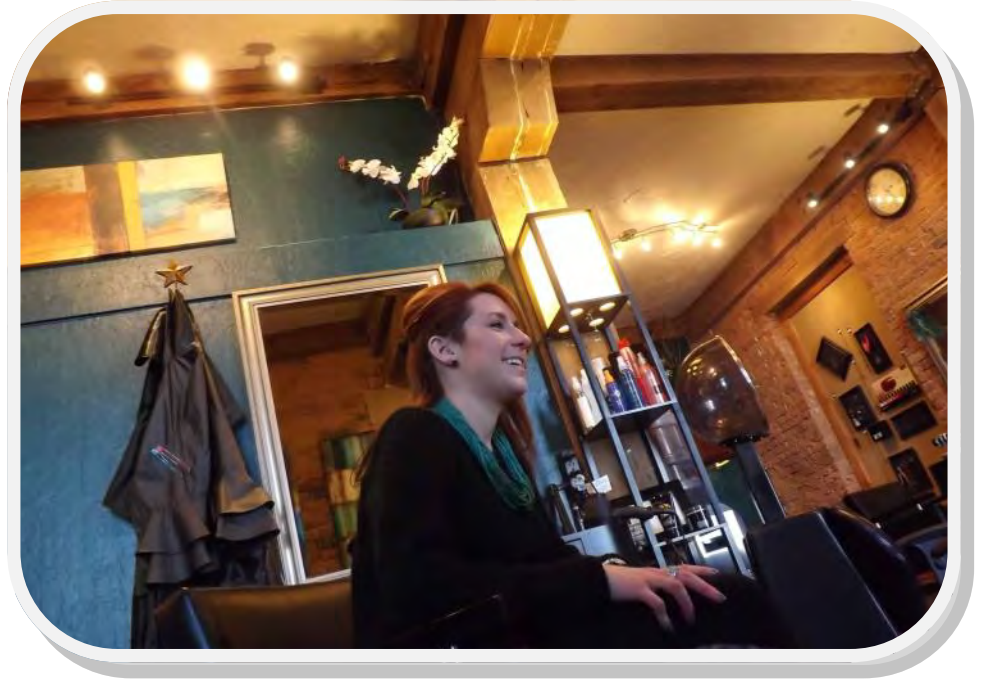
A year after she came back, Samantha decided to start her own salon. "I have always wanted to own my own business," She said. "I wanted to create an environment where people would feel comfortable and relaxed when they walk in. The local salon I worked at was not like that. So, to achieve that feeling, I decided to create it on my own."

Samantha opened All About You Salon in March of 2011. It is a full-service salon and spa. It provides haircuts and colors, facials, manicures, pedicures, acrylic and Shellac nails, and full body waxing. "Our biggest goal is to help people feel good about themselves and put a smile on their face," Samantha explained.

The Salon gets a variety of clients, from less than one to more than 90 years old. "We do men, women and kids," Samantha said. "Any and all ages. We can even go to a person's home if they need us to."

If they do not offer a specific service, they will research it and see if they can learn to do it.

At the Salon, haircuts for women are \$25 and for men \$18. Manicures are \$17, Shellac nails are \$29, pedicures are \$30 and hair colors start at \$55. The Salon has



With All About You Salon, Samantha Holzmeister wanted to create an environment where people would feel comfortable and relaxed when they walked in. Photo by Clay Greathouse.

special discounts every month, and people can get a free brow wax after five purchases.

All About You Salon is different because it really is all about the client.

"We focus on making clients happy, getting all their needs met, instead of just getting them in and out the door," Samantha said. "We create a connection. We do what we can to make you feel happy."

Samantha currently has two employees and is still looking for more help. "My goal is to have two other full time stylists, plus one part time," Samantha explained. "I want to be able to work full time helping the other stylists, but not be in here seven days a week. I want girls in here who love

to come to work, just like me."

Samantha's favorite part of her business is interacting with clients.

"I love being able to communicate with people all day," She said. "I love making people feel good in different ways."

Her ultimate goal is to have a successful salon in Montrose with lots of clients.

"I love the people here in Montrose," Samantha said. "I am so thankful for their support of my business."

For more information, call 970-249-3400 or visit All About You Salon at 28 South Grand Avenue in Montrose.

Walk-ins are always welcome and the Salon is open Monday-Friday 9 a.m.-9 p.m., and on Saturday 9 a.m.-3 p.m.

FRIENDS OF RIDGWAY STATE PARK OFFER SCHOLARSHIPS

Special to the Mirror

RIDGWAY--Once again, the Friends of Ridgway State Park, Inc. is offering two \$1,000 scholarships to college students who have completed at least one semester

of post-secondary education. Applicants must have graduated from high schools in Mesa, Delta, Montrose, or Ouray Counties and be enrolled in studies leading to a degree in environmental sciences or equiva-

lent. Applications may be obtained from the Ridgway State Park Office, by calling 970-626-5822 or by e-mail at johnnorglen-da@q.com. Application deadline is April 30th 2013.

OPINION/EDITORIAL

MHS TRADITION SAVES LIVES

Dear Editor:

The most deadly time of the year for our teens happens to be one of the happiest times of their lives as well. It's no coincidence that during the months of May and June more kids aged 15-19 die each year than any other time of the year, according to the US Dept. of Transportation's Fatality Analysis Reporting System.

"Prom and Graduation are fantastic times for youth to celebrate and enjoy. However, with these fun times come unfortunate tragedies," said Sandy Spavone, president of the National organization for Youth Safety.

