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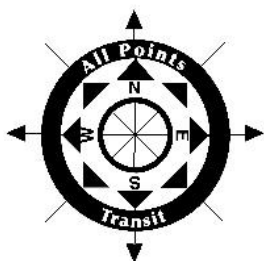
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THE MONTROSE MIRROR

Your Source for Local Business News and Information

Issue No. 56 March 20 2013

BYPASS EXTENDS DOWNTOWN UPTOWN!

By Caitlin Switzer

MONTROSE—When the City of Montrose and CDOT conducted the San Juan Bypass swap in 2010, the exchange—which gave control of Main Street back to the City—created new opportunities for street fairs and festivals Downtown. The move also breathed some new life into the intersection at Main Street and San Juan—in addition to the traditional presence of the Matties Orchard Farm Stand during market season (July-October), the busier-than-ever crossroads has attracted a number of new businesses over the past year.

Potomoi Anglers, a flyfishing shop that opened in 2012 at 1246 East Main, proved to be short-lived; however, its space has already been taken over by Towers Treasures, a gift emporium that took occupancy earlier this month.

Tim Hanley's Taco John's Franchise (1300 East Main) opened several months ago to traffic-jamming crowds and continues to thrive.

"I am very happy," Hanley said. "Things are going well—the location is excellent. I like Montrose, and wanted to be part of the community. And becoming a franchisee is something I always wanted to do." Growing up in Montana,



Franchise owner Tim Hanley is pleased with the location of his new Taco John's Restaurant at San Juan Avenue and Main Street.

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KEEPING COMMUNITY CORRECTIONS—AND CASH—LOCAL!



Non-profit Community Corrections board members and staffers gather at the Montrose Justice Center. (See next page for full listing). Photo by Brad Switzer.

By Caitlin Switzer

MONTROSE—When the new Community Corrections facility opens in the old work release building at the Montrose Justice Center Complex in May, non-violent offenders will be able to remain in the community—and so will roughly \$760,000 annually.

"We have been sending our community members all over the state, and we have been sending our money all over the state," notes retired chief probation officer Carrol Warner, one of those who has worked to establish a community corrections facility in the Seventh Judicial District.

"These are individuals who will be coming back to our community, many of them with family ties—and we need to give them strong skills to make that transition," Community Corrections coordinator Stephanie Tolen said. "They have to be willing to accept the programs and structure, and when they return to the community we want them

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Montrose days...

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With Rick Spalenka!

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GF Music!

Rebecca Sanders
looks at ski resorts

REGIONAL NEWS BRIEFS

REGION 10 UPDATES WEB SITE

Special to the Mirror

MONTROSE--[The Region 10 League for Economic Assistance & Planning](http://www.region10.net) has updated its web site to improve communication with member municipalities and communities throughout the six-county region.

Designed by Leanna Johnson at Treefeather Creative, the site now offers improved navigation and updated design. Visit Region 10 on the web at <http://www.region10.net>.

"After meeting with the people at Region 10, we decided it was time to update the site with intuitive navigation, lots of helpful resources, and a fresh new design that would help guide users to where they want to be," Johnson explains. "It was also important for them to easily update the site in order to keep their audience informed about upcoming events, and news from the organization and the community."

"It was wonderful to work with Leanna and Treefeather Creative to enhance our web presence and better serve our communities," said Region 10 Executive Director Michelle Haynes. "We are very pleased with the result, and hope that you are as well."

A non-profit organization, the Region 10 League for Economic Assistance and Planning was formed in 1972 and serves six-counties (Montrose, Delta, Gunnison, Ouray, Hinsdale and San Miguel), operates an Enterprise center (300 North Cascade) administers the Enterprise Zone tax credit and marketing grant programs, oversees the Area Agency on Aging (AAA) and Community Living Services, coordinates



regional transportation planning, and offers a loan program for small business. To learn more about Region 10, call 970-249-2436 or visit the web site at www.region10.net.

BYPASS EXTENDS DOWNTOWN UPTOWN! *Continued from page 1*

he was familiar with the Taco John's chain. "I would never have opened this if I didn't enjoy the food," he said. "We are really customer-focused. We give good service, and everything is made fresh to order."

Lunch is the busiest meal of the day, and Hanley expects his numbers to rise as tourists begin to pull into town for the summer season. Taco John's currently employs around 15.

Longtime local favorite Red Barn Restaurant is just a block away at 1413 East Main, and Jim and May Epling's Firehouse Restaurant is also nearby at 1135 East Main St. Although the location has seen restaurants come and go over the years—past inhabitants of the space have

included Blue Table, Damiano's on Main and Sicily's—the Firehouse, which opened seven months ago, has begun to draw a steady clientele.

"This is a really good location," May Epling said. "Once we painted the outside orange, people could see that we are here—if we put out balloons it is even better! Breakfast is going very well, and dinner. I can't wait until we are open outside, with bands on the patio."

Epling said that she would like to see the Thursday evening Main in Motion events extended all the way from the Lower Montrose Arts District on the West side to the San Juan Bypass on the East.

"Why not?" she asked. "I would like to see East and West Main incorporated any-

way—it's all Main Street. And they are struggling down there more than we are uptown."

The enthusiasm shared by businesses located near the bypass benefits the entire community, Montrose ACT Executive Director Jenni Sopsic said.

"Whenever a business expresses it is doing well and is seeing an increase in commerce, regardless of their location, that is a tangible victory," Sopsic said.

"The excise tax that restaurants collect that aids in funding the tourism promotion program was up 7.3 percent last year compared to 2011. Although those numbers are not broken out individually, that is a positive indicator for the entire community."

THE MONTROSE MIRROR
MONTROSE

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REGIONAL NEWS BRIEFS



MEETING OF THE MINDS

Special to the Mirror
MONTROSE—Montrose City Council Member and long-time local educator Carol McDermott (far right) participates at the City of Montrose's public meeting at the Montrose Pavilion on March 11. The well-attended meeting was intended to gain feedback and direction for use of the city's retail enhancement (approximately \$230,000) and tourism promotion funds (approximately \$400,000), formerly managed by the Montrose Association of Commerce & Tourism.

Image courtesy Cara Fandel for Howling Wolf Photography.

DMEA Okays Board and Organizational Assessment Project

Special to the Mirror

REGIONAL--On Tuesday, February 26th, the Board of Directors of Delta-Montrose Electric Association (DMEA) voted to hire the National Rural Electric Cooperative Association (NRECA) to conduct a Board and Organizational Assessment Project. The Organizational Assessment is a comprehensive service provided by NRECA to Electric Cooperatives that seek an informed, objective analysis of their operational structures and procedures. The study

will provide recommendations geared towards aligning organizational structure and processes within the primary functional areas of the cooperative: Marketing and Customer Service, Engineering, Operations, and Finance/Accounting. The study will also provide validation for the best practices currently in place at DMEA.

The assessment will also review the organization and procedures of DMEA's board of directors in order to help improve their operations. The organizational com-

ponent of the analysis will be completed by June 11th. The board portion should be completed some time after that.

"Sometimes the best way for us to know if there's anything else we could be doing to save money for our members, is to look outside and see what the industry leaders recommend," says Nancy Hovde, DMEA Board President.

"We look at this as a way to strengthen our cooperative as it faces challenging years ahead."

Valerie Meyers' Weekly Monday



**REAL ESTATE
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*Click here to catch Valerie's weekly Monday
 Real Estate Market Report video...from the road!*

KEEPING COMMUNITY CORRECTIONS—AND CASH—LOCAL!

Continued from page 1

to be gainfully employed.”

Effective strategies have been developed for those who struggle with drug and alcohol addictions, Warner said, adding that the alternative to community corrections—prison—is not appropriate in many instances, and costs twice as much.

Research shows that community corrections clients are also much less likely to commit further offenses than offenders who have been imprisoned.

“It makes no sense to imprison non-violent offenders who are amendable to making changes,” Warner said.

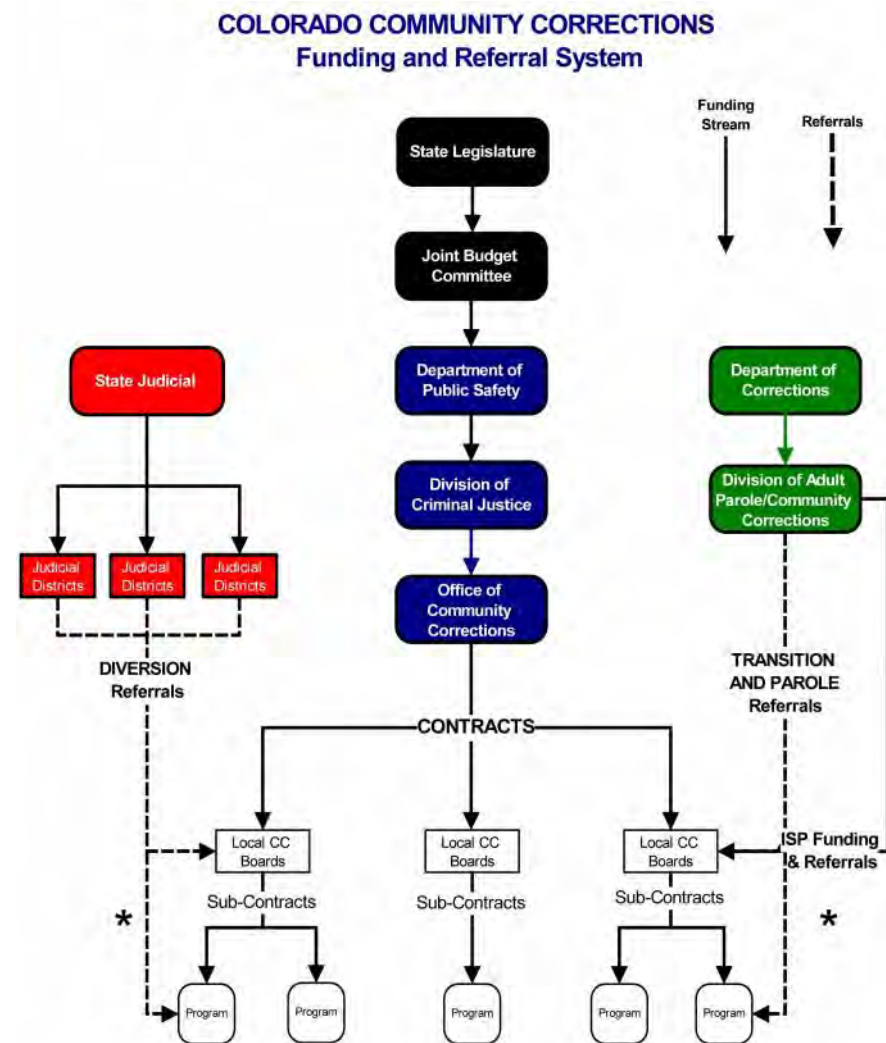
According to information compiled by the Seventh Judicial District, most community corrections clients are employed, and pay a portion of their own costs for treatment as well as room and board. Many are also paying restitution or child support, and would be unable to do so in prison. They receive education, job training and receive treatment for substance abuse or mental health issues.

The Seventh Judicial District is one of just three in Colorado without such a facility. When it is complete, the new facility will encompass around 8,000 square feet with separate wings for males and females, and will hold a total of 72 clients. The former work release building, which was constructed with inmate labor, will be remodeled with the help of inmate labor to meet community corrections needs.

In addition to bringing more resources to the community and those served by community corrections, the new facility is run by a separate non-profit entity, relieving the county of maintenance costs, Warner said.

Community Corrections is overseen by a board that includes three law enforcement agencies, members of the legal system, and representatives from the six counties within the Seventh Judicial District. The team (pictured in photo) includes Fred McKee, Tom Chinn, Dan Hotsenpiller, John Orey, Casey Grossnickel, Chip Page, Keith Maddox, Lauren Berryhill, Gregg Kildow, Jim Gerlach, Wendy Cranck, Rob Omer, Kerry Carl, JoAnn Seymour and coordinator Stephanie Tolen.

“Sheriff Rick Dunlap really got this whole thing rolling,” Tolen said. “He realized the Work Release building would be



* Some referrals are made directly to programs where boards have developed automatic acceptance criteria

Colorado Division of Criminal Justice, 2003

an almost perfect fit for a community corrections facility, and contacted ICCS (Intervention Community Corrections Services) to begin discussions that ultimately led to ICCS leasing the building, which will be the West Central Community Correction Center.”

Estimates compiled by the Seventh Judicial District anticipate a breakdown of around 35 residential clients, 40 transitional (from prison) clients, and 20 non-residential clients.

