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THE TOUCH ISSUE... *people and organizations who touch our lives*

STELERA SHUTDOWN MEANS OPPORTUNITY FOR LOCALS

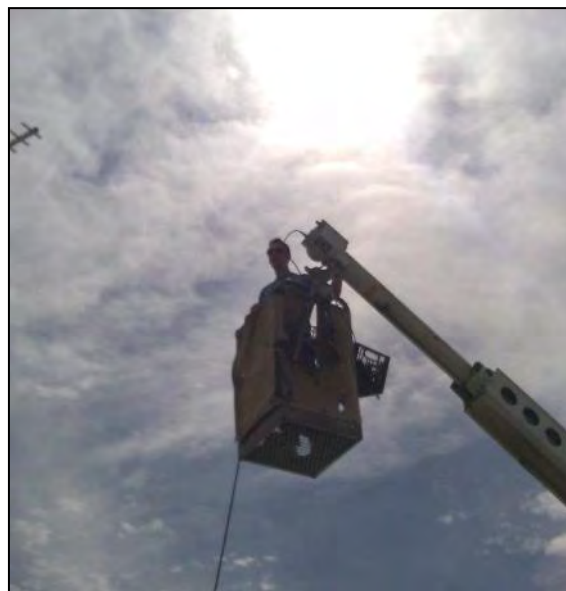
By Caitlin Switzer

MONTROSE--When one door closes, another one opens—and the demise of Stelera Broadband last month means opportunity for more than one local entrepreneur. Stelera had created a market among underserved rural Internet users across the nation with its 3G network, but most of the company's local users should now be able to find a comparably priced service, according to local computer professionals.

"We have been getting lots and lots of calls," Sue Tolvo of Computer Business Solutions said. "If you live in town, there are plenty of options. The biggest problem is for people who live in outlying areas where you can't get high speed Internet through your phone or cable provider. I know of two companies that provide service out there—one of them is [Elite Broadband](#); we have known Danio Farnese for a long time, and he has really been working to get things up and running. The other is [Elevated Access](#), which I don't know much about."

A homegrown option, Elite

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The sky is the limit for Danio Farnese's Elite Broadband, as shown in this photo from the company's Facebook page. Courtesy photo.

AMERICA'S DISASTER RELIEF SENDING FUNDS TO OKLAHOMA



Workers from the Montrose County Jail work crew assist with loading donated supplies for America's Disaster relief. Courtesy photo.

By Caitlin Switzer

UNITED STATES—She started small, from a junk shop on South Townsend Avenue, collecting items to be donated to victims of Hurricane Katrina. With more than five years and many crises behind her, Jan France is now far from home—in Florida as of last week—and the shop is just a memory. However, the mission to help those whose lives have been torn apart by disaster lives on.

Today, France is CEO of America's Disaster Relief, a Montrose-based 501 (c) (3) non-profit organization that follows the need for human services in the wake of natural disaster—helping recovery efforts in everything from wildfires and tornadoes here in Colorado, to hurricane-ravaged New York and New Jersey, to Moore, Oklahoma, where America's Disaster Relief—its own resources temporarily

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KEEPING MONTROSE IN MOTION... HAND THERAPIST SUSAN SCRANTON



Susan Scranton of In Motion Therapy is one of just a “handful” of certified hand therapists on the Western Slope.

By Caitlin Switzer

MONTROSE—Some people always seem to be in the right place, at just the right time...but Ridgway's Susan Scranton has made a lifetime of it. Born a twin, she and her sister—a P.E. teacher—share a lifelong love of sports; Susan is now an occupational and hand therapist with In Motion Therapy (611 East Star Court) of Montrose. It was on a ski trip to Vermont years ago that the New Jersey native—who was working at a trauma hospital—just happened to meet her future husband Brian, also a native of the garden state. And it was a vacation to Colorado together that inspired the Scrantons to pack up and move to the Western Slope in search of a new life.

“We came for a ski trip to Telluride,”

Scranton recalled, “and six weeks later, we moved. We're so glad to be here!”

Eight years after relocating on a whim, Susan is in the hottest of careers, in one of the most exciting locations. As Montrose positions itself to be the community where wounded warriors can come to heal and take part in world-class recreational opportunities, retirees are also flocking to the region for its climate and quality of life.

According to the U.S. Bureau of Labor Statistics (BLS), demand for occupational therapists is expected to increase by an impressive 33 percent between 2010 and 2020. Occupational therapists treat patients with injuries, illness or disabilities through the therapeutic use of everyday activities, according to the BLS web site, which also predicts that, “Occupational therapy will continue to be an important part of treatment for people with various illnesses and disabilities, such as Alzheimer's disease, cerebral palsy, autism, or the loss of a limb.”

“I've always been into sports,” Scranton said, “and in high school I had a friend who hurt her knee. I went to therapy with her. I ended up getting into occupational therapy because I liked it more, and eventually into hand therapy.”

To become a certified hand therapist, Susan not only had to attend classes—she had to work for a full four years under the supervision of In Motion Therapy owner Gary Krabbe, who is also certified in hand therapy. There are only a handful of certified hand therapists on the Western Slope, and both Krabbe and Scranton are in high demand. According to the Hand Therapy Certification Commission, there are just 5,382 hand therapists in the United States, and only 5,676 worldwide. And according to the American Hand Society web site, June 3-9 is Hand Therapy Week.

“I love it,” Scranton said of her work. “I started at Gary's clinic in Delta County six years ago, and came to work here when Brian and I moved to Ridgway (from Hotchkiss).”

“We work with people of all ages,” she said. “Some are post-surgical, but we also see a lot of people who want to avoid surgery. We see people with arthritis, and people with carpal tunnel. And of course, since this is the Western Slope, we see quite a few tendon injuries—farmers and miners get those.”

Making splints to keep the limb in the correct position for recovery is a big part of the job, and so is encouraging patients to seek help as soon as they notice a problem.

“We tell people, ‘come in the moment you have symptoms,’” Scranton said. “We get them in a splint, and show them what to avoid. Carpal tunnel syndrome can be reversed if it is caught right away—we can have you feeling better in a matter of weeks!”

Approximately 30 percent of the patients she sees are on Medicare, seeking treatment for “wear and tear.” Roughly 15 percent are seeking treatment for work-related injuries, and the rest are athletes and trauma victims.

Her own love of recreation continues to be a driving passion for Susan Scranton—and she continues to find herself in the right place at just the right moment.

Earlier this year, while walking her dogs one brisk winter morning, Susan noticed smoke pouring from a quiet Ridgway home.

“There were no lights on, so I just banged on the door until they woke up,” she said. “The alarm hadn't gone off, and there were were a mom and baby inside, both asleep.

“Now, we're all friends.”

THE MONTROSE MIRROR

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Editor and Publisher: Caitlin Switzer

Creative/Ad Sales: Jon Nelson

Post Office Box 3244

Montrose, CO 81402

970-275-5791

www.montrosemirror.com
editor@montrosemirror.com



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A CONVERSATION WITH COUNTY MANAGER RICK ECKERT

By Caitlin Switzer

MONTROSE--He has been on the job for just six months, dealing with tough issues and big decisions from the start. It's not easy, Montrose County Manager Rick Eckert acknowledges—but then, nothing worth doing ever is. Perhaps one of the greatest challenges that has faced Eckert since he came to work for Montrose County at the start of 2013 was the controversial road and bridge audit released in May, which indicated discontent among the department's staff and allegations of mismanagement, and which resulted in longtime County Road & Bridge Supervisor Brian Wilson stepping down.

"I have been through worse things," Eckert said, "but never so early in a new position. It has been very challenging, and not a lot of fun. But sometimes tough things need to be done, and when that is the case I do them."

Eckert said that county commissioners had asked him to look into complaints about the road and bridge department, and to do what needed to be done. An independent audit was conducted by County Technical Services, Inc.

"I am proud of our commissioners," Eckert said. "The transparency that they wanted here was fantastic; it was a very tough job, but we did it."

"The public had concerns."

Eckert's vision for Montrose County over the next five years includes economic development, and he sees a blueprint for success in the work completed by Scott Shine and the Downtown Development Authority (DDA).

"I have been extremely impressed with the DDA and what Scott Shine has accomplished," he said. "That's the kind of thing I would like to see county-wide; this could work in Olathe, it could work in Nucla."

"Montrose County has so much potential," Eckert said. "The variety of places to go and see, from the Black Canyon to Paradox and the West End, is amazing. I have never seen so much diversity of landscape anywhere—this is a great place to be; the climate is just about perfect, and the people are fantastic too."

Economic improvements include new industry "specific" to Montrose, he added.

"We don't want just anything—we want to keep the nature of our community," he said. "We love it here. I wouldn't miss the Olathe Corn Festival for the world, and I can't wait for the Montrose County Fair."

"The opportunities to enjoy life here are really off the charts."

Excellent employees are one of the county's major assets, Eckert added, and said that he intends to make sure that Montrose County continues to be a good steward of public funds.

"Your tax dollars will be well spent," he said. "I don't run from hard decisions or hard tasks. And I want the community to know that you are getting more than your money's worth from every one of our departments."

The recent addition of Katie Yergensen as media relations manager will ensure that the county is communicating well with constituents and with the media, he noted. And though his time here has been spent largely on county leadership, Eckert



Montrose County manager Rick Eckert. Courtesy photo.

said that he and his wife have been able to get out and enjoy the things that make Montrose County so appealing to so many.

"We are in love with the West End," he said, "and we had a chance to get out on the plateau the other day on Hwy 90. We head out into the county nearly every weekend, and once in a while of an evening."

"I was born in Colorado Springs, but I have lived all over," Eckert said, "from the Middle East to Alaska...the people and the opportunities here are incredible. There are such a variety of small businesses, and little shops and stores that are just a pleasure to go into!"

"This is home."



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STELERA SHUTDOWN MEANS OPPORTUNITY FOR LOCALS

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Elite Broadband Founder Danio Farnese saw a need for better service. Courtesy photo.

began as a personal quest for better online access.

"We have been in business about four years," said Farnese. "We knew this community needed better Internet service; I needed better service, my friends needed better service, my family needed better

service.

"We have been very successful."

Elite Broadband has a redundant, fiber-fed network up to its towers, and the network between towers is very robust, Farnese said.

The company currently employs four including Farnese, and intends to grow.

"We do cover parts of Downtown, but mainly we are rural," he said.

"From Ridgway to Delta—and we'll be going from Delta to Cedaredge in the next few weeks. We plan to keep expanding on out. Our average package starts at \$45, and we have a higher priced option at \$60 and a lower priced one at \$30—it all depends on the speed you want."

Farnese, who was home-schooled and graduated in 2002, learned his business "the hard way," building communication towers and working in communications for local dispatch organizations.

"It started out because we wanted better service, so we created something in line with what we wanted," he said. "And we offer real support—you can actually get me on the phone."

Longtime Montrose computer business Deeply Digital has also received "tons of calls" about Internet service since Stelera Broadband announced its closure, noted staffer Casey Irving.

"Stelera poured money into their idea, but it was really expensive for what they were charging, and hard to manage," Irving said. "It's unlikely that another company will come along to do what they were doing. But Elite Broadband has towers, and we just partnered with another business to create our own Internet Service Provider, ClearNetwork. If people are looking for service, just call—local companies will be able to tell you if they have coverage where you live."

AMERICA'S DISASTER RELIEF SENDING FUNDS TO OKLAHOMA

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depleted—is partnering with another non-profit organization to bring aid and relief where it is needed most.

"Because of the distance, cost of fuel, having spent so much on SANDY victims and having emptied our warehouse supplies following SANDY, we are teaming up with a friend, Mike Baumgartner of Disaster Assistance," France said in an update last week. "Mike is already in the area—he has been in West Texas since the explosion (in April) and has a mobile kitchen, tent, and all the supplies."

Making the most of available resources through partnerships only makes sense to France, who has worked in more than 11 states since 2009.

"America's Disaster Relief is not on an ego trip," she said. "We like to team up with those who have the same honest work ethics we do, those who value your donations and spend them wisely, those interested in getting the job done of helping others."

Baumgartner has already established a relationship with the Central Church of Christ (411 SW Fourth St.) in Moore, Oklahoma, France noted, and will be assisting

in all phases of relief work, from outreach, meals, food and other supply distribution, to cleanup and repairs and volunteer coordination. Volunteers are reminded to bring their own cots and personal items.

"So many of our faithful donors are already sending in donations marked for OKLAHOMA," France said. "These funds will be sent to the account for Mike to purchase food and the supplies to feed the thousands a day he is equipped to feed... food is the FIRST thing people need along with shelter."

America's Disaster Relief is run entirely by volunteers, and operates a mobile disaster kitchen. The non-profit also collects household items for those in need.

Although France tries to come home to Montrose every summer, the unrelenting need in other states has made that impossible this year.

Although the group remains small and efficient, putting its funds toward those it serves rather than publicity, America's Disaster Relief reaches out to friends in Montrose and other communities through blast email updates and newsletters, and through the Western Colorado Disaster

Relief web site www.wcdisasterrelief.org. America's Disaster Relief was among a handful of worthy local non-profits honored in this year's Wells Fargo Community grants cycle.

France, who at age 68 has retired three times, is currently working to raise funds in Florida, but the Oklahoma project is already up and running and feeding 3,000 to 5,000 people a day, she said.

Here in Montrose, in-kind donations are greatly needed, and can be accepted by in-kind donation manager Mercedes Rodriguez, at 970-779-4086.

"Maybe you have some old dishes you don't need, or an old frying pan," France said.

"When somebody has lost everything, they don't care if the bowls and the salad plates don't match.

"God doesn't need our help, but we surely need his," she added. "I raised my children, and we now are raising the grand children, with the idea, 'I would rather SEE a sermon than HEAR one.'

"I hope my life is a reflection of what God would want us to do and how we should behave."

PARTY AND PLAY FOR A GREAT CAUSE AT BRIDGES



*The Nitty Gritty Dirt band.
Courtesy photo.*

By Caitlin Switzer

MONTROSE--They say a golf ball travels farther when hit by a club in Colorado's high altitude environment...and hopefully, the funds raised at the third annual Dolphin House Golf Tournament will go far-

ther than ever to battle the impacts of child abuse in a six-county region.

On June 8, a packed roster of almost 40 teams will roll onto the links to raise money for the Dolphin House, in memory of little Owen Daniel Reak and every child who has ever suffered harm at the hands of someone who was supposed to be caring for them.

"We think this is so important," said managing broker and marketing professional Beth Morris-Feely. "Dolphin House is a great organization and they cover the whole Seventh Judicial District. They help people through the entire system, from beginning to end."

Owen Reak was the grandson of Feely and her husband Eric, who manages the Bridges. Bridges Owner Lew Thompson is donating use of the course and carts for the event, which is a four-person scramble with hole-in-one prizes on each of the five par-three holes. Entry deadline is June 5.