On May 19, 2013, the Montrose community will be releasing 270 teenagers into the world to find their way and begin their future as adults. Since 1985 the parents of the Montrose High School senior class

have hosted a party the evening of their graduation, to give them the opportunity to celebrate this milestone and life-changing moment in a fun but also safe and nurturing environment.

It will cost about \$15,000 to host a party this year, and this year we will need the community's help to make this happen. Throughout the coming months, there will be fund-raising events and opportunities for businesses, families and individuals to donate to the 2013 graduation party. In February, March and April, 10 percent of the proceeds from oil-changes at Big O Tires will be donated. Watch the local papers for the dates of other upcoming fund-raising events such as a golf tournament, a community tap night hosted by Horsefly Brewing where \$1.00 from all pints of beer will be donated, and a wine dinner

and silent auction hosted by Stone House Restaurant. You can also mail donations to: MHS Senior Party c/o Suzanne Hansen at 3116 Monte Vista Circle in Montrose. Any amount will be appreciated and put to good use. A letter will be mailed to businesses in late February soliciting donations of money or prizes. Remember this; in the year 2009 the US Census Bureau reports that 5051 drivers ages 16-20 were involved in alcohol related fatal crashes. So many young lives lost before they even had a chance to start. In Montrose County, there have been no accidents or lives lost on graduation day since this annual graduation day party tradition started 28 years ago. With your help we can keep this tradition alive.

*Jacqueline Combs Huff
Casey Corrigan*



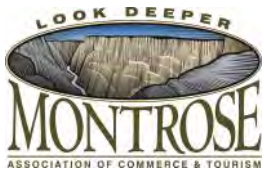
I DON'T LEAVE THE TV ON FOR THE COFFEE TABLE. WHY HEAT AN EMPTY HOUSE?

It only makes sense. My house shouldn't have to work so hard when I'm taking it easy on vacation. So now I adjust my thermostat, turn off my water heater and unplug as much as I can before I pull away, and those simple acts save me some serious money. Money I can spend on things like vacations. What can you do? Find out how the little changes add up at TogetherWeSave.com.



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TOGETHERWESAVE.COM



MONTROSE ACT RIBBON CUTTING CLEAR TALK WIRELESS



Courtesy Photo by Cara Fandel, Howling Wolf Photography

MONTROSE--ClearTalk Wireless celebrated the opening of their new location at 1521 Oxbow Drive Suite 155 on December 28th 2012 with a ribbon cutting celebration. Montrose ACT board and staff members as well as the Redcoats were on hand to commemorate the event. Congratulations ClearTalk Wireless! Pictured Left to right: Kristin Modrell (Montrose ACT), Rex Swanson (AFLAC), Jenni Sopsic (Montrose ACT), Eva Veitch (VOA), Eric Feely (The Bridges Golf & Country Club), Vicki McFadden (ClearTalk), JudyAnn Files (City of Montrose), Mike Simpson (ClearTalk), John Lindh, Sean Trepas (ClearTalk), Norm Brooks (Big 'O' Tires), Dr. Thomas Canfield (Montrose County), Steve Savoy (Best Sign Systems) and Amber Whaley (Montrose ACT).

MULE DEER FOUNDATION LAUNCHES UNCOMPAHGRE CHAPTER

Special to the Mirror

MONTROSE--The National Mule Deer Foundation is pleased to announce the launch of the Uncompahgre Mule Deer Chapter located on the Western Slope of Colorado in Montrose. Chairmen Mark Harmon and Bruce Leben organized the chapter and will host the first annual banquet and auction on the 26th of January, 2013 at the Holiday Inn Express in Mont-

rose. Tickets are \$60 and include membership in the Mule Deer Foundation. Corporate tables are available. To purchase tickets call Mark Harman at 970-901-1516. Tickets will NOT be sold at the door and space is limited. Doors open at 5 P.M. The Mule Deer Foundation promotes the conservation of Mule Deer, Blacktail Deer and their habitats. As urban areas continue to sprawl and more people build homes in

rural settings, mule deer and their habitat will suffer.

Support of your local Mule Deer Chapter helps fund the following: Habitat Enhancement Projects; Land and Easement Acquisitions; Scientific Research; Support of Responsible Wildlife Management; Conservation Education; Support for Our Hunting Heritage; Youth Programs and More!

REGION

Leveraging Resources for
Stronger Communities

10 NEEDS

YOU!

THE SMALL BUSINESS RESOURCE CENTER

is looking for business professionals who are willing to share their expertise with new and emerging small business owners.



THE SBRC WOULD LIKE TO OFFER TRAINING IN:

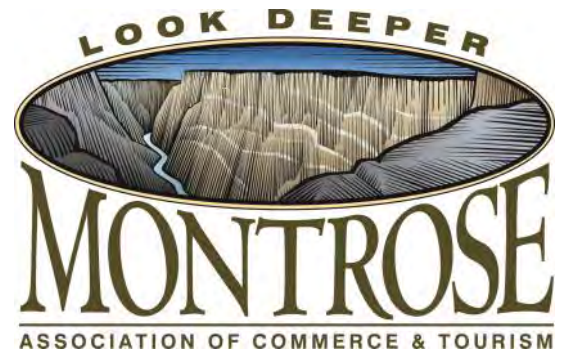
- Microsoft Office® Suite: Word, Excel, PowerPoint, etc.
- Basic Accounting, QuickBooks® Accounting Software, and Taxes
- Basic and Advanced Email & Internet Skills
- Advertising/Marketing/Promotions Basics
- Business Communications, Proposals, Time Management, etc.
- and All Other Small Business Skills

WE NEED BUSINESS PROFESSIONALS to start offering one-on-one quick or longer-term training sessions, small groups, and larger classes.