“The individuals we serve will be closely supervised, and given frequent drug tests,” Tolen said. “This fits right into the Justice

Center complex, and has been a very collaborative effort. We believe that it will continue to be so as the need for expansion grows.”

Funding is stable, and the services greatly needed, Warner said.

“Our community has a screening board, and if clients fail (to accept programs and structure), they will go to prison,” Warner said. “If they are not deemed appropriate for admission, they are not accepted—and no court can change that decision. But those who here can work, pay restitution, and develop support systems within the community.”

DO YOU HAVE **concerns** **about falling?**



A MATTER OF
BALANCE

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This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

The following agencies have made it possible to offer *A Matter of Balance* classes in Montrose County.



Center for Independence

Classes are held once a week for 9 weeks for 2 hours each at:

Enterprise Center
300 N Cascade, Montrose, Co.

March 25 through May 20
Mondays 10:00 to 12:00

**For more information please call
Cathy Johnston or Pat Garland of Center for
Independence**

970-241-0315

A Matter of Balance: Managing Concerns About Falls

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

REGIONAL NEWS BRIEFS

A Matter of Balance: Managing Concerns about Falling

Special to the Mirror

MONTROSE--Are you a senior and have concerns about falling? The Center for Independence and Region 10 are offering "A Matter of Balance," a program for seniors that emphasizes practical strategies to manage falls. Many older adults experience concerns about falling and restrict their activities. *A Matter of Balance* is an award-winning program designed to man-

age falls and increase activity levels. Participants will learn how to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance.

The class is free and open to seniors with concerns about falling. This class is an excellent choice for individuals interested in improving balance, flexibility and

strength, anyone who has restricted activities because of falling concerns or anyone who has fallen in the past.

Classes will be every Monday from 10AM -Noon at the Sneffels Room located at Region 10 Enterprise Center, 300 North Cascade, Montrose, Co. Register early, class size is limited. Contact Cathy Johnston or Pat Garland at Center for Independence 970-241-0315.

HONORABLE MENTION

To Flairmont Furniture of Montrose, for celebrating 50 years in business!!

To our Montrose Mirror sponsors and advertisers...thank you for helping us continue!

To Erica Lewis Kennedy, for the inspirational house ads!

To Caroline Lescroart of Ridgway and her cleaning business "Dustperados," for chasing away the cobwebs and letting the sun shine in!

To everyone who worked to put on the Fourth Grade PE Showcase 2013—a great way to show off our young people learning to enjoy fitness, exercise and a healthy lifestyle!

To Kendra Gallegos Morrow for organizing the Montrose St. Patrick's Day parade 2013!

To Claire Clemens (MHS class of 2012) for making the Dean's list at CSU first semester of Freshman year!

To development pro Stacey Ryan, for believing in CASA of the Seventh Judicial District and working to help innocent children caught up in the justice system—don't miss the Ray of Hope Gala on April 13!

To Patty Bennett of Uncompahgre Volunteer Legal Aid, for bringing legal services to qualified clients in need for so many years.

To All Points Transit, for bringing public transportation to the region—and for those cool new yellow Dial-A-Ride busses !

CASA BENEFIT TO OFFER A RAY OF HOPE, FABULOUS DESSERTS



Medically retired veteran Judi Boyce of Montrose is a former CASA child, and continues to support the non-profit's efforts to break the cycle of child abuse and neglect. Courtesy photo.

Mirror Staff Report

REGIONAL—Indulge in an evening of fine food, excellent music, and plenty of desserts—and feel no guilt! CASA of the Seventh Judicial District will host the annual *Ray of Hope* event at the Montrose Pavilion from 6 to 9 p.m. on April 13 as part of National Child Abuse Awareness Month, and one of the evening's highlights will be a “dessert dash.”

In addition to enjoying a basket raffle and live auction, attendees will have a chance to work off some extra calories as part of the fun. A tempting selection of delicious treats will be donated for the event from all six counties in the 7th Judicial District, and each table will compete for the chance to “dash” for first pick.

“It’ll be fun, fast, and furious—it’ll be a DASH!” CASA Development Director Stacey Ryan said with a smile.

With catering by Pine Cone Catering and music performed by a quartet of young artists from the Valley View Orchestra, the evening will be one to remember.

It’s also a great chance to give something back. The *Ray of Hope* annual benefit is the main fundraiser for CASA, which serves abused and neglected children who have been removed from their homes and who find themselves in the child welfare and court systems through no fault of their own.

“Our mission is to help break the cycle of child abuse and neglect,” Ryan said, “and to advocate for safe, permanent, nurturing homes for these kids, utilizing highly trained and dedicated volunteers. Our CASA volunteers are eager and prepared to work for the future of the children on their case. Please join us on April 13, and help make a difference in so many lives—both now and in the future.”

According to Ryan, CASA volunteers participate as independent child advocates, formalizing their observations and recommendations in written court reports to assist in the complex and difficult decision-making processes directly affecting the child. CASA is a respected agency with a 95.9 percent judicial satisfaction rating.

Ray of Hope event sponsors to date include NOWMontrose as 10-Speed Sponsors, the City of Montrose as Tricycle Sponsors, and Alpine Bank and Pine Cone Catering Company as Red Wagon Sponsors. Hosting the evening will be nationally-known speaker and facilitator Sue Hansen of Sue Hansen Speaks.

State Representative Don Coram (R-Montrose) will serve as guest speaker.

“CASA serves abused and neglected kids from all the communities of the Seventh Judicial District,” Coram said. “It’s im-

portant for us to come together to take care of our own, most vulnerable population and celebrate the successes of our own CASA program.”

Also highlighted on this special evening will be former CASA child Judi Boyce, a medically retired service member who has also survived being removed from her home at the age of seven along with her five siblings, and who was in foster care for seven years.

“Judi Boyce had a dedicated CASA volunteer who stood by her the entire duration of her case—a hallmark of a CASA volunteer,” noted CASA Executive Director Karen Tuttle. “Her advocate continued to stay in touch even after Judi found a permanent home with an adoptive family and continues to be in touch with her now.”

“A lot of people don’t know what CASA is unless you’ve been in ‘the system,’” said Boyce, who moved to Montrose from her native New Jersey to take part in the Welcome Home Montrose Dream Job program and work as an intern with the City of Montrose. “CASA volunteers make sure you’re safe and happy wherever you are. Kids need to know they haven’t been forgotten; CASA volunteers make sure that they aren’t.”

As an adult, Boyce has chosen to be “a face” for the CASA program, which strongly emphasizes the confidentiality of the children they serve.

The Seventh Judicial District encompasses Montrose, Delta, Gunnison, Hinsdale, Ouray and San Miguel counties. Tickets for Ray of Hope are \$50 per person. A “Table of 10 Friends” is available for \$450. Sponsorship packages are available at 10-Speed, Tricycle, and Red Wagon levels. Corporate tables are also available. To learn more about the Ray of Hope event and available sponsorship opportunities, email info@casa7jd.org, or call 970-249-0337.

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THROWING PUNCHES, CLEANING PLATES

Jack Dempsey's Days in Montrose

By Caitlin Switzer

MONTROSE—Harry was his nickname as a child, and anyone who knew him as a boy would have predicted a life of nothing but hard work and obscurity—so poor was his large, Mormon family that at one point they were politely asked to “move on” while staying in Delta.

He had been born in the San Luis Valley town of Manassa, the 11-pound son of two West Virginia emigrants who had recently converted to the Church of Jesus Christ of Latter Day Saints. When young William Harrison Dempsey appeared on June 24, 1895, he was quickly nicknamed “Harry.”

It was only later in life, after he had begun to make a name for himself as a fighter, that the young Coloradoan began to go by the name “Jack.” However, author Toby Smith, whose book *Kid Blackie* (Wayfinder Press, 1987) chronicles Jack Dempsey's Colorado beginnings, recalls a legend that followed the famed boxer all of his life.

According to Smith, mother Celia Dempsey greeted the birth of her ninth child with the announcement, “You will grow up to be the world's champion fighter. Just like John L. Sullivan.”

As the family drifted from one Colorado boom town to the next, the boy learned to defend himself against bullies with his fists, and picked up professional boxing tips from a much older brother, Bern. After bouncing from Manassa to Creede, Leadville, Steamboat Springs, Craig, Meeker and Rifle, the family spent some time ranching south of Montrose, eventually moving into town in 1909.

The Dempseys did not remain in Montrose very long. However, it was here that Jack fought his first professional fight, and here that he cemented the skills that would serve him well after his boxing career became a page in the history books. While Jack's footloose father Hyrum and the older Dempsey boys joined the crews that were constructing the Gunnison Tunnel, his mother Celia opened a restaurant to help support the family, according to author Smith.

“The Rio Grande Eating House, christened with a jug of hard cider, was located

on North First Street,” notes Smith, “close to where the old Montrose Railroad station now stands. A ramshackle wooden affair, the restaurant wasn't fancy: a lunch counter, a half dozen tables and a kitchen in the back.”

All-you-could-eat meals cost just 25 cents, and Celia's cooking soon drew crowds of tunnel workers, along with railroaders, drifters and cowhands, the author wrote.

“Since the restaurant stayed open late, Dempsey, who helped his mother run the place, worked the night shift,” Smith wrote. “He waited on customers, cleared tables, washed dishes and stoked the fire in the dining room stove.”

Young Harry Dempsey also sold newspapers around town, hauled coal for the restaurant and shined shoes with a little cart he had rigged up to be pulled by two dogs, Smith wrote.

And of course, he tossed a few punches.

“For impoverished people like Dempsey, fighting was a way of life,” Smith wrote. “Without a movie theater in Montrose, boxing was the biggest amusement around, for kids as well as for adults.”

In fact, Smith quotes Dempsey himself, whom he later met at the fighter's famed New York City Restaurant, on the subject of Montrose: “Everybody worked so hard there,” Dempsey said, “that they really looked forward to a good scrap as entertainment.”

When the Gunnison Tunnel was completed, the family left Montrose for Provo, Utah, where they continued to scramble for a meager existence. After finishing the eighth grade there, however, Jack decided to return to Montrose.

“...he felt that if he really wanted to fight and make good on his dream, he should return to Montrose, a town that had been receptive to him and to boxing,” Smith wrote. “So, in early June of 1911, Dempsey hopped a railroad car alone and headed East. He was 15, beetle-browed and crew cut. Long, taut muscles covered his slender body.”

Once he arrived, young Dempsey took a job picking fruit at the Ashenfelter Orchards west of town, Smith noted, adding



Jack Dempsey lived in Montrose only a short time, but his career as a fighter—and as a restaurant owner—began here. Courtesy photo.

that the teen also dug ditches, tossed sacks of sugar beets onto railroad cars, shoveled manure and pitched circus tents. However, there was always just one goal in Dempsey's mind—to step into the ring.

And so it was in Montrose that Jack Dempsey (who fought under the name Kid Blackie at the time), destined to become heavyweight champion of the world in 1919 and one of the most famous sports figures in American history, fought his first professional bout.

Author Abbot Fay recounts the match in his book, *I Never Knew that About Colorado* (Western Reflections, 2004).

“Having taken part in several amateur matches in towns such as Telluride, the seventeen-year-old Harry and a friend, Fred Wood, decided in 1912 to stage a match for money,” wrote Fay. “They trained in a carriage works at South Third and Cascade in Montrose.”

THROWING PUNCHES, CLEANING PLATES

Jack Dempsey's Days in Montrose continued

The match itself was held during the Montrose County Fair, in a ring constructed in the dance hall at the Moose Lodge.

"The pugilists sold every ticket printed," wrote Fay. "After a hard-fought match, Kid Blackie knocked out his friend. The total gate receipts came to about \$40 which the two fighters split."

The historic nature of the moment was probably lost on the hometown crowd, however. Author Toby Smith recalls what happened when the punches stopped.

"Then the two friends pushed the chairs back to make room in the Moose Hall for a fiddling contest," wrote Smith.

Dempsey went on to spend time in Telluride, where he acquired his first Manager, Andy Malloy. Dempsey had known Malloy for many years, having first met him in Creede as a boxing adversary of his older brother Bern, and later in the ring during a second match in Montrose. It was in Telluride, however, that the itinerant young boxer became fast friends with Malloy, a muleskinner by trade, and with his brother Pat.

When not working as a miner at the Smuggler-Union mine or washing dishes at a bordello called Big Billie's, Dempsey refined his skills as a fighter in the rough and tumble town. In 1913, he and Andy Malloy staged a rematch of their Montrose fight in Telluride's Davis Park—the fight where Dempsey first became known as "Jack Dempsey" rather than Harry Dempsey or "Kid Blackie."