Support for Dolphin House is just one way that the organization gives back to the community, Morris-Feely said.

"Lew has a real heart for charity," she said. "He likes to bring non-profit organizations here."

In addition to the Dolphin House Golf Tournament, Bridges will host a special benefit concert on Friday, July 19.

"Because of the popularity and excitement over the Wailers Concert that was here last year, Jack Ludwig (of Stonehouse Restaurant) approached us about doing a benefit," Bridges General Manager Eric Feely said. "He has really done a great job—we're going to have the Nitty Gritty Dirt Band, with the Browns and special guest Dave Stamey."

Community response has been very positive, he said. The concert will be held on the lawn, with gates opening at 5 p.m. and the Nitty Gritty Dirt Band taking the stage at 8 p.m.

"The appeal of the Dirt Band is pretty big here," he said. "It's Montrose's kind of music—it should be really good for the Dolphin House."

"We're into it!"

To learn more about the Fabulous Nitty Gritty Dirt Band Live Benefit Concert, visit the [Dolphin House web site](http://www.dolphinhouseweb.com). VIP tickets include food and beverages, and can be purchased at Bridges (2500 Bridges Drive), Stone House Restaurant (1415 Hawk Parkway) or Dolphin House (735 S. First St.).

To check out other great musical events on the lawn at Bridges this summer—including the one and only Ralph Dinosaur on June 7—visit

www.montrosebridges.com!

STATE SEEKS TO KEEP KIDS FROM GOING HUNGRY THIS SUMMER



Courtesy photo by Michelle Ray.

Special to the Mirror

COLORADO--Summer should be a fun and enriching time for all Colorado kids, but for many it represents a time when children are at the greatest risk of experiencing hunger, losing access to school

meals. Hunger Free Colorado and many partners will address child hunger through a statewide summer food program. During the summer months, more than 450 sites across the state will provide meals to children between the ages of one and 18 years olds at no cost.

The Summer Food Service Program, funded by the U.S. Department of Agriculture, offers "food that's in when school is out." The program was established to fill the nutritional gap throughout the summer months and serves as a safeguard for children eligible for free or reduced-price meals during the school year, particularly those in households who may not know when or where they will get their next meal. Free, nutritious meals are provided

to children and teenagers at designated sites across Colorado. Sites include schools, churches, recreation centers and other safe community-based locations, and many provide activities for children as well. There are no income or registration requirements for participation.

The statewide program is supported by the USDA, Hunger Free Colorado, the Colorado No Kid Hungry Campaign, the Colorado Department of Education, and those providing the meals—the sites and sponsors. Families can find other nearby summer food sites and learn more about the program by calling Hunger Free Colorado's statewide hotline at [855- 855-4626](tel:855-855-4626), texting "FOOD" to (720)-432-3285 or visiting SummerFoodColorado.org.

TRUE GRIT TOO OPENS AT DIVIDE RANCH ON LOG HILL

By Caitlin Switzer

RIDGWAY—Too good to be true? Nope—It's True Grit, Too! Expect the same "true comfort, true taste, and True Grit" style at the new eatery, officially known as True Grit Too, at the Divide Ranch & Club (151 Divide Ranch Circle) on Log Hill Mesa. Chef David Austin will be cooking old favorites, like the burgers that have made the Grit famous, but there will be surprises on the menu as well.

David is from Louisiana," True Grit Owner Tammee Tuttle said. "Our first theme night is tonight—we'll have our full menu, and our theme is Cajun night. He'll be cooking things like chicken andouille sausage gumbo, shrimp and grits, and red beans and rice. And on Friday nights we will have burger night, with burgers for \$6."

True Grit Too at Divide Ranch and Club will be open for lunch from noon to 4 p.m. Tuesdays through Saturdays, and for dinner from 5 p.m. until closing on Tuesdays and Fridays.

Even if you have never hit a golf ball in your life, make Divide Ranch & Club your mealtime destination, Tuttle said.

"Come for the views and the comfort," she said, "and for a lovely, lovely moment of peace and fresh air. We have seating indoors and outdoor dining as well. Our menu is not quite the same as it is at the True Grit in town—this place has its own menu. For locals, we are honoring our punch cards at either location.

"We have some John Wayne décor, but it's eclectic," she said. "Cowboys, golfing...we have our own personality up here!"

The hard work of her employees—38 at the True Grit, and five at the True Grit Too—was essential in getting the new place open, Tuttle said.

"They are the most amazing group of people," she said.

"I just want to say thank you to them for all of the support."

The phone number for True Grit Too is 970-626-3489.



SMPA Returning \$764,000 in Capital Credits to Members

Special to the Mirror

RIDGWAY--San Miguel Power Association, Inc., (SMPA) is returning \$764,000 in capital credits to SMPA members this week. SMPA is a member-owned rural electric cooperative, which means that those who receive electric service from the co-op own a portion of the business. This entitles them to a portion of the co-op's margins or profits.

"Capital credits are just one of the things that distinguish cooperatives from traditional for-profit, investor-owned businesses. Every year we allocate any excess margins to our members based upon the amount of electricity they consume. The more energy you use, the more capital you invest in SMPA. That means more credits are allocated back to you at the end of the year, and the larger credit you'll receive when it is paid out," explained SMPA General Manager, Kevin Ritter.

SMPA allocates capital credits each year, but only returns or pays those credits back to members on a delayed rotation when the co-op's financial position allows them to do so. In that delay period credits function

as operating capital for the co-op. SMPA was last able to return credits in 2000. Not all current SMPA members will receive a credit – only those receiving electric service in the years 1980, 1983, 1985, 1997 and 1998. The credits being paid out for 1997- 1998 were received by SMPA from Tri-State, SMPA's wholesale power supplier.

In some cases, SMPA will be unable to locate those receiving credits and/or the recipients may no longer be SMPA members. These unclaimed capital credits are deposited into the cooperative's scholarship fund after a notification process. Credits more than \$10 will be paid to members by check. Credits less than \$10 will be placed in a hold account for the member and paid in the future when the balance reaches a total greater than \$10.

The ability to retire capital credits depends on the cooperatives financial status. In the past, SMPA's board has chosen to reinvest excess margins in the cooperative in order to improve and expand the electric system and build equity. Those decisions accomplished their goal and SMPA's

board adopted an equity management plan last year, which put the cooperative in the position to pay their members back. The board will evaluate the financial condition of SMPA each year to determine if they should retire capital credits.

"We met the financial goals set by our board and as a result can return capital credits to our members. This allows us to keep our equity in balance, but most importantly it is a true demonstration of the cooperative business model," said Ritter.

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

It is the mission of San Miguel Power Association to demonstrate corporate responsibility and community service while providing our members safe, reliable, cost effective and environmentally responsible electrical service. SMPA serves approximately 9,600 members and 14,000 meters and supports local communities with \$200,000 annually in property taxes and \$400,000 in energy efficiency and renewable energy rebates.

MEMORIES OF BUCKLEY...PARK HERE

By J. Berndt

MONTROSE--There are many things that have inspired me, such as the people who have helped me through stages of early life. I was fortunate enough to be able to witness the generosity of the people around me; hard work and dedication are what is needed to get what you want, and we all have the right to be lazy every now and then. Still, there is not a day that goes by where I don't get inspired by people--amazing, and when I am amazed I'm usually inspired.

Growing up in Montrose, Buckley Park is nostalgic and inspirational for me. It was the first place I remember where I was on my own to make the right or wrong decisions and skateboarding was a fantastic excuse for the freedom I would need to become an individual. In the park you were accountable for all your own actions, at the age of 14, no teachers and no parents, only yourself to suffer the consequences should you slip up. It was 1997, the year that Married with Children ran their last episode after 10 seasons, the first sheep (Dolly) was cloned, and we landed a thingamajigger (a word that can take the place of any one noun--*Urban Dictionary*) on Mars to start the exploration.

I remember the days spent at the park where I could waste hours just simply sitting around, doing nothing; a way to connect with friends before cell phones. If

they didn't pick up their land-lines at home, or after scrounging through papers to find the number you just get a busy signal, there was only one option left and that was to physically go out and find them. I couldn't imagine having grown up with the ability to text, instantly send pictures, or the complete awkwardness of the future with face-time. The park was a place where the hacky sack was therapy, and for some smoking was still an option, not an addiction.

There was a certain convenience to the park, food-wise that is. All you had to do was follow the bike path south and it would lead you to food that could be purchased with gathered change and offered free condiments--pockets full. Then after filling our indestructible bellies, it was back to the lawn where circles of people would mingle, everyone displaying a generation of grass stained corduroy pants and tattered Nirvana t-shirts. But inevitably someone would get hungry again... then it was back down the path.

This is where I first learned to enjoy the art of people watching. Younger couples walking old dogs and young pups walking older people filled the path. Some would sit alone and just read a book while others passed by to go down to the canal to possibly... Some kids pretended like they could play tennis (when the courts were still there), while adults would try their luck on

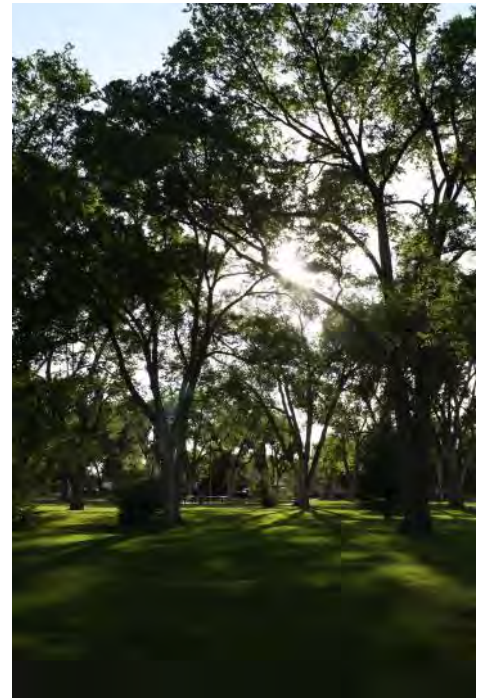


Photo of Buckley Park by Sarah Berndt.

the monkey bars only to quickly give up and move over to the manually operated bulldozer (by far the most superior playground equipment ever).

So basically what it comes down to is this, inspiration can be found in the simplest of places or even in the massiveness of our local parks.

Altrusa Supports Welcome Home Montrose Chimes Project



Special to the Mirror

MONTROSE—Altrusa members Sandra Tyler, Joyce Loss, and Bonnie Coffman, shown in the photo from left to right, accept thanks from Melanie Kline of Welcome Home Montrose for the support of Altrusa in the total cost of the chimes project to support vets. The chimes will be distributed Memorial Day at 0600 in varied areas inside Montrose City limits. Anyone who finds a chime is directed to give it to a veteran of any war, thank them for their service, and keep one of the two memento cards attached to the chime. Sandra & Joyce also assisted other spouses of vets in painting the chimes.



LEGISLATIVE UPDATE WITH SENATOR ELLEN ROBERTS

With the end of the legislative session in early May, I now write new columns monthly rather than the session's weekly efforts. One constituent thanked me for my "letters from the war zone" and I appreciated his recognizing that my job isn't an easy one. This past session was especially challenging and you should know that rather than my glossing over it since it's finished.

Procedural tactics more like what notoriously happens in Washington, D.C. were especially troublesome and divisive. For the sake of better policymaking, I hope this won't be repeated again next session. I recently attended a bipartisan meeting of state legislators and more than one commented on how Colorado's tumultuous session often dominated the news in their states and not in a positive way.

I write this not as a disgruntled someone who wasn't able to get legislation passed, because I did. But, the climate at the Capitol was the most bitter and discouraging of the seven sessions I've experienced. The senate majority, even bill sponsors, frequently refused to debate or explain a bill's merits, but instead would wander in and out of the senate chamber, impatient to dispense with the whole exchange of ideas

precept and just vote as they'd first intended.

Colorado's strengths, regardless of the political party in control, have been our pragmatism and our openness and keen appreciation of diverse opinions, especially those differences between the Front Range and the Western Slope. We must work to regain and maintain those values or we'll fall victim to the same pendulum swinging paralysis as Congress.

Shortly after the session ended, I headed to Mozambique as part of a small U.S. faculty team sent to work with members of parliament for a week on legislative strengthening skills. Mozambique was a Portuguese colony on the southeastern coast of Africa until 1975. After gaining independence, Mozambique descended into a bloody civil war for about 15 years.

Following a time of Communist rule, Mozambique is approaching an "emerging democracy", seeking economic and political stability under a capitalist system. This is the third African government that I've had the opportunity to work with and, as in Algeria and South Africa, I come home with a renewed appreciation for the ideals of our longstanding democracy.

It's apparent, globally, that the U.S. has its own set of problems, with new national

level controversies surfacing almost daily while I was there. Yet, the over two hundred years that our country has managed to stay one nation draws admiration from many I speak with.

Mozambique's parliamentary system means the parties have even more control over those appointed by the parties into office and they have less of a tie to their constituents since they aren't elected directly. But, the country is rich with resources and people determined to rebuild themselves out of a colonial past and civil war.

In particular, China has a strong presence in southern African countries, but there's a political wariness and desire for self-governance that may protect these relatively new democratic nations from other countries' resource exploitation at the expense of their own people.

In these legislative strengthening trainings, we describe best practices that we aspire to in our state legislatures. Trying to identify and explain those to others is always a good refresher course for me, too.

Ellen S. Roberts, State Senator

Interim Contact Information:

P.O. Box 3373, Durango, CO 81302

Home office phone: (970)259-1594

www.ellenroberts.com

Call for Volunteers: Build a Legacy as a CASA Advocate

Special to the Mirror

REGIONAL--Child abuse and neglect exists in every community in the United States. It sees no socio-economic or cultural boundaries.

CASA of the 7th Judicial District (Court Appointed Special Advocates-CASA) is dedicated to providing a voice for abused and neglected children who have been removed from their homes and find themselves in the courts and child welfare systems through no fault of their own.

There are children in our communities waiting for a caring, consistent friend and advocate, someone to help make their life a little easier, someone eager and willing to champion for their future—someone

just like you.

Become a CASA volunteer through assisted study built around your schedule, or plan to join our upcoming September class. Serving our most vulnerable population as a CASA volunteer is a powerful way for concerned citizens to become change agents in their communities. Early intervention helps prevent further victimization of these children and helps stop them from perpetuating the cycle on future generations, strengthening the social fabric of our community one child at a time.

"Child abuse is a serious, generational, societal issue that can ultimately only be addressed as a community," said Stacey Ryan, CASA's development director.

"Child abuse prevention is everyone's job. CASA volunteers are shining examples of those leading this charge."

CASA needs help to serve these children. Please help us make the communities in the 7th Judicial District safer, healthier places for children. For more information, email to info@casa7jd.org or call an office nearest you: Delta – 970- 874-7730; Gunnison 970- 641-7998; Montrose 970- 249-0337.