IF YOU ARE INTERESTED in teaching others about small business, please contact Vince Fandel at the Region 10 office.
249-2436 ext. 17 • vince@region10.net

ARTS AND CULTURE

AFTER HOURS WITH MONTROSE ACT



Despite a chilly evening, December's Montrose ACT Business After Hours drew a large crowd. The next members-only Business After Hours event will place at Region 10 on Jan. 22. Image by Cara Fandel.



Artist Lynn Vogel (at right) talks with Lissette Riviere and Karl Kerr about the collaborative artwork (foreground) that she has created with potter Bill Wilson. Image by Cara Fandel.

READ LOCAL

WHEN YOU CARE TO READ THE VERY BEST ...

MontroseMirror.com

ARTS AND CULTURE

GET ALL FIRED UP WITH WEEHAWKEN IN RIDGWAY!



Working with clay can be therapeutic! Stop by All Fired Up in Ridgway for a class. Courtesy photos/[All Fired Up](http://AllFiredUp.com)

Special to the Mirror

RIDGWAY - All Fired Up is a pottery studio located in downtown Ridgway with a variety of classes for beginner, intermediate and advanced students starting as early as Jan. 22nd.

"We emphasize the medium of clay as an art, but it is also an incredibly therapeutic art form," said Robbie Stellmacher, the founder of All Fired Up. "It is very calming to work with clay, and even people just beginning feel good about what they can do here."

All Fired Up features a kiln, a paint-your-own pottery space, four potter's wheels and a number of clays and glazes to choose from. There are also a large assortment of mosaic materials for those interested in pursuing mosaic pieces during paint-your-own pottery studio times. Instructors include Robbie Stellmacher, Danelle Norman and Deidra Krois.

In addition to specific classes and workshops, All Fired Up offers Open Studio space for ceramic artists as well as "Paint Your Own Pottery" hours on a weekly basis. Classes and workshops are offered to both adults and children and several exciting workshops are just around the corner.

An Introduction to Wheel Throwing workshop will be offered on Tuesday mornings at All Fired Up, starting on Jan. 22nd with Deidra Krois. Classes will be held for four weeks from 10 am until Noon. On Jan. 26th, Deidra Krois will be

offering a Clay Texture Specialty Workshop for ages 14 through adult. Students will be encouraged to come play with clay as they explore different methods of texturing a serving platter. On Tuesdays starting Feb. 5th, Deidra Krois will be offering a fun clay workshop called "Clay Your Way!"

Another exiting option at All Fired Up is one that's FREE! On Tuesday, Feb. 5th from 5 to 6 p.m., Deidra Krois will be offering a FREE Intro to Clay at All Fired Up. This workshop is for ages 16 through adult.

All Fired Up is launching a fun weekly workshop for kids too: "Kids Clay Creators". This four-week series is offered after school on Wednesdays from 3:30 - 4:45 pm from February 6th until February 27th and will be taught by Robbie Stellmacher. Participants can be between the ages 5-8.

In addition, Weehawken is offering a special four-week workshop geared-towards home-schooled youth (ages 5-12) called "Clay Studio for Kids". This workshop will run on Wednesdays from 1 - 2:30 pm from February 6th - 27th and is also taught by Robbie Stellmacher.

For more information on these workshops or to register, contact Weehawken Creative Arts at 970-318-0150 or visit www.weehawkenarts.org under the "clay" tab. Or get regular information about "All Fired UP!" by liking their Facebook page at [facebook.com/WeehawkenAllFiredUpClayCenter](https://www.facebook.com/WeehawkenAllFiredUpClayCenter).

SMPA Teams up with Telluride Foundation to Support Local Charities



Special to the Mirror

RIDGWAY--San Miguel Power Association, Inc. (SMPA) is teaming up with the Telluride Foundation to donate \$10,000 to local charities. The large donation was made possible through an effort called the Sharing Success Program. Above: San Miguel Power's Board of Directors and General Manager present \$10,000 to Paul Major of the Telluride Foundation. Picture from L to R: Dave Alexander, SMPA Director; Doyleene Garvey, SMPA Director; Jack Sibold, SMPA Director; Jerry Hoffer, SMPA Director; Rube Felicelli, SMPA Board President; Wes Perrin, SMPA Director; Marcus Wilson, SMPA Director; Paul Major, Telluride Foundation; Kevin Ritter, SMPA General Manager.

ARTS AND CULTURE

TOP SONGWRITERS CONVERGE ON CRESTED BUTTE

By J. Berndt

CRESTED BUTTE--Crested Butte, the wildflower capitol of Colorado, is covered in snow this time of year, holding strong to the phrase "the last great ski town." World-famous for its wide range of winter sports, the town has also established a growing reputation as a center for the arts. This month, music fills the air when the 2013 Crested Butte songwriters Fest takes center stage Jan. 18--19th.

Four local businesses will be opening their doors to host the events on Friday night: Maxwell's, Talk of the Town, The Eldo, and LoBar. All the concerts on this night are just a \$5 donation with musicians starting at 8 and 10 p.m.

I contacted Erica Reiter, the Public Relations & Communications Manager at Crested Butte Mountain Resort, and she told me, "This year there will be two venues happening simultaneously, with earlier and later shows and also different artists playing at each event to change up the sets."