Toby Smith also notes that it was not a falling out that ended the professional relationship between Malloy and Dempsey, who later told the author that Malloy brothers were the best friends he had ever had. Rather, it was Dempsey's skill in the ring.

"Malloy could no longer obtain fights for Dempsey," wrote Smith. "No one could."

According to the official Jack Dempsey web site, the fighter went on hold the world heavyweight title from 1919 to 1926, when he lost the title to Gene Tunney. Dempsey also lost a second match to Tunney in the controversial "Long count" decision.

Upon his retirement from boxing, Dempsey owned a restaurant of his own, Jack Dempsey's Broadway Restaurant, across from Madison Square Garden from 1935 until 1974, and served as a commander in the U.S. Coast Guard. At one point Dempsey shared an apartment with movie legends Charlie Chaplin and Douglas Fairbanks, Jr. He made two Hollywood films, and co-starred in a Broadway play with his then wife, Estelle Taylor (the boxer was eventually married three times). The Dempsey site also notes that the boxer appeared at Madison Square Garden on his 75th birthday in 1970, where a crowd of 19,000 sang happy birthday to him. He was inducted into the International Boxing Hall of Fame in 1990.

Although Dempsey was known throughout his life for his work ethic and passion



Young Harry Dempsey, the ninth child of an itinerant Mormon family, grew up to become heavyweight champion of the World.

for his sport and fellow boxers—when famed black fighter Joe Louis suffered financial troubles, Dempsey headed up a fund to assist him—his last words show him to be a fighter to the end.

Wikipedia notes that just before taking his last breath at the side of his third wife Deanna Piatelli in 1983, the 87-year-old Dempsey told her, "Don't worry honey; I'm too mean to die."

PRAYER GATHERING AND CEREMONY AT PEACE POLE

The community is invited to a Prayer Gathering and ceremony at the Peace Pole in Ute Indian Park (across the road from the Ute Indian Museum) on Wednesday, March 20, the Spring Equinox, at noon to pray for peace on earth and the healing of Mother Earth. We honor the Four Directions before we begin and the Open Heart Drum Circle invites all drummers to join in a drumming prayer for Mother Earth and all our relations. For more information call 970-252-0908.

BLACK CANYON FLYFISHING SHOW!



Above, Tim Patterson and Matt McCannel of RIGS Adventure CO in Ridgway took part in the flyfishing expo at Friendship Hall March 9.

Among those who turned out for the Gunnison Gorge Anglers Flyfishing Show March 9 was jerky king Ray of Ray's Good Stuff; and below left, Nate Stumpf of Cedaredge teaches a younger fisherman how to tie flies.



Above, Greg Ray of Montrose tying flies.



REGIONAL NEWS BRIEFS

BLM ALLOWED 30-DAY EXTENSION TO RELEASE NAMES

Special to the Mirror

DENVER – A federal court has [granted](#) the Bureau of Land Management's (BLM) [request](#) to extend to April 15, 2013 the deadline for releasing key information to the public about drilling and fracking on public lands in Western Colorado's North

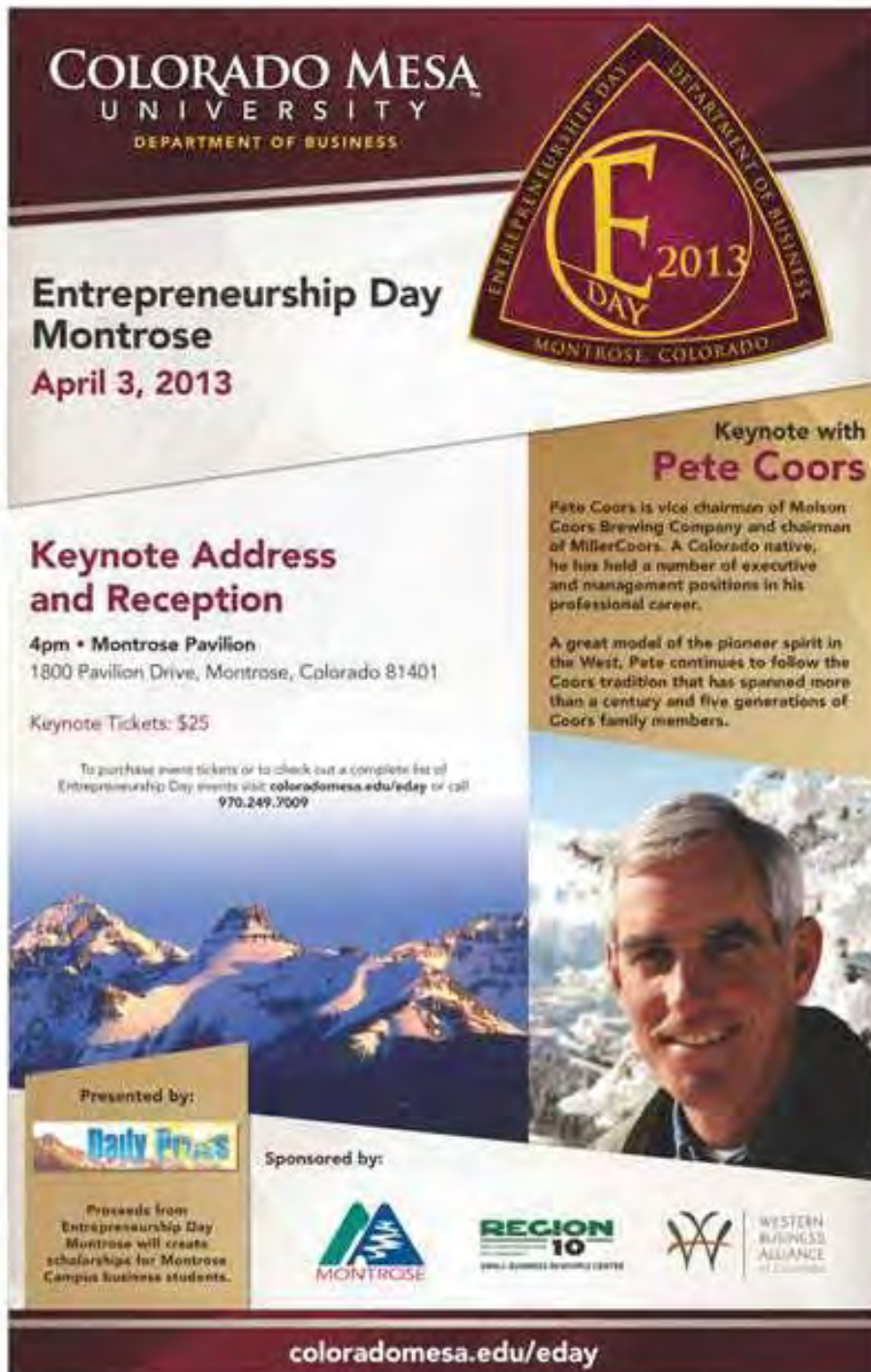
Fork Valley. The imposed deadline resulted from a Freedom of Information Act (FOIA) lawsuit brought by the nonprofit organizations Citizens for a Healthy Community (CHC) and Western Environmental Law Center (WELC). On February 13, the court ruled that BLM violated the law

when it concealed the identity of companies that nominated public lands for gas drilling leases. The BLM must either re-release the names or appeal the ruling by the deadline.

The [precedent-setting ruling](#) established that the public has a right to know the names of the parties nominating public lands for leasing. "An open and transparent bidding process is the best way to make sure the public gets a fair price for leasing publicly owned minerals," said Jim Ramey, director of the Paonia-based nonprofit Citizens for a Healthy Community. In the February 13 court ruling, U.S. District Court Senior Judge Richard P. Matsch responded to the BLM's argument for secrecy with a similar sentiment:

"That contention runs directly contrary to the purpose of the public sale process. Competition in bidding advances the purpose of getting a fair price for a lease of publicly owned minerals. Moreover, the identity of the submitter may be relevant to the plaintiff and others who may raise concerns about the stewardship records of that potential owner, a factor relevant to the environmental impact of the proposed sale."

The BLM's new deadline is April 15. CHC and WELC did not object to BLM's extension request, since the standard amount of time to appeal a federal district court ruling is 60 days. The North Fork Valley is home to a thriving agricultural and tourism economy. Conventional agriculture, organic farming, ranching, vineyards, and tourism-based businesses have all grown in recent years. Fracking and other drilling activities would threaten the water and air quality that these businesses depend on, and local residents have mounted increasingly energetic opposition to proposed leasing and drilling. When the BLM announced in December 2011 plans to lease nearly 30,000 acres of public lands surrounding the North Fork Valley for oil and gas drilling, thousands of residents submitted comments opposing the plan, and later more than 150 residents, groups, and organizations filed formal protests of the decision. Twice since the initial lease announcement, BLM has deferred the sale, most recently on [February 6, 2013](#).



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April 3, 2013

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San Miguel Power will hold director elections for Districts 5 and 7 at our Annual Meeting on June 13, 2013. We are now accepting nominations for these positions. Pick up your nomination petition from one of our offices, or contact Toni Bertorello, Executive Secretary, at (970) 626-5549 x210, toni@smpa.com.

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Nomination petitions due April 30, 2013.



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OPINION/EDITORIAL

SHERIFF'S WORK CREWS BENEFIT COMMUNITY

Dear Editor:

I was at Friendship Hall Friday morning to set up for our annual Gunnison Gorge Anglers' Black Canyon Fly Fishing Expo. The G.G.A., a local branch of Trout Unlimited, is an outstanding group of folks - conservationists and fly fishing aficionados dedicated to the sport and particularly to getting kids involved. They are all-around good people. Among the workers were a group of people in orange caps and uniforms from the Sheriff's Work Crew. What

impressed me was the energy and helpfulness of these county prisoners. They were obviously on their best behavior, under the scrutiny of Deputy Chad Black, Crew supervisor, but I had the feeling that these were not bad people, just decent ones who had made some bad choices.

I learned that the Crew works for many area charities, like the Hospice Heirlooms store, the Museum of the Mountain West and performs community work efforts like snow removal and highway fencing pro-

jects. The Crew is comprised of non-violent low-risk inmates who have earned the privilege of working outside of the county jail. My compliments to the Montrose County Sheriff, the Work Crew members and their supervisor. This is one program that really does work well for everyone. The Work Crew is indeed an asset to the community, even though the circumstances of the members' incarceration are unfortunate.

John W. Nelson, Montrose

REGIONAL NEWS BRIEFS

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"HE'S A MUSICAL POET."
- SAN FRANCISCO CHRONICLE

AS HEARD ON THIS AMERICAN LIFE

Special to the Mirror

REGIONAL-- A free "Medicare 101 and More" program is scheduled on Saturday, April 6, from 11 a.m. to 1 p.m., at the Delta Public Library, 211 W. 6th St., Delta. This program, titled "Are You New To Medicare?" will be hosted by Mabel and Judy, who will help those attending understand more about Medicare and the available benefits. This program is presented by the Retired Senior Volunteer Program-Colorado West, Inc. (RSVP), AeroCare, the Colorado Health Foundation, and the State Health Insurance Assistance Program (SHIP). For more information, contact RSVP Colorado West at 970-249-9639. In Montrose, a free Medicare computer training program is scheduled on Monday, May 6, from 10 a.m. to noon, at Colorado Mesa University's Montrose campus, 234 S. Cascade Ave. This training is sponsored by Montrose County, the Colorado Health Foundation, the State Health Insurance Assistance Program (SHIP), and AeroCare. The program will help participants navigate the extensive Medicare website. It is open to the public, but space is limited, and is expected to fill up quickly. To register or for more information, call RSVP Colorado West at 970-249-9639.

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BABY BOTTLE FUNDRAISER HELPS LIFE CHOICES CENTER



The Life Choices Family Resource Center's baby bottle fundraiser accounts for one fifth of the non-profit organization's budget. Photos by Clay Greathouse.



By Liesl Greathouse

MONTROSE—To help raise funds, the Life Choices Family Resource Center is hosting its annual Baby Bottle Fundraiser. Specially marked baby bottles are distributed to anyone who asks for one, to be filled with any coins, cash or checks that people feel led to put in them.

The Life Choices Family Resource Center was started in Montrose in 1985 as a crisis pregnancy center to help pregnant teen girls in the area. Today it works to help babies, moms, dads, young children, teens and grandparents to face the challenges they face with a growing family.

Kay Mason, Client Services Coordinator, has been in charge of the fundraiser for the past five years. This year, Marge Bierma, one of the Life Choices' board members, has picked up the responsibilities of organizing the event.