CASA is affiliated with the National CASA Association and CASA in Colorado. CASA began serving Delta, Gunnison, Hinsdale, Montrose, Ouray, and San Miguel—the counties that comprise the 7th Judicial District—in 2000.

ARTISTS APPROACH AGING AS A CREATIVE JOURNEY

By Caitlin Switzer

REGIONAL--Keeping hands and heart busy in creative activity keeps the spirit young. That's the idea behind the Aging Creatively Project, an effort sponsored by the Montrose Arts Council and implemented by two local artists, Linda Hoeksema and Glenda Fletchall. The project, which is currently in the networking phase, will bring participants together in a workshop environment, with the goal of unleashing the creative force and creating works of "sensational" art.

"Linda and I have been offering pilot workshops in Montrose and Ridgway," Fletchall said, "and we have seen tremendous transformations. This is not a craft group—it is a truly creative process that helps people get in touch with what is inside that you want to express. We call it a playgroup, although we have had people cry. When you are totally alive, when you break out of your routine, all of your energy comes to the surface."

As a lifelong musician and educator, Fletchall knows firsthand how exploration of the creative arts can inspire. Hoeksema also brings the perspective of an artist and dancer to the mix.

"I love sharing the expressive arts," Hoeksema said. "As we get older, it is really so important to stay creative and keep moving. My background as a dancer has helped me realize how important it is to express ourselves through movement, and to remain inquisitive about what is within us, and what we have to offer."

"I am excited to engage people who may have become complacent in life to get up and move."

While teaching, Fletchall found herself inspired by pupils who did not fit into a convenient "mold."

"I totally get that," she said. "Everything I have done in my own life has been in a



Currently in its initial networking phase, the Aging Creatively program will bring participants together in a workshop environment, with the goal of unleashing the creative force and creating works of "sensational" art. Courtesy photo.

creative mode—what I loved best about teaching was when I got to be creative. And my Masters in Counseling has helped me learn to work with people as they go through the phases."

The project is starting with a small budget, but Fletchall and Hoeksema are applying for grant funds so as to continue the work.

This Fall, the project will move into the community workshop phase, in which participants will use their own thoughts, feelings and emotions to create tangible expressions of art, and eventually into the community performance phase, in which

participants will partner with local artists to create an original community performance that incorporates voice, movement, sound, acting, poetry and the visual arts.

"We are hoping to start workshops in September and October," Fletchall said, "and we are planning to hold four different workshops in four different locations."

"We will try to keep class sizes to around 10 or 12 people, but we are prepared to expand as we need to—we want to reach a whole spectrum of people."

To learn more about the Aging Creatively project, call Fletchall at 970-208-2675 or Hoeksema at 970-626-5872.



GET ON BOARD...SUPPORT ALL POINTS TRANSIT!

Your sponsorship of Oktoberfest 2013 will help All Points Transit provide safe, reliable transportation to those who need it most.

Four sponsorship levels are available, starting at \$250.

All Points transit is a 501c3 non-profit, and donations are tax-deductible.

Deadline for commitment is Aug. 30.

Call Sarah for sponsorship information 970-249-0128

REGIONAL NEWS BRIEFS

Justis Selected to Fill SMPA Board Vacancy

Special to the Mirror

RIDGWAY--San Miguel Power Association's Board of Directors has appointed Robert Justis, Telluride, to fill the District 2 board seat vacancy caused by the death of Wes Perrin. Justis will represent members in Telluride until 2015 when the seat comes up for election. At that time he can run for re-election. Justis was selected from a pool of four candidates. The SMPA Board interviewed the candidates in executive session and voted in open session. Justis has a background in the electric utility industry, serving as the director of economic development for twelve years at Central Vermont Public Service. He has also served in the United States Army and as the CEO of the Northern Community Investment Corporation, a non-profit organization that promotes business development and employment opportunities in Vermont and New Hampshire.

"Robert's past experiences will be a great benefit to our board and membership. We welcome and thank him for his enthusiasm to serve," said SMPA General Manager Kevin Ritter.

Justis's term begins immediately, with his first meeting being SMPA's regular

monthly board meeting May 28, 9:30 a.m. in Silverton at the Kendall Mountain Recreation Center.

SMPA will add another new director next month after the 2013 District Seven Director Elections take place at the co-op's Annual Meeting of Members on June 13, 2013, 4:30 – 7:00 p.m. at their Ridgway office (720 N. Railroad St., Ridgway, CO). Member registration will open at 4:30 p.m. A complimentary fajita and taco bar will be served at 5:00 p.m. The polls will close and the business meeting will begin at 6:00 p.m. All SMPA members and their families are invited to attend. The results of the District Seven Elections will be announced during the business meeting.

District Seven includes Ouray and Silverton. Two candidates are running for the seat: Keith Meinert of Ouray and Terry Rhoades of Silverton. Members in District Seven should receive their mail-in ballot before the end of the month. They can vote by returning the ballot via mail or in person at the Annual Meeting. Ballots can also be hand delivered to either SMPA office. If returning a ballot, it must be received by SMPA by 5:30 p.m. on Wednesday, June 12, 2013. SMPA is not responsi-

ble for ballots that arrive late through the postal service.

San Miguel Power is a member-owned rural electric cooperative and is governed by the consumers it serves. The Annual Meeting of Members is a yearly event held by the cooperative in order to update the membership on the association's financial condition and business operations. SMPA will award door prizes to registered members who attend the annual meeting. Members must be registered for the annual meeting and be present to win. For more information contact Toni Bertorello, Executive Secretary, (970) 626-5549 ext. 210.

San Miguel Power Association, Inc. is a member-owned, locally-controlled rural electric cooperative with offices in Nucla and Ridgway, Colo. It is the mission of San Miguel Power Association to demonstrate corporate responsibility and community service while providing our members safe, reliable, cost effective and environmentally responsible electrical service. SMPA serves approximately 9,600 members and 14,000 meters and supports local communities with \$200,000 annually in property taxes and \$400,000 in energy efficiency and renewable energy rebates.

Valerie Meyers' Weekly Monday**REAL ESTATE
MARKET REPORT***from the Road*

Valerie Meyers, Realtor, GRI
Coldwell Banker Bailey & Co.

2023 S. Townsend Ave. • Montrose, CO 81401
970-209-1378 Cell • 970-257-6748 Direct

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

REGIONAL NEWS BRIEFS

Ouray County Historical Society Unveils Dazzling Raffle Quilt



Win this beautiful quilt from the Ouray County Historical Society! Courtesy photo.

Special to the Mirror

OURAY--The Ouray County Historical Society's 2013 Raffle Quilt is much more than a bed covering. A work of eye-popping art, the Cathedral Window quilt is a stitched kaleidoscope of color with an almost three-dimensional effect.

"Cathedral Window is a traditional patchwork technique interpreted in folded squares and a rainbow arrangement of patterned fabric squares hand sewn in 'windows,'" said Sue Hillhouse. She and 13 other local artists worked diligently for three months to complete the 82-by-91-inch quilt.

The first documented evidence of the

Cathedral Window design appeared in a quilt displayed at the 1933 Chicago World's Fair, Hillhouse said. Each quilt produced from the pattern is unique, due to the variety of fabrics used and color arrangement.

The color repetition of the OCHS quilt mimics the full spectrum of a rainbow in a diagonal pattern. The 542 colored squares (or diamonds, depending on perspective) are varied in their print patterns. Their white cotton frames are intricately folded, bringing to mind the Japanese art form of origami.

"The quilt has a beautifully finished back that shows the overlapping circle pattern of

the white fabric," said Hillhouse. "The edges are folded points that finish the piece so it can be used on either a queen or double size bed. The color squares have been pre-treated to prevent fading."

Like other OCHS raffle quilts, this one has a local connection. The quilters cut the patterned squares from the fabric collection of Elizabeth Chismire, who had purchased the fabric in the 1960s and '70s. She was the mother of OCHS President Kevin Chismire and mother-in-law of quilter Joan Chismire.

The quilt will be on display at the new Museum Store and Research Center at 722 Main Street when the center opens this summer. Raffle tickets for the quilt are on sale at the Ouray County Historical Museum, 425 Sixth Avenue, Ouray.

Tickets are just \$1.00 a piece this year, or six tickets for \$5.00. Proceeds benefit the OCHS.

The raffle drawing will be at the annual Quilter's Tea at Venue Roscoe Fox in Ouray on September 27.

The holder of the winning ticket does not have to be present at the drawing to win.

The quilt was created by Paula Ashmead, Joan Chismire, Penny Hanshaw, Linda Hanson, Sue Hillhouse, Martha Metzger, Sandy Michaud, Joan Moyer, Kathy Pettengill, Nancy Rule, Norma Shafer, Mary Stapleton, Janine Vicalvi, and Marianne Zegers. The quilters' signatures appear on the back of the quilt.

For more information and museum hours, please call 970-325-4576.

REGIONAL NEWS BRIEFS

REGION 10 LAUNCHES CONSULTING PROGRAM THROUGH SMALL BUSINESS DEVELOPMENT CENTER



QuickBooks instructor and Dalby Wendland & Co. bookkeeper Denise Distel, a certified QuickBooks instructor, shows Jenni Hartman of Harman Bros. how to navigate a portion of the software program at the first introductory Quickbooks course offered by Region 10. Other courses now being offered through Region 10's Small Business Development Center include "How to Start a Business" and "Marketing Plans." Image courtesy Cara Fandel for Howling Wolf Photography.

Special to the Mirror

MONTROSE—Business owners in Montrose and the surrounding area now have a new tool to help build success, thanks to a collaborative consulting program launched by Region 10 and the Small Business Development Center (SBDC).

Region 10's **Small Business Development Center** kicked off its consulting efforts this past week, under the direction

of Vince Fandel, Region 10 business development director and Susan Bony, Small Business Development Center consultant. Selvine Sandoval and Carmine Herrera of Sandoval Construction, LLC are the program's first clients.

The Region 10 Small Business Development Center gives business owners like Sandoval and Herrera the opportunity to attend business classes and participate in

individual counseling sessions. Sandoval Construction, LLC was started in 2000 to complete residential and commercial construction projects, including new-built, remodels and repairs. The company has survived the real estate market down turn and wants to position itself to take full advantage of the current economic revitalization. To that end, Region 10's Small Business Development Center is helping them develop a strategic marketing plan by identifying target markets and strategies to access these markets.

"Thank you Region 10 and SBDC," Selvine Sandoval said. "The help we were given from this collaborative program will definitely help make Sandoval Construction stronger and more successful."

Region 10 is also offering classes on "Starting Your Own Business," "Quickbooks", "Creating a Business Plan" and more. The classes are supported with individual counseling sessions.

To learn more, call Vince Fandel at 970-249-2436.

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 Business and Contribution tax credit 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 call 970-249-2436 or visit the web site at www.region10.net.



GET ON BOARD...SUPPORT ALL POINTS TRANSIT!

Your sponsorship of Oktoberfest 2013 will help All Points Transit provide safe, reliable transportation to those who need it most.

Four sponsorship levels are available, starting at \$250.

All Points transit is a 501c3 non-profit, and donations are tax-deductible.

Deadline for commitment is Aug. 30.

Call Sarah for sponsorship information 970-249-0128

MIRROR PHOTO FLASHBACK!



Museum of the Mountain West Board President Rich Fike and Cousin Bob Schmidt do some preparatory work prior to the Second Annual Tribute to Western Movies Days in 2011...and who can forget the Chicken Man, shown here at El Pollo Azado in 2011. Mirror File Photos.

Nurturing Parenting Class Offered by CASA of the 7th Judicial District

Special to the Mirror

MONTROSE--CASA of the 7th Judicial District (Court Appointed Special Advocates-CASA) is offering a 10-week "Nurturing Parenting" workshop June 4th – August 6th. This parenting education class is offered through CASA's Supervised Exchange Parenting Time (SEPT) Program, which provides safe, neutral environments for families in turmoil.

Available to all communities in the 7th Judicial District, this class helps parents and families learn and implement the philosophy and practices of nurturing parenting. The class is based on curriculum from "Nurturing Parenting Programs," an international organization promoting non-violent parenting practices since 1983. Class trainers are certified as facilitators through this program.

"These classes give parents the tools they need to parent children in positive, non-threatening ways," explained SEPT Program Manager MaryJo Mills. The topics and tools explored in the class will include the philosophy and practices of nurturing parenting; what is your parenting style and

stress level; ages and stages of growth; ways to enhance positive brain development; communicating with respect; building self-worth in children; understanding feelings; understanding and developing family morals, values, and rules; praising children and their behavior; alternatives to spanking; and learning positive ways to deal with stress and anger.

CASA is affiliated with the National CASA Association and CASA in Colorado. CASA began serving Delta, Gunnison, Hinsdale, Montrose, Ouray, and San Miguel—the counties that comprise the 7th Judicial District—in 2000.

For more information and class availability, call CASA at (970) 249-0337 or email info@casa7jd.org.

About CASA of the 7th Judicial District (CASA) CASA serves abused and neglected children who have been removed from their homes and find themselves in the courts and child welfare systems through no fault of their own. CASA accomplishes this mission by helping to break the cycle of child abuse and neglect, and advocating for safe, permanent, nurturing home for

children, utilizing highly trained and dedicated volunteers. CASA's vision is to provide a volunteer for every abused and neglected child.

CASA programs include the Supervised Exchange & Parenting Time (SEPT) Program (providing safe, neutral environments for families in turmoil), and the Fostering Futures Program (for adolescents transitioning out of foster care as they are surrendered to the world). CASA is affiliated with the National CASA Association and CASA in Colorado. CASA began serving Delta, Gunnison, Hinsdale, Montrose, Ouray, and San Miguel—the counties that comprise the 7th Judicial District—in 2000. CASA operates out of three county offices: Montrose (Region 10 Building, 300 N Cascade Ave, Montrose), Delta (Partners Building, 511 E 10th St, Delta), and Gunnison (225 N Pine St, Ste C, Gunnison). To learn more about CASA's mission and child advocacy efforts, for information about becoming a CASA volunteer, call CASA at (970) 249-0337, email info@casa7jd.org, or visit www.CASA7jd.org.

REGIONAL NEWS BRIEFS

MUSEUM OF THE MOUNTAIN WEST TRIBUTE TO WESTERN MOVIES JUNE 8!

Special to the Mirror

MONTROSE--Western Colorado is rich in western history, and history comes alive on Saturday, June 8, at the Museum of the Mountain West's Fourth Annual **Tribute to Western Movies Day**. Featured is the movie "**Butch Cassidy & the Sundance Kid**" and guest speaker/author Bill Betenson, great grandson of Lula Parker Betenson, sister of Robert LeRoy Parker (Butch Cassidy). After 20 years of research, Betenson published **Butch Cassidy, My Uncle: A Family Portrait** in 2012.