Then on Saturday night The Center for the Arts will host lectures and some music on their stage. With a \$50 donation to Tough Enough to Wear Pink, with the "two-in-the-round" benefit shows starting at 6 p.m. and continuing on into the night.

I asked if they expected a better year than the last.

"Yes definitely, especially with our out of town guests," she said. "We have already doubled our reservations from last year with people who specifically booked for the Crested Butte Songwriters Festival. The organizers have also added two more shows at downtown bars."

Not only do you get to learn about some of the structure and meaning behind some of the biggest new songs, you will also be helping two respected foundations. The T.J.



A scene from the 2012 Crested Butte Songwriters Festival. Courtesy photo by Alex Fenlon.

Martell Foundation furthers research for leukemia, cancer, and AIDS. The other is Cattlemen's Days, Tough Enough to Wear Pink. This is the number one fundraising rodeo in the nation that takes part in the fight for breast cancer. Last year the Songwriters Fest raised more than \$40,000.

The festival will bring in a handful of the top writers and musicians in the industry, such as Dean Dillon, Chris Young, Marti Frederiksen, Even Stevens, Paul Overstreet, Colin Lake, Wendell Mobley, Bri Bagwell, Rodney Clawson, Nicolle Galyon, Tyler Hansen & Stephanie Lane Stevenson, Bill Dowell, Chris Coady and The Heard. This group is a country songwriter's paradise.

Erica added, "The musicians are selected and negotiated through BMI, Broadcast Music, Inc. All of these artists work with BMI, except the local acts of Bill Dowell,

Tyler Hansen, Stephanie Lane Stephenson and Colin Lake. We could consider them BMI "hopefuls." I'm sure a large portion of you like to toss back a few drinks and stay off the roads (which is a great idea). Why not just stay in town for the weekend?

"The best deal [for lodging] is to visit www.skicb.com/mygroup and enter the code CBSONGWRITERSFEST. This is the special group package rate for anyone visiting during this time."

Have you ever been fascinated by the structure of songs? Do you want to know how they're brought to life? This would be the festival to attend, no matter your musical preference.

This is a chance to look deeper into the sounds of our daily lives, educate ourselves and absorb the creativity no matter the genre.

THANKS FOR READING THE MONTROSE MIRROR! CALL 970-275-5791 FOR
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ARTS AND CULTURE

BLACK CANYON BARBERSHOP CHORUS SELECTS 2013 BOARD



The Black Canyon Barbershop Chorus, which serves the community with song throughout the year, has installed board members for 2013. This year's events include Singing Valentines on Feb. 14th and the Annual Chorus Show on June 15 at the Montrose Pavilion. Pictured from left are: John Taylor, Tim Davis, Dr. Bob Brethouwer, President Larry Wilkinson, John Reick, Membership Del Dyck, Director Emeritus Dr. Tom Chamberlain, Treasurer Rex Pierson, Administrative Carrol Morrell, Communications Bill Sutton, Director MaryAnn Rathburn, Program Larry Cooper, Secretary Chuck Frush, Public Relations Dennis Olmstead and Music Dave Stannard. For information on the Chorus please visit our web site www.blackcanyonchorus.org.

WEEHAWKEN HOSTS ANNUAL SOUP-ER BOWL FUNDRAISER IN OURAY

Special to the Mirror

OURAY--On Jan. 31st, Weehawken Creative Arts will host its Annual Soup-er Bowl Fundraiser in Ouray. This event features bottomless bowls of soups from area restaurants that will be served-up in more than 100 hand-painted ceramic bowls from community artists (young and old). Following the event, participants get to take their bowl home!

The Weehawken Soup-er Bowl Fundraiser takes place at the Ouray Community Center Massard room from 5:30 until 7 pm. The cost is \$15 for individuals wanting to take home a ceramic bowl and eat endless soup or \$8 for individuals wishing to just come and enjoy the soup (in a plastic bowl). Or, for families: \$35 includes dinner for everyone and two ceramic hand

painted bowls to take home. All other family members will enjoy soup out of the plastic bowls under that \$35 fee. In addition to soup and dessert, lemonade and water will be provided. Guests will have the opportunity to taste a variety of soups made by local chefs and there will be at least 10 different soups donated for the event this year. There will also be a cash bar that evening featuring wine and beer.

Sponsors for the 2013 Soup-er Bowl Fundraiser include: Orvis Hot Springs, The Box Canyon Lodge, Lindsey & Co Real Estate Inc, Better Real Estate Services (Michael Underwood) and The Chino Clipper Inn. Further, several local business will be donating soup to the event. A list of restaurant contributors for the Soup-er Bowl will be available on Weehawken's



Soup-er Bowls! Courtesy photo.

website (weehawkenarts.org) and on their facebook page ([facebook.com/weehawkenarts](https://www.facebook.com/weehawkenarts)). For more information, visit www.weehawkenarts.org or call Weehawken at 970-318-0150.

ARTS AND CULTURE

SHERBINO GROUP ACHIEVES FUNDRAISING GOAL

Special to the Mirror

RIDGWAY—Ridgway Chautauqua Society, operators of the Sherbino Theater, have announced that their goal of raising \$25,000 by the end of 2012 has been met, and exceeded! A Ridgway resident, who wishes to remain anonymous, will provide \$25,000 in matching funds, for a total of \$50,000 raised in the 60-day fundraising period. The funds will help the Sherbino Theater complete its renovation plans and continue on its path toward the purchase of Ridgway's Community Theater.