Starting on Sanctity of Life Sunday, the third Sunday in January, and going until Mother's Day, May 12, baby bottles will be sitting on desks, dressers and coffee tables, waiting to be filled and returned. The fundraiser was started at the Life Choices Center in 2005 with 957 bottles given to 19 churches.

Today 44 churches, groups and individuals are collecting change in 1,800 bottles. Bottles are distributed to places all across Montrose, as well as Delta, Ridgway, Norwood, Colona, Lake City, Olathe, Ouray and Silverton.

"Every year we look forward to it," Kay

said. "It is a fun fundraiser for us. This is a major source of support for Life Choices.

The idea for the fundraiser came from a national organization, Care Net, which oversees pregnancy centers across the country. It is estimated that the fundraiser raises a total of \$1.2 million for pregnancy centers each year. At Life Choices, the baby bottle funds account for one-fifth to one-quarter of their yearly budget, averaging around \$12-14 per bottle. "We are thankful for the support that we have in these communities," Kay said.

The Baby Bottle Fundraiser is easy for people to help with: they only have to fill a bottle with change, even just pennies. "We call churches in the area to see how many bottles they want, drop them off, and then wait for the bottles to start trickling in," Kay explained.

"Then we take the bottles' contents to the bank to be counted. The hardest part for us is emptying the bottles."

The fundraiser has been around so long that many churches expect it every year and await the Center's call. Kay has delivered as many as 300 bottles and as few as two to a small church.

"We don't discriminate on the number of members in a church," she said. "We are just thankful for the help."

Individuals can also help by taking a bottle home and collecting spare change in it. "It is a great way for people to have a part in meeting the needs of others," Kay explained. "It is especially good for seniors

on Social Security. They may not have a lot of money to spare, but they may have 60 cents after going to the grocery store, so they can put that in a bottle."

The funds are not only used to purchase updated curriculum to use with clients, testing materials, diapers and wipes, but the funds help the Life Choices Center to be able to provide help to anyone that comes in. "Because of the donations we get, we are able to reach people in so many situations," Kay explained. "We can at least give someone some diapers if they need it. Sometimes we just have to listen to God in what He wants us to do to help others."

For anyone interested in helping with the fundraiser, all they have to do is call the Life Choices Center and pick up a bottle. The fundraiser is not limited to churches, so both groups and individuals can participate. People have until Mother's Day to collect change in a bottle before bringing it back to the Center.

"We accept whatever amounts people feel led to give," Kay said. "God knows our needs and supplies them. It does not matter how full the bottles are, just that it makes people happy to have helped in some way. We appreciate that people care about our ministry and what we do."

For more information, call 970-249-4302 or visit the Center at 200 S. 4th Street in Montrose, Tues-Thurs, 10 a.m.-4 p.m.

REGIONAL NEWS BRIEFS

JET CENTER HONORED BY ROYAL CANADIAN AIR FORCE

Special to the Mirror

MONTROSE—Three Royal Canadian Air Force Helicopters traveling from Quebec to Las Vegas for training stopped and visited Black Canyon Jet Center on Friday March 15th and departed on Saturday the 16th. While the fleet was in town, they honored Black Canyon Jet Center with a plaque for outstanding services. The crew presented the plaque and it was accepted by Kenn Kline who is the customer service manager at Black Canyon Jet Center. Courtesy photo.



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APRIL IS NATIONAL CHILD ABUSE AWARENESS MONTH

REGIONAL NEWS BRIEFS

DMTC Awards Scholarships to Nursing Students

Special to the Mirror

DELTA—Delta Montrose Technical College hosted a scholarship luncheon Wednesday, February 17, for students in the Practical Nursing program. Through the generosity of the community forty-one scholarships were awarded to DMTC Practical Nursing students, for a total of \$28,900.00.

The Hotchkiss Kiwanis, represented by Earl Busby and Tom Mingen, presented their fifth annual nursing scholarship this year. Hotchkiss Kiwanis awarded three \$1,000.00 scholarships. One to North Fork area nursing student: Tiffany Ware; and two to Delta residents Pam Bean and Brandi Blackburn. Funds for this scholarship come from their annual fish fry each spring and Christmas Tree sales at the Hotchkiss City Market parking lot. The Hotchkiss Kiwanis group's mission is to help children and they feel that helping train Nursing students ultimately ensures quality care for children.

Delta Rotary, represented by Sam Kevan, MD, Dennis Phillips, Dennis Rhorer, and John Musser awarded \$700.00 scholarships to Pam Bean, Brandi Blackburn, and Tiffany Ware.

The Shari Barclay Nursing Excellence Award was presented by Shari Barclay and Cyndy Vrabec. The \$500 scholarship went to Paige Markley. This scholarship is awarded to a student with high academic

standing in the program. Donations may be made to this scholarship through DMTC at any time.

Horizons Care Center represented by Tammy Blanchette, Human Resource Manager, presented seven scholarships. Doren Tregarthen was awarded \$1,000.00, Jessica Maestas and Liam Harrell were awarded \$750.00 each, Paige Markley and Mindy Smith were each awarded \$500.00, and Wendy Cummings and Jolene Gunter were each awarded \$250.00 scholarships.

The Judy Davis Scholarship was established by the graduating Practical Nursing Class of 2010, for a student with high academic standing. Judy Davis presented the \$500 scholarship to Meagan Briggs. Donations may be made to this scholarship through DMTC at any time.

Beta Sigma Phi was represented by Joan Pride. Joan honored Lisa Harper and Ravelle Celaya with \$500.00 scholarships.

The Delta County Memorial Hospital Foundation was represented by Thelma Starner, a Foundation Member and Jason Cleckler, CEO of Delta Hospital. They awarded fourteen \$1,000.00 scholarships. Recipients were Pam Bean, Brandi Blackburn, Revelle Celaya, Crystal Duncan, Debra Fleming, Jolene Gunter, Lisa Harper, Mary Kastendieck, Paige Markley, Jamie Miller, Mindy Smith, Colleen Thliveris, Doren Tregarthen, and Tiffany Ware.

The L and A Renfrow scholarships were

awarded earlier in the year. Students recognized for receiving the scholarship were Pam Bean, Adrian Sandoval, and Tiffany Ware who received \$500.00 scholarships and Revelle Celaya, Marietta Johnson, Mary Kastendieck, and Jessica Maestas received \$300.00 scholarships.

Three Memorial Scholarships were also awarded to nursing students at Delta Montrose Technical College. The Ron Stucker Memorial established by Delta County Breast Cancer & Cancer Survivors Women's Support Group, was presented by Mitzie Seals and Eleanor Wagner. They awarded their sixth annual DMTC Practical Nursing Scholarship for \$500.00 to Brigid Heckel.

The Ruth Rathmell Wing Scholarship established by the BL Chapter of the Montrose Philanthropic Education Organization (PEO) was presented by Mary Burgner and Melba Teague. Ravelle Celaya received a \$600.00 Scholarship.

The Charles and Vivian VandenBerg Memorial Scholarship was established by their son Dr. John VanDenBerg in honor of both of his parents. Dr. and Mrs. Vandenberg presented Crystal Duncan with a \$500.00 scholarship. Donations may be made to this scholarship through DMTC at any time.

The nursing staff and students at DMTC would like to thank the community for their generosity and support.

PARKINSON'S SUPPORT GROUP TO MEET

Special to the Mirror

MONTROSE--The Acute Rehabilitation Unit at Montrose Memorial Hospital will host the Parkinson's Support Group Meet-

ing on March 25 at 2 p.m. The group will meet downstairs in Conference Room B at MMH. The speaker will be Dr. Seth Kareus, Neurologist. The Parkinson's Support

Group mission is to educate, provide resources, and support caregivers and their families. For more information or transportation arrangements, call 970-252-2996.

*Thank you, 928th Area Support Medical Company
of the Colorado National Guard!*

2013 SKI SEASON A DRY YEAR, BUT WITH PERFECT POWDER CONDITIONS



Snowpack levels are down, but the powder has been legendary this season, skiers say. Photo courtesy Powderhorn Ski Resort.

By Rebecca Sanders

REGIONAL--Colorado's Rockies are known throughout the world as the place to ski and snowboard. The beautiful views, downy powder and legendary slopes make Colorado a destination vacation spot for avid snow bunnies each year. This year, however, temperatures have fluctuated dramatically, below zero weather calling for layers and down jackets one day and mid-forties weather calling for single layers the next. Despite excellent dry powder conditions on the slopes, snowpack levels in Colorado remain below average—snow water equivalent in the Gunnison River Basin is currently at 78 percent of an average year, according to the [NRCS Sno-Tel site](#), and experts have repeatedly stated that at least eight feet of snow would be needed in March to reach “average” levels.

Telluride Ski Resort is one of the most famous ski resorts on the Western slope, but even they have struggled with the odd weather of this season. During the World Cup in December, most of the lifts were shut down simply because “we didn’t have the snow,” says Huntley Chapman, reservation specialist at Telluride Resort and Lodging. Despite those struggles, however, Chapman explains that the numbers are now up and reservations are better than last year. “Colorado had a slow start this



A skier blasts through trees at Powderhorn Ski resort. Courtesy photo.

year” Chapman says, “but we’ve been fortunate to get snow this last month.” Despite the influx of storms, they are still hoping for more through this next month as well.

[Powderhorn Mountain Resort](#), another popular snow sport destination, was also affected by the snow shortage, resulting in a late opening for the season. Marketing Director Gabrielle Michna maintains that despite the original setback, Powderhorn’s season is going “extremely well compared to last season. We got nineteen inches of powder this week and are expecting ten to twelve inches in the next week.”

Recent snows and the approach of spring break are perfectly in sync for those looking for a few days on the Telluride slopes. Chapman notes that “many people are afraid of the mountain being too steep,” especially since the World Cup was just hosted less than two months ago. Despite this belief and the obvious allure for expert skiers and riders, Chapman notes that Telluride has “a little bit of everything for everyone.”

Chapman explains that although Telluride is “a challenging mountain with expert terrain and a lot of hiking, it is split down the middle as far as terrain is con-

cerned. One side of the mountain is devoted to greens and beginner runs and the other is strictly for advanced or expert skiers.” Palmyra Peak opened last week, covered in good runs, deep powder, and lovely hikes. Telluride also boasts of the Galloping Goose Run, which is the longest green run in Colorado.

Powderhorn also offers a variety of runs for all levels of skiers and boarders. The user-friendly mountain has varied terrain and trails, allowing all levels of skiers and riders to enjoy a challenging or relaxing day on the slopes. “We cater to people who have never skied or boarded before; people who want to enhance their skills; and the local clientele: people who are weekend warriors in the sport,” says Michna.

Michna asserts that much of the Powderhorn’s clientele are local adventurers. As a result, Powderhorn offers more than just a single sport. There are a host of indoor and outdoor activities to tempt returning local patrons.

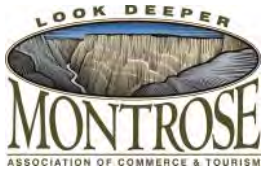
In addition to Powderhorn’s Aspen tree runs, which, according to Michna, are “absolutely perfect,” the resort boasts of many activities independent of snowfall: live music, hiking, mountain biking, and vineyard tours.

Michna especially highlighted Powderhorn’s unusual draw for wine-lovers, saying “Who knew Colorado has a wine country?” The inclusion of this surprising Colorado subculture normally reserved for California, France, and Italy, rounds out Powderhorn’s appeal as a weekend or extended get-away destination. This month’s March Madness has included a new costume theme every weekend ranging from Western to the ’80s to Big Hair Big Air day. Spring pass sales for the 2013-2014 season are running through March.

Telluride Ski Resort is also offering many deals to attract clientele, including the \$70 spring break lift ticket deal.

For more information, visit the website at <http://www.tellurideskiresort.com>.

REGIONAL NEWS BRIEFS



VISIT MONTROSE TO UNPLUG, UNWIND

Special to the Mirror

MONTROSE – Experts predict 2013 will be a year of ‘back to nature’ vacationing, as travelers look for ways to escape from noise, pollution and stress that they are bombarded with every day. Montrose, Colo., located on Colorado’s western slope and surrounded by 882,760 acres of public lands, is a great place to reconnect with nature. Today, the [Montrose Association of Commerce & Tourism](#) released a list of the best places to reconnect, recharge and relax in Montrose’s wide open spaces.