Located east of Montrose on U.S. 50 at Miami Road, the festivities begin at 9 a.m. and continue non-stop until 4 p.m. Our knowledgeable and adventuresome volunteers will assure that you have a fantastic day, reliving events and history of the region's past. Gunfights, souvenirs, strollers

in period dress, food, a working blacksmith, candle-making, rug-making, spinning, barrel-making, horses, period cooking, numerous musical entertainers, and many more attractions too numerous to list, will be there to entertain, excite and educate you. These are all in addition to the Museum's regular displays of 25 original buildings, over 500,000 original relics, artifacts, and items of historical significance, all explained and described by trained docents. Housed in the 10,000 square foot main building is an historic post office, doctor's and dentist's offices, drug store, saloon, dry goods store and many more fascinating displays from our past.

From the 1913 German Lutheran Church to the 1890 school to the 1882 Denver & Rio Grande Railroad Section House, you

will be captivated at life as it was over a century ago.

Come and spend a fun-filled leisurely day learning more about this wonderful area in beautiful southwestern Colorado. Admission is only \$10 for the entire day for adults, \$5 for school age children and \$25 for an immediate family. Better than a television documentary, it is real live history in our own backyard.

Whether you have visited the Museum before or not, this is an exciting way to step back into the real history of the West! Food and craft vendor applications are available.

Volunteers are needed and with two hours of support, you receive free admission to the event. For additional details, call 970-240-3400 or visit

www.mountainwestmuseum.com.

STATEWIDE LOWV HONORS NANCY BALL



Local League of Women Voters Member Nancy Ball was honored at the organization's state convention in May. Courtesy photo.

Special to the Mirror

MONTROSE—Nancy Ball, a member of the LWV of Montrose County, was nominated for the LWVCO "Energizer Award" by her local League. Nancy was one of five Colorado League nominees for this award that is given to a Leaguer whose participation and efforts have showcased the role of the League in her community. At the LWVCO State Convention in May Nancy was selected as one of two recipients for this award. As Program Chair and Secretary Nancy has worked tirelessly to ensure that our own members and citizens of the area have benefitted from meetings/presentations that are apropos to current topics and interests of people on the Western Slope. Nancy Ball is the epitome of a dedicated League member.

The entire League of Women Voters for Montrose and Delta Counties would like to congratulate Nancy on receiving this award.

MONTROSE



IN BLOOM!

At right—Peonies by Sarah Berndt.



OUT AND ABOUT ON THE BLM GUNNISON FLOAT TRIP!



On Saturday, May 18, 209 boaters headed down the Gunnison River on the 14th Annual fundraiser float trip for the Western Slope Conservation Center, raising more than \$4,000 for the non-profit's restoration efforts. Above, George Osborne of Trout Unlimited spoke to the crowd; top right, preparing to head out; at right and below left; participants enjoyed the float from the Pleasure park to Austin, as well as the river festival that followed at Gunnison Rive Farms; prehistoric petroglyphs in the Gunnison Gorge Conservation Area; bottom right, Mirror staffers Jack and Bad Switzer had a great time!



Livin' la Vida Local

San Miguel Power's 74th Annual Meeting of Members

When: Thursday | June 13 | 4:30 - 7:00 p.m.

Where: SMPA Ridgway Office (720 N. Railroad St. Ridgway, CO)

What: Registration | 4:30 - 6:00 p.m.

Dinner | 5:00 p.m.

Business Meeting | 6:00 p.m.

The Annual Meeting
concludes the 2013
Director Elections for
District 7!

**Polls Close
6:00 p.m.**

Results announced at
the conclusion of the
business meeting.

Vote by mail OR in-person at the Annual Meeting.


Celebrate 74 years with us!

SMPA members who attend will be entered to win some great prizes that highlight our local communities! You must be registered and in attendance to win.



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REGIONAL NEWS BRIEFS

George Walsh Memorial Scholarships Awarded

Special to the Mirror

DELTA-- Three Delta-Montrose Technical College students were recently awarded the George Walsh Memorial Scholarship to help them continue their studies in Early Childhood Education at DMTC. The scholarship is awarded by the Paonia Rotary and is given to students who are enrolled in programs that do not qualify for financial aid. Pictured left to right are the three recipients: Jennifer Romo, Brittany Soderquist, Bethany Myers. Delta-Montrose Technical College is a public career and technical college in Delta, Colorado. It offers 57 secondary and postsecondary certificates in 12 different programs. All certificates can be earned in two semesters or less, with many of them only one semester in length.



RIDGWAY AREA TRAILS GROUP ANNOUNCES \$5,000 REI GRANT AWARD

Special to the Mirror

RIDGWAY—The Ridgway Area Trails (RAT) has received an REI Grant Award for \$5000. The group, who for the last decade, has been planning and advocating for the creation of a series of multi-use trails throughout the Ridgway area, will use the grant to help build a world-class multi-use trail system.

Rodney Fitzhugh, RAT board member, expressed his thoughts, “We at RAT/COPMOB sincerely appreciate this generous grant to our organization. We also appreciate the many past contributions REI has made to our projects and to the creation of outdoor recreation opportunities in general. We indicated in the grant request that we had expected a final decision from BLM in early May regarding our proposal to build upwards of 20 new miles of singletrack in Ridgway, and the Uncompahgre Field Office did not disappoint! The UFO issued a final EA approving creation of almost 20 miles of single-track trail, along with a Finding of No Significant Impact and a Record Decision on May 10th. Barring an appeal (which seems highly unlikely, given the level of support our proposal enjoyed throughout the community) we hope to begin implementation

in June.

Kristen Ragain, Giving Coordinator/Public Affairs for REI wrote in a letter to RAT, the local arm of the COPMOBA, “Congratulations Colorado Plateau Mountain Bike Association! On behalf of all of us at REI, I want to thank and congratulate you on the stewardship work that you’re doing.” Much positive momentum is happening for the local trail advocates. In addition to the grant and the approval of BLM trail construction, the group will hold its 3rd annual RAT FEST on June 8th in Ridgway’s Town Park, is working with the State Park on a trail system proposal to compliment the BLM trails, and recently unveiled a new, progressive and engaging brand identity. For more information, please visit the RAT facebook page or visit ridgwaytrails.com.

About the RAT

Ridgway Area Trails (RAT) was conceived in 2004, when local residents approached the Ridgway State Park and the Bureau of Land Management (BLM) with a proposal to develop a multi-use trail system on the adjoining parcels of land these agencies manage. Identifying this land, which resides on the outskirts of the Town of Ridgway, as having ideal terrain, trail

connectivity, and access, the process of obtaining permission for this project began. For more information, please contact Brian Scranton, 970-201-8570 or visit www.ridgwaytrails.com.

About COPMOBA

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

About REI

REI is a \$2 billion national multichannel retail co-op headquartered outside of Seattle. With more than five million active members, REI serves the needs of outdoor adventurers through innovative, quality products; inspiring classes and trips; and integrated customer service that allows shoppers to buy great gear and clothing in any way they want. REI has 129 stores in 32 states, as well as REI.com and REI.com/outlet. This year REI will invest \$3 million in local communities to help care for outdoor spaces.



Life's a Jungle

Men in the Mix
Presents
The 8th Annual Fatherhood Event

Hang with DAD
for a day

Calling all dads, grandpas, uncles, brothers and any other male role models and their families and children. Have fun while you learn, laugh and bond with your children. Don't miss out on some great parenting tips and tricks along the way!

For more information or to get involved with this great event call Penny at 209-3641.

Also Sponsored by

 **EMPOWERING DADS**

Saturday, June 8th, 2013
10:00 am - 2:00 pm
Montrose County Fairgrounds
[facebook.com/empoweringdads](https://www.facebook.com/empoweringdads)

EVERYTHING IS FREE

Admission Lunch 11 AM - 1 PM Parenting Tips
Games and Activities DJ Climbing Wall
Pedal Cars Dunk Tank Therapy Animals Bookmobile & More

Men in the Mix Planning Committee: Empowering Dads, MCSD RE-1J Early Childhood Centers, Delta County HHS, Hilltop, Black Canyon Boys & Girls Club, Montrose Regional Library District, and Montrose County

- Sponsored by Montrose County Health and Human Services' Empowering Dads Program. Empowering Dads funding is provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant #90FK0030.
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OUT AND ABOUT IN MONTROSE!



Adam Duncan of A+Y Gelato presents the very first cup of gelato, auctioned off and won by Dr. Mary Vader (middle) and Emily Schneider (right) for \$210 on May 18. The funds will be donated to The Valley Food partnership for garden projects.



Neil Kalkwarf, Connie Smith and husband Steve Smith (left to right) talk to Hawk & Yak Ranch partners Dawn Hawk and Sandy Yak (far right) at the Montrose Farm Market..

Images courtesy Cara Fandel for Howling Wolf Photography.



At right, Sarah Laidlaw purchases pepper plants, strawberries, rhubarb pie and fresh lettuce from Karen Byler, co-owner of Byler's Straw Hat Farm, at the Farmers market on May 18.



SMALL BUSINESS RESOURCE CENTER

So You Think You Want to Start a Business? Let's Discuss the Myths.

This class covers the following topics to help you decide if starting a business is right for you.

- Myths & Realities
- Resources
- Legal Entity Selection Pros & Cons
- New Business Compliance Checklist
- Tradename Search & Registration
- Employer Identification Number (EIN)
- General Business Licenses
- Sales Tax Licenses
- Industry/Occupational Licenses
- Insurance
- Business Plan
- Market Analysis
- Information Resources
- Sources of Capital
- Building Your Team

Classes offered in Montrose & Delta

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300 N. Cascade Ave., Ste. 1 • Montrose, CO 81401 • www.Region10.net



REGIONAL NEWS BRIEFS

SAN JUAN COLORADOANS FOR NEBRASKA!



Special to the Mirror

MONTROSE--San Juan Coloradans for Nebraska continue their tradition of supporting our local community and believing in the leaders of tomorrow as well as the need for continuing education. Rex Swanson, President of San Juan Coloradans for Nebraska, made the scholarship presentation to two Montrose County students: Brooke Gaber (above left) who will be attending University of Colorado in Colorado Springs, and Haley Turley who will be attending Colorado State University in Fort Collins, Co.

HONORABLE MENTION

To The Tattered Rabbit children's boutique, for outstanding sidewalk displays that make us proud of our beautiful Downtown...

To Mindy Baumgardner of Re-1J Schools for excellence in communications!

To former Montrose Daily Press lifestyles editor Elaine Hale Jones for writing so many outstanding feature stories, for so many years.

To Office Machines Sales & Service, serving Montrose for 30 years!

To Mike McCullough and Lucy Boody, thoughts and prayers...

To the Riddled Raven Coffee House, a wonderful place to start a busy day—great food and welcoming atmosphere, in the historic Sampler Square Building...

To Abbie Brewer, for believing in Montrose and knowing that young leaders really can change the world they live in for the better...Abbie, you already have!

To Bradley, for everything.

REGIONAL NEWS BRIEFS

VO-TEC HONORS 2013 GRADUATES



From July 2012 to June 2013 DMTC had 354 students complete the requirements to earn a certificate in a career or technical field. Courtesy Photo.

Special to the Mirror

DELTA—The turning of the tassels marked the completion of another school

year at Delta-Montrose Technical College. DMTC held their all-school graduation ceremony at the Delta Center for Perform-

ing Arts and Education on Thursday, May 16. The graduation ceremony began with the posting of the colors by cadets from the Law Enforcement Academy at DMTC and the singing of the national anthem by Angela McMurdy. The guest speaker was long-time Delta resident and current County Commissioner Doug Atchley. The program ended with the presentation of certificates to graduates from the 14 postsecondary and three high school programs offered at DMTC. From July 2012 to June 2013 DMTC had 354 students complete the requirements to earn a certificate in a career or technical field. In addition to the annual Spring Graduation ceremony, DMTC also has four other graduations throughout the year: one at the end of each of the three Law Enforcement Academies and one at the completion of the Practical Nursing program. DMTC is currently accepting applications for fall enrollment in all of their programs.

For more information you can visit their web site at www.dmtc.edu or call 970-874-7671. Delta-Montrose Technical College is a public career and technical college in Delta, Colorado. It offers 57 secondary and postsecondary certificates in 15 different programs. All certificates can be earned in two semesters or less, with many of them only one semester in length.

JOHNSON ELEMENTARY STUDENTS PRESENT MUCH ADO ABOUT NOTHING



Special to the Mirror

MONTROSE-- On Friday, May 10 the Johnson Elementary Shakespeare Club's production of "Much Ado About Nothing" was presented to a standing room audience of 200. Under the technical direction of Mrs. Cheri Bailey, the acting cast included 27 3-5th graders, and one personal assistant from Kindergarten. The students spent an entire semester rehearsing, designing costumes, and creating scenery for the play. Creative Director, Ms. Tanya Darnell, worked with 15 students who wrote and choreographed a Dub step battle in order to introduce the audience to the story elements of one of Shakespeare's most comedic plays. With generous support from community members, the JES PAC, and local businesses the JES Shakespeare Club continues to grow in success each year!

IN GOOD TASTE...

I scream, you scream, we all scream for gelato!

enne pepper.

Common complaints about gelato might be that the portions are too small or there isn't enough "stuff" to add on top. But that's the point of gelato—one scoop can pack a punch. I overheard a 12-year old boy say, while enjoying two scoops of the Donatella (chocolate and nutella) gelato, "wow, one spoonful of this gelato is like eating a whole bowl of ice cream!"

Gelato is not just a fancy way to say ice cream and an excuse to charge more for less.

Here's the real scoop on the difference between ice cream and gelato: Gelato is normally denser, richer and milkier in texture. Gelato uses milk instead of cream and generally doesn't use egg yolks, which makes it less fattening than ice cream.

Gelato is churned slower than ice cream, and that adds to its density. It's also served around 25 degrees F; if ice cream were served at this temperature it would be a hot mess; Ice cream generally feels creamier, and fluffier.

Due to the faster churning it has more air in it. Ice cream is served really cold at 10 degrees F. Conversely if gelato were served at this temperature it would be a brick.

Having been to Italy, I can say, no gelato is exactly like the gelato you get outside the Roman Coliseum.

But then again pretty much anything tasted during a vacation in Italy is hard to recreate.

Buon appetito!

By....

MONTROSE—Nature has a way of preparing you for the seasons to come. For me, a sure sign that warmer weather is around the corner is the sight of the first tulip blooms breaking through the soil, coupled with the reopening of Dairy Queen.