Pat Willits, Chair of the Ridgway Chautauqua Society, has this to say "Thanks to everyone who donated. It has been truly a community-wide effort. Meeting this recent challenge/match gives us the financial where-with-all to take more giant steps towards completing the planned interior rejuvenation at the Sherb. We began interior renovations last August, added state-of-the-art film projection equipment in October, and now with this new fundraising challenge met, have improved infrastructure, began clean-up of the backstage, added fashionable and functional furniture,

and have installed high-definition television in the bar area keyed to our big theater screen, but much work remains."

In less than a year, the Ridgway Chautauqua Society has accomplished much in the way of interior renovations, including a new state-of-the-art film projection system, new stage and theater lighting and wiring, the removal of antiquated structures, the improvement of the bar area and a massive amount of paint and drywall improvements. In addition, the Theater has launched a new website, events calendar, social media, and PR efforts.

The Sherbino is moving full-steam ahead into 2013 with an amazing line up of events. For more information, or to make a donation to support your local, non-profit community theater, please visit www.sherbinotheater.com/donate.

About The Ridgway Chautauqua Society
The local citizens' group was formed to save, revitalize and operate the 97-year-old theater as a nonprofit community center for theater, film, and the performing arts. Plans include a historically accurate restoration of the building with updated



Ridgway's historic Sherbino Theater is shown in this photo from the non-profit group Ridgway Chautauqua Society's Facebook page. Courtesy photo.

lighting and film projection capabilities. The RCS envisions a New Sherbino Theater that will reflect its original role as a vital community resource. For more information, please contact Brian Scranton, bscranton@grahamspencer.com.

MMH OFFERS HEALING WITH HARMONICAS CLASS

Special to the Mirror

MONTROSE- A new program with the harmonica is helping people with chronic problems breathe easier. Mountain View Therapy at Montrose Memorial Hospital is hosting a **Healing Harmonicas** class for people with cardiac and respiratory problems. Since the harmonica is the only musical instrument that requires you to both

inhale and exhale as you play, playing the harmonica can help people improve their breathing.

The repeated pattern of pushing air from the lungs into the instrument, and then sucking air back into the lungs helps people learn to control and boost their breathing.

Come join us for fun and friendship while

learning to play the harmonica. The class is free and the harmonicas and instructional materials will be provided.

The class meets on Thursdays from 3:45-4:45 p.m. at the Mountain View Therapy Center for Wellness, 815 S. 4th Street. For more information, please call our volunteer instructor, Ann Furgurson at 970-252-1258.

CALL 970-275-5791 FOR MONTROSE MIRROR AD RATES AND INFORMATION!



LEGISLATIVE UPDATE WITH SENATOR ELLEN ROBERTS

The legislative session has started with the obligatory formal ceremonies, the initial speeches laying out agendas have been given and, now, having had my first flight home cancelled due to a combination of bad weather and flight crew issues, all is back to normal here in Denver. Patience and flexibility are two key personality traits to work on as a legislator.

Friends from home teased about the numerous choruses of bipartisanship echoing from the Capitol and asked me how long that might last. I'm guessing the singing of kumbaya is about over as we move to the substance of why we're here – that is, to make state level policy for Colorado for the next year.

We do have lots to work on and I was pleased to hear the governor to put front and center, in his state of the state address, his priority of improving Colorado's economy. I wholeheartedly agree that that is where our focus should be and I will support him in that effort. Until people have good jobs, a sense of purpose in their daily lives and the feeling that their government is working for them, not against them, we'll continue to have significant tension

and understandable angst.

Jobs in all areas of energy development, whether traditional sources like oil, natural gas and coal, and the renewable energy sources like solar, wind and biomass are some of Colorado's strengths to capitalize on. These are good paying jobs and help our country move toward energy self-sufficiency.

A huge challenge that legislators will face this year is the simultaneous and very ambitious efforts to revamp our health care and K-12 educational systems. The budget strains of both of these areas is already present and the new directions in reform will be costly and are yet unproven.

This doesn't mean I think we shouldn't attempt any reforms because, if we did, we'd soon be left with no state services other than health care and education. But, it is folly to ignore the budgetary competition these two policy areas present to each other in trying to arrive at new approaches, seeking better results at an affordable cost.

Difficult choices need to be made as to direction and timing and an appreciation for incremental progress based on proven results is what will guide me in voting on the choices presented this session.

I've already received lots of email from constituents regarding possible gun control and gun safety legislation. I appreciate hearing from all of you, but it's not clear yet what'll be proposed. Like many of you, I'm a strong supporter of the 2nd amendment and have been since elected to office. The question I'll be asking as bills are introduced is, would the passage of the proposed bill have made a real difference in the tragedies we've seen and want to prevent in the future?

I'm not a supporter of passing legislation based on an emotional response, even to tragic circumstances, and the "just do something" approach doesn't make sense to me. However, improving public safety, and especially the safety of our school children, is common ground that most people can agree on. The devil will be in the details and I'll give each proposal careful consideration. Again, I welcome your input as bills get introduced in the state legislature.

*Ellen S. Roberts, State Senator
State Capitol, 200 E. Colfax Ave.,
Denver CO 80203
Office phone: [\(303\)866-4884](tel:3038664884)*

VOA Homestead Celebrates A Winter Wonderland



Sharing the holidays with each other took center stage at Volunteers of America Homestead at Montrose, with the recent Winter Wonderland Party. "We had a wonderful time," said Activities Director Cheryl Homer. "We played winter trivia, music bingo, and even had door prizes. The residents especially enjoyed the bingo prizes, and made mint hot chocolate jars which looked like snowmen. One of our residents, Alicia, told me, 'I had so much fun and it was nice to do something different.'" Pictured from left are Gwen winning her snowman bingo prize, resident Vernetta playing music bingo, and residents Betty and Evelyn. Courtesy photos.