Black Canyon of the Gunnison National Park

At half a mile deep and boasting some of the oldest rock in North America, the Black Canyon is the simultaneously grand and intimate. The canyon is so narrow that visitors can go right to the edge to peer into a drop that is unparalleled in North America. Summer visitors enjoy fishing, hiking, horseback riding, bird-watching and camping. Rock climbing, rafting and kayaking are popular among the more experienced enthusiasts. The Morrow

Point boat tour is a guided, 42-passenger pontoon boat ride that glides along Morrow Point Reservoir through the upper canyon, offering a unique view of Black Canyon from below. There are also [ranger-guided programs](#) throughout the summer, including a Junior Ranger program, campfire talks, guided hikes and more.

Curecanti National Recreation Area

This area is best known for Blue Mesa Reservoir, Colorado’s largest body of water and the largest Kokanee salmon fishery in the U.S. Blue Mesa is just one of the three reservoirs in Curecanti that offer great fishing, boating, water skiing, wakeboarding or swimming. Scenic driving and hiking are other popular activities.

Gunnison Gorge National Conservation Area (NCA)

Famous for its spectacular geology, challenging whitewater adventures and world-class trout fishing, the Gunnison Gorge is an adventurer’s paradise. The Gunnison River’s June stone fly hatch is popular with anglers looking for trophy trout. The NCA also boasts hiking, biking, horseback riding and ATV adventures on primitive

roads and trails that wind their way through adobe badland formations, scenic sandstone canyons and diverse native plant populations. Check out the newly-developed 20-mile Sidewinder Trail that winds in and out of canyons. The trail is primarily moderately difficult for hiking and horseback riding, but for those on two wheels, this is an expert level trail.

Uncompahgre Plateau: This landform, located on the Colorado Plateau, is one of the state’s most spectacular landscapes. Running approximately 90 miles southeast to the base of the San Juan Mountains, this plateau features some of the most beautifully colored canyons and formations in the country. Activities include off-roading, biking, hiking, horseback riding, camping and wildlife viewing.

Please note: Visitors are encouraged to stop by the Public Lands Center, located at 2505 S. Townsend Ave. for additional information and maps.

There are designated routes, restrictions and regulations to be aware of before visiting these areas.

[About Montrose](#)
(www.visitmontrose.com)

VOA HOMESTEAD ASSISTED LIVING CELEBRATES ST. PAT'S WITH STYLE!



Special to the Mirror

MONTROSE--Volunteers of America The Homestead at Montrose held a St. Patrick's Day celebration March 14. Students from Dance Around performed a tap dance for residents and friends, followed by singers Mr. & Mrs. Peters, who sang old Irish songs. Courtesy photo.

OPINION/EDITORIAL

SECOND CHANCE—REVENUES EXPLAINED

Dear Editor:

In your Issue No. 54 dated February 20, 2013 you had an article entitled “PET PROJECTS: LOCAL NO-KILL SHELTERS AT A GLANCE”. I would like to clarify a few statements that were in your article.

1. You stated that all three shelters highlighted in your article are no-kill animal facilities. The reality is that all shelters euthanize animals for various reasons, such as the animal has an untreatable disease, or it can't be rehabilitated, or it is dangerous to human beings. In the case of Second Chance Humane Society (SCHS) our Live Release Rate under the Asilomar Accords was about 97 percent. So to keep SCHS's rates high, and fulfill our particular mission, we spend a lot more money on the animals for such things as veterinary care than other animal shelters may spend.

2. As referenced above, a city sponsored animal shelter like Montrose Animal Shelter cannot be easily compared to a private nonprofit animal shelter like SCHS. It is like comparing apples and oranges and could be very misleading to a reader that does not understand the vast differences. For example, the sources of funding and expense are different for each organization - SCHS owns and operates a Thrift Shop whereas most other animal shelters don't have such a source of income or expense.

3. You reported that Second Chance Humane Society had total revenues in 2011 of \$684,245, which is correct. However, you

failed to mention that these revenues were unusually high that year due to the fact that Second Chance received capital campaign donations for the purchase of Angel Ridge Ranch. If you subtract those donations from SCHS's 2011 revenues, then SCHS's revenues were in line with the revenues being reported that year by the Montrose Animal Shelter and the Roice-Hurst Humane Society.

Also, SCHS's statement of expenditures included the cost of operating SCHS's Thrift Shop and SCHS's various animal programs, such as the spay/neuter program, the mobile adoption program, community outreach program, and the special medical care program.

4. It should also be pointed out that SCHS gets very little governmental money and about 60 to 65 percent of SCHS's income is earned from the Thrift Shop that it operates in Ridgway.

And because of the Thrift Shop we have one of the most secure income streams of any animal shelter on the Western Slope. This helps us get the grant funds we need for SCHS's operations.

5. SCHS is limited in the number of animals it can shelter at Angel Ridge Ranch due to the special use permit required and granted by Ouray County. According to the permit, SCHS can only shelter a maximum of 25 dogs and 50 other domestic animals (all cats at the present time) at Angel Ridge Ranch.

Right now our dogs are housed in the

Angel Ridge Ranch's barn, which means we can only comfortably accommodate about 12 to 15 dogs at a time. And this is one of the reasons we are diligently working toward building a new dog facility. With a new facility SCHS could accommodate the 25 dogs we are allowed to shelter under our special use permit.

6. It should be pointed out that SCHS's operations cover a 3,300 square mile area, which is the size of the state of Delaware, i.e. San Miguel County – 1,287 square miles, Ouray County – 542 square miles, San Juan County – 388 square miles, and western Montrose County – 1,100 square miles. Without SCHS these areas would not be served by any animal shelter.

In summary I would ask that if the point of your article was to compare three very different and unique animal welfare organizations that it is important that you include all of what makes them different and unique.

I feel that all three organizations mentioned in your article are completely invaluable and provide absolute critical programs and services to this region.

It was not long ago that such organizations did not exist to shelter and protect unwanted pets in our area.

And lastly, SCHS greatly values its partnerships with these organizations and believes they do the same – our networking is a necessity to our collective work.

Dudley Case, member of SCHS's Board of Directors and Treasurer

HONORING SUNSHINE WEEK, TRANSPARENCY IN GOVERNMENT, FREEDOM OF INFORMATION

Dear Editor:

March 10 – 16 was Sunshine Week, an annual nationwide effort to call attention to transparency in government and freedom of information.

It is a reminder to us about how important it is to make our voices heard all year long, not just on Election Day. We all have the right to know what our government is doing – both its successes and failures. Exer-

cising our right to know gives us – the public – power. It allows us to contribute to our government and hold elected officials accountable. The laws that govern us are only as effective as we demand they be. For decades, members of the League of Women Voters have worked diligently at monitoring all levels of government in an effort to hold elected officials accountable for their decisions. Our local League

observes Montrose Board of County Commissioners and Montrose City Council meetings, monitors budgetary decisions and sponsors public meetings that educate citizens on decisions made.

Make your voice heard and join us in keeping Montrose a healthy, vibrant and strong community for all.

Karen Connor, League of Women Voters, Montrose

REGIONAL NEWS BRIEFS

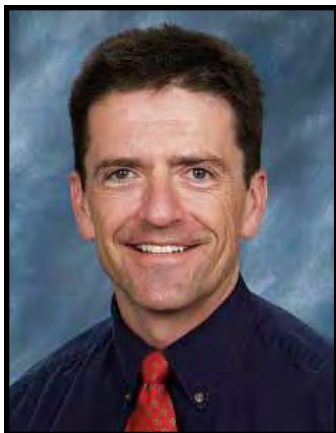
TELLURIDE ROTARY CLUB INDUCTS NEWEST MEMBER

Special to the Mirror

TELLURIDE - Induction ceremony for Telluride Rotary Club's newest member, Mr. Sean Murphy of Arroyo Gallery & Wine Bar in downtown Telluride. Presenting to Mr. Murphy is the club president, Dr. Mark Hauswald. The Telluride Rotary Club is in its 68th year of helping Telluride with projects such as the Telluride Medical Center, the swimming pool, Boy and Girl Scouts, scholarships, and youth leadership and exchange programs. The club is part of Rotary's 1.2 million members in over 200 countries worldwide, characterized by strong fellowship and meaningful community and international service projects. You will find members volunteering in communities at home and abroad to support education and job training, provide clean water, combat hunger, improve health and sanitation, and eradicate polio. To learn more about Rotary, call Linda Avery at 970-327-0162 or attend a Rotary meeting every Wednesday at the New Sheridan from 11:45 – 1 P.M.



METHODIST CHURCH ADDS A THIRD SERVICE



Pastor Reinhard. Courtesy photo.

Special to the Mirror

MONTROSE--The Montrose United Methodist Church announced today it will expand its Sunday services to three, beginning Easter Sunday, March 31. Rev. Steve Reinhard, pastor, said the third service will be a "contemporary service of 45 minutes, and will include informal, creative, and diverse worship with a 'Praise Team' leading music. The team will have vocalists and a variety of instruments with different combinations from Sunday to Sunday, including piano, organ, violin, flute, saxophone, guitar, drums and keyboard."

The two existing services—a "blended" worship (combination of traditional and contemporary styles)—will be a one-hour service beginning at 8:15 am; and a one-hour "traditional worship" at 11:15 am.

"We feel that offering all three services will meet the needs and desires of the entire community. The purpose of our new worship is to make room for new disciples for Jesus Christ."

"We invite members of the Montrose and surrounding area to join us for a service of their choice."

Fellowship will be held in Baldrige Hall after the 8:15 and 9:45 AM services.

The church is located at 19 S. Park Ave. in downtown Montrose.

THANKS FOR READING THE MONTROSE MIRROR...
CALL 970-275-5791 FOR AD RATES AND INFORMATION!

REGIONAL NEWS BRIEFS

Small Hydro Reform Bill Introduced in the Senate

Special to the Mirror

TELLURIDE – The Colorado Small Hydro Association (COSHA) praised Senator Lisa Murkowski (R-Alaska) for introducing S. 545, the *Hydropower Improvement Act*, bipartisan small hydropower permitting reform legislation.

“Thanks to Senator Murkowski for her leadership on this common sense legislation which will lead to development of new small hydro installations and job creation,” said Kurt Johnson, President of the Colorado Small Hydro Association (COSHA).

The bipartisan legislation is co-sponsored by Sens. Ron Wyden (D-Oregon), James Risch (R-Idaho), Maria Cantwell (D-Washington), Mike Crapo (R-Idaho), Patty Murray (D-Washington), Mark Begich (D-Alaska) and Michael Bennet (D-Colorado).

“In Colorado and the rest of the West, water is an extremely important resource for our families and the industries that drive our economy,” said Senator Bennet. “This bill will accelerate development of hydropower resources as a part of a clean and diverse energy portfolio.”

The Hydropower Improvement Act of 2013 is companion legislation to H.R. 267, the *Hydropower Regulatory Efficiency Act* of 2013, sponsored by Reps. Cathy McMorris-Rogers (R-Washington) and Diana DeGette (D-Colorado). H.R. 267 passed the House last month by a vote of 422-0.

The bill is supported by the National Hydropower Association, American Rivers and the Colorado Small Hydro Association, which testified in support of the bill at a congressional hearing last May.

Current federal permitting requirements for small hydro projects are time-consuming and costly. For smaller systems, the cost of permitting can exceed the cost of the hydro equipment, which has been a barrier to small hydro development for decades.

The *Hydropower Improvement Act* solves this problem by creating a “regulatory off-ramp” from FERC permitting requirements for non-controversial hydro projects on existing conduits such as pipelines and canals which are less than 5-megawatts.

Details of the Hydropower Improvement Act of 2013:

- Establishes an expedited process for FERC to consider “qualifying conduit” hydropower facilities through a 45 day public noticing process; if there is no objection expressed during that period, a project is no longer subject to FERC permitting requirements.
- Provides the Federal Energy Regulatory Commission (FERC) the authority to extend preliminary permit terms;
- Directs FERC to explore a possible two-year licensing process for hydropower development at non-powered dams and closed-loop pumped storage projects;
- Increases the rated capacity for small hydro projects from five to 10 megawatts;
- Calls for the Department of Energy (DOE) to study the technical flexibility and grid reliability benefits that pumped storage facilities could provide to intermittent renewable energy, and the range of opportunities for conduit hydropower potential;
- Does not contain any spending authorizations and therefore does not represent any new funding.

Studies conducted in recent years concluded that there is tremendous untapped U.S. hydropower growth potential. Navigant Consulting found that 60,000 MW of hydroelectric capacity could be built by 2025, with the right policies in place. Over one million cumulative jobs could be created in pursuit of that goal.