I wouldn't say I'm an ice cream aficionado but I certainly do not hesitate to indulge in a little cold comfort once the temps go above 70 degrees. I'm a no frills ice cream eater. Cold Stone is just too overwhelming, with all those flavors and options mashed together on a cold slab. I never really get a sense of the ice cream, just an assault on my tongue and stomach. Dairy Queen is one of my favorites because it's simple. I typically go for a small vanilla cone and on really hot days I'll upgrade to a medium Lemon-Lime Artic Blast, they'll even make an ice cream treat cup for my dog for a little over a dollar. Russell Stover's has a nice ice cream section in their new building on South Townsend, with lots of options and a nice patio to sit and enjoy.

Recently, I was jonesing for a vanilla milkshake. For instant gratification, I pulled into a McDonalds. Fifteen minutes later and three attempts to make my "plain vanilla milkshake" right, the manager fi-

nally realized what I wanted... a milkshake with nothing in it. Oh! I should have been clearer. No added globs of vanilla syrup, pillows of whipped cream or drools of chocolate on top, which is apparently the norm for a vanilla milkshake these days at Mickey Ds.

While I do have purist tendencies when it comes to ice cream, I'm open to a gustatory adventure. Sonic's Peanut Butter and Bacon Milkshake has my attention. It's real ice cream mixed with peanut butter and real bacon, finished with whipped topping and a cherry. For curiosity sake, and because I love anything with bacon in it, I wouldn't mind trying it. I just need to recruit at least three friends to share the "mini" portion, which is still 700 calories and 47 grams of fat. But definitely worth a few sips.

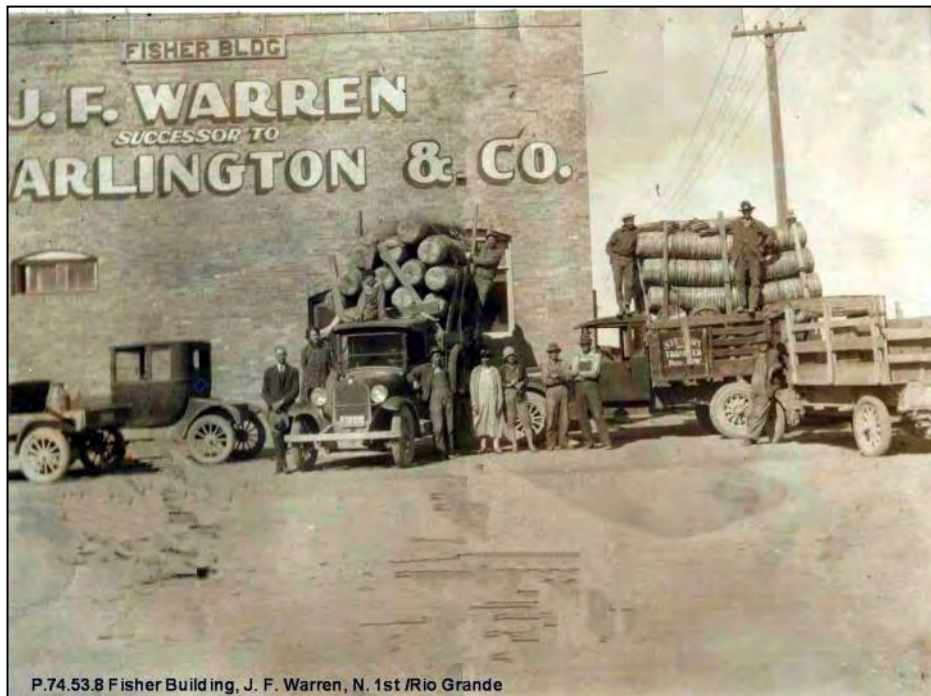
Okay, enough about ice cream, what's this about gelato? Have you heard... there's now fresh gelato in Montrose! Yes, a "mom and pop" gelato shop on Main Street. Downtown Gelato at A&Y is inside the stunning A&Y Art Gallery. The gelato comes from Gelato Junction out of Grand Junction, and uses local ingredients and flavors for many of its flavors such as the Peach Mimosa, Lemon Basil (sorbet) and lots of other cool concoctions like Coyote Chocolate with cay-



Style to boot.
Coverage to last.

The Mirror

History of the J. F. Warren Warehouse



P.74.53.8 Fisher Building, J. F. Warren, N. 1st /Rio Grande

Historic photo of JF Warren Warehouse courtesy of the Montrose County Historical Society and Museum.

Below, the building as it looks today—home of the 2 Rascals Brewing Company. Photo by Clay Greathouse.



By Liesl Greathouse

MONTROSE--At 147 N. 1st Street, there is an old warehouse that has long occupied that space in Montrose. It has housed various businesses from the Work Horse to Travelin' Tots and today it houses a local brewery. The people who owned Jeans Westerner also owned it.

J. F. Warren originally built the building as a produce warehouse. There is no specific date known for when the building was constructed, only that it was built some time in the 1910's. The building was used to store onions, apples and potatoes up until the 1940's. During that period it had a long platform on the west side and scales on the east side. In the 1960's both the Austin Transfer & Storage Company and Ephriam Freightways operated there.

Originally on the side of the building it said, "J. F. Warren, Shipper, Onions, Potatoes and Apples." Eventually that was painted over and only parts of it can still be seen today.

The design of the building reflects warehouse design of the early twentieth century in its large size, shape, brick construction, and minimal exterior ornamentation. The same floors and beams that were put in

when the building was constructed are still there today, after the current inhabitants restored the building to its original form as much as possible.

While today it now contains the Two Rascals Brewing Company, the building will hopefully remain in Montrose as a symbol of the early shipping industry history for many years to come.

Research gathered from *Take A Closer Look: A Walking Tour Guide of Montrose*, by Cathleen M. Norman and Marilyn S. Cox, and *Historic Buildings Survey, Montrose, Colorado 1999*.

REGIONAL NEWS BRIEFS

MMH INC SEEKS APPLICANTS FOR DIRECTOR SEATS

Montrose Memorial Hospital, Inc.

A Colorado community nonprofit corporation

Notice of Director Applications

MONTROSE--The Board of Directors of Montrose Memorial Hospital, Inc., a Colorado community nonprofit corporation, is accepting applications from residents of Montrose County, Colorado for positions as Directors of that Colorado community

nonprofit corporation.

Application packets are available at the Montrose Memorial Hospital Administration office, 800 South 3rd Street, Montrose, Colorado, from 9 a.m. to 5 p.m. Monday through Friday, or by request at ljacobsen@montrosehospital.com.

Deadline for completed applications to the same location is July 15, 2013 at 5 p.m. Interviews will be conducted on August

13, 2013 and elections will be held by the Board of Directors at its annual meeting to be announced.

Steve Glasmann, Chairman

Nominating Committee

Montrose Memorial Hospital, Inc.

Posted: Montrose Memorial Hospital Administration Offices

June 10, 2013

USDA Rural Development

Welcomes Trudy Kareus as New State Director

Special to the Mirror

DENVER—USDA Rural Development is pleased to announce that Trudy Kareus has been appointed to serve as the Colorado State Director for Rural Development.

USDA Rural Development provides funding and technical assistance to rural communities to build and improve essential services like water and sewer, electric, telephone and broadband as well as to construct and improve facilities like schools, libraries, health clinics, and assisted living and emergency response facilities. Rural Development's housing programs provide funding for rural citizens to buy, build or renovate houses and also provide rental opportunities. In Fiscal Year (FY) 2012, Colorado Rural Development invested over \$530 million in loan/grant funding statewide.

Kareus comes to Rural Development with nearly 40 years of public service. Most recently, she was the State Executive Director (SED) of the USDA Colorado Farm Service Agency which works with farmers and ranchers across the state to deliver disaster assistance, commodity, price sup-

port, conservation and farm loan programs. In FY 2012, the Colorado Farm Service Agency made payments to Colorado farmers and ranchers totaling more than \$342 million.

For much of her career, Kareus has worked for members of the Colorado Congressional delegation in Colorado and in Washington DC. She opened one of the first congressional offices in the nation for Senator Floyd Haskell in 1972 in Grand Junction, Colorado. She also served as Western Colorado Director for Senator Haskell, Congressman Ben Nighthorse Campbell, Senator Ken Salazar and Senator Michael Bennet. Kareus worked in Washington DC from 1993 until 2001 and again from 2003 until 2005 as a legislative assistant for both Senator Nighthorse Campbell and Congressman Udall. She also was the USDA Farm Service Agency Area Director for ten western States during the Clinton Administration. In 2001 she joined Mitt Romney's team in Salt Lake City, Utah as the Federal Relations Specialist for the 2002 Winter Olympic Games. Kareus was born on a ranch in

Mesa County, Colorado and graduated from Colorado State University with a degree in Political Science. She lives in Boulder, Colorado near her two grown sons and their families.

"I've held a variety of rewarding and challenging positions throughout my professional life and my latest appointment as the Colorado Rural Development State Director is no exception. The opportunities to make a real difference in rural Colorado are endless and I'm looking forward to working with rural communities to help them become more viable, sustainable and livable and helping our rural neighbors purchase their first home or fix up the home they're living in. I will be traveling extensively across the state during the summer visiting with elected officials and other stakeholders, including our financial partners, to brainstorm how we can work together to better leverage all of our resources to get the most out of our program dollars. I also invite stakeholders to contact me at 720-544-2904 or trudy.kareus@co.usda.gov to begin this important conversation," said Kareus.

Thomas and Jennie Hiebler Memorial Scholarship

Special to the Mirror

MONTROSE—Two Montrose High School graduates, Brooke Gaber and Alan (AJ) Fullerton, are the recipients of the 2013 Thomas and Jennie Hiebler Memori-

al Scholarship: Thomas and Jennie Hiebler were long-term residents of Colorado who had a fondness for the Montrose and Mancos areas. They provided in their wills for the establishment of a scholarship fund for

students from the high schools of these communities. This scholarship is renewable for the next four years, provided that the recipients remain at a Colorado institution of higher learning.

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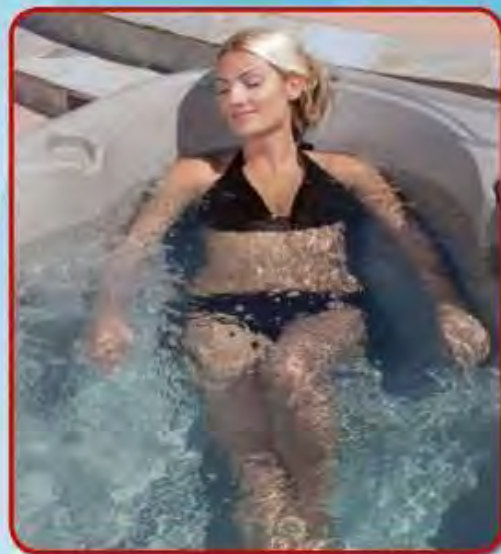
Hot Water Productions 2511 S. Townsend Ave. • 249-2566

Montrose Chamber of Commerce 1519 E. Main St. • 249-5000

Scotts Printing & Design 315 S. 12th St. • 249-2611

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REGIONAL NEWS BRIEFS

PAINTED SKY BOARD DISBURSES FUNDS TO MEDC



Special to the Mirror

MONTROSE--The Painted Sky Resource Conservation and Development Council (PS RC&D) was a private/public partnership (non-profit) supported through the Natural Resource Conservation Service (NRCS). Its function was to write and administer private and public grants for various resource conservation and development projects. When the federal government dropped the program, the PS RC&D Board of Directors decided to disband the Council. All existing projects that PS RC&D was involved in were either quickly completed or transferred to other entities. The administration of the Cooperative Conservation Partnership Initiative (CCPI) Soil Health Program was transferred to Delta County Economic Development (DCED) while Painted Sky managed the completion of the Hartland Dam Restoration Project in the Gunnison River north of the Delta. The PS RC&D Board of Directors decided that all remaining funds would be evenly distributed to DCED and MEDC. At the May 21, 2013 MEDC Board of Directors meeting Olen Lund and David White representing PS RC&D presented \$11,794 contribution to MEDC. Pictured are (left to right): Mark MacHale-MEDC Board, Jay Austin-MEDC Board, Kevin Stay-MEDC Board, Olen Lund-Painted Sky Board President, Marc Catlin-MEDC Board, Paul Bony-MEDC Board, Sandy Head-MEDC President, Dave Hample-MEDC Board, Judy Ann Files-Montrose City Mayor, David White-Montrose County Commissioner, Rick Eckert-Montrose County Manager and Rob Smith-Town of Olathe Mayor.

HOSPICE CHANGES NAME TO HOPEWEST

Special to the Mirror

GRAND JUNCTION--The exciting news was announced last week at a press conference held at the Hospice Care Center. With all varieties of media representatives in attendance, Christy Whitney, President and CEO of Hospice & Palliative Care of Western Colorado, announced the organization will become HopeWest.

"For years Hospice has been evolving into an organization that does far more than just hospice and palliative care," stated Whitney. "We believe this new name will break stereotypes of the kinds of care we

offer to the community."

Although the entire organization will be referred to as HopeWest, the hospice program will still be named Hospice Western Colorado. "Changing our name is just another step in this process of evolution," stated Whitney. "We do all that we can to provide the compassionate care the community needs for our friends and families. This new name will reflect that we are more than just hospice. HopeWest really encompasses all the programs we have to offer." HopeWest offers many programs & services to the community. The new

name will be integrated into most of the program's identities: Hospice Western Colorado: HopeWest Palliative Care: HopeWest Grief Support: HopeWest Kids: Heirlooms for Hospice: Spoons bistro & bakery: Artful Cup.

"While our organization is evolving and the word 'hospice' no longer describes it all, we want to remind everyone that our mission as a local nonprofit is the same. We are and will always be dedicated to profoundly changing the way our community experiences serious illness and grief one family at a time," Whitney said.

ARTS AND CULTURE

WEEHAWKEN ANNOUNCES SECOND ANNUAL SCULPTURE CONTEST



Michael McCullough awards last year's first place prize to Tessa Arnett. Courtesy photo.

Special to the Mirror

RIDGWAY – Amateur sculptors as young as 14 from across the Western Slope of Colorado have a shot at winning big-time prize money by participating in the Ridgway Amateur Sculpture Contest II on June 22 in Ridgway, CO.

Weehawken Creative Arts, Billings Artworks and Firehouse Sculpture of Ridgway have teamed-up to present this incredible community event, scheduled for 10:30 a.m.-12:30 pm on Saturday, June 22 at Ridgway Town Hall.

Participants will have two hours to sculpt five pounds of clay; a panel of professional artists will then determine the winners and award cash prizes of \$1,000, \$500 and

\$250 for first, second and third place respectively.

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

McCullough is hoping the prize money motivates amateurs across the region "who want an opportunity to get out there and take a chance on making a thousand bucks."