REGIONAL NEWS BRIEFS

MONTROSE OFFERS ICE CLIMBS TOO!

*Special to the Mirror*

MONTROSE – The area around [Montrose](#) in southwest Colorado, is an isolated, yet remarkable, ice climbing destination for knowledgeable climbers, according to local experts. Montrose is surrounded by nearly 900,000 acres of public land and is the gateway to the magnificent Black Canyon of the Gunnison National Park and wide-open Curecanti Recreation Area. Ice climbs are rated on a scale of Water Ice 1 (WI1) to Water Ice 6 (WI6), with WI6 climbs being the most difficult to ascend. Most of the ice climbs within the Black

Canyon and Curecanti Recreation Area's Blue Mesa area are rated WI3 to WI5. According to Vic Zeilman, a Climbing Ranger at the Black Canyon of the Gunnison National Park, most of the climbs in the canyon require one to know how to rappel, lead, manage multiple pitches, as well as approach and descend climbs safely.

"The Black Canyon is an isolated and surreal place to ice climb during the winter," notes Zeilman. "Routes like *Gandalf's Beard* in the National Park require a 3.5-mile approach on skis, but you are rewarded with breathtaking winter views of the canyons and no crowds whatsoever!" Zeilman says that for those who don't mind a lengthy approach to climb, the Black Canyon and Blue Mesa are a "hidden gem." "It's a surreal place to be when everything is snow-covered and there isn't anyone around for miles." Some of the most popular routes around Montrose include:

Gandalf's Beard: two pitches, WI3-5, Black Canyon National Park

Shadowfax: two pitches, WI3-4, Black Canyon National Park

Chipeta Falls: one pitch, WI3-4, can be top-roped, Curecanti Recreation Area

The Train Route: one pitch, WI4-5, near Cimarron Visitors Center at Curecanti Recreation Area (If they get lucky, spectators can view climbers here from the

warmth of their own car!)

The Curecanti Monster: five pitches, WI4-5, Curecanti Recreation Area
Climbers should note that there is a permit system within Black Canyon of the Gunnison National Park. Visitors must fill out a free wilderness use permit at the park's South Rim Visitor Center. Climbers return the yellow carbon copy once they have completed their trip. There is no permit required for ice climbs in the Blue Mesa area (Curecanti Recreation Area).

[About Montrose](#)

(www.visitmontrose.com)

Montrose is a uniquely-authentic city that has carved out a place for itself in the landscape and culture of Colorado. Montrose is the gateway to the Black Canyon of the Gunnison where the North Vista Trail was recently named a "Top 10 Canyon Hike in the U.S. Parks" by *National Geographic*. Additionally, Montrose was named to *Outdoor Life's* annual list of the 200 best towns in America for outdoorsmen. Seventy-three percent of the land surrounding Montrose is public land, making it a Mecca for hunting, fishing, camping, hiking, road biking, four-wheeling and mountain biking in the summer and fall and snowshoeing, cross-country skiing and snowmobiling in the winter.

Facebook: www.facebook.com/visitmontrose

[visitmontrose](#)

Twitter: <https://twitter.com/visitmontrose>

OCHS Acquires a Second Museum Building

Special to the Mirror

OURAY--The Board of the Ouray County Historical Society is pleased to announce that OCHS has purchased Retail Unit No. 3 in the historic Story Block Building (722 Main St., Ouray) from Paul and Jan Sunderland. We are excited about the possibilities that this Main Street presence will afford us. For the first time in many years, we will be able to increase our outreach to visitors as well as provide adequate space

for our growing library and archives. Over the past decade, the historical collections of the OCHS have grown enormously. We now have a mining and geology library of more than 5,000 books as well thousands of historic photos and many thousands of historic paper documents. For example, one small section of the paper collection contains over 200 large maps detailing the workings of the Camp Bird Mine. All of these valuable archives are currently

housed in two small rooms, while dozens of closets throughout the building store boxed books. Convenient access to these items by our Paper Archivist Glenda Moore and our Photo Archivist Gail Saunders has been difficult at best. For the past several years, the society has been actively looking for a building where these archives could be more effectively stored, and the library made available to those engaged in historic research.

REGIONAL NEWS BRIEFS



OURAY ON ICE...

Far left, a climber ascends the frozen falls on Jan. 13 during the 2013 Ouray Ice Festival. Near left, UCCS student Paige Keller poses with ice carvings. Photos by Claire Clemens.

THE
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Thanks for reading!