The Department of Energy recently found over 12,000 MW of untapped potential at the nation’s 54,000 existing non-powered dams.

Colorado currently has hundreds of hydro-related jobs, a number which has the potential to grow rapidly if the pending hydro reform legislation can become law. The National Hydropower Association has estimated 5.3 jobs created per megawatt of new hydro construction.

COSHA estimates approximately 200 MW of potential new hydro development in Colorado, which would mean approximately 1000 new jobs created in Colorado, including jobs for developers, engineers, attorneys and financiers as well as concrete workers, plumbers, carpenters, welders and electricians.

“Reform of the small hydro permitting process will lead to development of new, clean energy generation and create new jobs -- particularly in rural areas. Hopefully this non-controversial, long-overdue, common-sense, bipartisan hydro reform legislation will quickly complete the legislative process and be signed into law,” added COSHA President Kurt Johnson.

The 2013 COSHA Conference is scheduled to take place in Denver on Tuesday, July 23, 2013.

Additional information about COSHA is available at www.smallhydro.co.

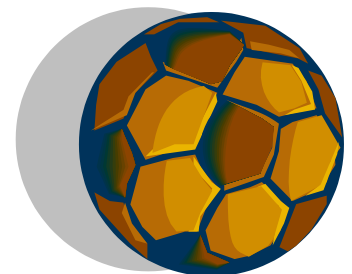


7,286 readers (and counting) can't be wrong!
The Mirror:
bringing you fresh, local content every other Tuesday.

FOURTH GRADE P.E.SHOWCASE 2013!



The Montrose County School District RE-1J tradition of showing off the motor skills and recreational abilities of fourth graders each year is a real delight. Whether you are a parent or just a friend, the chance to watch the kids dance, duck, play games, and jump is priceless...and it's free! Kudos to the excellent PE teachers and staffers who make it possible. This year's Showcase was held March 14.



Should You Have Water In Your Garden?

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



Lizards live among rocks, we don't

We live in a desert, Rick, and water is scarce. No water feature!

WRONG—We don't live in a desert. We live in a desert spaceship.

Huh?

If you've read my previous articles you read me say **WE ARE NOT LIZARDS**. We don't live **IN** THE DESERT any more than spacemen live **IN** SPACE or sailors live **IN** THE SEA. We live in environments made habitable. Problem is we are not making our "habitats" habitable enough. Think about it. We stay in our houses, quickly get in our air conditioned autos, travel to our air conditioned workplaces, and then return to our "spaceships." That's not living in the desert. That's more like living on the Moon. I'm not against visiting the beauty of some desert landscapes any more than I'm against visiting the beautiful glaciers in Alaska but I don't want to live there. I want to live where my body was designed to live. And I want to live in the most optimal place where my body can function at its best. Some surveys have determined that's New Zealand but I live in Western Colorado. Lets make the best of it.

There is plenty of evidence that concludes we do not take advantage of the therapeutic benefits of nature. But the desert is not the nature that many scientific studies are referring to. We are creatures of the savannah forests. We did not climb out from under rocks but rather came down from the trees. We are genetically bonded to the nature of the forests. We can not tolerate the heat like the lizards.

Ah, now it's time to challenge the "Savannah Ape" theory. Actually, all human evolution theories are constantly challenged but lets have fun and look at another "theory." Its called "AAH" and it stands for the **Aquatic Ape Hypothesis**. This theory has many supporters of the Savannah Ape Theory calling AAH a crank theory but it has more logical support than the Savannah Ape Theory. It was first proposed by Professor Philip Tobias at a conference in 1995 and had expanded on editorial challenges to Dr Desmond Morris's Naked Ape writings back in the late 1960s. In a nut shell the Aquatic Ape Hypothesis is that man (and especially woman— think water birth) has more connections to the sea than to the forests. Read <http://historyplanet.wordpress.com/2010/03/17/aquatic-ape-theory/> for more details on this theory. I guarantee you will find the information in this article fascinating. I'm not going to expand more on this theory because this is not a scientific article but a landscape article. Be that as it is lets just say we benefit in many ways physiologically being around water. And Dr. Eva Selhub's book "**Your Brain on Nature**" convincingly makes the case that we are suffering from not being immersed in nature more. She writes about the "Shinrin-Yoku" or Forest Bathing, the Japanese study and exercise on how our "**Health, Happiness, and Vitality**" is benefited from just walking among the trees. But I also feel those benefits walking along seashores, lakes, creeks, rivers, and ponds. Don't you? In a previous article (issue 52 of the Montrose Mirror) I write about what makes a healing garden. And in issue 54 I write about the power of Japanese Gardens. An element that is common in both these articles is the benefits of water in your landscape. I spend many hours sitting in my sun room viewing our



Shinrin-Yoku—Forest Bathing

pond. The benefits of watching the waterfalls, listening to the splash of water in the echo chamber of the boulders and enjoying the reflection of the shrubs and boulders on the still surface of the upper pond is felt by everyone who is near this great landscape feature. The water is recirculated so the volume is probably less than what many homeowners use on their lawns. I hear many naysayers complain about the maintenance involved in having a pond. I use to own a boat and I can comfortably say that the maintenance on my boat was far more and the benefit far less than my pond. After a hard day's work sitting by the pond reduces the stress and enlightens the spirit.



Backyard Pond with lantern, fish, and plants



Edgar Cayce Meditation Garden, Virginia Beach, VA

I designed a water feature and garden for the Edgar Cayce Association for Research and Enlightenment (ARE) center in Virginia Beach, VA over twenty years ago and I still get messages from their director telling me of the complements and spirit enhancements visitors receive sitting next to this water feature. One note left by a distraught visitor said the "power" of the water feature and garden **"saved my life."** Another water feature



North Carolina water feature

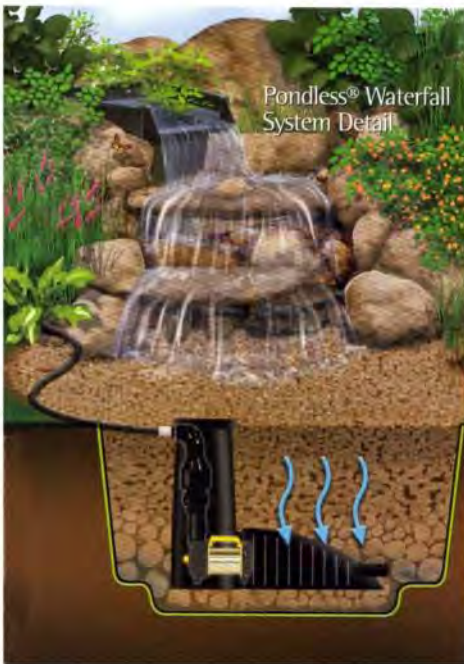


*Children need to connect with nature to prevent Nature Deficit Disorder.
Read about this disorder in Richard Louv's book [The Nature Principle](#)*

I designed and installed in North Carolina over 20 years ago is enjoyed by the homeowners and they recently contacted me through *Linked-In* and again thanked me for providing them with this enjoyment.

My last article in the Montrose Mirror was about Moorish gardens and how important water was to their desert landscape. Water is necessary for survival in the desert and the oasis was the destination for desert travelers. It was also the reason for the location of settlements and cities. Our own Grand Junction (junction of the Red River and the Uncompahgre River) and Delta (the confluence of the Gunnison and Uncompahgre Rivers) is evidence on how important water is in the desert landscape. Water provides a cooling escape from the blistering desert heat. Even in the natural desert its in the riparian areas that we find the most variety of

plants and animals. Are desert animals smarter than us in finding refuge? Oh of course lizards love the desert heat but **we are not lizards.**



If you are concerned about the liability of a water feature in your landscape consider a pondless waterfall. Here is a detail of a typical pondless waterfall. How about a “*Kere-sansui*”, dry landscape or “Zen Garden” that minimizes or completely eliminates water but gives the “suggestion” of water for meditation purposes. Not all “dry gardens” are “Zen Gardens.” The earlier Zen Buddhist were confined to “temples” and were not given access to “the outside” so they created their own small gardens in their temples to mimic the Japanese seashore and islands. They did this with carefully placed rocks and carefully raked gravel to imitate the Islands and seas. These gardens were intentionally made in



Modern “Zen-Type” garden photo from the Internet

an abstract fashion to encourage the Buddhist priests to use their own imagination to visualize the seashore and meditate. So for centuries it was understood that the seashore had contemplative powers.

Modern medicine is recognizing that nurturing the Mind, Body, and Soul is essential for a healthy existence. Improve your existence with more connection to the natural world by connecting to those natural elements that have been scientifically proven to be beneficial. Water is the essence of life and a water feature will bring that important essence closer to you.

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REGIONAL NEWS BRIEFS

THIS WEEK AT THE WARRIOR CENTER...WELCOME HOME MONTROSE!



THIS WEEK'S NEWS AND EVENTS

(3-15-13, MONTROSE, CO) Veterans, business owners and community members...WELCOME HOME MONTROSE WANTS YOU! We need your help to make Montrose a NO BARRIERS community from June 11-17. Whether you can afford to donate or have time to volunteer, **Welcome Home Montrose No Barriers Week** is our chance to show our wounded veterans—and the world—what we have to offer here. During Welcome Home Montrose No Barriers Week, **30 medically-retired service members** will arrive in Montrose, (Ten through the [Wounded Warrior Project](#) and some through [Project Healing Waters](#) and possibly [Team River Runner](#)) to immerse themselves in the recreational opportunities that abound in the Montrose region and to help us learn more about how to better serve them in the future. We are working on activities that include kayaking, horseback riding, rafting, fishing, hiking, golf and archery as well as photography, treasure hunting with metal detectors and even hot air ballooning and panning for gold. These veterans will experience for themselves the diverse culture of the Uncompahgre Valley. Art, music and massage therapies will also be offered, and each day will begin and conclude at the Warrior Resource Center at Park Avenue and Main Street. Here's how you can be a part of the adventure:

SPONSORS—We need **meal sponsors** for at least six breakfasts and four lunches, as well

as hosts for four afternoon snacks. Please help us to work with our local eateries—if your favorite local restaurant is taking part, consider sponsoring a meal through them. We **need financial donors to help us with the backpacks** that Amy Harmsen of Canyon Gallery is putting together. These backpacks will include the necessities our wounded warriors will need for their week of adventure outdoors—items like rain gear, sunscreen etc.—and will cost about \$125 apiece to prepare. We are also seeking **transportation sponsors**—whether you have a bus or van, or whether you would prefer to donate toward the cost of hiring vehicles through All Points Transit, your help with transportation funding will help us move our guests safely from one activity to the next. We will need approximately seven vehicles per day, as we will be offering them a choice of destinations each morning. Also needed are volunteers with CPR or EMS training.

“We will also be able to accommodate up ten disabled veterans who are already living here. If you are interested, please apply at the Warrior Resource Center. All veterans are urged to volunteer during Welcome Home Montrose No Barriers Week,” said Welcome Home Montrose Founder Melanie Kline. “Our goal is to become a No Barriers community; this week will help us to assess our strengths, weaknesses and find any gaps in service as we move forward.”

Local business owner and outdoorsman Tim Kenney, himself a wounded veteran, is serving as project coordinator and will provide bunkhouse and tent space for the visiting vets. Kenney said he is helping because it is the right thing to do.

“We are bringing wounded soldiers here to

give them another chance to heal,” Kenney said. “As a community, we can get behind this, and help these guys get their lives back.”

UpComing...

The David Berkeley concert on behalf of Welcome Home and the Warrior Resource Center has been officially confirmed for May 9 at **Turn of the Century** (121 NW Fourth St.). If you have not heard David perform, visit his website,

www.davidberkeley.com. According to Welcome Home Founder Melanie Kline, David will introduce a new song entitled, "I'm Coming Home," at our event. Local acoustic musicians who would like to play before we introduce David are invited. If you are interested, please call Melanie at [970-417-0927](tel:970-417-0927).

The Welcome Home Alliance for Veterans, locally known as Welcome Home Montrose, is a grassroots community initiative inspired by the determination and courage of Corporal Todd Love, his father Gary Love, and USMC Sergeant (Retired) Jared Bolhuis.

Our goal is to make Montrose Colorado a “no barriers” city and invite America’s wounded troops to live in this community where they can have the opportunity to thrive. Programs established to date include the Warrior Resource Center at Park Avenue and Main Street, the Dream Job Program, and Business Window Sticker Program. Please contact us to learn how you can contribute! Our corporate office is located in Timberline Bank (1561 Oxbow Dr.), and can be reached at 970-765-2210.