Practice clay is available in five-pound bricks for \$20 from Weehawken Creative Arts Ridgway (630 N. Cora Street or 970.318.0150) or online at Sculpture House, Inc (609.466.2986 or www.sculpturehouse.com). The clay is bees-wax based and will not dry out. Order item # 577J-WB Jolly King Plasteline Grey-Green Clay, 5 pounds.

"The only people who aren't allowed to compete are those who sculpt with clay professionally," McCullough said. Participants may bring up to three sculpting tools of their choice along on contest day.

McCullough recommends tools such as a cheese slicer and a palette knife. "But my

favorite tool is my fingers," he said.

Registration costs \$30, which gets you a 5lb block of clay, and 2 sculpting tools from www.sculpturehouse.com. Participants can also bring up to 3 additional tools if they choose and can be purchased from www.sculpturehouse.com or can be brought from home, but armatures are not allowed. Please note that there is not a theme – participants can create as they wish.

Sign-in will take place at Ridgway Town Hall on June 22nd from 9:00 – 10:00AM for pre-registered participants. Participants may still register at this time if there are still spots available, though the maximum number of participants is 40 so pre-registration is strongly suggested. To register, or for more information, visit: www.weehawkenarts.org (under news/events – scroll down to Amateur Sculpture Contest). Or call Susie at 970.325.4005 or Weehawken at 970.318.0150.

The actual event is open to the public for viewing. The competition will begin at 10:30 am and will end at 12:30 pm. Judging will take place while contestants and the public are at lunch. Coffee and drinks will be available at the event for sale. Awards will be announced and given at 1:30 pm.

For additional information, call Weehawken Creative Arts at 970.318.0150 or Susie Opdahl at 970.325.4005

MEET AUTHOR ELLEN HOPKINS!

Special to the Mirror

MONTROSE--The bestselling writer Ellen Hopkins will speak in Montrose on Tuesday, June 25th, from 9 to 11 am in the Fox Theater Penthouse. Hopkins is a poet, freelance writer, and award-winning novelist. She is the author of *Crank*, *Burned*, *Glass*, and *Impulse*, among other titles, and is one of today's foremost young adult writers. Hopkins will speak about her work, answer questions, and sign books. Hastings Books will be on hand to sell copies of her work. This event is free and everyone is invited. Ellen Hopkins is sponsored by the Montrose Regional Library. For more information, please call the library at [249-9656](tel:249-9656) ext. 3.



Ellen Hopkins. Courtesy photo.

THANKS FOR READING THE MONTROSE MIRROR!



MONTROSE COUNTY NEWS AND INFORMATION

Public Hearing Set for Uncompahgre Gravel Pit Special Use Permit

Montrose County News Brief

MONTROSE--Notice is hereby given that a public hearing will be held by the Montrose County Board of County Commissioners in the Pioneer Room at Friendship Hall, 1001 North Second Street, Montrose, Colorado on Monday, **June 17, 2013 at 1:30 p.m.** to consider a special use application filed by Rocky Mountain Aggregate and Construction LLC (lessee) for property owned by Lazy K Bar Land and Cattle Company LLLP. Said application would

allow gravel mining with concrete and asphalt batch plants on ±244.07 acres zoned General Agricultural (A). Subject property is located on T Road west of Highway 550.

Legal Description: A tract of land located within the Eastern portion of Section 27, Northeast portion of Section 34, and the Southwest portion of Section 26, all in T48N, R9W of the N.M.P.M., Montrose County, State of Colorado THE PUBLIC IS ENCOURAGED TO ATTEND AND

WILL BE GIVEN AN OPPORTUNITY TO BE HEARD.

The application text and maps may be reviewed at Montrose County Land Use Office, 317 S. Second Street, Montrose, Colorado during regular business hours. Written comment may be sent to: Montrose County Board of County Commissioners, c/o Planning and Development Director, 317 S. Second Street, Montrose, CO 81401; or c/o swhite@montrosecounty.net.

Montrose County Clerk & Recorder's Office Scores 100 Percent on State Audit

Montrose County News Brief

MONTROSE--Montrose County Clerk and Recorder **Fran Tipton-Long** is proud to report that Montrose County scored 100 percent on the first application audit of 2013 as issued by the Office of the State Registrar of Vital Statistics.

Vital statistics include birth, death and marriage certificates, and the state audit verifies that the clerk and recorder offices

follow protocol to obtain proper identification to release such information to family members.

"This is our fifth year receiving this distinction and it is a source of pride," said Long.

"As one of 27 offices that scored 100 percent, I want to recognize the staff of the clerk and recorder's office for their diligent work." This distinction is further

proof that the Montrose County Clerk and Recorder's Office takes pride in serving and protecting our constituents' personal information as it relates to vital statistics.

The audit is conducted annually to ensure consistent practices in all 64 clerk and recorder offices throughout the state.

Additionally, the audit provides a means for Long to review office practice and/or forms.

Weed Mitigation Alert: White Top (Hoary Cress)

Montrose County News Brief

MONTROSE--Montrose County Weed Mitigation department would like to notify citizens of the invasive weed population known as white top also known as hoary cress. White top is unpalatable to livestock and wildlife, but more importantly, it will overrun native, agriculture and desirable plant populations. Currently, populations are scattered throughout Montrose County and are on the rise. The areas surrounding Redvale and Norwood are heavily infested. Residents of the west end of Montrose County are eligible for up to 50

percent of white top management costs reimbursed (per the Uravan Mill National Resources Damage Fund Grant). The most effective methods of treatment include eradicating populations before they can spread. First and foremost, white top is a perennial, so removing the root system is essential for effective management. The Colorado Department of Agriculture recommends the use of Escort XP or Telar (herbicides) at a one ounce per acre rate in the bud and early blooming stages. Other effective sprays include Cimarron Plus, Cimarron X-tra or Metcel,

and should be coupled with a non-ionic surfactant mixed at .25 percent of mixed volume. During the late-flower to post-flower growth stage, the Colorado Department of Agriculture recommends the use of Plateau (or Panoramic) at 12 ounces per acre. For maximum results, both herbicides should be mixed with methylated seed oil or crop oil concentrate applied at two pints per acre. Please make sure to read and follow all instructions indicated on herbicide labels. Contact the Montrose County Weed Mitigation Department with any questions or concerns at 970-249-5216.

REGIONAL NEWS BRIEFS

ALTRUSA AWARDS 2013 SCHOLARSHIPS



Pictured left to right at the May 21 awards luncheon are: Cole Grett, Mary Kastendieck, Yvonne Meek, Jacob Solseth, Bethany Hines, Brook Gaber, and Kelly O'Meara.

Special to the Mirror

MONTROSE—Montrose High School General Scholarship Winners:

Kelly O'Meara will be attending Regis University to study medicine or counseling.

Brooke Gaber will be attending University of Colorado Colorado Springs to study nursing.

Olathe High School General Scholarship Winners

Bethany Hines will be attending Southwestern Assemblies of God University to study children's evangelism.

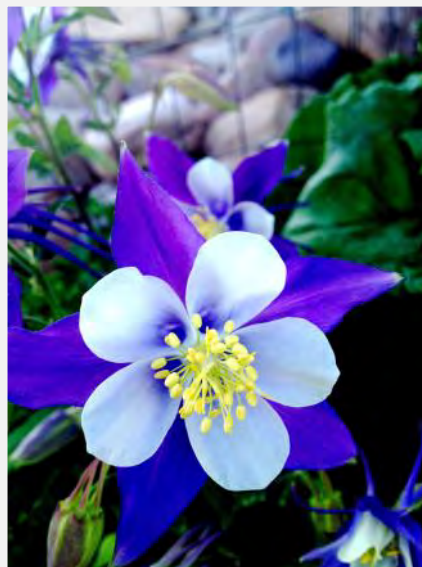
Jacob Solseth will be attending University of Colorado Colorado Springs to study aeronautical engineering or math.

Connie McIntire Scholarship Winner-Yvonne Meek will continue attending Colorado Mesa University to study hospitality management.

Delta/Montrose Technical College Winner-Mary Kastendieck will continue attending Delta/Montrose Technical College to study practical nursing.

Ben and Pat Woods Agricultural Scholarship Winner-Cole Grett will continue attending Colorado State University to study agricultural business. Cole graduated from Olathe High School last year.

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Columbine photo by Sarah Berndt

OUT AND ABOUT CONGRATULATIONS 2013 GRADUATES!



Thanks to photographer Joseph Harold for sharing these photos of exuberant grads from Montrose High School (above) and Olathe High School (below). Congrats also to graduates of Vista, Passage, and other schools throughout the region! Courtesy photos.



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ARTS AND CULTURE

Black Canyon Barbershop Chorus Presents Annual Show

By Liesl Greathouse

MONTROSE--Each year the Black Canyon Barbershop Chorus performs a number of singing events, including Singing Valentines, at Main in Motion, Ridgway State Park, and at Retirement Homes during the holiday seasons. But their one main event of the year is the Black Canyon Barbershop Chorus Annual Show, now in its 38th year, which will be June 15 at 7 p.m. at the Montrose Pavilion.

The purpose of the show is to have fun, entertain with music, and to raise funds for the organization. The Show features performances from the Black Canyon Chorus and other local barbershop choruses, along with a special guest quartet.

There are two halves to the show, followed by the Afterglow party: the first half will be chorus and quartets, the second half will feature the Del Rose Chorus and Blue Steele (this year's guest quartet), and then the Afterglow party will feature everyone from the show plus other quartets and food. The announcer for this year's Show is Jim Kerschner of KUBC Radio.

The Show is normally in March, but this year it was moved to June. Dennis Olmstead, a member of the Chorus, explained, "What would happen was that the guest quartet would get stuck on the wrong side of Red Mountain Pass due to snow. That does not normally happen in June."

In addition to singing, the Chorus will also give out the Award of Harmony to an individual in the organization, in recognition of outstanding Community Service in the past year.

This year the Show's guest quartet is Blue Steele, a quartet from Albuquerque.

Blue Steele is considered one of the freshest new quartets to come out of the Rocky Mountain District. The group got its start in March of 2011 when Tim Stieder and his son Cameron approached Shawn Mondragon about starting a new quartet. It had always been Tim's dream to sing in a quartet with his son. After a bit of talking, the trio sang, and felt they had something good. They made their debut at the 2011 Preliminary contest and placed fourth. They eventually ended up competing in the



Guest Quartet Blue Steele. Courtesy photo.

Fall District contest, taking third place Bronze.

"The Annual Black Canyon Barbershop Show always includes a polished award winning guest quartet," Dennis said. "Those quartets are usually from the Rocky Mountain District Barbershop Organization (covering Colorado, Arizona, and Utah). We invite the quest quartet based on their qualifications and skill level. We are fortunate to have Blue Steele be part of our Annual Show."

During the first half of the show songs will come from Sweet Adelines International, Del Rose Chorus. This is a local women chorus from the Montrose / Olathe area. The Del Rose Chorus has been in the Black Canyon Show for many years.

Each Annual Show has a theme. This year it will be "Our Favorite Girls", featuring songs about women. "The audience will recognize many of these old time songs, many from the '20s and '30s era," Dennis said. "Also expect a few surprise numbers."

The show is family friendly, made up of easy-to-listen-to songs and is relatively inexpensive, with children 12 and under being free. Many times when it comes to Barbershop Style songs, the Chorus ex-

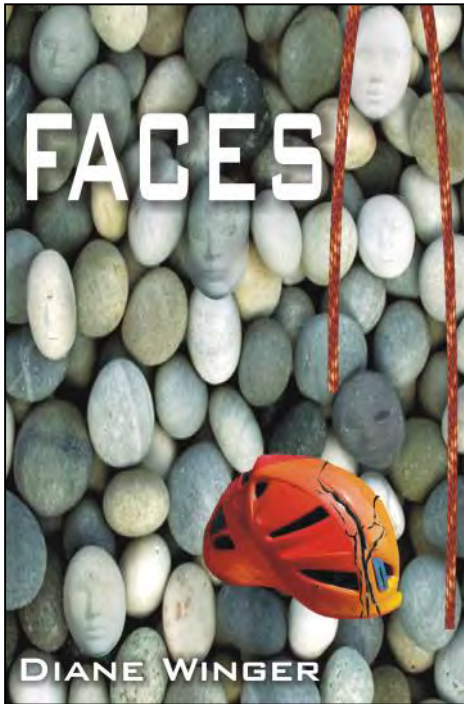
pects to mostly see a 'well seasoned audience.' "In other words this is not a rock concert," Dennis added.

There will also be a cast party after the Show, called the Afterglow, which is open to everyone. This year it will also be at the Pavilion and will consist of a number of additional songs from the Black Canyon Chorus, Del Rose Chorus and Blue Steele. The Afterglow will start immediately after the main show and there will be food and a cash bar. The Black Canyon Barbershop Chorus Annual Show looks to be a fun-filled night for the whole family. For Dennis, he has one goal in mind: "I hope to learn all the words to the songs before June 15 so I don't forget," he joked. "But I look forward to seeing everyone at the Pavilion on June 15th at 7 p.m. for the Black Canyon Barbershop Chorus annual show "Our Favorite Girls"."

Tickets are \$15 at the door or \$10 in advance at the Pavilion Box Office, DeVinny's Jewelry store in Montrose, or from Chorus members. Children 12 and under are free. Tickets to the Afterglow are \$7.50 per person. To reserve tickets call the Pavilion at 970-249-7015. To arrange for an advance ticket from Chorus Members and for more information, call 970-596-3196.

ARTS AND CULTURE

MONTROSE AUTHOR SHARES STRUGGLE WITH FACE BLINDNESS



Special to the Mirror

MONTROSE--Montrose author Diane Winger offers an answer to a question that's been in the news this past week: "What do Brad Pitt and Oliver Sachs have in common?"

The answer: Prosopagnosia. They are "face blind" -- they find it very difficult to recognize faces. Winger is quite familiar with this difficult-to-pronounce term. She encountered it several years ago while trying to understand more about her own difficulties with facial recognition.

Actor Brad Pitt ("The Curious Case of

Benjamin Button," "Fight Club," and numerous other movie roles) recently disclosed that he has this fairly uncommon condition. He shares this trait with neurologist and author Oliver Sachs ("Awakenings," "The Man Who Mistook His Wife for a Hat"). Prosopagnosia is also the central theme of a new novel by Diane Winger called -- appropriately -- *Faces*.

Although scientists believed for some time that face blindness was extremely rare and only caused by brain trauma, it is now thought that two -- two and a half percent of the population have this disorder with an impaired ability to recognize faces, and that it can be a developmental problem. The disorder does not impact other types of visual or intellectual functions. In Winger's novel, the protagonist acquires prosopagnosia following a rock climbing accident. In real life, Winger labels herself as "mildly-to-moderately" face blind, and believes her condition is congenital, not due to any trauma.

"My primary goal with this book is to provide the reader with an interesting, intriguing, and entertaining story, but I also hope to raise awareness and understanding of prosopagnosia with my novel, *Faces*," Winger explains.