CHICKS WITH PICKS ANNOUNCES 2013 SLIDE SHOWS, AUCTION

Special to the Mirror

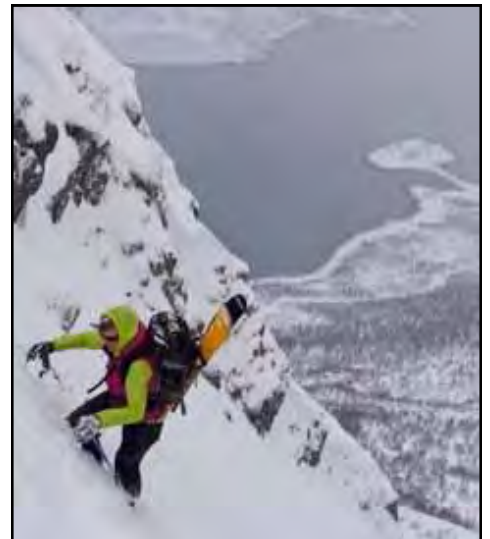
OURAY—In the old days, a woman's place was in the home. Today, an adventurous girl can go just about any place... and if it's January, it's a safe bet she's in Ouray. That's where veteran climber and entrepreneur Kim Reynolds once again presents the empowering Chicks with Picks ice climbing clinics (visit www.chickswithpicks.com for clinic dates and info) and some great opportunities to gear up and give back. This year's auction and slide show events include the following: On Jan. 18, Alison Gannett will share her Global Cooling Ski Adventure Show at the Ouray Community Center at 7 p.m. From jaw-dropping cliff drops to shower-curtain wall descents, entertain yourself with this World Champion's lifetime journey to save our snow. Discover Alison's successes and failures while reducing her footprint by 50 percent – including why her electric solar car increased her carbon footprint, her discoveries about growing her own food, and the hard decisions to quit heli-skiing and sell her snowmobile. Gannett is an award-winning global cooling consultant, World Champion Extreme Free Skier, and founder of multiple non-profits, including the Save Our Snow Foundation.

On Jan. 28, Sheldon Kerr will be featured in "Ski Like a Woman," also at the Ouray Community Center at 7 p.m. Sheldon is a

ski mountaineer who found her rhythm after a number of false starts as an aspiring professional freeskiier and climber. Instead of throwing in the towel after competition letdowns and summit breakdowns, she realized that she was a pretty good skier for a climber, and a pretty good climber for a skier. Sights focused on ski mountaineering and first descents in Norway and Alaska. A few impressive lines and one long, unplanned, foodless, multi-day ski traverse later, Sheldon has come to realize her place is neither in a harness nor on skis, but wearing both at once.



Admission for both events is \$5, which will go to benefit local women's organizations such as Tri-County Resource Center. Chicks with Picks events have contributed more than \$186,000 so far—and they're still counting.



Above, Sheldon Kerr climbing and skiing; at left, Alison Gannett. Both will be featured in slide shows during the month of January, thanks to the Chicks with Picks organization, which donates proceeds to local women's organizations. Courtesy photos.

REGION **10**

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REGIONAL NEWS BRIEFS

ECOTOURISM SPECIALIST/WILDLIFE BIOLOGIST EXAMINES EL MIRADOR—LOST CITY OF THE MAYA

Special to the Mirror

MONTROSE--The challenges of investigating and protecting a recently discovered city of the ancient Mayan empire buried deep in the jungles of northern Guatemala are the theme of the January program for the Chipeta Chapter of the CO Archeological Society.

The program will be held on Wednesday, Jan 16th at 7 pm at the Methodist Church on Park and South 1st.

The presenter is Arden Anderson, an ecotourism specialist and wildlife biologist who was part of a technical assistance team sent to help the Guatemalan government establish a national park to protect and manage the incredible city of El Mirador. The show will highlight the investigation & stabilization efforts of archeologists working on the site, the abundant life of the jungle that has hidden this city for millennia and the challenges of promoting protec-

tion for these values in a developing country.

Arden Anderson lives in Gunnison where, for 30 years, he managed the recreation and wilderness resources for the Bureau of Land Management on 600,000 acres of public land. He also has worked on a variety of conservation issues in developing countries first as a Peace Corps Volunteer and later as a member of International Technical Assistance teams for the U.S. Dept. of Interior. He is well traveled, having visited 55 countries on all seven continents. Now retired from the BLM, Arden makes the most of his retirement by helping out with a variety of volunteer efforts around town, traveling the world, teaching, playing music, advocating for environmental issues and health care reform, working on the house and getting out to enjoy a variety of outdoor activities in this incredible area we live in.



Temple of the Grand Jaguar at Tikal National Park in Guatemala. Courtesy photo.

NOW/M Montrose.com

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NOWMontrose.com is the web portal for all things in and around Montrose, Colorado!

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Hold the Date! Upcoming Business and Cultural Events

ONGOING-

First Friday Strolls Montrose Downtown —Monthly from 5:30 p.m.-8p.m. Artist Demonstrations, Free Wine Tastings, and in store promotional events!

ReneWest Interactive Art Crawls—West Main District, third Thursdays of every month.

Montrose Indoor Farm Market—1st and 3rd Saturdays of every month, Centennial Plaza.

Jan. 16—Forum at Heidi's Brooklyn Deli (1521 Oxbow Dr.) 8 to 9 a.m., featuring Bob Larson of Camp Bird Mine. Coffee is \$1.

Jan. 16—Cactus and Succulants in the Rock Garden, with instructor Don Campbell. Noon to 1 p.m. Presented by Grand Junction Parks and Recreation. Call 254-3866 for more information.

Jan. 16—El Mirador—Lost City of the Maya, presentation by Arden Anderson, 7 p.m. at Montrose United Methodist Church.

Jan. 17—Montrose ACT presents Good Morning Montrose, 7:30 a.m. Montrose ACT Conference Room (1519 East Main) "A New Year, A New You." Presenters include Montrose County Manager Rick Eckert. Call 970-249-5000 for more information.

Jan. 17—Kick off event—ReneWest Interactive Art Crawl, West Main District, 5:30 to 10 p.m.