Welcome Home Montrose is a 501(c)(3) non-profit organization and runs entirely on donations of all kinds at the Resource Center and on the website, www.WelcomeHomeMontrose.org.



ARTS AND CULTURE

PAUL TAYLOR TO APPEAR AT MONTROSE UMC

Special to the Mirror

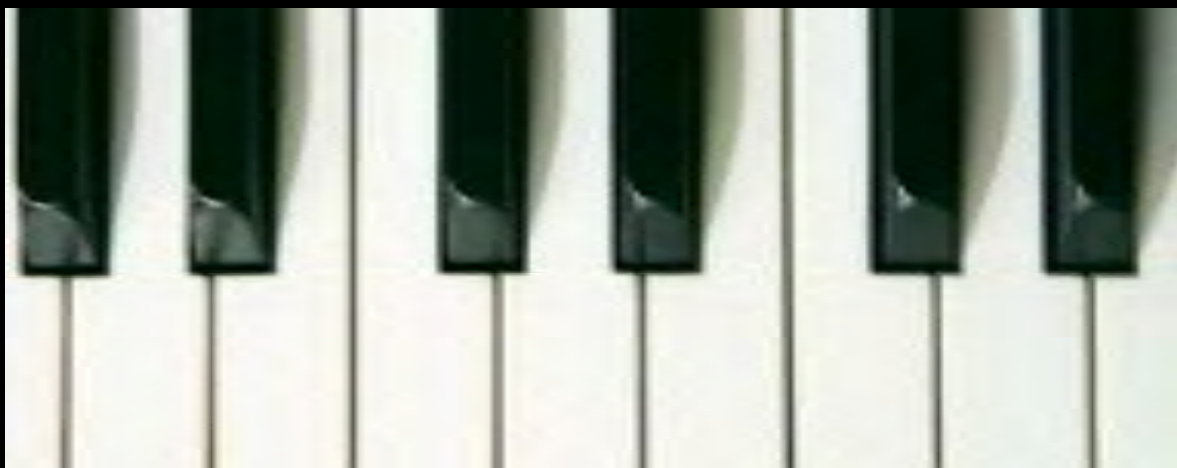
MONTROSE--Australian Paul Taylor will present at the monthly meeting of the **Chipeta Chapter of Colorado Archaeological Society** on Wednesday, March 20th in Montrose, Colorado at the First Methodist Church, on Park and South 1st street in Montrose, CO. Taylor is a 2013 State Finalist for Australian of the Year for his work documenting and recording the stories, songlines and rock art sites of the Wardaman people in the Northern Territory of Australia. At the request of Wardaman Elder Yidumduma Bill Harney, Taylor and Harney created the **Yubulyawan Dreaming Project**. Taylor has studied

with Harney for over 20 years

Paul Taylor is a native of Adelaide, Australia and a full-time touring and teaching artist in the United States. His performances and workshops educate about both European and Aboriginal Australia through stories, traditional songs and instruments, dance and visual art. Taylor has performed and taught in nearly every state of the union and to over 300,000 American children.

Taylor's presentation to the Public will focus on the work of the Yubulyawan Dreaming Project and sharing the rich cultural heritage of the Wardaman people. **This presentation open to the public. \$5**

donation is suggested. For information call 970-252-8679.



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ARTS AND CULTURE

WEEHAWKEN—LEARN NUNO FELTING IN RIDGWAY



Nuno felting students at work in Lucy Boody's Ridgway studio. Courtesy photo.

Special to the Mirror

RIDGWAY--On Saturday, March 23rd local artist Lucy Boody will be conducting a Nuno Felting workshop for Weehawken Creative Arts in the artist's home studio. This workshop will run from 8:30 am until 4 pm and promises a unique and intimate learning experience where the student can

expect an exceptional learning experience as well as the end result of walking away with an incredible work of art at the end of the day. Nuno Felting is a laminate form of wet felting. It incorporates fabric into the felting process. A loosely woven natural fabric is melded together using wool roving, soap, water and pressure and the

end result is quiet impressive. Those taking this class will learn how make a pre-felt, and then create their own scarf to take home.

Instructor Lucy Boody has been a mixed-media artist for many years. Her first artistic passion developed with sewing.

"Becoming involved with fibers again makes me feel like I've come home again," exclaimed Boody.

"Texture, shape, design, technique and color seem to make my world go round, and to share my knowledge with others is truly a joy."

Because supplies are almost 100% included in the fee for this workshop, students need only to bring two old beach towels (if possible) and a squeeze bottle. The price for this workshop is \$195 for Weehawken Members and \$210 for Non-Members (includes materials fee). Because space is limited to just four students, pre-registration is needed through Weehawken. There are currently two spots remaining in this workshop. For more information or to register, contact Weehawken Creative Arts at 970-318-0150 or questions@weehawkenarts.org – or visit Weehawken on the web at www.weehawkenarts.org

LEARN THE LINDY HOP AT SHERBINO!

Special to the Mirror

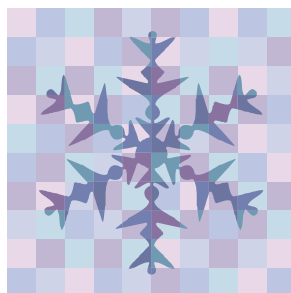
RIDGWAY--On Thursday nights from April 11 – May 2nd, adults and high-schoolers are invited to learn the basics and essentials for the original form of swing dance, the Lindy Hop at the Sherbino Theater! Lindy Hop is so versatile that you can use it to dance to big-band, jazz, bluegrass, country, rock 'n roll and pop music. Further, this is a dance that is easy and fun to learn. No experience or a partner are necessary! Chris Shima has been teaching dance, music and theater for over

14 years and has been performing on stage since he was in high school. He has been choreographing and directing musicals for middle schoolers for over 11 years.

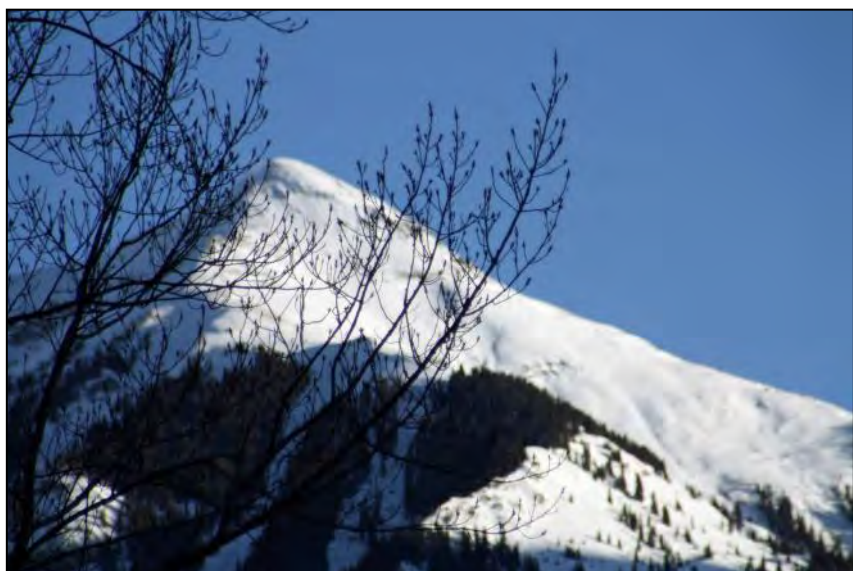
The Shimas just recently moved to Ridgway from California, where Chris ran a large after school ukulele program, taught social dancing for Cool & Courteous Cotillion, and helped create the Hermosa Youth Ballroom Dancesport program with 'Dancing With The Stars' professionals, Jonathan Roberts and Anna Trebunskaya. Adult Swing/Lindy Hop for Beginners will

begin on April 11th and will run on Thursdays through May 2nd at The Sherbino Theater from 6-7 pm. The standard charge is \$50 per person, however a \$10 discount is available when registering a "couple" by phone at 970-318-0150. This workshop will run for 4 weeks and then will be followed with another 4 week class during the month of May if you are interested. Call Weehawken Creative Arts at 970-318-0150 or visit Weehawken online at www.weehawkenarts.org for more information or to register.

WINTERSCAPES BY SARAH BERNDT



Thanks to Sarah Berndt,
owner of
The Riddled Raven, located in
Sampler Square in Montrose!
24 South Grand Avenue



Spring is just around the corner, but these scenes from the high country reflect the brilliance of a perfect, sunny winter day in Western Colorado.

Photos by Sarah Berndt.

ALL POINTS TRANSIT'S NEW DIAL-A-RIDE BUSES DISPLAY SUNNY NEW COLOR SCHEME

Special to the Mirror

MONTROSE-- All Points Transit has received three new vehicles through grant contracts with the Colorado Department of Transportation (CDOT). The new vehicles have a bright new color scheme, with yellow side panels that contrast the organization's traditional blue lettering.

"We wanted our new vehicles to stand out," said Terri Wilcox, Executive Director of All Points Transit. "The yellow represents safety and the sunny disposition of our organization!"

These yellow and white buses will be used for the Dial-A-Ride program in Montrose. The organization will receive two more vehicles next month, one of which will be used in Delta and the other will go to Norwood. For more information, contact Sarah Curtis at scurtis@allpointstransit.org.





LEGISLATIVE UPDATE WITH SENATOR ELLEN ROBERTS

Last week was busy with constituent contact as well as my regular legislative duties. A group of citizens participating in the Montrose chamber's leadership program came to Denver to spend some time at the Capitol, observing the legislative process and meeting with elected officials. It was a great opportunity for me to hear their thoughts and concerns and to do my best to explain what it's like to be their state senator.

Then, on the weekend, I participated in the Ag Summit in Cortez at the 4 Corners Ag Expo with Representative Don Coram, who, after redistricting, now represents all of Montezuma County with me. Not surprisingly, the gun control bills were on the minds of many who attended there for the reasons that I often raised when we were debating the bills on the senate floor.

Guns are a tool of the farmer and rancher just like a shovel or a wire cutter and many of my ag producers were very upset with the bills that passed affecting their constitutional rights as well as their personal safety. Given the proximity of those in Montezuma and Dolores Counties to 3 other states in the Four Corners region, there were also serious questions raised

regarding enforceability and jurisdictional challenges. Again, these were topics I brought up in the senate debates that went unanswered and unaddressed by the bill sponsors.

Even if the governor signs the gun control bills, I'm guessing that at least some of the bills will be challenged in court, so it will likely be a while before the dust settles on this new legislation.

Another topic raised at the Ag Summit was the federal government's possible listing of the Gunnison sage grouse as an endangered species, which would seriously impact the farmers and ranchers in their ability to continue production in the area. There are families with deep roots in agriculture in the Cortez and Dove Creek areas and people are already struggling with high unemployment.

While this is a federal decision, as the state senator for the area, I've received many letters from deeply concerned residents. I've been in touch with the Colorado Department of Natural Resources to learn more about their perspective and to see what can be done to assist in this. I'll continue to follow this closely and I appreciate the letters and conversation I've re-

ceived on the issue.

At the Ag Summit, many common sense ideas were presented regarding why the sage grouse numbers have diminished and, in particular, what can be done about the effects of natural predators. After the legislative session is over in May and I'm back home more than on the weekends, I'll be visiting the Dove Creek area to talk with residents further on this.

This next week, I'll be presenting a number of bills in committees and on the senate floor. A couple of the bills focus on reducing Medicaid fraud and another will facilitate loan repayment for health care providers practicing primary care in the rural areas of Colorado like my district.

My bill increasing access to supplemental online courses for high school students is moving along with great collaboration among the stakeholders who are also committed to seeing this learning opportunity further expanded to all of Colorado's students, regardless of their zip code.

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

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Looking for a Varsity Sporting Event?

***NOWMontrose.com** lists varsity sporting events for Montrose High School, as well as, Delta County high schools. Check out this valuable resource on NOWMontrose.com, your source for activities, events, business listings, and all things Montrose.*

NOWMontrose.com

Live, Enjoy & Explore!

WHEN YOU WANT IT...AND YOU WANT IT NOW!

KEEPING KIDS IN THE KITCHEN!

By Caitlin Switzer

MONTROSE—Start with a great cause, and just add sugar...and perhaps a few sprinkles on top! Local kids can indulge their creativity in the kitchen at the Kids in the Kitchen Baking Competition, from 10 a.m. to 1 p.m. at the Bridges Golf Club March 23. The event will be a fundraiser for Pope John Paul II Academy (2900 Sunnyside Road), a private school hoping to build a new facility for its campus in Montrose.