It wasn't until her mid-30s that Winger realized that the way she processed and remembered faces might be unusual. At the time, she was working as a Certified Financial Planner, and would spend at least an hour in an initial meeting with a client, with a follow-up session a week or

two later. She often found that she couldn't remember what the client looked like when he or she returned for a second or even a third meeting. In fact, it wasn't at all unusual for her to find the face sitting across from her to be one she didn't recall ever seeing at all.

Winger, like most people with face blindness, uses many other strategies for recognizing people. Voices, hair styles, and gestures are important clues to peoples' identities. Over time, and with numerous encounters, she is eventually able to memorize a person's face -- usually. People with extremely severe prosopagnosia may be unable to ever learn to recognize a face, including the faces of their immediate family.

Scientists currently believe that there are specialized areas of the brain dedicated specifically to facial recognition. Most people can "learn" a new face within an extremely short time, and remember the face as a whole. Someone who is face blind may be able to memorize the shape of a nose, then the shape of a mouth, and so on, but has difficulty remembering the face as a whole.

Winger is the co-author, along with her husband Charlie, of several guidebooks related to outdoor recreation. While she has been writing nonfiction for many years, this is her first published work of fiction.

Faces is available in paperback and for e-readers from Amazon.com and other book outlets. <http://www.amazon.com/dp/1484862279/>.

The Mirror:
Coverage with vision for the future.



ARTS AND CULTURE

HYRONOMOUS A. FROG OPENS AT MAGIC CIRCLE THEATRE



Marisol Lee (Princess Gladiola) and Troy Lee (Sir Lancelot Pancelot) -kissing hand. Courtesy Photo by Jeanne Hougnon.

By Carol McDermott

MONTROSE--*Hyronomous A. Frog*, produced by Theatre for Children, Magic Circle Players' (MCP) children's division, opens June 7, at the MCP Community Theatre, 420 S. 12th St., Montrose.

"This is a delightful comedy geared for the entire family," according to director Pat

Myers.

Hyronomous, an inept and lonely frog prince, lives in the kingdom of Spamelot. He is bored and unhappy, and larger than the other frogs. In addition, Hyronomous hates the taste of flies.

As it turns out, he is a prince under a spell, and what follows is his journey to



Stacie Healy (Gloria) tries to help Austin Richardson (Hyronomous A. Frog). Courtesy Photo by Jeanne Hougnon.

find a maiden who will kiss him.

The play runs Fridays June 7, 14 at 7 p.m., Saturdays June 8, 15 at 11 a.m. and 2 p.m., and Sunday, June 9 at 2 p.m.

The cost is \$5 for adults, and \$3 for children.

Since the shows are open seating, come a little early.

ATTEND EMAUS POTLUCK AT METHODIST CHURCH

Special to the Mirror

MONTROSE--Area residents are invited to attend an Emmaus potluck dinner Thursday, June 6 in Baldrige Hall of the Montrose United Methodist Church, 19 S.

Park Ave. The dinner will begin at 5:45 pm. Emmaus is a three-day weekend retreat to develop disciples in the church and community. Those attending the dinner also are invited to attend a 7 pm Taize

service, also in Baldrige Hall. Emmaus dinners are held at the church the first Thursday of each month, except July. For further information, call the church office at 970-249-3716.

TAIZE WORSHIP SERVICE PLANNED FOR JUNE 6

Special to the Mirror

MONTROSE--A Taize worship service will be held in Baldrige Hall of the Montrose United Methodist Church at 7 pm on Thursday, June 6.

The service originated in Taize, France, in 1940, and is a nondenominational, meditative candlelit service that combines music, scripture and prayer.

The Taize service is practiced throughout the world. All are welcome, and child care is available. For further information, call 970-249-3716.

ARTS AND CULTURE

John Fielder to Lead Photo Workshop in Historic Ouray County



John Fielder's Autumn Photography Workshop with John Fielder in Historic Ouray County, Colorado will be September 28 and 29, 2013. Courtesy photo.

Special to the Mirror

OURAY--John Fielder, Colorado's premier landscape photographer, will lead a two-day photography workshop this fall in the spectacular San Juan Mountains of western Colorado.

The Autumn Photography Workshop with John Fielder in Historic Ouray County, Colorado will be September 28 and 29, 2013. The event is a fundraiser for the

Ouray County Historical Society. The hands-on workshop is open to photographers of all skill levels. Fielder will guide field shoots that showcase the mountains' brilliant fall foliage, historic mines, and snow-dusted peaks.

The workshop offers a well-rounded and educational experience, appropriate for any level of outdoor photographer, but especially beginners and intermediates. Fielder

will work individually with each participant, providing advice on composition and technique both in the field and during editing sessions. Limited enrollment gives all participants quality time with Fielder and his assistant.

Tuition for the workshop is \$750 per person and includes transportation to field shoots and some meals. General instruction and critique sessions will be held at the historic Sherbino Theater in Ridgway, Colorado. Participants are responsible for their accommodations and transportation to and from Ouray County. All tuition proceeds benefit the OCHS.

Participants must bring their own photography equipment. A 35 mm digital SLR is recommended as well as a laptop computer for critique sessions.

For details on the workshop schedule, recommended equipment, and directions to Ouray County, see

www.ouraycountyhistoricalsociety.org and click on John Fielder Photo Workshop on the homepage. To register for the workshop, please call (970) 325-4576. Enrollment is limited to 16.

John Fielder is a nationally renowned photographer, publisher, teacher and preservationist. He is the photographer of 39 exhibit format books, guidebooks and children's books, most about his adopted state of Colorado.

Fielder has worked tirelessly to promote the protection of Colorado's open space and wildlands. His photography has influenced people and legislation, earning him the Sierra Club's Ansel Adams Award, the University of Denver's Daniel L. Ritchie Award, and the Distinguished Service Award from the University of Colorado.

THANKS FOR READING THE MONTROSE MIRROR! YOUR SOURCE FOR
LOCAL BUSINESS NEWS AND INFORMATION!

FOR MORE LOCAL EVENTS CHECK OUR WEB SITE...WWW.MONTROSEMIRROR.COM!



www.maininmotion.com

MAIN IN MOTION

MONTROSE
DOWNTOWN
COLORADO

WEEK ONE... KIDS IN MOTION



Stroll Main Street with us, and experience Montrose's award-winning summer series for yourself...entertainment, activities, shopping, food, fun, and so much more!



**THURSDAY EVENINGS
6 TO 8:30 P.M.**

**WEEK TWO...
BODIES IN MOTION**



Downtown Montrose

**LET'S CELEBRATE SUMMER!
JUNE 6-AUG. 22, 2013**

Flower Subaru



SUBARU
Confidence in Motion

REGIONAL NEWS BRIEFS

Black Canyon Jet Center Powers Up to Fight Breast Cancer



The new pink JetGo ground power unit. Courtesy photo.

Special to the Mirror

MONTROSE-Black Canyon Jet Center (BCJC) at Montrose Regional Airport has decided to add a little pink to its ramp and some cash to Bosom Buddies of Southwestern Colorado. Half of the revenue from their new pink JetGo ground power unit (GPU) will be donated to the breast cancer awareness group and all monies raised will stay in Western Colorado.

Working closely with Aero Specialties of Boise Idaho on selecting a model and painting the unit a perfect shade of pink, Black Canyon Jet Center purchased a custom JetGo GPU and added the universal breast cancer pink ribbon to be prominently displayed. As a current Bosom Buddies of Southwestern Colorado supporter, BCJC has promised to increase its support by donating half of all of the proceeds from their new pink GPU and also by using it to increase breast cancer awareness on the aircraft ramp. A GPU is used by some jet aircraft to supply power while they are on the ground and during starting.

“Our primary mission is supporting the flying community,” said Ken Watson, general manager at BCJC, “but we also have a responsibility to support families in our

area. I don’t know anyone who isn’t affected by breast cancer, giving half of the revenue from our new JetGo GPU was an easy decision to make.”

President of Aero Specialties Inc, Matt Sheehan said, “AERO Specialties was delighted to be involved with Black Canyon Jet Center in the ‘Pink JetGo’ breast cancer awareness program. Black Canyon’s innovative approach to bring awareness and provide funding for this great cause is an excellent example of how the aviation community can have a broader impact in those around us. We love thinking “Pink” here at AERO.”

The local Colorado Bosom Buddies is a 501(C)(3) nonprofit organization with no paid staff. All monies raised stay local. The group provides emotional and financial support to those living in the communities of Southwestern Colorado who have been affected by the disease. They hold regular meetings, which provide a safe place for people to come together and to embrace and express their experiences.

Jenny Sullivan, treasurer and financial assistance director for Bosom Buddies, said, “Your generosity will go a long way helping Bosom Buddies to continue helping every local qualified patient seeking assistance with screening and medical care. The present economic climate and government cut backs have created more and more demand for our services. Your donations will help us fill that demand.

“Last year we helped more than 150 women with mammograms, ultra-sound screenings and the radiology readings. We helped 10 women receiving treatment at the San Juan Center with meeting their deductibles for treatments, surgeries, therapy and medication.”

Donations to the Bosom Buddies of South-

western Colorado help provide awareness, early detection and “after-the-diagnosis” assistance for those who are affected by the disease. In addition, they also hold weekly support groups; provide financial assistance for mammograms and other related medical procedures; award scholarships to children of women who have been diagnosed; make available hats, scarves, wigs, bras and prosthesis; provide financial assistance for counseling services; and offer memorial funds, which provide financial assistance to children who have lost a parent to cancer.

“It is our honor to sponsor Bosom Buddies of Southwestern Colorado,” said Watson. “So many families are affected by the disease and we are excited to contribute not only to raising awareness, but also to providing funds to support those who have been impacted by breast cancer.”

Sullivan added, “I am very proud of our organization and I am passionate about the amount of help we are able to contribute to these patients. Just thinking about the GPU pulling up to an aircraft at the Montrose Airport and the publicity and awareness its presence will bring gives me cold chills. Wow, what a statement!”

Visitors are coming to the Western Slope of Colorado for business, pleasure and non-profit purposes. Black Canyon Jet Center is a Phillips 66 Aviation branded dealer and manages the fixed-base operations (FBO) for general aviation at the Montrose Regional Airport. Recognized as one of the top FBO’s in the country in 2010 by Aviation International News, Black Canyon Jet Center provides fuel, aircraft parking and world-class service to residents and visitors alike.

For more information, call 970-249-7111 or visit www.blackcanyonjet.com.



Just in thyme for spring ...

The Mirror

Homegrown content with flavor.



MONTROSE CHAMBER OF COMMERCE RIBBON CUTTING!

NETWORKS UNLIMITED



Special to the Mirror

MONTROSE—The Montrose chamber of Commerce and the Redcoats held a ribbon cutting for Networks Unlimited on May 24. Shown are Redcoats, Networks Unlimited staff, and Montrose Chamber of Commerce staffers.

Image courtesy Cara Fandel for Howling Wolf Photography.

**THANKS FOR READING THE MONTROSE MIRROR!
YOUR SOURCE FOR BUSINESS NEWS IN YOUR COMMUNITY!**

MONTROSE CHAMBER OF COMMERCE RIBBON CUTTING!



A+Y DOWNTOWN GELATO



Adam and Yesenia Duncan hosted a ribbon cutting for their new business, A+Y Downtown Gelato (513 Main Street), on May 18. Shown are Montrose Chamber of Commerce Redcoats, Chamber staff, and the Duncans. Image courtesy Cara Fandel for Howling Wolf Photography.

Ouray County Historical Museum Seeks Photo Exhibit Entries

Special to the Mirror

OURAY--Both amateur and professional photographers are invited to submit entries for the Ouray County Historical Society's 9th annual juried photography exhibit.

Entitled "San Juan Memories," the exhibit will showcase the San Juan Mountains as seen through photographers' eyes.

The exhibit, which runs July 8 through August 14, will be held at the Ouray County Historical Museum at 420 6th Avenue, Ouray. Entries may be dropped off at the museum through June 29. The photographs may reflect the show's theme in any way the artist chooses: outdoor activities, historic sites, ranching life, or any singular image that captures the essence of western Colorado's San Juan mountains.

Each artist is limited to three entries at a

fee of \$5 per entry. Photographs should be framed and ready to hang. Matting is suggested but not required. The recommended size range is between 5 x 7 and 20 x 24 inches.

Please include a one-page biographical sketch and photo of the artist. Any information about the equipment used or the choice of subject matter is welcome.

The juried show offers a first-place prize of \$75, second-place, \$50, and third-place, \$25. Ribbon winners from past OCHS photo exhibits may not submit any previous prize-winning photo.

This year's exhibit judge is Natalie Heller, a Ridgway landscape photographer, who specializes in images of ranching life. Her photography is on exhibit at the Canyon Gallery in Montrose and will be fea-

tured in an exhibit at the Ridgway Library in September. Her note cards are sold at many western Colorado shops including Between the Covers in Telluride, Camelot Gardens in Montrose, and the Ouray County Historical Museum's gift shop.

Heller's first trip to Telluride in 1994 inspired her to take up photography. "Before I knew it, I fell in love with it and since moving to Ridgway in 2005, it has become my passion," she said. "I have always been in love with 'the west' having grown up on western movies. So just as thrilling to me has been my good fortune to photograph some of our local ranching life."

To view Heller's photography, please visit www.lonecone photography.com and www.etsy.com/shop/lonecone photography.

MONTROSE LIBRARY SUMMER READING EVENTS

Teen Summer Reading: What Lurks in Our Towns?

June 4, 2:00-4:00

Montrose Library Meeting Room

The Hotchkiss Paranormal Society will demonstrate how they investigate haunted places. See and hear evidence of haunting they have collected over the past year in private homes in Hotchkiss and Paonia, and businesses such as the Delta Public Library. Call 249-9656 ext 3.

Teen Summer Reading: Legends & True Tales

June 11, 2:00-3:30

Meet in front of the Montrose Library. Explore the alleys, jails, fire escapes, & other colorful parts of downtown Montrose. Learn the true tales of our local history from tour guide Sally Johnson of the Montrose Historical Society. Call 249-9656 ext 3.

Teen Summer Reading: Soulamatic Music Workshop

June 13, evening time to be announced

Montrose Library Meeting Room

A two-part course presented by Will Evans (Telluride's "DJ Soulatomic") that introduces the fundamentals of being a performance DJ. Expect interactive discussions, real-world examples, and the creativity and skills needed to succeed at live performance. Call 249-9656 ext 3.

Teen Summer Reading: Palm Reading

June 19, 10:00-11:00

Montrose Library Meeting Room

What does your hand say about you?

Learn the significance of all those lines in your palm. Call 249-9656 ext 3.