Jan. 18—Closing reception for Lynn Vogel and Bill Wilson's Wired Two, Around the Corner Gallery, 5:30 to 8 p.m.

Jan. 18—Kim Reynolds and Chick with Picks present Global Cooling Ski Adventure Show with Alison Gannett. 7 p.m. Ouray Community Center, \$5 donation to benefit local charities.

Jan. 19-21—Second Annual Songwriters Festival in Crested Butte, to feature Robert Earl Keen, Dean Dillon and others.

Jan. 26—First Annual Banquet and Auction, Uncompahgre Mule Deer Chapter, 5 p.m., Holiday Inn Express Montrose. Tickets are \$60 and include membership in the Mule Deer Foundation. Corporate tables are available. To purchase tickets call Mark Harman at 970-901-1516. Tickets will NOT be sold at the door and space is limited.

Jan. 26—Blue Sky Music benefit for Hospice and KVNF, 8 p.m. at the Montrose Pavilion, with Take 5 and Curtis Stigers. Reserved seat tickets available at Around the Corner Art Gallery.

Jan. 28—Kim Reynolds and Chicks with Picks present "Ski Like a Woman" with Sheldon Kerr. Ouray Community Center, 7 p.m. Proceeds will benefit Tri-County Resource Center.

Feb. 1—Western Colorado Botanical Gardens and Western Colorado Center for the Arts in Grand Junction present children's class-Paper Making and Paper Wasps. Info@webotanic.org.

Feb. 2—Montrose Community Foundation "Passport to Paradise" Baldrige Gala, 6 p.m. Montrose Pavilion. 970-249-3900.

Feb. 14—Brown Bag Lunch, USDA Rural Development Rural Energy for America Program (REAP) grant application training, at DMEA building (11925 6300 Road), 10 a.m. to 2 p.m. Learn about implementation of commercially available energy efficiencies or renewable energy products on a commercial building or making Energy Efficiency improvements to a manufacturing process or equipment such as coolers, refrigerators, etc. Training is free, but space is limited - RSVP required. Call 970.874.5735 x 136 to register.

Feb. 14—Valentine's Day!

Feb. 15—The Center Affaire—A Friend Raiser for Center for Mental Health, 6 to 9 p.m., Holiday Inn Express (1391 South Townsend Ave.).

March 8—Western Colorado Botanical Gardens and Western Colorado Center for the Arts in Grand Junction present children's class-Batik and Insects. Info@webotanic.org.

March 16—Montrose Gala, Hospice & Palliative Care. Montrose Pavilion, 6:30 p.m.--Champagne Reception & Silent Auction, 7:30 p.m, Dinner & Live Auction, 9 p.m., Dance to the music of Miss Emily with Project Groove. The community is a big part of our success, with more than 400 people attending each year. If you're interested in attending the Montrose Gala or want to support Hospice & Palliative Care of Western Colorado through the Gala, please contact Nancy Hoganson, Director of Community Relations at 970-240-7776.

May 3—Western Colorado Botanical Gardens and Western Colorado Center for the Arts of Grand Junction present children's class-Birds and Their Habitat. Info@webotanic.org.

June 22—Fifteenth Annual Montrose Golf Tournament for Hospice, Bridges of Montrose.



IT'S ELECTRIFYING!



Maslow Academy students and teachers have partnered with Valley Manor Care Center to develop an intergenerational program that brings people together. Courtesy photos.

By Eva Veitch

Valley Manor Care Center and Maslow Academy have partnered to develop an intergenerational program that is truly amazing. Our first activity took place Dec. 17th and brought youth and elders together for a creative morning building gingerbread houses and baking cookies together. A great time was had by all and new friendships began to blossom. The groundwork was laid by a visit to the school from Samantha Zaporozhan, the activity director at Valley Manor. She talked to the children about seeing people in wheelchairs and how to communicate with people who may not see or hear well and with those who are confused. This step was important in establishing the foundation for the many visits to come; parents were also involved and many attended the outing to assist.

The first few minutes were much like the first day of school, with youth and elders

slightly apprehensive, but the climate warmed quickly and soon the laughter was flowing as freely as the candy and frosting. A small group of kids spent the morning in Freedom Hall with residents who savored every moment. I am sure the retired schoolteacher who resides there thought she was back in class with her students. What an amazing gift for someone with dementia.

In the months to come the curriculum for these field trips will be carefully designed by the teachers and Valley Manor staff to provide an educational experience for the children but also an opportunity to learn about people and develop meaningful relationships between these amazing generations.

Our elders have much to teach but they are also eager to learn and seeing the world through the eyes of a child is a most precious gift. During this excitement-filled



visit the elders were patient and the children were kind, and we look forward to watching special relationships develop.

The highlight was hearing one of the children say "When I get bigger I want to come here and volunteer!" I think we have met a future healthcare administrator. Teach the children in your life the importance of reaching out to others; if you need a welcoming environment for this wonderful adventure, please call Samantha at Valley Manor 970-249-9634--we guarantee a fulfilling experience.

THE MONTROSE MIRROR

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Live, Explore & Enjoy!

Contact the Montrose Mirror:

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Email Us: Editor@montrosemirror.com



At left, the old Crawford Fire Department truck at the Boardwalk Shops appears to be headed into yet another San Juan snowstorm...above, Alice and Larry Leeper at the Ouray Ice Festival on Jan. 13, and at top right, Ella Marolf's bronze sculpture of a lineman, purchased and donated to the City by DMEA in 2011, ascends at the entrance to the Montrose Pavilion.

Once Upon a Wedding Bridal Expo

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