Local entrepreneur and mom of three Krista Montalvo is organizing the event, which she hopes will become an annual fundraiser for the school. The competition is open to all kids ages four through 18, Montalvo said.

"You have to sign up," she said. "It's going to be so fun! This is something I would have loved to participate in as a child. We will be making cupcakes, cookies and bars, and we are also holding a bake sale so that people can come and purchase fully baked goods. We'll have Oreos and fun things too, and our teachers will have activity booths to showcase our wonderful school."

Funds raised will go toward the purchase of new equipment. Eventually, the school hopes to have a garden as well, to raise

produce for use in school lunches, Montalvo said.

"We want to teach our kids about growing, and composting," she said. "This fundraiser is one way we can help promote slow food—we will have no pre-bought items, and our recipes are all from scratch. We will encourage the kids and give them some new ideas—we can't wait to see what they come up with!"

Competitors will have the chance to win some great prizes, she said. Entry fees for competitors are \$10 per recipe fee, and for participants admission will be \$5 per person or \$10 per family.

"The entries will be open for sampling when they are done, and you will be able to vote for the People's Choice Award winner," Montalvo said.

Small class sizes and personalized education are hallmarks of Pope John Paul II Academy, which currently offers a Catholic alternative for students in grades Pre-K through Seventh grade. Eventually, Pope John Paul II Academy hopes to offer curriculum for high school students as well, said Montalvo, whose girls attend the school and who runs the school's hot lunch program through her business, Ginger Magnolia Catering.

"We are hoping to have our new school



PJP2A student Sofia Montalvo baking cupcakes. Courtesy photo.

built by next year," Montalvo said. "If it is done, we can hold our next baking competition there!"

To sign up or to learn more, email gingermagnolia@gmail.com. Entry forms are also available through the school web site at <http://www.popejohnpaul2academy.com> and at www.amarmielife.com.

WOW FITNESS FESTIVAL COMING TO TELLURIDE!

Special to the Mirror

TELLURIDE--Fall color will be spectacular September 19-22, 2013 when Telluride hosts the Ultimate Health and Wellness Festival: Telluride WOW—a weekend of fresh, exciting, and healthy fitness activities; offering something for everyone. Telluride WOW is bringing together world-class presenters, instructors and athletes to lecture and hold fitness classes on the latest health, fitness, wellness, nutrition, and medical trends.

"The intent of Telluride WOW is to bring like-minded people together to experience the love and appreciation of health and fitness," said Becca Tudor, founder of Telluride WOW Fitness Festival.

"Our goal is to create an exceptional

weekend for people that want to either get started on a new fitness program or advance their skills in a variety of activities from adventure racing, boot camp, climbing, cross fit, cycling, Pilates, P90X, yoga, ZUMBA and more."

The Telluride area is known for its scenic beauty and also its recreational offerings. There is something for everyone in Telluride.

The river trail weaves through our town and extends east and west for several miles, offering wonderful walking, biking and trail running experiences for all ages and abilities.

Festival participants will be able to take advantage of group hiking activities, mountain climbing, road and mountain

biking, workshops and seminars in a variety of disciplines.

Fitness professionals attending

Some of this year's renowned fitness professionals include Tony Horton, Jonathan Ross, and POUND founders Kirsten Potenza and Cristina Peerenboom. Telluride and Aspen instructors include Alyssa Saunders (Yoga for the cyclist), Becca Tudor (FUEL—the total body workout), Megan Heller (ZUMBA—a Colombian dance fitness program), Sharon Caplan (Le Cercle, King Yoga).

Many more presenters will be showcased at this exceptional fitness Festival. To get up-to-date news about presenters, become a sponsor, volunteer, view the schedule or register go to www.telluridewow.com/.

REGIONAL NEWS BRIEFS

MEAKER NOMINATED FOR NIGHTINGALE LUMINARY AWARD

Special to the Mirror

MONTROSE--Montrose Memorial Hospital is pleased to announce that Sharon (Sherry) Meaker, RN is their nomination for the Nightingale Luminary Award.

The Nightingale Awards for Excellence in Human Caring was founded in 1985 by the Colorado Nurses Foundation to honor nurses who best exemplify the philosophy and practice of Florence Nightingale, a 19th century nursing pioneer who epitomized the art of helping people toward their optimal health.

Sharon Meaker is a Registered Nurse who works as a Lead RN in the ICU and also as a House Supervisor. Joan Napolilli, Chief Nursing Officer said "Sharon was

nominated because she has a special way of connecting with her patients producing a feeling of trust and security which helps develop a partnership between the patient and the healthcare providers.

"She focuses on her patient while always keeping in mind that she needs the commitment of the entire team to provide successful outcomes." Dr. Michael Brezinsky added, "Sherry serves as a great role model for all nurses at our hospital. She demonstrates outstanding clinical judgment while preserving and exemplifying the artful, humanistic aspect of nursing.

"She has played an integral role in the quality improvements at Montrose Memorial Hospital and has also been very active

in the continuing education programs for the nursing staff."

In addition, the director of the ICU, Jeri Rea agreed.

"Sherry is a natural leader, is self-directed and is well liked and respected by her peers and by the medical staff. She is always professional, loves her job and it shows. Montrose Memorial Hospital is fortunate to have Sherry on our staff, as a clinical bedside critical care nurse, as an educator and as a patient advocate."

Ms. Meaker will be recognized at the 2013 Nightingale Regional Event in Grand Junction in March, and may possibly advance to the state award presentation in Denver in May.

Volunteers, you make our programs so much better, we need you! Volunteers of America The Homestead at Montrose assisted living has opportunities for youth, women, men, groups. Our residents look forward to new faces; every day we provide them with a variety of programs that make their lives better. Share your hobby with us! Call 970-252-9359 for more info or stop by at 1819 Pavilion Drive and see Cheryl Gill.

NOW/Montrose.com

Live, Explore & Enjoy!

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

Our mission is to provide current information for a diverse community and resources via the Internet that will allow Locals and Visitors to easily "Live, Explore, and Enjoy!" all that is Montrose, Colorado and its surrounding areas in an innovative and powerful way.

NOWMontrose.com provides comprehensive listings for businesses, shopping, and restaurants.

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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.

March 20—Forum at Heidi's Brooklyn Deli (1521 Oxbow Dr.), 8 to 9 a.m. Coffee is \$1. The speaker will be Montrose City Manager Bill Bell.

March 20—The community is invited to a Prayer Gathering and ceremony at the Peace Pole in Ute Indian Park (across the road from the Ute Indian Museum) on the Spring Equinox, at noon to pray for peace on earth and the healing of Mother Earth. We honor the Four Directions before we begin and the Open Heart Drum Circle invites all drummers to join in a drumming prayer for Mother Earth and all our relations. For more information call 970-252-0908.

March 27—Chili's of Montrose is hosting 4 Give Back Nights in March for The Montrose Lacrosse Foundation. Mention Montrose Lacrosse Foundation and Chili's will give 10% of your total purchase to Montrose Lacrosse. For more information or a flyer for the event please contact Coach Jim Plumbhoff at 970-964-8696.

March 30—Chili's of Montrose is hosting 4 Give Back Nights in March for The Montrose Lacrosse Foundation. Mention Montrose Lacrosse Foundation and Chili's will give 10% of your total purchase to Montrose Lacrosse. For more information or a flyer for the event please contact Coach Jim Plumbhoff at 970-964-8696.

March 29—Volunteers of America-The Homestead at Montrose will host an Easter Egg hunt for kids—complete with Mr. Bunny! 3:30 p.m., 1819 Pavilion Drive.

March 31—Community Easter Dinner, 2 p.m. at Montrose United Methodist Church, Fellowship Hall, South First Street. Call 970-249-3716.

April 2—All Points Transit Executive Director Terri Wilcox will make a quarterly presentation to the City of Montrose during council meeting, Old Elks Building, between 5 and 7 p.m.

April 3—CMU presents Entrepreneur Day, 4 p.m. at Montrose Pavilion. Keynote speaker is Pete Coors. Call 970-249-7009.

April 6—Montrose Woman's Club is sponsoring their annual Flea Market in Friendship Hall at the Fairgrounds from 8 AM to 4 PM. Breakfast and lunch will be available. No admission charge. Proceeds go to local charitable organizations.

April 6—A free "Medicare 101 and More" program is scheduled, from 11 a.m. to 1 p.m., at the Delta Public Library, 211 W. 6th St., Delta. This program, titled "Are You New To Medicare?" will be hosted by Mabel and Judy, who will help those attending understand more about Medicare and the available benefits. This program is presented by the Retired Senior Volunteer Program-Colorado West, Inc. (RSVP), AeroCare, the Colorado Health Foundation, and the State Health Insurance Assistance Program (SHIP). For more information, contact RSVP Colorado West at 970-249-9639.

April 9—Horsefly Brewing Company is hosting a Community Tap Night from 6 - 9 pm to support the Montrose Lacrosse Foundation. \$1 from every drink sold will benefit the foundation. Lacrosse players will be available with their gear so you can handle a stick and learn more about the fastest growing sport in the nation! For more information please contact Coach Jim Plumbhoff at 970-964-8696.

April 13—Casa of the Seventh Judicial District Ray of Hope annual benefit event, 6 to 9 p.m. at the Montrose Pavilion. Call 970-249-0337 for information.

April 14—The Montrose Community Band will hold a free concert at 3 p.m. at the Montrose Pavilion. The concert is entitled American Highlights and features foot tapping songs including The Great Locomotive Chase, American River Dances, and the Suite of Old American Dances. For more information please visit <http://www.montroseband.com/> or call [970-596-1188](tel:970-596-1188).

April 25—Second Annual Dine Out for Kids. Participating businesses to donate a percentage of proceeds to CASA of the Seventh Judicial District and Black Canyon Boys & Girls Club.

April 26 - Cobble Creek's 3rd Annual "Compassion Bash" Fundraiser to benefit The Helping Hand Fund, a component fund of the Montrose Community Foundation. 6 pm at the Cobble Creek Clubhouse. Fashion Show for guys and gals, complimentary hors d'oeuvres, cash bar, dancing, raffles and grand prizes! Tickets are \$20 and are available at She-She Boutique and the Cobble Creek Pro-Shop. Contact 964-4947 or info@cobblecreek.com for more information.

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@wcbotanic.org.

May 6—A free Medicare computer training program is scheduled, from 10 a.m. to noon, at Colorado Mesa University's Montrose campus, 234 S. Cascade Ave. This training is sponsored by Montrose County, the Colorado Health Foundation, the State Health Insurance Assistance Program (SHIP), and AeroCare. The program will help participants navigate the extensive Medicare website. It is open to the public, but space is limited, and is expected to fill up quickly. To register or for more information, call RSVP Colorado West at 970-249-9639.

May 9—David Berkeley concert on behalf of Welcome Home and the Warrior Resource Center, at Turn of the Century (121 NW Fourth St.).

May 10-11—Tenth Annual Montrose Wine & Food Festival.

June 8—Museum of the Mt. West Tribute to Western Movies Days! Butch Cassidy and the Sundance Kid. The Museum is seeking vendors at this time and memorabilia pertaining to the movie and or the outlaws. Call 970-240-3400 for details.

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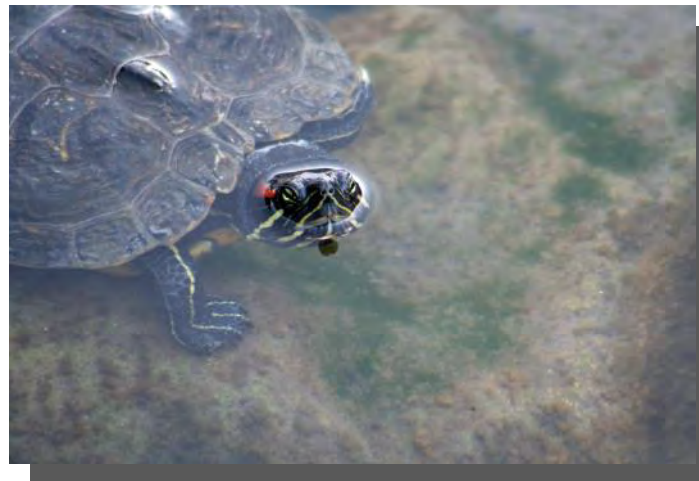
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At left, the diversity of wildlife in Downtown Ouray is highlighted in these photos of backyard deer and pond turtles by Mirror Photographer Sarah Berndt.



Western Slope Skiers have been loving the powder snow this season...but the ongoing drought remains a concern for area resorts. Read writer Rebecca Sanders article on the ski industry in this issue.



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