Teen Summer Reading: Rockhounding

Colorado

June 27, 2:00 – 3:00

Montrose Library Meeting Room

What lies beneath the surface of the earth? Evan Cummings ("Mr. Science") will explain how to find and identify the rocks, minerals, and fossils in our area. Feel free to bring your own collections for show and tell. Call 249-9656 ext 3.

Teen Summer Reading: Undercover Spy Day

July 2, 2:00-4:00

Montrose Library Meeting Room

Create a disguise and your own spy ID card. Enhance your spy skills with games and a challenging laser obstacle course! Call 249-9656 ext 3.

Teen Summer Reading: Get Steam-punk'd!

July 9, 2:00-4:00

Montrose Library Meeting Room

Discover the world of Victorian Steam-punk--the literature, the films, the cool designs. Local artist Leanna Johnson will inspire you and help you design your own steampunk creation. Call 249-9656 ext 3.

Teen Summer Reading: Bottle Cap Mosaic

July 16, 10:00-12:00

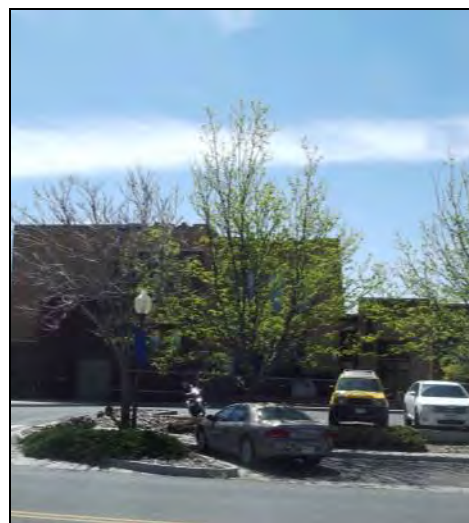
Montrose Library Meeting Room

Help construct a colorful mosaic out of bottle caps, and keep them out of the landfill! Bring any clean bottle caps to add to our supply. Call 249-9656 ext 3.

Teen Summer Reading: Petroglyphs in Our Backyard

July 20, 8:00-11:00

Hike with the Colorado Archaeological Society and learn about ancient Native



Summer Reading Destination: Your library! Check out what's new, and catch up with friends. Mirror file photo.

American rock art. Meet at the Ute Museum parking lot. Limited to 25 participants. Call 249-9656 ext 3.

Teen Summer Reading: Movie Night

July 26, 8:30 pm

Montrose Library south lawn

Enjoy an outdoor movie under the stars. Bring your own chairs or blankets, and we'll provide the snacks. Families are welcome. Movie to be announced. Call 249-9656 ext 3.

Teen Summer Reading: Awards Night

July 31, 7:00-8:00 pm

Montrose Library Meeting Room

The winners of the ten fabulous prize packages will be announced at this festive awards party! Call 249-9656 ext 3.

ART PARTNERS MENTORING PRESENTS THE 2013 ANNUAL ART EXHIBITION

Special to the Mirror

MONTROSE--Please join Art Partners Mentoring for our 2013 Annual Art Exhibition. We are partnering with A+Y Design Gallery in Montrose to make this show one to remember. This is an exciting presentation featuring art work from our artist intern/ apprentices and their artist mentors.

Art Partners is a program of Partners, a non-profit organization that promotes positive change in youth through supported one-to-one mentoring relationships with adult volunteers.

Art Partners matches community professional artists with youth ages 12-17 who have artistic talent and an interest in learning and refining their skills.

The Opening Reception is Friday, June 7th at A+Y Design Gallery, 513 E Main St. Montrose, CO, from 5:30 P.M. to 8 P.M. Refreshments will be served.

The exhibition is part of the First Friday Art Stroll – a great evening of art and entertainment in Downtown Montrose.

The exhibition will be on display until June 16th.

REGIONAL NEWS BRIEFS

WELCOME HOME MONTROSE..LET FREEDOM RING!



LET FREEDOM RING! Welcome Home Montrose has worked with underwriter Montrose Altrusa to create 110 small bell chime pieces, which have been hung in public locations around Montrose tomorrow, to be found by passers-by. The **Let Freedom Ring** project was coordinated by volunteer Linda Granzow, who worked with Helen Hoover and eight Welcome Home Montrose volunteers and volunteers from the Montrose Visual Arts Guild to hand paint each piece. The shells were taken from 21-gun salutes held at Veterans' Memorial Services, and the attached cards read, "This bell chimes to honor those whose choice to serve and sacrifice protects our freedom." **If you find one of the chimes, please use it to thank a veteran or a veteran's family for their service!**

WELCOME HOME MONTROSE and the **WARRIOR RESOURCE CENTER** have been nominated for a prestigious 2013 **El Pomar Award for Excellence**, in the category of **Human Service**. This program was created in 1989 to honor outstanding achievements by Colorado non-profit organizations. In 2011, a total of \$215,000 was awarded to honorees. Later this year, a winner and two finalists for 2013 will be chosen from each of four categories...stay tuned!

UPCOMING

Don't forget—We still need volunteers to help at the **Black Canyon Classics Car Show June 7 and 8**, as well at **our booth at the Ute Indian Museum June 8**. Please attend and participate in the **Veterans' Memorial Rifle Match at San Juan Shooting Range on June 1**. Proceeds from the car show and rifle match will benefit Welcome Home Montrose!

Organization for Mission: No Barriers Adventure Week (June 11-17) contin-

ues! Please attend our potluck at the Warrior Resource Center at 5:30 on June 11, to meet our guests! We still need frequent flyer miles from Delta and United Airlines so we can get them here, and casseroles and scalloped potatoes for June 16.

With the suicide, divorce and unemployment rates so high in our military population, Montrose means to set the standard for other cities to follow in how to serve those who stepped up to serve all of us. By strengthening our services, identifying and filling our gaps, creating programs and removing the barriers in our infrastructure, we are preparing a place for our wounded warriors to visit and hopefully, to stay.

*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.***

MONTROSE CHAMBER OF COMMERCE RIBBON CUTTING!



Special to the Mirror
MONTROSE—The Montrose Chamber of Commerce celebrated a ribbon cutting for **Jamie and Sarah Berndt's Riddled Raven Coffee House** in **Sampler Square**. Pictured are chamber staff, **Redcoats**, **Sarah and Jamie Berndt**, and friends. Image courtesy **Cara Fandel for Howling Wolf Photography**.

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INFORMATION!**

***** MAIN IN MOTION PRESENTS *****

***** THE *****

2ND ANNUAL MONTROSE TROUBADOR CONTEST

1st Prize

\$200

in Montrose Bucks & a "tweener" spot at
this year's Montrose Musicians Festival

2nd Prize

\$100

in Montrose Bucks

3rd Prize

\$50

in Montrose Bucks

**Let
freedom
sing.**

For full contest details,
follow this QR code or visit
MainInMotion.com

**4pm
July 4th**
Downtown Montrose

Liberty
Super
76

MONTROSE
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MONTROSE COLORADO



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OUT AND ABOUT... BUSINESS AFTER HOURS AT THE MINE SHACK!



Kyle Savoy and Chamber Board member Sheree Wanner enjoyed catered food from Camp Robber.



Chamber Director Jenni Sopsic with Lissette Riviere and Eileen Ray at Business After Hours at the Mine Shack car Wash May 28.



Redcoats Norm Brooks, Gene Lillard and Rich Jakino (left-to-right) share a laugh with attendee and old friend Frank Casey.



Above, newest Montrose Chamber of Commerce members Selvin and Carmen Sandoval from Sandoval Construction, and Freddie Hancock from Montrose Manor, with Chamber Board president Eric Feely.



At left, Mine Shack owner Scott Stryker speaks to Business After Hours attendees about the business and what it offers.

**IMAGES COURTESY CARA
FANDEL FOR HOWLING
WOLF PHOTOGRAPHY**

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.

June 5—Forum at Heidi's Brooklyn Deli (1521 Oxbow Dr.), 8 to 9 a.m. Coffee is \$1. Museum of the Mountain West! including softball throw, running long jump, running /walking and relays. Medals will be given to 1st, 2nd and 3rd place participants.

June 5—Ignite Montrose! 7pm, Two Rascals Brewing Company, 147 N 1st Street. Eight presenters will give five minute presentations from slides on a 15-second automatic transition. Each presentation is to enlighten us! Trivia and prizes, too! For more information, contact Heather at hezeilman@gmail.com.

June 5—Public Lands Partnership Quarterly Membership & Agency Meeting, 1:30-3:30 pm, Ute Museum Conference Room in Montrose. This meeting is open to the public and all are welcome to attend. For more information, contact Heather Zeilman at info@publiclandspartnership.org or www.publiclandspartnership.org.

June 5—Civil Society gathering at Remingtons at the Bridges, DMEA Candidates to attend. 5 to 7 p.m.

June 6—Area residents are invited to attend an Emmaus potluck dinner in Baldrige Hall of the Montrose United Methodist Church, 19 S. Park Ave. The dinner will begin at 5:45 pm. Emmaus is a three-day weekend retreat to develop disciples in the church and community. Those attending the dinner also are invited to attend a 7 pm Taize service, also in Baldrige Hall. Emmaus dinners are held at the church the first Thursday of each month, except July. For further information, call the church office at 970-249-3716.

June 6—A Taize worship service will be held in Baldrige Hall of the Montrose United Methodist Church at 7 pm. The service originated in Taize, France, in 1940 and is a nondenominational meditative candlelit service combining music, scripture and prayer. It is practiced throughout the world. All are welcome. Child care is available. For further information, call 970-249-3716.

June 7—First Friday Stroll Downtown—Chalk the Walk! 5:30 to 8 p.m.

June 7—Historic Walk "Local Legends and True Tales" of the alley's in Downtown Montrose, will be starting. The walk will start at the Montrose County Historical Museum, at 7:00pm with a \$5 donation. Space is limited to 10 guests. The walks will be every Friday, and a special Family walk will be the 2nd and 3rd Saturday at 10 am of each month in the summer. For information and RSVP please call 970-249-2085.

June 7—*Hyronomous A. Frog*, produced by Theatre for Children, opens at the MCP Community Theatre, 420 S. 12th St., Montrose. The play runs Fridays June 7, 14 at 7 p.m., Saturdays June 8, 15 at 11 a.m. and 2 p.m., and Sunday, June 9 at 2 p.m. The cost is \$5 for adults, and \$3 for children. Since the shows are open seating, come a little early.

June 7—Opening Reception for Art Partners Mentoring Annual Art Exhibition, A+Y Design Gallery, 513 E Main St. Montrose, CO, from 5:30 P.M to 8 P.M. Refreshments will be served. The exhibition is part of the First Friday Art Stroll – a great evening of art and entertainment in Downtown Montrose.

June 7-9—Rally for the Valley Benefit for [BikerDown](#). Outside at the Grand Junction Flea Market 515 South Seventh St. \$10 for all three days or \$5 per person. Call 688-2201 for more information.

June 7-8—The Black Canyon Classics will present the 18th Annual Colorful Colorado Car, Truck & Rod Show in Montrose. From 5-9 pm Friday, there will be a gathering on So. 1st St. and a cruise to area senior residences will begin at 6 pm. Look for the Cruise Map in the Daily Press the week of the show. The Saturday Car Show will be from 8 am to 3 pm at Columbine Middle School field. In addition to great vehicles, there will be music, drawing prizes, a silent auction, food vendors, and shade tents. This year's show will raise money for the Welcome Home Montrose Warrior Resource Center. Admission is free for spectators. Please, no bikes or dogs on the show grounds. Cruise to the Star Drive-In Saturday night for "movies under the stars." For more information call 970-249-6051.

June 8—Laff Inn Comedy Event, 7:30 to 10 p.m. at Canyon Creek Bed and Breakfast (820 East Main).

June 8—Men in the Mix! Hang with Dad for a Day at the Montrose County Fairgrounds, 10 a.m. to 2 p.m.

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.

June 9—Acoustic originals with Kevin Humphreys and Susan Walton at Chapel of the Cross, 2 to 3 p.m.

June 11—Presenters with a wealth of experience and knowledge will share proven strategies for starting, sustaining and re-vitalizing school and community gardens. Free but must register at www.valleyfoodpartnership.org or call Carol Parker at 970-209-7712.

June 11-17—Welcome Home Montrose No Barriers Week. Call 970-765-2210 for information or to get involved.

June 15—2013 Black Canyon Barbershop Annual show "Our Favorite Girls," 7 PM at the Montrose Pavilion. Information 970-249-7015.

June 15-16—Ridgway Heritage Days & Ranch Rodeo, Ouray County Fairgrounds.

June 15-16—From 11am to 5pm, the West Elks AVA's wineries in western Colorado's North Fork Valley will be holding special events, dinners and tours to showcase the quality and uniqueness of the Valley. This is an opportunity for you to see the Valley from a new perspective, through the eyes of a vineyardist and winemaker. Come learn why the North Fork Valley is increasingly a go-to destination for all kinds of people, including photographers, foodies and locavores. The wineries of the North Fork are releasing the new vintages for the season and pairing them with tidbits to highlight the pairing of local food and local wine. For more info go to <http://www.westelksava.com/events.html>.

June 17-19—Western Slope Rural Philanthropy Days "The Journey to Success" comes to Ouray! Contact 970-708-1059 for info.

June 21—Relay for Life Montrose!!

June 22—'Rollin' on a River' brewfest and roller derby benefit for Montrose Habitat, Riverbottom Park, 1 to 4 p.m.

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

June 22—Weehawken Amateur Sculpture Contest, Ridgway Town Hall 10:30 a.m. to 12:30.

June 23—7 p.m. at the 4H Event Center in Ridgway -- Trio Solisti -- Called one of the 3 most exciting Chamber Music Trios in America by New Yorker Magazine, Trio Solisti of New York will offer a concert in Ridgway, sponsored by Ouray County Performing Arts Guild. Program will include Beethoven Trio, Op. 11; Saint-Saens Trio No 1 in F major, Op 18; and Smetana Trio in G minor. Adult tickets are \$25 and children \$5, and may be purchased at Coffee Trader in Montrose or online at www.ocpag.org.

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To all of our readers...
thank you for taking the time to read the Montrose Mirror! We are always trying to find stories that will interest you...because we live here too. Thank you also to our sponsors and our wonderful contributors—Jamie and Sarah, Liesl, Clay, Cara, Dave, Barton, and everyone else who has shared their work with us over the years. If you have not read the Mirror before, make this your summer of great reading and quality local journalism!
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Flying free...by Sarah Berndt

The Montrose Chamber celebrated a ribbon cutting ceremony on May 30 at the Black Canyon Jet Center to honor the fixed base operator's new, all pink, Ground Power Unit. Half of the proceeds from this GPU will go directly to fund the local Bosom Buddies Breast Cancer Support Group. Image courtesy Cara Fandel for Howling Wolf Photography.



photo by Cara Fandel for Howling Wolf Photography

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